

|| From the mighty pen of Sanjay ||

PURE HOLISTIC HEALTH

Health is indispensable for a natural and happy life. Without good health, one does not have vitality, flexibility and well-being. Ill-health and disease reduce one's zest and enthusiasm and therefore, can suppress even one's noble desires to do the good and great things in life. Because of an intimate connection and interaction between Mind and Body, physical disease causes ailments in the mind and vice-versa.

Presently, there are many forms of treatment. These can generally be divided into two schools of thought, those who treat the symptoms and those who treat the causes. The doctors, the physicians, the medical consultants, all prescribe medicine so that the symptoms of the disease disappear or give the appearance of disappearing. For example, the Allopathic system of medicine is based on the philosophy that it is the virus which causes a disease. The practice of allopathy considers that viruses are living micro-organisms. They also think that there are many diseases which are caused by bacteria if not by viruses. So, their system focuses on killing these viruses or bacteria in order to help the body to recover from their attack. But the Hygienist school of thought or Nature-Cure focuses on treating the causes to lead to the restoration of health. They say that viruses are not living entities. They consider viruses as the remaining debris of dead cells. This cell-debris has RNA and DNA in its components. These accumulated decomposed cells or toxins create a condition called toxemia or toxicosis. They say that a 'Virus' is always dead; it never shows any signs of life, such as metabolism. As to bacteria, they say that various beneficial bacteria have always been with us because they are our symbiotic partners. They say that the accumulation of metabolic waste that the Allopath, mistakenly label as 'viruses', precipitates a healing crisis in the body and in this state, the body is likely to transport the bacteria to the scene to aid in cleaning up the debris. Even if the bacteria were considered responsible for any disease, we must be aware that they would not be able to create any disease unless the accumulated debris or waste did not form a suitable breeding

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Annual	Rs.80/-	Rs. 750/-
Life	Rs.2,000/-	Rs. 8,000/-

Subscriptions payable through Money Order/Cash or Demand Draft (In the name of "**The World Renewal**") may be sent to: **Om Shanti Printing Press, Shantivan-307510, Abu Road, Rajasthan, INDIA.**

For further information regarding subscription, please contact:

Mobile: 09414006904, 09414154383

ENLIGHTENED AND ENRICHED ON 75th TRIMURTI SHIV JAYANTI

For centuries, Mahashivratri has been celebrated every year with great devotion, rituals and faith. The devotees do feel blessed by God Shiva's grace, though temporarily. Shiva Temples in millions perform this ritual of invocation until midnight, the night before, out of deep faith and devotion. Some of the devotees get some glimpses or trance experiences on Maha Shivratri, but these experiences are short-lived and have little impact on the devotee souls.

However as promised, when Supreme Father God Shiva re-incarnates after 5000 years once again, He showers unlimited blessings which leave a lasting impact on the lives and character of enlightened human souls. God the Supreme, being the Bestower of Divine Visions and Divine Wisdom, interacts with human souls as **Father, Teacher, Perceptor and Friend Supreme.**

As Supreme Father, He

blesses us with a new vision of the self as eternal souls having Godly virtues, which have been inherited for many, many lives.

As Supreme Teacher, we learn the highest knowledge about the Creator and His eternal creation: secrets of the eternal World Drama of 5000 years.

As Supreme Satguru, He guides us on the path of easy Rajyoga (Meditation) to bring about self-transformation on the most subtle level of consciousness that helps remould our characters from ordinary weak humans into highest divine beings or deities. Virtuous thoughts and elevated actions become the natural way of life thereby paving the way for re-establishment of righteousness.

Inner richness and divine will-power enables us to overcome or conquer our inner weaknesses of greed, anger, ego and attachment, which are the root causes of degradation in human values and suffering.

God Himself teaches us the eternal Law of Karma and guides us to perform such actions which will result in alleviating all traumas. By remaining conscious about the deep significance of the Laws of Karma, and by developing inner power to do only that which is right, and avoid all that is not right, we sow the seeds of righteous karma. An enlightened person can easily resist and overcome the temptations of Maya (five vices) and derive inner will-power through regular meditation on the Eternal Light form of Shiva. This very personal connection and relationship with our Supreme Father is the master key to all spiritual treasures, which finally results in attainment of **Mukti** (Liberation) and **Jeevan Mukti** (Liberation-in-life). Though the atmosphere all around us is full of many, many distractions of Maya, we now have the opportunity to re-claim our Godly birthright to the inheritance of Golden Age with spiritual

power bestowed on us directly by our Supreme Father Shiva.

This has been very well described by the Supreme Source of Divinity during the 75th Trimurti Shiv Jayanti. We wish to share with our readers invaluable gifts in the form of jewels of knowledge, on this most auspicious festival of God's descent and birth of His creation:

On Maha Shiv Jayanti, give one another zeal and enthusiasm, be co-operative with one another and surrender the *Cactus(uck)* flower of waste thoughts.

“God has promised to remain with you. You also say you will be with Him. This is the promise of the spiritual children to God the Father, and Father to the children. Physically, you may be living elsewhere, but in your heart the Father is always with you and this is why the Father is called Dilaram (The Comforter of Hearts). God always tells you children never to remain alone. If you remain alone, Maya (negativity) will take her *chance*, whereas if you are with the Father, then the *Lighthouse* Himself is with you. When in front of God, Maya will run away from a

distance, she cannot even come close to you and this is why the children have promised the Father and the Father has promised the children to remain constantly together.

“The devotees have *copied* accurately whatever are the practical actions of the spiritual children. What vow have you made? Purity. They have *copied* making a vow, but when you make a vow of purity for one birth, it continues for many births. It is the same for *jagran* (staying awake through the night): you came into the light and dispelled the darkness throughout the whole world. You dispelled the darkness of the mind and, externally, the darkness and sorrow of matter was dispelled.

“You have repeatedly been signalled: Renounce the consciousness of “I” and adopt the consciousness of being an instrument. ‘Only what I am saying should happen. I am the only one who is right, and so only that should happen.’ One is the ordinary consciousness of “I” – I am a bodily being, I am a physical being. The other is the subtle “I”. In that, you even consider the Father's gift (of virtues and specialities) to

be yours. Your heart should be attached to just that One God. Finish the limited ‘mine’ of ‘My name, my honour etc.’ and just let it be, ‘I belong to God and God belongs to me.’ Then there will be so much happiness: “God is now mine. What more could I want?”

“Offer the *cactus (uck)* flower of waste thoughts. You shouldn't have waste thoughts, you shouldn't hear anything wasteful, nor must you colour yourself with the company of waste thoughts by going into someone's company. This is because, wherever there are waste thoughts, you will not be able to keep in your awareness pure thoughts of God's remembrance or sweet words of knowledge (*gyan*). Waste thoughts will attract your mind and intellect towards themselves. You have to give them to God with determination. Then, check again and again: Something that I have given away is not coming back to me, is it? It is not considered good for you to consider something that belongs to others to belong to you.

Make intense effort now to apply the three dots: I am a dot, remember God the Father, the Dot, and put a dot, *full*

stop, to the past.

Anyone who looks at you and sees your face should think that you appear to be a very fortunate soul. Your fortune should be visible from your activity and face. Your face should do *service*. Remain happy! This, too, is a means of service.”

These versions were listened to by about 15,000 BK sisters and brothers and a few VIPs on the eve of Trimurti Maha Shivratri (2 March 2011). The atmosphere was filled with vibrations of power and love, and we spiritual children were immersed in the loving presence of the Supreme Parents. Everyone became so light and intoxicated. God Shiva’s flag was hoisted, and tonnes and tonnes of blessings were bestowed on the global divine

family. The lighting of 75-candles and cake-cutting ceremony on the stage by senior sisters and brothers from all over the world presented a wonderful feeling of grand festivity. After the flag-hoisting ceremony, the following divine and elevated versions were spoken:

“God is merged in the hearts of all of you. However, this flag is being hoisted to let others know and give them the news: Your Supreme Parent has come... Come and take whatever inheritance you want to claim of Liberation or Liberation-in-life. To hoist this flag is world service. There is very little time and there is service still left to be done. Even your neighbours don’t know yet. You haven’t created their fortune and so give all your neighbours, and

those around you, the spiritual message of the introduction of God and His divine task.”

BK Artibehn and 4000 BK sisters and brothers of Indore Zone served and looked after the huge group of 15,000 for 10 days with great dedication and deep love. On 3 March 2011 evening, Indore Zone was also fortunate to celebrate the Platinum Jubilee anniversary of the Brahma Kumaris with Dadi Jankiji, Dadi Gulzarji, and other senior sisters and brothers of Bharat and abroad, in Diamond Hall, Shantivan (Abu Road). Several programmes will take place in Bharat and foreign lands, during the coming year, to honour the Platinum Jubilee milestone and spread our Supreme Father’s message of peace, love and transformation.

IN HONOUR OF BK PRITAMBEN OF HYDERABAD *B.K. Nirwair*

We offer our deepest respects to the great soul, BK Pritambehn, of Hyderabad who left her mortal chariot at 10.00am on 14 February 2011. She was the lokik mother of BK Kuldeepben, Director of Shanti Sarovar Academy, Hyderabad, and founder of spiritual service in Hyderabad. She became a member of the Brahma

Kumaris in 1957 in Delhi, along with her yugal and young children. She took much sustenance, guidance and power from Brahma Baba and Matেশwari Jagadamba in the early days, and dedicated herself to spiritual service in 1967. After serving in Delhi and Punjab for a while, she returned to Hyderabad,

Chikkadpally, to expand BK activities and create the foundation for phenomenal service that takes place in Andhra Pradesh today. Many of her family members are dedicated and cooperative in service. She will always be remembered with love, regard and appreciation for her commitment and role in world transformation.

