

|| From the mighty pen of Sanjay ||

THE IMPORTANCE OF BABA'S SWEET MURLIS

Baba says this is new knowledge. Usually there is a subtle inner resistance to something new. We don't readily accept something new. We tend to hold on to our old and familiar ideas and ideals. We don't immediately accept something new even if it is logical, true and beneficial to us. At the subtle conscious level there is something that wants us to maintain the status quo. Man does not want to change very easily. There is always a resistance to change. One of the manifestations of this resistance is when you mention this knowledge to someone you meet, his reaction may be that of non-acceptance since it is not mentioned in the scriptures or not according to any scientific theory - (e.g. cycle of 5000 years duration when according to the theory of evolution man evolved a few million of years ago, backed by so-called fossil evidence etc.)

This is new knowledge for the New World. We have to become new to qualify for the New World. We have to look at this new knowledge from that point of view and become new. Whenever we listen to Baba's Murli, we have to keep this in our mind and check whether every new point of knowledge is making me new. Or do I still remain the same old person? Unless and until every point of knowledge is bringing about a change, a transformation, some kind of revolutionary influence on me, that I am being renewed, that I am becoming new in my habits, in my thoughts, in my *sanskars*, altogether a new person, the old one is dead, a new one is being born....If that process of change is not taking place then it means that we do not properly understand Baba's knowledge.

Baba has given us this basic understanding: "My dear children, this is new knowledge for the new world". And you could just imagine that a new world cannot come into existence unless and until new knowledge is given. There is deep connection between the kind of the world and kind of the knowledge and you find that this knowledge is absolutely new. For example, people say that God is omnipresent and we say 'no'. And where we say 'yes' they say 'no'. This knowledge is 100% new because it does

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Declaration

FORM-4

Details of the concerned magazine under Rule-8

1. Title of the magazine: **The World Renewal**
 2. Place of Publication: Gyanamrit Bhawan, Shantivan, Abu Road (Rajasthan)-307510
 3. Periodicity of its publication: Monthly
 4. Name of the Printer: **B.K. Atam Prakash**
Is he the citizen of India? Yes
Address: As above
 5. Name of the Publisher: **B.K. Atam Prakash**
Is he the citizen of India: Yes
Address: As above
 6. Name of the Editor: **B.K. Atam Prakash**
Is he the citizen of India? Yes
Address: As above
- Complete ownership:Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya
- I, B.K. Atam Prakash declare that the above quoted information is correct according to my knowledge and belief.

(B.K. Atam Prakash)

The Editor

GOD REALISATION FOR WORLD PEACE



We, the people of Bharat, are very fortunate to have been gifted with the most invaluable treasures of spiritual wisdom. Shrimat Bhagwad Gita is considered the nectar (amrit) which helps one understand the Self, the Supreme, the deep secrets of the *Karma* philosophy and the Art of Rajyoga Meditation. These different aspects of spiritual knowledge help us to withdraw from the external world of Maya or 'illusion', and stabilize our inner being to explore the secrets of inner peace. At this time of scientific and technological explosion, a majority of the world is being showered with high-quality computers, cell-phones and other means of fast, easy communication and comforts. However, instead of saving time and experience peace of mind, everyone seems to be running short of time for recreation, relaxation or coming together with the family. Ever-rising prices of essential commodities, oil or electricity bewilder everyone's mind setting off

more worries and sleepless nights. Fear of insecurity and loss due to increasing crime levels has taken the joy out of carefree, independent lifestyle. A glance at the global scenario on any particular day reveals sudden, shocking news detrimental to human psyche. Natural calamities don't spare even the mighty nations with their super-power denominations. At this hour of Kaliyug, the entire world is suffering from peacelessness and eagerly awaits God's compassion to redeem or reward us with real, positive peace and happiness.

What is the basis of inner peace and peace in the world? Is it possible or merely an imaginary dream? Are there any examples of those who have been gifted with the treasures of peace and happiness in any part of the world?

According to God's own promise, He is bestowing the treasures of peace and contentment, based on Godly wisdom being revealed directly to the world. We can re-claim our Godly birthright to an ever-

happy and peaceful life for generations by understanding and practising the values and wisdom being taught now by God, the Supreme. Righteous self-knowledge and awareness of God-consciousness through meditation leads us to realize the beauty and richness of self and God-realisation. People in the world, whether prominent or common, are groping in the dark and suffering most of their lifetime. Those with deep experiences of self and God-realisation could lead clean and vice-free lives, and become role-models of peaceful and happy living through spiritual enlightenment and virtuous conduct. Moreover, they would become 'Messengers of God' and help others to follow God's guidance for elevated consciousness and righteous *karma*, thereby determining their right to the world of purity, peace and happiness (Golden Age, *Bahisht, Swarg, Paradise*).