FROM RUSSIA WITH LOVE

It is heart-warming to witness the love of the Russian BK family of St Petersburg for spirituality, and the culture and values of Bharat. The regular BK sisters and brothers make great effort to visit Mount Abu every year for spiritual refreshment, deep *tapasya* and study of *gyan*. They are also highly creative, innovative and enthusiastic performers and artists. The following is a special description of the “*Supreme Soul and His Creation*”, as conveyed by the St Petersburg BK family:

SUPREME SOUL AND HIS CREATION

God, the Father, Teacher and Liberator, says,

Sweet children, your aim and objective should be to live your daily lives

in a way which will make you all-virtuous, viceless and perfectly pure like Shri Lakshmi and Shri Narayan.

Your future starts now from your present life...

Residents of Heaven are human beings **possessing divine qualities.**

They are ignorant of vices; they belong to **one religion, have divine character and follow the highest codes of conduct.**

In the Golden Age, there is the

system of **a pure family path.**

There is no trace of vice; everyone has a long lifespan due to purity.

This is why deities are remembered as being immortal.

People do get older there, but there is **no untimely death.**

The world itself is new, so everything is new.

Family relationships are filled with happiness, joy and contentment.

Children are viceless and very sweet. In each family, there are definitely a mother, a father and children. No one cries there. Everyone has a deep sense of belonging to the unlimited family. It is the world where love resides in all types of relationships.

Nature in the Golden Age shines with untouched purity; it is beautiful,

harmonious and perfect. It serves people faithfully, gives happiness, rest and comfort.

Flowers, herbs, and minerals of the mountain valleys fill the water and air with tender fragrances.

Everything is in full bloom in Heaven. Even the forests are like gardens.

In the world of happiness, even **animals give happiness to each other.**

That's why it is said the lion and goat drink water from the same stream.

Residents of the Golden Age do not eat animals – they are absolute vegetarians.

Education is in the form of a game – so no one is ever bored there.

Apart from other subjects, an important part of education involves music, painting, dance and songs. All, whether young or old, are painters, actors and musicians.

When there is purity, there is also peace and prosperity. Golden Age is full

of riches, luxuries and comforts. Newest technology of the contemporary world will be used there. Airplanes, electricity, wireless illumination, engines working on safe atomic fuel etc will be useful in Heaven. However, all technical devices will be simple and absolutely safe.

The whole world is one government, one language, and one culture;

unity and peace reign over the land. Differences in status, wealth, occupation do not cause any feelings of jealousy or inferiority. Everyone has special achievements in life.

All Are Multimillion-fold Fortunate.

PRACTISING THE ART OF DETACHED INVOLVEMENT



– Mike George

To achieve authentic detachment and the practice of 'detached involvement', it's necessary to see and understand how attachment happens exactly. One of the best metaphors for understanding the mechanism and process of 'attachment' is the cinema. There, we are in the auditorium aware of our 'self' patiently waiting for the start of the movie. When it does begin and all those coloured lights start dancing across what was a blank white screen, we may notice how we 'seem' to leave our body in the seat and go into the story on the screen. We get lost in the story and eventually lose our self in the characters. What they feel we feel, what they go through we go through, as we live vicariously through them. Some more than others of course!

What few of us notice in such situations is that the movie isn't really playing 'out there' on the cinema screen. That's just flickering lights on a flat screen. The movie is really playing on the screen of our minds. We use the images on the screen

'out there' to create our own version of the story 'in here'. And then we 'go into' the story and into the characters on the screen of our mind as we create them. This is 'where' the attachment takes place. Attachment is not a static thing! **Attachment is a dynamic, changing, moving process within our consciousness as we continuously 'lose our self' in what is 'on' our mind. And what most frequently are 'on' our mind are the stories about others, situations and objects that we create 'in here'. Yes people, situations and objects etc. are 'out there' but our versions of them are our 'imaged creations'... in here!**

As we bring into our consciousness what is happening around us in the office, at home, in the newspapers etc., we re-create all that is 'out there' on our mind 'in here' and then we lose our 'self' in our creation of the world, the office, the home etc. 'in here'. The moments of losing our 'self' in what is 'on'

our mind is what attachment is. As a consequence, we become extremely vulnerable to the inevitable change/s that take/s place in the world, office, home etc. And when changes 'out there' do happen, it's as if they are happening to us. So we take it personally and become 'agitated' in our consciousness. This agitation takes various forms and is what we know as 'emotion'. And it's those emotions (sadness/anger/fear) that keep us busy with our self on the inside and less available, sometimes partially available and often not available at all, for others.

Watching Your Own Movies

When we are busy losing our self in our creation and the consequent agitations, it's a sign that we are attached and trapped in the stories that we create and project onto the screen of our mind. Being fully available and present for others, therefore, requires that we 'detach' and cease creating and getting lost in our stories so that we can fully connect with others... OR...create the stories (the movies on our mind) but retain the awareness that they are only stories and therefore not something to lose our self in! Just as a director of a Hollywood movie does not mistake the movie he is making

for reality, we stay awake and aware that the stories we create of and about the world out there...in here...are only representations of that reality filtered through and shaped by our experiences and beliefs and therefore not the 'real' and original thing. This allows us to practise staying in the mode known as the 'detached observer'. Thus we keep our self internally free and, therefore our intellect (our 'third' eye) is free and 'non-reactive', allowing us to 'discern' and create the most appropriate 'response'. This is why 'detachment' is the bridge from knee jerk reaction to measured and conscious response.

When we are fully awake and aware of our self, being the creator of the stories on the screen of our mind, we do not get lost in the stories. It's as if we are sitting in the cinema watching the movie without losing our awareness that it's just a movie and we are just an observer of the unfolding story. Just as we are aware that it's just flickering lights on a flat cinema screen, so, in the auditorium of our consciousness, we are aware that there are many thoughts in the form of images passing

across the screen of our minds.

Are You Emotionally Addicted?

However, if we want to continue to be 'emotionally agitated', it means that we are addicted to the stimulations of our emotional dramas. Most of us do tend to be addicted to some form of emotional agitation which is why the idea of detachment can easily be perceived as threatening the supply of our emotional drugs! It's our addiction to these emotional 'drugs' that keeps us creating 'dramas' out of nothing and keep us habitually attached to some story on the screen of our mind. It's the search for our emotional drug that disconnects from others or has us trying to push the others' buttons to get them to react emotionally so that we then have an excuse to do the same! In such 'scenarios' we become what we sometimes refer to as 'drama queens'!

This is why the practice known as 'detached involvement' is ultimately the foundation of true friendship, great parenting, effective leadership and our ability to help, counsel, coach and

motivate others in both formal and informal settings.

Signs of the Practical Application of Detached Involvement

There are seven dynamic signs of 'detached involvement' in action and therefore of someone who has freed himself from both emotional suffering and the emotional addiction that arise from all forms of attachment.

▶ 1. In the mode of detached involvement, you don't get sucked into the dramas of others or live vicariously through others. You are able to listen to their stories without being emotionally affected. It's as if you are warm, open and receptive while being calm, cool and collected at the same time. Not an easy skill when the 'other' often expects you to mimic and join in his emotional turmoil and perhaps affirms his victim-hood.

▶ 2. In the mode of detached involvement, then, when it's time for things to 'leave' you, things like your job, money, people etc., you do not suffer emotionally. It's not a 'bad' thing if you do suffer, as emotional pain is not a question of good or bad – it's just a 'signal' and therefore an opportunity to investigate the cause of your suffering. As all emotional sufferings are

ultimately self created which means that if you can find the root-cause (always attachment), then you can set yourself free. You make the shift from reacting to responding and your inner choice is restored.

▶ 3. In the mode of detached involvement, you are able to be fully present for others in the moment we call 'now'. You no longer create a fictional story and waste energy in worrying about what may happen (what may be lost) and therefore what emotion 'you' may 'feel' in the future. Worry is always speculative fear based thinking about losing something you are attached to... in the future. This can range from specific things or people or to your levels of comfort within your lifestyle etc.

▶ 4. In the mode of detached involvement, your intellect is free of bias and prejudice (attachment to deep and often subconscious beliefs) and it can clearly discern and respond to the deeper issues and significance that lie behind internal and external events. You cease to filter the world 'out there' through the beliefs and perceptions that you once were attached to 'in here'. You can discern clearly and clearly exactly what is going on!

▶ 5. In the mode of detached involvement, you may set out to achieve a goal but if you don't

arrive on time, you don't beat yourself up. You don't start your 'I am a failure/non achiever' self-talk. You are not 'attached' to the outcome, so your motivation and enthusiasm is free from fear and therefore much more sustainable. When your happiness ceases to be dependent on reaching your goals, the journey truly does become the destination and now you can 'appreciate' all the views along the way!

▶ 6. In the mode of detached involvement, while you may have expectations of others, your happiness is no longer dependent on anyone meeting

your expectations. You are no longer dependent on others' behaviour to 'make' you happy. You are free.

▶ 7. In the mode of detached involvement, no person or event in the world can shock or shake you. You know that 'stuff happens' and as a 'detached observer' of the game of life known as 'continuous change', you are able to watch and respond in ways that may help others out of their shocks and shakings! Your detachment defines your availability for others – another seeming paradox to your conditioned minds. ●

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THE SPIRITUALITY OF HOLI

– Bro. Khem Jokhoo, Trinidad

This festival, popularly known as Phagwa, is celebrated in the Hindu month of Phalgun. There are many claims as to the origin and celebration of Holi. It is often celebrated as thanksgiving to the deities to mark the “cropover” of the bounteous harvests at the end of spring and beginning of summer. It also signifies the end of the old year and the beginning of the new. Another popular belief is the destruction of the demon King Hiranyakashipu and the protection of his son Prahalad through divine intervention. This event signifies the triumph of good over evil and is celebrated as Holika by the lighting of bonfires (*Holika Dahan*).

Holi Signifies Purification

In the “path of knowledge”, Holi is the celebration of a major event at confluence age, signalling the end of an old era of Kaliyug and the establishment of a new world order of the Golden Age. More specifically and in a spiritual dimension, Holi marks the end of one *Kalpa* of 5000 years and

the beginning of another. *Holi is the purification and transformation of souls, by imbibing and inculcating the knowledge of the Gita.* God Shiva’s divine descent commemorated as Shivratri comes immediately before Holi.

Purity of Holi – Foundation of Truth

The soul becomes totally gross, degraded and impure at the end of Iron Age. The Iron Age is synonymous of evil, moral decadence, viciousness, unrighteousness and irreligiousness. Holi, therefore, is the purification of the degraded souls by the process of imbibing the divine Godly knowledge and performance of intense austerity, yoga and *tapasya*. Purity is a major aspect in the cleansing of the soul. There must be purity of the heart and purity of the intellect. Purity is the foundation of truth. The sign of this purity is “divinity” in all activities. Many souls in the world consider themselves to be truthful, but the real basis of truthfulness is purity. Truth is not simply

speaking the truth and doing that which is true. Firstly, it is to be realised that you are a soul and that your Spiritual Father is the Supreme Soul. Through this realisation, you receive the power of purity and the power of truth.

The Power of Purity in Holi

The Maya (five vices) is as powerful as she is clever. Purity offers the soul protection from Maya. Maya has great determination and is ever vigilant, especially towards those souls who are making effort to escape her strong and vicious tentacles. The only antidote to Maya is to have constant purity in thoughts, purity in words and purity in actions and relationships. Maya’s defeat is guaranteed by constant pilgrimage, companionship and remembrance of the Supreme Father as well as the eternal vigilance in the practice of the code of conduct as enshrined in the Gita.

Holi Burns Impurity

Holi means to forget the past. Metaphorically it means, “past is past”. This means to effectively use the experiences of the past, and never dwell, relive and worry over past memories, especially the negative and hurtful events.

When one constantly relives hurtful and unpleasant memories, the effect is that it makes one feel sorrier for oneself and sends one into further dejection and rejection. We constantly make the mistake of “*remembering what we ought to forget and forget the things we should remember*”. We ought to forgive and forget through divine love, mercy and compassion. This emphasises the significance of the bonfires and Holika. The “fires of pure and elevated determined thoughts” must burn all evil, the wickedness and the vices so that there is no trace to remind one, either memory or through the senses. This explains why an impure soul needs to perform intense yoga for purification. An intense yoga is synonymous with a furnace in which intense heat provides separation, cleansing and purification. So this is why purification is described as the “burning” of the vices. *Holika means to burn away the evils of this old world and allow the re-establishment of a new world filled with divine virtues*. It means to donate all your vices, obstacles and difficulties to the Supreme Soul Shiva and fill yourself with His

divine virtues and qualities.

Benefits of Holi

There are many practical benefits of Holi. The concept of “past is past” can be used to relieve stress. One can do nothing about what has already happened. Our fears and stress reactions that are stored in our memories have negative effects. The second aspect of Holi is purity of thoughts, words and actions. This is the power of positive thinking. Positive thinking is to be stress free. Finally, the third aspect of Holi is the relationship with the Father that produces divine love and hence divine actions.

In summary, on this festive day, class distinctions, pettiness, quarrels and past hidden animosities are disregarded, buried, forgotten and replaced by true loving affection in the spirit of forgiveness. Many families use this event to mend strained relationships and live in harmony. When you think and work in love, no task is action is laborious and all things appear easy. Even impossible things become possible and easy when performed with love. Be Holy, observe Holi, and keep the love and blessings of our beloved Father as you celebrate Holi. Be Holi and be Yogi.

WHAT AM I AND WHO IS GOD

– B.K Sapna, ORC,
DELHI

I am a soul, like a star
I have three powers
Mind intellect and
sanskar
I am immortal
And always bright
God Shiva is my Father
He is also a point of light
Greatest ocean of Love
Peace and Purity
He provides me
everything
Liberation, Guidance
and Security
Only He gives us the
Knowledge
About the Creator and
the Creation
He tells me everyday
“My dear sweet child
Do always good action”
I am proud of myself that
My Father is God
He tells me daily for
everyone
That your heart should
be broad

(Contd. From Feb. issue)

DEEP SECRETS OF KARMA



– B.K. Prakash Talathi, Lagos

In this Eternal World Drama, there are three main parties who play important roles. These are Soul (*Purush*), Supreme Soul (*Paramatma*) and 5 elements of nature (*Prakriti*)! If you see within them, two are such that, which are constantly donating! We, the souls, came naked, we (souls) will return naked, we haven't brought anything with us; it is the nature that gives everything to us! Nature is a very good host and we, the souls are guests. The rivers are not drinking their own water nor do the trees eat their fruits! It is all for us! Who gives this beautiful and useful house to the soul to stay? It is the nature! We, the souls, are staying in various bodies created by our biological parents from the 5 elements of nature for nearly entire *kalpa*!

So is with God! He is Donor, Great Donor and bestower; He is the fortune maker! What is the thing that we don't receive from Him? He is the One who makes our treasure-stores full; virtues, powers, talents

everything. He sustains us, protects us! We are constantly receiving from Him.

In a nutshell, Nature and God both are the donors. They are giving with thousands of hands! What about us the souls? Can we say the same about our attitude? No! Capitol NO!!

We are not donors. We are not givers. We are takers. When we come across with a stranger, automatically the mind starts thinking what benefit can I get from this person? It never thinks what I can give to him. We like to get anything and everything without labouring, effortlessly! Selfishness, greed etc. are spread everywhere in the atmosphere. Daily newspapers, TV channels report to us the widespread sex-scandals, money-scams, looting, threatening, killings and what not? We are not only takers but many have become snatchers! Were we like that always? Just reflect in the past—Hardly 50 years before, in my childhood, we used to respect our parents, teachers and elders

but now the teacher is scared of students. Education has become a business. Even some teachers have impure vision. The most important concept like purity (faithful to each other in married life) has ceased to exist from our lives. There is no purity in relationships. Those days, the guest to a family was guest of all in the town. Now in spite of advance information, the guest meets a locked house. You could not dare to bribe an officer as he may insult you in front of all. Now the rates of getting work done are fixed. Persons involved in adulteration, corruption, sex or any other crime move proudly in the society and can even become leader. Is humanity progressing? In a short span of about 50 years, this is the degradation of moral value system!

Just because science is making fast progress, we feel that we are progressing. But the situation is very grave; we are not progressing but going down nose dive. Just 50 years back, we were more civilised then you can imagine what would have been the quality of the society 500 years back or 5000 years back. The deities we are worshipping now as all-virtuous, viceless etc., we might be having that elevated height at the beginning of the time

cycle! And now we are fallen heroes! We were generous, donors, givers. We were giving freely without expecting anything back. We were sowing the seeds without counting. **In sowing, reaping is included. But sowing should be first.** Without sowing you can't reap! Whatever quality of fruit we want to reap, we should sow that quality now. We should not give whatever is unwanted to us or the one which is in the process of spoiling because the same will come back to us. So we should give what we will like to receive. Remember: 'the giver never lacks!'

As we discussed earlier, we should not give money, but encouragement, motivation, hope, enthusiasm, courage, empowering words, wealth of knowledge, pearls of wisdom, at least a sweet smile!

Once, a wealthy person was taking his lunch. His daughter-in-law was serving him various dishes of rich food. Suddenly a beggar called, 'My lord, I am hungry for past 4 days. Please give me food.' The wealthy person told his daughter-in-law with irritation, 'Go, tell him, excuse us and go to the next door.' The daughter-in-law said to the beggar. 'Master is eating stale food and not sure

of tomorrow. So go to the next door.'

The wealthy person got shocked listening to her utterance. He called her parents and started narrating the incidence. Finally, he commented on how they brought up their daughter; she was defaming him in the neighbourhood of high class people. She had no manners, did not know how to talk.

The daughter-in-law said, "Please let me explain. I said yesterday (previous life) that you have done good deeds so you are enjoying this life. That means you are eating stale food. Now today in the present life, you don't want to give (sow), so how will you get tomorrow (next life)? So I said there is no guarantee for tomorrow."

The wealthy merchant observed that his daughter-in-law was really clever and what she said made sense. So he let her parents go and then told her, 'In our warehouse, some grain is getting spoiled by insects. Take it out, clean it and make the bread for poor people and distribute it from tomorrow.' The obedient daughter-in-law said, 'OK.'

Next day when the merchant was taking his food, in the first bite of his bread, he felt a bitter

taste. He thought for a moment and asked the daughter-in-law, 'It looks you have wrongly given me the bread prepared for the beggars. It tastes horrible.' The daughter-in-law said, 'Yes Baba (Daddy), it is prepared for them. However as you are giving this to them now, tomorrow you also will get the same. So, to make you acquainted with this quality of food, I served it to you.'

The merchant understood that his daughter-in-law was really an intelligent wisdom keeper. Now he understood well as to what he has to do for a better future. He then was totally transformed and once he was known as a greedy and stingy person, and today he is well known as a very generous, kind hearted gentleman.

Let us take a lesson from this and become givers; only thing we should keep in our awareness is to what we should give. We should give virtues such as love, happiness etc. and long lasting things constantly. Let us become donors. We are children of a Donor anyway. Let us become like a deity.

Once, a person fell into a pit. A passer-by saw him and came forward and said, 'Give me your hand. Let me help you out.' The person extended his hand and immediately withdrew

it. The passer-by wondered, got confused and thought for a moment and realised that, that person did not want to give anything; so, he changed his language and said, 'OK, OK. Take my hand and jump out.' The person from the pit quickly caught his hand and came out.'

It's just a joke but shows a person's (mind-set) attitude, or tendency.