Godly wisdom, as re-revealed by God, the Supreme Father, Supreme Teacher, Supreme Satguru, and *Khuda Dost* for the entire humankind, requires evolvement of each one's sense of positivity and forging of mutual trust and faith. This would lead to fearlessness in relationships and a relaxed atmosphere all round. Some may mock at this as being

'utopian thinking' that is miles away from reality. However, take the example of scientists experimenting successfully with new medicines on a small number of guinea-pigs, and so declaring them fit for world-wide circulation. Similarly, these spiritual concepts have been experimented with, and applied practically in the lives of few millions, who have gone on to express their satisfaction. The long-term benefits and positive results encourage us to declare

and share this invaluable gift of God, unhesitatingly. Why shouldn't every one perceive and receive this highest Godly knowledge and regain the unlimited kingdom of heaven with 100% health, wealth and happiness? According to the Law of *Karma*, 'As we sow, so shall we reap'; we become Godly Messengers and real friends of society by spreading peace and love based on our personal practice of meditation and elevated *karma*.

It would be most apt to share some of the latest Godly versions below for the benefit and inspiration of our readers. The special divine message shared on 13 April with the participants of the Annual Service Meeting brought tears of super-sensuous joy to one and all. These versions were followed by celebrations for the 'Inauguration of the Platinum Jubilee Year of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya 2011'.

EXCERPTS OF DIVINE MESSAGE RECEIVED ON 13 APRIL 2011

Reveal the Supreme Being through your behaviour, face, vision, attitude and thoughts.

"The sign of love for God should be that the Comforter of Hearts remains constantly in each one's heart, that no child should be alone, all should be combined (with the Supreme). Check whether you remain constantly combined or whether you sometimes become alone. When you are alone, Maya takes her chance.

"Every instrument child should grant a vision of God, the Father, through their face, visions of God's light and of unique behaviour should continue to be granted from the children's face and behaviour. You saw Father Brahma. Till

the end, how many times, in every murli, did Father Brahma say "Baba, Baba (referring to God the Father)" according to shrimat? Follow Father Brahma in the same way. Anyone who looks at you should automatically remember God through your face, words, behaviour and vision.

"The One who is teaching you should be experienced through your every word: whatever he is saying, whatever she is saying, the One teaching and filling them with power is the Almighty Authority Father, it is God. These are the children of God. These are the students of God. They are not the followers of God who follow God, but those who create

multimillions at every step. Circumstances are changing and these circumstances are reminding everyone of God even against their conscious wish.

"These days, by your serving – with the benevolent feelings of your mind, souls are coming into connection with you and want to come into connection with you. It has been seen that, when you practise serving with your mind whilst being *yogyukt*, you definitely enable these vibrations to reach someone or the other; they feel that rays of light and waves of happiness and peace are coming to them from somewhere. These rays and waves are coming, but it is not clear to them that these are

coming to them from God's children. Now, make this even more powerful.

"Since you lack the power of intense yoga, the *sanskars* that create an obstacle in between cannot be finished. You make effort for the *sanskars* to be transformed, and these *sanskars* do die, but they do not get burnt. It is just as Ravan is not only killed but after he has been killed, he is burnt, because even after he is killed, his body still remains. In the same way, you sit for remembrance at *Amrit Vela* (early morning meditation), but the yoga of the form of subtle fire, is lacking. You celebrate a meeting, you have a heart-to-heart conversation with God, and you also talk about the things in your life. You definitely do kill the *sanskars*, and those *sanskars* do die, but they get up again every now and then. When they

are burnt, their name and form finish.

"If you yourself remain *yogyukt* and maintain a good stage of atmosphere, it automatically creates its impact on the service place. There is the influence of God and the senior instruments on the atmosphere and the vibrations. So, every child has to create an atmosphere, because only when you change the atmosphere of your centres, will the atmosphere of the world change.

"All of you also simply have to garland one another with the garland of love and co-operation. Not the garland of arms, but garland one another with the garland of co-operation from your heart. Your pockets should be filled with notes of co-operation, not notes of mistakes. You just give others a note of co-operation and they will

garland you with a garland of blessings."