Let us go little deeper now. As we think so the vibrations are created and spread in the atmosphere. It means we are the creators of the atmosphere around us. Whatever vibrations we are spreading in the atmosphere today the same will come back to us (looking for us, searching for us) in future. So if we want a cheerful, joyful and peaceful atmosphere, waves of love and happiness etc., then the responsibility lies with us to spread such vibrations by creating such elevated and pure thoughts. "**Purity**" is very important. Every thought and feeling **MUST** be very pure. Because even a glass of milk can't be consumed if just a drop of poison is mixed into it. Likewise, mixing of a drop of vice can spoil everything.

Everyone is moving with his own atmosphere around him; so we may like someone in our

very first meeting and we may not be able to tolerate the presence of someone else. The crown of light around a deity or a *sadhu* indicates the same. This is the main difference between a *Bhogi* and a Yogi.

If we are thinking **negatively** about someone, the vibrations will reach him however **distant** he may be from us. And this will instigate him to think and form a vindictive attitude towards us. So we will be creating a foe by just idle-thinking (wasteful thinking) and may be under the impression that we had those thoughts just to pass time. So, to create a friend or a foe, the switch remains within us. Think less, have good wishes and pure feelings for all.

In spiritual or religious gathering, everyone has elevated **thoughts** about God or deities. So the atmosphere is quite pure, peaceful and elevated. So, in such gathering if someone is having impure **thoughts** about someone and spreading bad vibrations and spoiling the atmosphere, it is not a good deed, indeed.

What Am I Expected To

Since the root of all actions is thought, I must **pay attention to my thoughts**. I must reflect

and check periodically as often as possible **the quality of my thoughts**. This can be done by **going into silence** momentarily. We call this "**traffic control**" to control the traffic of my thoughts. If I notice any negative or waste thoughts emerging, I must create a positive thought by ignoring the existing thought. When I stop entertaining the negative thoughts, these will soon die out and then I can sustain the positive thoughts that I have introduced by creating other relevant positive thoughts on the same line. For this, I need to have a **readymade stock of positive and elevated thoughts**. A treasure of thoughts should be ready. Points from the *murlis* (God's versions) and other relevant Godly knowledge is a great source for such thoughts.

I must perform actions in the awareness of being a soul performing the action with the relevant part of the body. I am only an **instrument** of God. I am *Karanhar* (a doer) and God is *Karavanhar* (the One who inspires me to do). He acts through me and creates a fortune for me. As Baba is doing it, He will do it in the best possible manner and I will be benefited.

.....I should have awareness that I, the soul, have incarnated (*Avtarit atma*) in this body just to perform actions, and then again I will go beyond actions.

I must never become role-conscious or action-conscious. Actions should not pull me. This can be best checked during traffic control. This is a sign of a soul having the *karmateet* stage. I must be able to put a full stop to the past actions.

Through **meditation**, I must accumulate the treasures of powers and virtues in order to perform elevated actions.

I am just a trustee.

One should develop the habit of 'Giving'. No one should leave my place empty handed. This doesn't mean that we should give some monetary or material gifts. No! We can give knowledge, blessings, say a few sweet or inspiring words, donate virtues through our behaviour, or at least give a smile.

And Finally

At this time of the Confluence Age, God gives us two invaluable treasures: **the treasure of thoughts and the treasure of time**. We have to use these treasures in a **worthwhile** way. If we waste time in gossiping about others, what is there to achieve from that? It is only the exchange of what we have read or heard about others. No benefit comes out of this. It is just a wastage of time and energy. We should be aware of what is happening outside since we are world citizens, but we should be more concerned about what lies within ourselves and how we can make it more beautiful and powerful. Therefore, let us be **introverted**. When we make ourselves beautiful by dwelling on positive thoughts and remembrance of God, we will be spreading good vibrations into the atmosphere. This is using our treasure of thoughts and time in a worthwhile way, and this brings benefit to others and the self.

(To be Contd.)

SPIRITUALITY AND RELIGION

– B.K. Durga Joshi, Kolkata Museum

Spirituality is an inward journey

Religion makes inner world better

Spirituality leads us to self realisation

Religion teaches us to glorify the creator

There have been many religions

Our world has immersed in unhealthy competition

Selfishness is dwelling in everyone's mind

There is sovereignty of tension and depression

Spirituality teaches us to love each individual

Bringing peace of mind and true satisfaction

It brings enlightenment and divinity in life

Giving true guidance for God's realisation

Religion teaches us to be peaceful and loveful

It frees all from bondage of age, form and religion

Spirituality and religion being complementary to each other

Thus, the world can tread together

The path of knowledge and meditation

WHO IS FIRST – THE CHICKEN OR THE EGG?



– Luis Alberto Riveros, M.Ed, M.S, LMT,

Ananda heard in class a discussion about the origin of the universe. The teacher said, “To find the answer of the origin of the universe is like finding out the answer of the popular question: who is first, the chicken or the egg? Students, do you have an answer? There is no Western Scientist who has been able to find the answer to this riddle, perhaps someday, when you become educated professionals, you will be able to come up with an original answer...”

Ananda couldn't wait to ask his friend, Mathias this question of the chicken and egg.

Then as soon as he reached the park, Ananda said: “Mathias, I bet you don't know the answer of this question: Who is first, the chicken or the egg?” Ananda finished his question and his face had the look of ‘victory’; he was sure that his wise friend wouldn't be able to answer that question, after all even the smart Western Scientists are unable to do it, and Mathias is just a tree, anyway...he thought.

Mathias understood the test his friend was giving him and

after thinking for a few seconds, replied: “Friend, I will answer and explain you my answer, so please bear with me...” and he added:

“Here is the answer you were looking for: NONE is first. Time is eternal; therefore, there is no “first” in eternity. Matter is eternal because the law of conservation of matter states, “Matter cannot be created neither destroyed, it only gets transformed.”

If you choose ‘the chicken is first’ then you know that a chicken comes from an egg. If you choose ‘the egg is first’, then you know that an egg comes from a chicken. We could go back in time trying to find the beginning of time. Surprisingly, it is impossible to find it. There is always a chicken before an egg and an egg before a chicken ad infinitum.

With this kind of thinking, there is no answer; we are bound by linear time. It does not matter if we apply the theory of evolution or creationism, because both theories are against the LAW of physics which states that matter cannot

be created. I hope we are looking for a rational answer and not a belief system; therefore, Laws are valid.

To see this picture which lacks a ‘first’ individual, imagine a circle. In that circle, put alternatively a chicken followed by an egg, then a chicken, then an egg, etc. until the circle is completed. In other words, time is a circle with chickens and eggs placed in an alternate fashion. If you can picture that, then try to find who the first one is. Some will say, well, it is the person who draws the circle and then either the chicken or the egg. That is wrong! You see, we must follow the first LAW of **thermodynamics** or LAW of **conservation of matter**. Matter cannot be created, neither destroyed. In the universe, things have existed forever. The universe was always there. It just changes in time. In other words, to fully agree with this law, because I cannot create or draw a circle with chickens and eggs, I must admit that the circle with the chickens and eggs is already there. I cannot create neither destroy anything.

What are the consequences of this? Here are a few. The universe was always there. There is neither ‘big bang’ nor creation. The universe was there but matter transforms into

other forms of matter. Now, amazingly enough, this finding is not my own. It has been in existence for many centuries in Hinduism and Buddhism (religions) and this concept became popular in the West with Nietzsche (German Philosopher).

Ready for more? There is a lot of value in answering the chicken or egg question.

Time is predestined. Free will is just an illusion because time is repetitive, cyclical. The saying: history repeats itself is true in its literal form.

Other corollaries of the previous statements are: There is no creation in physical matter.

Things always existed; as the Law of Conservation of Energy says: 'Matter can only be transformed'. In a circle, there is no way of knowing the present, past or future unless there is a point of reference (relativity of time as Einstein pointed out) that point of reference will determine the past, present or future. Because time is predestined, there is no "chance", randomness, "luck" etc. It is an eternal recurrent Drama as Nietzsche pointed out "**eternal recurrence**". Science has been working with the concept of the problem of the "arrow

of time"; thanks to the work of Poincare, Loschmidt and Boltzmann based upon the second Law of Thermodynamics (entropy). Even though, some progress has been made in the understanding of time, problems have been encountered due to the prevalent thought of linear time. These problems disappear as soon as a circle, a cycle is used instead.

For some the answer is, "the chicken was first" and for others "the egg" was first; here you find that none of them were first, because there was no beginning. Things are eternal; there is no beginning, nor end; they keep changing and "recycling" for eternity.

ETERNITY means there is no beginning.

The western world has chosen to ignore this view and rather follow contradictory beliefs. I wonder why? What is the problem about not considering eastern thought? After all eastern thought has existed for several thousands of years before the West came up with philosophers.

Are we afraid of

understanding concepts such as: cyclical time, repetition, eternity, predestination, soul and re-incarnation? Or perhaps deep inside we know that all our comfortable beliefs and dogmas will perish as soon as we know the truth?

It is quite impressive that in this age of technology and knowledge of how matter operates, we still believe in traditions and contradictory ideas which logic and reasoning can solve.

God exists but creation of matter is not his task. Creation of matter is irrational and illogical.

It is a wonder how we aren't open-minded to different ideas but instead choose the more convenient and traditional ideas even though irrational... only rational beings can do that."

Mathias then added: "Friend, do you have any other questions?"

Ananda was astonished and with his mouth half-open, he replied: "How do you know that?" Mathias replied: "Perhaps, because I didn't go to school".

Anger is a condition in which the tongue works faster than the mind.

You can't change the past, but you can ruin the present by worrying over the future.

CELEBRATING HOLI - A NOVEL WAY

- BK Yogesh Kumar, BK Colony, Shantivan

Holi is undoubtedly a great festival of Bharat, which gives the message of unity, friendliness, love and co-operation. Holi is celebrated after the full moon day in the Phalgun month of the Hindu calendar, i.e., in the month of March. However, despite such a nice message, due to our ignorance and lack of understanding, this festival too has become a mere ritual. Though we have been celebrating it for thousands of years, instead of peace, amicability, cordiality and unity, there have been violence, crime, terrorism, lawlessness, corruption etc. prevailing in the country and the world.