The senior BK sisters and brothers (Zonal Heads and Sub-Zonal Heads of Brahma Kumaris Centres in Bharat and Nepal, Chairpersons, Vice Chairpersons, National Coordinators, and Head Quarter Coordinators of the Service Wings) felt deeply honoured and enriched by the special treat of elevated versions. They returned to their respective places of Godly Service with new vision, inspirations and enthusiasm to glorify Almighty Supreme Father God Shiva's reincarnation through their own vibrations, elevated life, and acts of benevolence.

We believe 2011-12 will prove to be the Year of God's Revelation and Glorification!

ONE GOD & ONE DIVINE FAMILY

The spiritual atmosphere at the Annual Godly Service Meeting, held from 8-13 April 2011 at Brahma Kumaris Complex, Shantivan, Abu Road, was highly-charged. Dadi Jankiji, Dadi Gulzarji and other senior sisters and brothers (over 1600 in number), representing all Zones of Bharat and Nepal, beamed with inspiring smiles and feelings of divine affinity.

These divine individuals, who have spent decades leading a spiritual life and being dedicated in the service of humanity, created an invaluable canvas of 'God's Messengers'. They are like living angels who are constantly busy in awakening the world to spirituality. Anyone would feel elated and blessed by looking at these world servers. The togetherness of

such a significant number of Rajyogis of excellence must have transmitted a very powerful, subtle message of peace and love to the entire universe. Each of the BK seniors feels proud and fortunate to be dedicated in God's work of re-establishment of a new age full of pure, peaceful and happy divine beings (Devtas). After all,

visions of the most auspicious Confluence Age (end of Kaliyug and beginning of Satyug) act as basis for personal transformation and dedication in God's unlimited

work. This Annual Meeting was like the preliminary occasion to celebrate 75 glorious years of spiritual life on earth to glorify God's greatness.

Some of the jewels of

knowledge and visions for Godly service presented during the Platinum Jubilee Year are shared herewith for our readers' awareness and interest:

EXCERPTS FROM MEETING BULLETIN IN RELATION TO PLATINUM JUBILEE

Inspirations from Dadi Jankiji: Our sweet God Father has given us an intellect to create elevated thoughts. There is no need to make the intellect work too much; let it remain peaceful. We need to keep a merciful heart, a big and honest heart. Let us cultivate trust, honesty and love amongst ourselves. Let us all be seen as 'one family'. If I look at anyone's weaknesses, if I think and talk about it, then I am not useful to any one or any task. If anyone points out my weaknesses to me, I should be able to thank him or her from the heart for drawing my attention.

In this Platinum Jubilee Year, let us glorify the name of Shiv Baba, Incorporeal Almighty Supreme Being. This *yagya* (Institution) has continued to grow on the basis of pure feelings. World service is embedded in pure feelings. Yogis are those who inspire others to cooperate. When I use everything in a worthwhile way, I receive the fruit and strength

in return.

The following and many other innovative ideas were shared and will be crystallized in time:

- ▶ Major programmes will be hosted in various capital cities of Bharat during the year, and will be coordinated by a Central Committee. These will be celebrated in honour of the Platinum Jubilee Year. Delhi will host a mega event in October on the theme: One God, One World Family.
- ▶ A religious conference will be held in Shantivan, Abu Road, during the year, with the aim of specially inviting *Mahatmas* and Saints of Bharat.
- ▶ The Year reminds us to take pride in the teachings and achievements of the Institution. A souvenir depicting the 75-year history and Godly services of the Brahma Kumaris will be published.
- ▶ Mass Media will be a

powerful instrument of service to connect with all spheres of society.

- ▶ Creation of a Laser Show on the 5000-year ancient history of Bharat, songs on the theme of the Year, a spiritual film etc., were suggested.
- ▶ A dance-drama portraying the history of the institution and aspects of spiritual knowledge will be created by Kumaris of Indore BK Hostel, and taken on tour of Bharat.
- ▶ Every Centre, sub-Centre in Bharat and foreign lands will hold programme(s) to honour the Platinum Jubilee.
- ▶ A hoarding/board displaying 'Platinum Jubilee Celebrations' will be put up outside all the Centres to spread awareness.

Let us hope to spread God's light of wisdom, spiritual might and pure love throughout the world in this Platinum Jubilee Year!

Om Shanti
– **B.K. Nirwair**

WHO AM I? WHO IS MINE?

— Dadi Janki,

We have been receiving news of great upheaval through the television and newspapers (a huge earthquake and tsunami took place in Japan on 11th March). Now we have to remind ourselves who we really are. Let's say Om Shanti (Om means 'I am a soul' and Shanti means 'peace'). At all times, check: How am I thinking and speaking? You may do a great deal of service but do you constantly remember 'who you are and who you belong to?' I am a soul - different from the body and I am totally light. I am just light. This practice of 'who am I' has to be totally natural. Do you keep this attention throughout the day? Do you say 'I' in such a way that you become light? Further, I belong to that Almighty One. When you remember whom you belong to, then you will be filled with power.