As per mythology, child Prahlad was an ardent devotee of Lord Vishnu. However, King Hirnakashyipu, his arrogant father, never liked this. He used various ways to eliminate his son. But, on all occasions, he failed miserably. Then, he tried yet another cunning trick. He had a sister named Holika, who had the boon of being immune to fire.

So, she took her nephew Prahlad on her lap and entered into fire. As per the legend, Holika was burnt to death, but Prahlad survived this time too. So, on the eve of Holi, a huge bonfire is burnt to commemorate that event which symbolises victory of good over evil.

On this auspicious day, people greet each other and put *gulal*, colour the faces and distribute sweets. However, in some cases, this jubilant and joyous festival turns into inauspicious happening when some people, ignorant of the true message behind it, take drugs opium and forcibly put colours on others. Thus, such disgraceful and inauspicious incidents mar the joy of this festival to a great extent.



However, as per Godly knowledge as revealed by Supreme Soul God Father Shiva through the lotus mouth of His corporeal medium Prajapita Brahma, the true message of this festival is to adopt the virtue of Purity, i.e., to become holy and yogi so as to become viceless in our thought, word and deed. If we follow the directions of Shiv Baba in our day-to-day life, then not only we are liberated from the bondage of Ravan, i.e. five vices, but also make this Bharat a land of serenity and prosperity once again.

God also reveals that the burning of Holika symbolises the burning of our old vicious *sanskars*, the root cause of which is body-consciousness. Through the fire of Godly remembrance, all our vices and negativities such as sex-lust, anger, greed, attachment, ego, jealousy etc. get burnt and we become vice-less. It is to be noted that burning of Holi is followed by celebration thereof. God Shiva further advises us that for celebrating the real Holi, i.e., in order to be coloured in the Godly Company, first of all, we have to burn our old vicious *sanskars* in the fire of Godly remembrance, which is possible only through self realisation and God realisation.

It is a matter of great fortune

that at the present Confluence Age, which is also the last birth of us souls in this old and vicious world, Supreme Soul God Shiva has incarnated in the holy land of Bharat and has been blessing us with true knowledge for the last 75 years. The worldly Holi is celebrated in physical form, i.e., just by burning of Holi and spraying of colours. However, God Shiva says that the real Holi connotes burning of old sanskars as already explained. Besides, Holi also signifies being holy in thought, word and deed. It is through our becoming holy that we get double crown in the forthcoming Golden Age, i.e., crown of purity as well as jewel studded crown. And, lastly Holi means *Ho li*, i.e., past is past; in other words, one must forget what has already happened and perform the elevated deeds from now onwards.

Thus, if we celebrate the festival with syringe of purity, colour of God's company and *gulal* of soul-consciousness and burn all our vices and negativities in the bonfire of yoga, and relinquish body-consciousness, which is the root-cause of all vices and give the same to God as our gift on this Holi, then, we will be blessed by God Himself with the gift of Heaven for 21 births.

SPECIALITY OF PURITY IN SPIRITUAL LIFE

—B.K. D.B. Raju, Mayurinagar, Miyapur

Purity is mother of all virtues. Purity is Royalty in reality. Purity is the key to higher consciousness and virtuous existence. So, one must adopt purity which is the basis of becoming the greatest of all. Purity of mind is righteousness. Purity brings peace and happiness. Moral purity makes a person exalted.

Complete purity means remaining untouched of the vices even in thought. The personality of Purity means greatness and speciality in every action. The eyes with spirituality of purity are constantly visible as clean and pure. Purity is the canopy that saves us from the innumerable obstacles of Maya, i.e., five vices. So, it is very important to be pure and easy Rajyogi by all means.

Our most beloved God Shiva, lovingly called Shiv Baba, is now making us praise-worthy and worship-worthy so that we go into the land of Vishnu. However, there is very little time left for world transformation. Therefore, we have to change from a thorn into a flower now. For this, one must have a vision of pure love for everyone. This is possible only if we make our nature very sweet, devoid of any kind of bitterness towards anyone.

As a spiritual aspirant, one has to look within, whether we have spiritual knowledge, yoga of intellect with Shiva Baba and the divine virtues. One should also check what extra expense one incurred in one's thoughts, words and deeds. Only those who create an economical budget of all treasures are known as subtle effort makers. None of their thoughts, words, actions or power of knowledge goes waste at all.

In order to please God Father Shiva, one has to be calm internally and externally while mentally remaining connected with Him because He loves those children who have honest and truthful heart. Moreover, while living in household, the family members must live together with love and regard. This ensures healthy and amicable relationship amongst the family members. To bring cohesion, unity and harmony in the family, society and the entire world, the role of Purity needs to be recognised by one and all.

THE CHAIR FACTORY



(Why Not Take Off Your Make-up (Body Consciousness) And Show The World Your Soul. Open Ears and A Gold Finger. T.V. Dinners with No Nutrition. What Will You Deposit In Your Bank Today – Love or A Shove? 1st Class Walking Guarantees Instant Delivery)

– B.K. David. Paignton, England

There was a chair factory deep in the forest, hidden from sight by the thick huge trees. The chairs made at this factory were famous the world over for their quality and uniqueness. Yet the whereabouts of this factory and maker of chairs were a total mystery to the most. The chairs were so famous and expensive owing to their unsurpassed quality, design and wood. No one in the world could match or even imitate these fine chairs.

They were very popular for another reason which was also totally unique to these chairs. The moment you sat in one of these chairs, you felt good, you smiled, you relaxed and stopped worrying about everything that had been troubling you.

The reason for these chairs' truly amazing effects was understandable when you knew who made them – God! They were carved in love, peace, and designed with wisdom and comfort in mind. Each chair

was specially delivered in person with great care and grace. All these qualities within the chair sent a chair sitter into a feeling of immense happiness once seated. To sit in this chair correctly was to see life correctly and live correctly. Such is God's vibrations and energy in the chairs that people immediately experienced His presence once seated.

Recharge Your Battery by Sitting Down

The factory was located in an incognito region of the forest and His workers were all of the same mind and totally committed to His same excellence in manufacture and service. They all realised the importance of His chairs as they offered sanctuary and rest to the weary and depressed and recharged them so that they could carry on living in the rat race outside and the hell of murder and starvation and endless suffering for billions.

Spare A Thought – For Others – For A Change

We should all spare a thought for the children with no shoes, food or hope, as they are all our children too. It's good to have compassion for others and not be wrapped up in our thoughts of 'How well I have ironed my white clothes. They do look rather clean and smart. Today I look very clean. People will notice me today, I hope'. There are more important things to think of in life than ironing the clothes and looking smart. Children are starving and dying; so what are you going to do about it today apart from looking at yourself in the mirror?

Some of God's workers do think of others and their suffering and fully know these chairs (knowledge of the soul's location and the practice of sitting in the soul's chair) of God give hope and comfort for the short times that people sit in them. The more love a worker has, the more beautiful his chair and the

dedication offered to God. You can easily tell how good a worker is by simply looking at how good his chairs are made. How he sits in his own chair is the main gauge of craftsmanship (stability, happiness and love for all). If his chair has only three legs (unstable), then say no more.

The Empire State Building Is Soon To Fall Over

Governments try to find the factory but don't have the wisdom to look on top of a mountain in India. Who'd ever think to look on top of a mountain for a solution to world problems, for the meaning of life, and for people to gain peace of mind? But then, God would not descend in an office block in London or up the Eiffel Tower. In many ways, God is a reclusive and secret God and would not choose to appear on Broadway with His name in lights. There, hidden away in a small corner of the mountain-top forest, you can find God's chair factory (University) busily making chairs (service of the mind).

You Can Only Be True To Yourself When You Ignore Your Face Of Wrinkles And Show The World Your Inner Face Of Beauty Whilst Sitting On The Seat Of Truth.

The essence of the teaching of this mountain University is of

soul-consciousness, to be seated on the seat of the soul. Having spent so long in the armchairs of ignorance, it takes time and patience to readjust to sitting in an invisible seat. This seat of the soul requires you to take a giant step forward in your thinking if you are to sit on it. Most folks in life can only grasp the notion of a car seat, beauty saloon seat, restaurant seat and toilet seat; such is there basic view of life. Life today revolves around money, speed, beauty and food and the seats of that lifestyle are common and accepted. God's lifestyle and world requires a totally different seat.

The Ear Plugs of Body-Consciousness Can Only Be Removed by A Gold Finger

Whilst sitting on the seat of the soul-consciousness, you automatically have peace, contentment, self respect and are happy to just be seated on this secret chair, within the soul. Whilst seated in this magic chair you can hear the chair-maker (God) talking to you, often encouraging and guiding you. This guidance is like injecting gold into iron. If enough gold is injected into the patient, the patient will become a pure gold bar with no iron. God's advice acts as a guided missile that

destroys falsehood and opens your ears to wisdom and happiness and lets you live and act with gold in the palm of your hands.

Millions of Steps That Make You Healthy and Wealthy

Each step of yours today is potentially worth millions of pounds. Will each step you take today be so valuable that God would wish to put them into His bank? Or will your walking today be mundane and worth hardly anything? Will you go into your local bank today or God's bank? You need very special qualities to be able to walk through the door of God's bank. Very few even know of God's bank and the Manager inside. Do you have an account with God or a credit card and dept. with man? Wear God's shoes of health and wealth. Put these Godly shoes on every morning and one day you'll step into heaven. First class walking guarantees insured Godly delivery into the new world the moment the gates open.

It's far too easy to leave your Godly chair and find yourself back in the normal world with its pain and frustration. Why leave a chair that offers immediate relief from sorrow, when all you have to do is concentrate, find the centre of

the seat, relax and sit down?

A 24 Hour Delivery Services To any Country

And the cost of the chairs? They are free to anyone who really wants to relax and listen to God. You cannot buy one of these chairs as nobody could ever afford one as they are priceless (realisation). Even a billionaire could not afford to buy one leg of these chairs. To own a chair, you just need a sincere desire to sit down next to God and listen to Him and want to be peaceful. And as if by magic, God would deliver you a chair via 'Brahma Delivery Services'.

The chairs are invisible to everyone except the owners. You really have to sit in one to fully appreciate their power, beauty and potential. Of course, there are a few opponents to the chair and its factory, saying it was unnatural. Yet what could be more natural than sitting in your Father's chair? It was made out of love, gave peace and hope to anyone who sat in one, did not cost you anything and gave you the ability to hear God.

The Sofa That Calls You –

“Come Here. Come Here”.

Are you seated on your Godly chair right now? Or will you sit down on it later when you have time? T.V. dinners (body consciousness) will never fill you up and always leave you wanting more. Now, who are you listening to? Is the T.V. sofa calling you?

STABILITY

Stability is love of equanimity in the midst of adventure. It is the straight flat runway which allows the plane to take off to a new way of seeing things. No hasty departures, dramatic exits, but a gentle, strong life off to brilliance. Everything packed, understood, stored, but nothing dangling carelessly, to be pulled at by questioning fingers.

It is very easy and pleasant to fly flags on earth, but it stops you flying inside. To say thanks to praise and pin it to one's label just weighs him down. One should try and be free then and one can't. One is too noticed to leave. Equanimity has gone.

To be stable takes immense alertness; to watch the approach of praise, one should catch it and divert it to God – where it's due. And if there's a single thing missing inside, then when it's proffered, one takes it, thinking it will fit the gap, but it doesn't and then one is lumbered with it.

An equally great challenge to stability is insult. When one is doing his best and someone pushes him and it's the last straw, one topples; when one is not doing his best, it is worse. And the deeper the stability, the more subtle and searching the challenges come. They're like hailstones chipping away at one's heart. Stability at its deepest is flying free of everything, resting quite above praise, but it is also having two feet firmly on the ground, so that one can't be charged with negligence, because that's an obvious target.

Above all, stability comes from understanding that whilst one should remain level-headed, life is full of ups and downs. When praise is in the air, one has got to be in the air too; free, light, empty, above, and then return ready to start; fresh, unprejudiced and never smug. When insult is in the air, then one has got to be anchored in wisdom so safely that one can think deeply and surface with solution that nourishes the enemy as well as oneself. Enemies are those with hunger.

PSYCHO SPIRITUAL AND SOCIAL EVOLUTION



– B.K. Surendran, Bangalore

In the 19th century, the physical science of biology revealed that 'struggle for existence and survival of the fittest' was the law of all evolution. This theory of evolution presented the objective of evolution as organic satisfaction, organic survival and numerical increase. We all know that evolution has been the nature of life. But, the one visualised by the famous evolutionist Darwin has been questioned by many others during his lifetime and also afterwards. His concept of evolution was more focused on physical level. He had projected the idea that monkeys have evolved into human beings. He had the notion that the ancestors of human beings were monkeys. But, nobody is able to tell us how many monkeys have evolved into human beings during the recorded and unrecorded history of humankind. Since evolution is a continuous process, Darwin had the notion

that monkeys should have been evolved into human beings.

But, by the end of 1950s there was a Congress of Scientists in the field of biology at the University of Chicago to celebrate the Centenary of Darwin's publication of 'the Origins of Species'. That was a great occasion which was utilised by the assembly of Scientists to assess the revolutionary and far reaching developments in the science of biology since the time of the publication of that book by Darwin in 19th century, and to study what impacts these new developments have on man, on his life and destiny. The Chicago University under the title 'Evolution after Darwin' published the proceedings of this Congress. Thomas Huxly, Collaborator of Darwin felt that human society could not go on without ethical and spiritual values. The struggle for existence and the survival of the fittest theory has created a vacuum by the

advancement of the physical sciences and has caused a very difficult situation for humanity. Modern thinkers like the late Prof. Sorokin of Harward University and the late Prof. Bertrand Russell of England have warned that modern civilisation cannot survive unless it is inspired by ethical and spiritual values. Among these values, the most important was 'love.' People must learn to love each other. Values cannot be mechanical and machines cannot produce values.

The discussion orientation stressed the uniqueness of man compared to all pre-human organisms. Sir Julian Huxley said that man was unique in more ways than one. That uniqueness arises from his developed cerebral system, his capacity for reasoning and speech communication. Man is unique through these developments in him, through which evolution has become self-conscious in him. He has the capacity to understand and to direct the course of evolution. Biology now says that evolution at human level is not organic evolution, but it is psycho-social. Psychosocial evolution is evolution above the organic level. Again the development of man at the

psychic level – intellectual level alone has surfaced a new dimension in human life. Man at this level has become similar to billiard balls which only know how to collide but do not know how to develop affection to each other because of intellectual arrogance, negative cleverness and egoistic attitude. When we examine the dimensions of evolution at human level, the possibilities are infinite at different levels. It should be admitted that physical existence is a must, while, it is more important that we are open to explore and exploit the non-physical dimensions of existence. Therefore, an attempt has been made to briefly discuss the evolutionary possibilities based on my own experiences at four levels.

Evolution at the Mental Level

We are all thinkers. Because we think, we exist. We think and act. We evolve into a higher level of existence when we have pleasant, beautiful and positive thoughts. We further evolve to the highest level when our thoughts are focused on the Supreme. Our evolution can be set in motion of growth

when we know the technique and diligence to generate and regulate positive, pure and elevated thoughts. Pleasantness and happiness in life is the reflection of our thoughts. The quality of thoughts, the kinds of thoughts and the number of thoughts decide to what extent we are evolved and grown at mental level. Thought level communication can be deployed and experienced. Thoughts are like seeds and things. Evolution is a progressive process towards a field of perfect well being and greatness. At a level of greatness, thoughts will be like quality seeds which can be sown in an area of uneasiness and sorrow. The seeds of positive thoughts can sprout and grow into a web of pure vibrations which can protect from the onslaught of toxic thought vibrations either generated from within or without. A thought can be given as a peace capsule or a toxic drug of intoxication just like we give something to somebody, which can give him happiness or sorrow. Mentally we evolve to a level where sorrows, miseries and negativities cannot touch us. Problems and problem people

never remain as such. Instead they are converted with the power of our thoughts and vibrations.

Evolution at the intellectual level

Raw intellect is always filled with negative cleverness and arrogance, which focuses on destructive modes. We grow and evolve at intellectual level if we have pure intellect. Here, one is able to maintain a perfect balance between wisdom and feelings. When we constantly apply and use the knowledge and gain experience, our level of wisdom grows. We must surrender our intellect to God. Thoughts of God divine the intellect. God's remembrance purifies and sharpens the intellect. Then we are able to understand situations, people and events in its right perspective. Here the intellect is able to take proper decisions. Since there is evolution at the thought level, it becomes easier for the intellect to take proper decisions. The decision one takes establishes whether he is evolved at the intellectual level because the decisions by such a person are appropriate and acceptable to one and all. An evolved person has an

attitude of instrumentality and constructiveness and is a detached observer. Moreover, he is a better judge in all situations since he does not have any self-interest. Evolution helps us to replace the negative cleverness with the positive cleverness. From this point, decision making is a matter of routine, quicker and not a difficult task at all. Evolution empowers one to see through everything as it exists and understands the situations properly. For him, there is always transparency in all matters and situations.

Evolution at the Emotional Level

First of all, a thought amplifies into a feeling and that feeling amplifies into an emotion. At times, our feelings overtake us. Good and bad feelings work at cross purposes. Bad feelings create bad vibrations. It puts pressure on our pathological system and also in our surroundings. If we have bad feelings towards others, our relationship with them turns sour. It is observed that even though a person is highly educated, has lot of experience in life, but, when a practical situation emerges in life such as loss of money,

wealth, position, post or a dear or near one, he is overtaken by emotions. In fact, an emotionally evolved person would not be overtaken by emotions. He is matured enough to foresee and understand people, events and situations and also consequences. Again, our emotions are influenced by our *sanskars* – latencies. Emotional maturity is the sign of being wise. Knowledge combined with the experiences of the best life practices such as converting negative into positive, worst into the best, searching the plus points in every opposing situations and irritant relationships, being always conscious of our self esteem and the reality of life helps us to evolve emotionally to a higher level. This practice over and over again brings in maturity for the successful management of our feelings and emotions. When our emotions are evolved to a higher level, we are able to use our feelings not only for our own benefit, but for the benefit of others as well. Pure feelings and good wishes become a

natural nature in our life.

Evolution at the spiritual level

We have two levels of existence. One is at the organic level. This organism – the body is sentient because there is a spiritual energy. That spiritual existence cannot be freed from the grip of the organic outfit – the body unless one has the knowledge of the fact that the self is the soul. The soul comprises seven core virtues. These virtues manifest in life only when we are conscious of our core virtues. When we are aware that we are souls then only we are able to interact with others in fraternal inclinations. The evolution of the virtues takes place naturally when we are aware of our original virtues and think of and churn on it often. Each of these core virtues contains in itself a group of sub-virtues. This in course of time will manifest in the form of innumerable qualities and values. This is further evolved into a variety of inner powers such as power to tolerate, discern, judge and so on. Evolution at the spiritual level has a universal appeal and applications in day to day life. Spiritual level evolution takes

place through meditation, which helps to unlock the treasures of virtues buried in us. The virtues, qualities, values and powers together represent a cornucopia of attainments through meditation. This takes us to a stage of perfection and excellence.

Psycho-spiritual and social evolution

It can be said through experience that real evolution at human level is psycho-spiritual and social. This evolution is a consequence of the confluence of the four levels of evolution taking place and acting in combination. These four dimensions of evolution have been used in combination in personal, family, social, professional and public life zones, when we interact with fellow human beings and when we are at work and rest. Socialisation of higher evolutionary processes at these 4 levels is the Science of Human Possibilities. This kind of total human evolution takes place once in 5000 years in a cycle of world history and that is now. This evolution is taking place in the life of more than 9 lakh people in the world now. The man's depth and the science of human possibilities

are in the process of unfolding to the optimum level. The stage of perfection in varying degrees is achieved by large number of people in this very life, which is proof of the fact that evolution at the highest level of perfection is at the human level. God, the Creator Himself, has set this evolution in motion, not by human beings. Godly knowledge and Rajyoga meditation taught by Supreme Soul God Shiva is the catalytic agent in synthesising these levels of evolution to its highest level. Ultimately, we must draw a definite conclusion that deities were the forefathers of the present generation of human beings who were perfect in all respect.

SPEECHLESS STORY

One day, the father of a very wealthy family took his son on a trip to the country with the express purpose of showing him how poor people live. They spent a couple of days and nights on the farm of what would be considered a very poor family.

On their return from their trip, the father asked his son, "How was the trip?"

"It was great, Dad." "Did you see how poor people live?" the father asked.

"Oh yeah," said the son. "So, tell me, what you learned from the trip?" asked the father.

The son answered: "I saw that we have one dog and they had four. We have a pool that reaches to the middle of our garden and they have a creek that has no end.

We have imported lanterns in our garden and they have the stars at night. Our patio reaches to the front yard and they have the whole horizon.

We have a small piece of land to live on and they have fields that go beyond our sight. We have servants who serve us, but they serve others. We buy our food, but they grow theirs. We have walls around our property to protect us, they have friends to protect them."

The boy's father was speechless. Then his son added, "Thanks Dad for showing me how poor we are."

Isn't perspective a wonderful thing? Makes you wonder what would happen if we all gave thanks for everything we have, instead of worrying about what we don't have. Appreciate every single thing you have! ●

“ARE WE REALLY FREE?”



– B. K. Urvashi, Mt. Abu

India or Bharat is an ancient land honoured the world over for its cultural and spiritual heritage. Bharat is currently witnessing phenomenal changes in science, technology, education, fashion, entertainment and politics; but what drives every Indian towards a better future for the self and nation is self-respect, an open heart, selflessness, compassion, love for non-violence, respect of all life, and integrity. There are many who would seriously doubt the existence of these virtues in today's Bharat and liken them to a mirage. However, no matter how flawed a diamond is, it would never be called a mere stone; its true sparkle can be merged but it can never be extinguished. Time and again, we Bharastwasis have proved to the negative forces that faith in ourselves and in our principles can never die. The founding fathers and mothers of our nation renounced everything so that we could live in security and with dignity. Today, we bow our heads in reverence to these phenomenal souls (and their families), who have been and

continue to be our guiding lights.

“Where the mind is without fear and the head is held high...

Where words come out from the depth of truth...

Where the mind is led forward by thee into ever-widening thought and action,

Into that heaven of freedom, my Father, let my country awake.”

– **Rabindranath Tagore**

Despite all the glory and liberation attained in the past, Gurudev Rabindernath Tagor's crystal words make me wonder: **“Am I really free?”**

I can express my desires; choose my own friends, clothes, religion, music, food, careers, life partners etc... for which I am sincerely grateful. But am I free to think positively, free to love and respect every human being for who they are, free to be motivated and determined to succeed, free from giving and taking sorrow, free to understand and follow God, free to be fearless, free to live by my innate goodness and purity? Or are my mind and heart bound by chains of blind faith, social

stigmas, or simply a weak conscience?

Our ancestors would probably agree that freedom and self-respect filled with peace and love cannot be bestowed externally by a government, fate or any human being unless I am first liberated internally. Very often the drama of life unveils scenes that are over-whelming and show no deliverance. Whether we are dealing with human relationships or unavoidable, challenging circumstances, the only thing I can change is my own self. Every child is born with the right to live as it wishes but also with the intellect to decide how to use that freedom. Power, in its true sense, is to be in charge of one's own character. True freedom comes from self-sovereignty that is, being a King of the Self.

Our most precious assets are the mind (thoughts), intellect (decisions) and personality traits or *sanskars* but we often become a slave to or dependant on limited desires and circumstances. Thoughts then run like wild horses, decisions are based on insecurity or fear, and weak habits govern our thinking and actions. Before I overcome negativity in any form, I have to be able to govern my inner world. By regularly visualising myself as an eternal

(...Contd. on page no. 34)

THE ACT OF PROVIDENCE



– B.K. Neena, East Delhi

I was quite dejected and despondent, as I was finding no way out to break my shackles and go to Sahranpur to see beloved Dadi Bhagwati (Palu Dadi's sister), who had been ailing for quite sometime, suffering from Lung Cancer. I thought that my spouse would not allow me to visit Saharanpur. Thus things were on tenterhooks!

I whispered to my most beloved Shiv Baba – “Baba, what could I have possibly done to antagonise you? Are you not with me? Please pull me out of my predicament as there surely must be a way out! A *Bandheli*, i.e., a soul under the bondage, entreats (you) to release her from the cage, fluttering and floundering helplessly”.

However, the other day, seeing the anxiety, recklessness and desperation on my face, my husband decided to book a ticket for any train bound for Sahranpur and had almost done so when I received a call from my gynaecologist sister (residing in Sahranpur), that she was on her way back from Jaipur, returning to Sahranpur by car, and that if I wished to accompany them, I

should get ready in an hour or so. I decided on the spur of the moment to leave for Sahranpur the very day i.e. on 16th itself and not on 17th January (as scheduled earlier). Eventually on 16th January night, we reached Sahranpur.

The next morning on 17th, at around 8:30 a.m., I went to the local centre where Dadiji was bedridden – languishing under the deadly disease. Unfortunately, she was not in her senses and not recognising anyone and was suffering severely, gasping for breath. Wish I had come a few months back – I rued and lamented... I went to Baba's room, meditated and prayed to relieve Dadiji of her pain and to let her leave her body peacefully. Before leaving for my sister's home around 10:30 a.m., once again I visited Dadiji's room, placed my hand on her forehead and murmured “Dadi” and left her room with heavy heart! Same evening (17th), I went walking towards the centre when I saw quite a crowd had gathered outside. Later I came to know that Dadiji had left her mortal coil half an hour back (at 7:00 p.m.); I was

petrified! What should I call it – Providence...?! Had I come on 17th night by train (as scheduled earlier), I wouldn't have had the opportunity to see her?

On 18th morning, while I waited for my train, tears rolled down my cheeks as I reminisced down the memory lane, my cherished moments shared with 91-year old revered Dadiji. How she would welcome me with her endearing smile. We had developed instant fondness for each other in such a short span of time (Although we had met only thrice before). She surely must have been my close relative in **Satyuga**, I paused and pondered!

While I was lost in my thoughts, a saffron clad old ascetic brushed past me; his eyes were half closed, he looked up and echoed – “*Child*, you are a very lovely child of God – one in lakhs and would earn a lot of fame and good fortune for yourself with your simplicity, honesty and integrity...”. How enigmatic! I was touched verily and felt like a blessed child of God... Soon after he disappeared; who was he – I wondered; was it Brahma Baba (as it was his Remembrance Day, i.e., 18th January) or my beloved, benign and benevolent Dadiji who had ascended into the subtle zone to be with **BABA?!**

SHAKTI NIKETAN - Divine Life Girls Hostel



On the eve of New Year day, i.e., on 31st December 2010 in Shantivan (Mt. Abu), when the Supreme Soul showered his special love, affection and blessings upon the Kumaris of Divine Life Girls' Hostel, Indore, they all relished and realised splendid divinity. On that occasion, BapDada, i.e., Supreme Soul Incorporeal God Shiva and Brahma Baba blessed them – *“The Kumaris of Indore hostel have wonderfully progressed. They have proved themselves instrumental and helping hands at various centres of the organisation. It is a matter of joy to see them that they know as to how save themselves from evils and to save others and thus they have learnt the art of bringing happiness and joy everywhere. Thus they are unique example for the world.”*

In this materialistic world, where the polluted air of vices flows at most of the places, there is a place of safety and security, i.e., Divine Life Girls Hostel or

Shakti Niketan, where young girls blossom into spiritually empowered persons, ever ready to serve mankind.

In Shakti Niketan, the kumaris are admitted not only to facilitate their education in schools and colleges, but also for receiving Spiritual knowledge to develop deep connectivity with the Supreme Father. Here they learn principles of leading a meaningful life as they are trained to be self-confident, independent, cooperative and successful by enriching their life through various arts. Shakti Niketan started functioning in 1984 and since then almost 400 Kumaris after completing their education and spiritual training have been spreading fragrance of knowledge and yoga across India and abroad.

Some of the Kumaris who resided in Shakti Niketan and presently are leading a surrendered life as Rajyoga teachers at various Brahma Kumaris centres, share their experiences at Shakti Niketan, as under : -

LEARNT TO IMPLEMENT VALUES IN LIFE



B. K. Smriti, Panipat Center, Haryana, resided in this hostel for 5 years from 1995 to 2000. Here, she experienced divinity and delved into the depths of yoga, knowledge and *dharna*. She learnt to implement divine virtues in life.

**“SHAKTI NIKETAN—
SINCERITY,
SACRIFICE AND
SURRENDER”**



B. K. Sangeeta, Borivali Center, Mumbai, stayed in this hostel for seven years from 1985 to 1991. She received the sustenance of love and affection and experienced as if this was her real home.

She obtained ample encouragement by B.K. *Om*

Prakash Bhaiji and the senior sisters who manage the hostel. She learnt to perform each task assigned to her with discipline and responsibility in the Hostel. After completing her graduation, she surrendered her life in Godly services.

DIVINE SANSKARS WERE IMBIBED



B. K. Shalini, Dadi Cottage, Mt. Abu, Rajasthan feels that she was fortunate to have received spiritual knowledge and Godly sustenance right since her childhood. When she entered the Indore girls’ hostel, she had the aim to lead a surrendered life and Shakti Niketan proved beneficial for her to lead a virtuous life to attain her aim.

When she entered the Hostel for the first time, she felt as if it was a gathering of angels. Here they were taught about the philosophy of karma and the implementation of *Shrimat* in a practical way. Through various classes they received hope, inspiration and power. She

received elevated *sanskars* at the Hostel. She feels that it is really difficult to find such an excellent atmosphere full of yoga and *gyan*.

EXPERIENCED THE CANOPY OF GOD’S LOVE



B. K. Ambika, Saket Centre, Indore (M.P), got admitted to the hostel in 1993 when she was in XI standard. She found the aura of Shakti Niketan truly holistic. Her life started transforming and ultimately she decided to surrender herself in Godly service.

“AN INCREDIBLE TEMPLE OF SHIV BABA”

B. K. Sunaina, ORC, Gurgaon, was twelve years old when she came to the Hostel. She received love and care from the elder sisters and felt as if she had come to a different world. She learnt the balance between her education and Godly knowledge while residing

in the Hostel. Her concentration power increased and she passed all the examinations with



honours in all the subjects in school and college.

She found the hostel a power house where all the Kumaris, themselves performed all the tasks. They too learnt many tasks like operating generator, lighting coal burners and boilers etc. by which they were freed from bondages of body-consciousness.

“LEARNT TO PRACTISE ARTS OF LIFE”



B. K. Anjali, Nigeria received Godly knowledge at a centre in Trivandrum, Kerala in the year 1991. After completing X standard, she was fortunate to have golden opportunity to

reside in Indore girls' Hostel. After joining the Hostel and living in this spiritual environment, she understood the deeper meaning of *gyan* and learnt each and every household task. She became free from vices and negative thoughts just because of serenity and divinity of the Hostel.

**RELEVANT INFORMATION
ABOUT ADMISSION**

Presently, 150 girls from 24 states of India and Nepal reside in the hostel. Girls studying from VI standard till graduation are taught here various arts like cooking, drawing and painting, singing, dancing, dramatics, musical instruments, elocution, home decoration, computer technology, hospitality etc.

In the last academic session, all the girls got distinction in their examinations. Many of them secured first and second positions in their respective schools and colleges.

The admission process commences from the month of June. The parents may contact the hostel for admission of their daughters during March and April.

Address: B.K Karuna, Shaktiniketan, Omshanti Bhawan, New Palasia, Gyan Shikhar, Gate no. 2, Indore, M.P- 452001

Phone No. : 0731-2531631, 094253-16843 **Fax:** 0731 -2430444

E-mail: shaktiniketan@gmail.com

Special Note- The Brahma Kumari sisters who are ex-students of this Hostel and are on Godly service at B.K. centres in India or abroad, are requested to inform their present assignments and activities on the above address for hostel records, which can be used for mutual benefits. They are requested to send the information along with their full address, mobile numbers and e-mail ID etc.

THE CALL OF OUR TIME

There is a lot of love for nature, for it radiates much happiness and peace, and human beings find solace and comfort in this unconditional offering. However, the natural world is nurtured by the vibrations of human beings, and over time the strength of its radiance has reduced. So we must look at our personal nature to see what it is like. Does our nature give us happiness? Is our nature as natural as it could be? Or do we give sorrow and take sorrow? If we develop the nature of giving and taking sorrow, then the nature of the natural world will not help me. The nature of the natural world needs our good vibrations. Let our nature never dry up and be bereft of love.

Many people are caring for the environment. But who is going to look after our personal nature? With God's teachings, we should make our nature such that there is nothing but love and respect in people's hearts for us. For that our intentions need to be very pure, clean, and elevated. We must have the intention of truly bringing benefit to people and to the natural world. Pure intentions filter through our relationships and actions and naturally bring benefit.

People are thirsty. They are thirsty for just a drop of spiritual experience. To be able to give them a spiritual experience, one needs to accumulate the deep power of stillness within ourselves. To be able to give others an experience is a tremendous gift to them. It is a gift that uses spiritual attainments to remove their lack of peace. People have an experience of whatever is accumulated within the soul.

The power of silence plays a crucial role in accumulation of spiritual attainments. In order to experience silence, one needs to practise being a point of light and focus his attention in the sweet silence home of the soul. This is not the time to go into long and complicated matters of souls. It is the time to stop thinking too much. One needs to stop thinking, and be silent. When one is still then God will give him an injection of power. In fact, God will get everything done through him, if he pauses from thinking and stabilise his mind in the silent space of God's remembrance.

– Rajyogini Dadi Janki

THE DAWN OF REALISATION

— Amarjit Kaur Doowa (Thailand)

I am an Indian housewife who has 3 children. I hold a Masters' Degree in Education and have worked as an Administrator and English teacher for many years, in days when most women of our Sikh community were confined to being a housewife. I was never religious but always kept an inner subtle dialogue with God, from the age of 11 when I attended a convent boarding school.

However, as my children grew, I felt the need to be more religiously inclined, sensing that this would make me perform my role as a mother better and help them grow into virtuous human beings. In pursuing this, it somehow became clear to me, some 8-9 years ago, that there was more to life than meets the eye. There was an inner calling, a sudden urgency to understand perhaps a higher purpose of life. So though I felt it to be impossible, I embarked on the journey to understand our holy scriptures, the Sri Guru Granth Sahibji, in search of the truth. I wanted to know what our Gurus had written and what religion was all about.

I guess my intense and true yearning somehow also led me to discover and experience beautiful philosophies from various sources, such as Osho, Yogi Bhajan, Art of Living, Radha Swami, WHDC, and many famous Sikh philosophers and writers as well, in a very intimate way. All of this helped emphasize the basic concept of 'Universal Oneness' that almost all religions taught the same basics; meditation or prayer was the means of reaching a state of inner awareness, and thus an understanding of performing right and pure actions to improve the quality and joy of life.

Yet strangely, despite having been to, heard and served so many places, I was deeply disillusioned. Despite hearing from such elevated Masters, and knowing such deep theories, how was it that we disciples were not able to live such virtuous lives? No one, besides the leaders that I encountered with, seemed to care too much about changing or transforming the self truly i.e. changing one's conduct and nature. Everyone seemed totally engrossed in his

or her daily routines or preaching, and mainly interested in achieving worldly fame and progress, while doing all of this very subtly.

My encounter with the Brahma Kumaris, especially the Dadis, made me realise that true, selfless, loving, joyful and content beings do exist and they are seeking to genuinely transform the self and our world. Though the teachings everywhere else were very similar in concept and beautiful in content, they did not seem to bring about any clear "change in one's subtle awareness", like the way it happens so magically at the Brahma Kumaris. The clear feeling of being "sculpted lovingly" to be so pure and perfect, the constant awareness of every tiny flaw within self, even in our thoughts, and the ability to check and change the self are beyond belief. The Undoubtedly, one can and will become pure as He, the Supreme/God/Waheguru is empowering. He is the ultimate teacher, friend, spouse, father...everything. These feelings are not chanted or simply said, but one experiences all these relationships with Him. Wow!

The BKs remain by far the most genuine spiritual gathering I have ever encountered with,

(...Contd. on page no.34)

— (... Contd. from Page No. 3) —

environment for them.

So, Nature-Cure says that the real culprit is the accumulated toxic matter. They consider that a disease is not a result of attack by a virus or bacteria rather a result of the toxic matter, generated within or taken from outside, and also the result of the body making an attempt to throw this toxic material out of it. So, **according to them, all diseases are toxemic in origin, a toxic overload and most diseases are a remedial effort or a struggle by the body to purify or repair itself. The Allopathic doctors generally consider that area as diseased and begin to treat that part only. However, Nature cure would treat in a holistic way.**

If 'diseases' are considered as the manifestation of a signal concerning the accumulated debris, waste or toxic matter, then it has to be said that purification of the body is the mother of health. In this purification, 'purity of mind' plays a very great role because purification of the body requires fasting or less eating, avoiding food that is toxic, and having control over the sensual pleasures that lead to the wasting of the body's vitality. It also means to have control over our behaviour and emotions, for these also lead to debility, weakness and unhealthy functioning of our nervous or glandular systems.

Even if we believe in the existence of viruses, bacteria or micro-organisms as the causes of our disease, it would be hard to deny the fact that the main culprit is the accumulated toxic matter in our body because that provides the suitable breeding ground to the virus or the bacteria.

To sum up, it would be correct to say that spiritual and physical purity are the factors that promote natural health. Without positive emotions like love, enthusiasm etc, one cannot have the vitality to maintain normal functions of all the body-parts. The negative emotions cause a great drain on one's vitality and debilitate the whole organism. It would, therefore, be appropriate to emphasise that "Purity is the Mother of Health". ●

(... Contd. from Page No. 28)

spiritual being (of peace, purity and love) and forging a link with the Supreme Divine Entity

▶ my mind learns to transform the quality and speed of its thoughts

▶ my intellect is educated in being an accurate decision-maker and

▶ my negative or weak *sanskars* are reformed.

As we begin to unleash and refine our dormant spiritual strength (by empowering our consciousness), this energy becomes our personal power ready to use for self and others. We gradually help ourselves out of the box of limitations, doubts, uncertainties, and sorrows to experience a life of fulfilment and success.

India holds a treasure-store of wisdom for elevating soul and body to their acme. Let's unite to recognise... understand... cherish... use... and live by it.

(... Contd. from Page No. 33)

and my connection with them and the Almighty, is deepening day by day unimaginably. I thank my good fortune and I write this in the hope of sharing and letting everyone, who might be truly spiritually inclined, know about them. They have helped me understand the true depths of my own religion and universal religiousness.

Edited and published by B.K. Atam Prakash for Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Mount Abu and printed at **Om Shanti Printing Press, Gyanamrit Bhawan, Shantivan - 307 510, Abu Road (Rajasthan).**

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

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