I have to now practise saying 'I' in such a way that I go within, and my intellect does not go anywhere except to 'I and God (Father, Baba)'. There is a great deal of power

in the relationship with God. Now I have to see that I naturally have this practice of being introverted and in relationship with the Father. In the past, it was natural for us to have relationships with the body, bodily beings and material possessions. Now we have to make it a natural practice to remain united with our inner self and intellectually in communion with Baba. This is the essence of knowledge.

Thinking about 'who I am and whom I belong to' frees the soul from everything. It even frees you from the *karma* you have already performed. When you become free, Baba will look at you and see that you are attentive to Him. When you are truly free, there will be no attraction to anyone. The soul then is established in the state of *Manmanabhav*. Baba then gives the soul the power of understanding. If you are at war with Maya, be positive to be victorious. Renunciation and *Tapasya* mean 'One Baba and none else'. There will be many tests but if you have only one Baba, you will fly through the



tests. I have to make myself such that no one can have attachment to me. I have to belong to Baba in such a way that anyone's attachment goes straight to Baba. You must not even have the thought that someone you know should come to Baba. No, I have to move ahead and they will join me if they wish. I have to use my time, thoughts and breath in the most valuable way. Thoughts and time go together with the breath and these have to be kept merged in Baba's remembrance. In remembrance, service is merged.

There is a reason for the sequence of four subjects of Godly knowledge, viz. Knowledge, Yoga, Inculcation (of divine virtues) and Godly service. We cannot remain so busy in service that we lose awareness of Knowledge. Knowledge means 'I, the soul' and Baba. If one's inculcation of divine virtues is strong, one will never step outside the line
(Contd on Page No. 14)

STRESS AND SOLACE

– B.K. Surendran, Bangalore

Those who are in the field of spirituality, value education and lead an aesthetic lifestyle are generally seen to be peaceful, happy and tolerant under adverse situations and problems. They are also calm, understanding, sympathetic, kind and compassionate since their inner divinity and goodness manifests in good behaviour, conduct and peaceful interactions. Pleasantness and optimism are found to be another hallmark of their lifestyle. They are not often disturbed, emotional or arrogant. They aim to remain stable in all circumstances with poise and peace.

Spiritual people always contribute towards the welfare of the world. They serve the world with their thoughts, words and deeds. Their contribution of service is not materialistic since material support will last for some time or some days. However, spiritual support consisting of pure feelings, peace, solace, mental happiness, courage and good wishes sustains a person for a lifetime. Those who are spiritual do not

require any kind of material returns for the services they render. Their return is the witnessing of the peace and happiness of those whom they serve. Thoughts of ego, greed or intense desires which normally disturb other people do not disturb spiritualists who actively meditate and learn skills to overcome them.

Stress is an epidemic in the world

We all know why there is stress in our world. It is due to ego, arrogance, guilty consciousness, feelings of hurt and rejection, unreasonable demands, intense desires, attachment, greed, lust of different kinds, divorce, death, accident, loss, fear, suspicion, false imagination, illusions and so on. Outside situations very rarely pressurise an individual to become panicky. About 80-90 per cent of stress is created by our own thoughts. We all know that the pressure is put on the mind which creates problems with the thinking process. Meditation is also practised through the medium of thoughts. A good meditation practitioner

is an expert in selecting one's thoughts. It is here that one should invest his intellectual acumen to select positive, pure and spiritual thoughts. A meditation practitioner is capable of selecting appropriate thoughts according to the time and requirement. Thoughts are life-sustaining. Our quality of life is based on the quality of thoughts selected at any point of time. Everyone has the freedom to select thoughts according to their needs.

We all know that thoughts give birth to words, and words become actions and the result of all these three processes create the state of our life, state of relationships, state of success and happiness or otherwise. Therefore, in order to be stress-free while actively being involved in day-to-day life we should select thoughts that promote happiness and peace. We all know that material possessions, status, position, laurels etc., can keep one happy only in the present. However, happiness and peace are the natural nature of souls. The awareness of being souls or spirits, that is, practise of soul-consciousness, helps us tap this happiness and peace. When one slips into body-consciousness, he is actually setting himself up to experience sorrow of different kinds and

state of upheaval. *A voluntary renunciation of the following kinds of thoughts and attitudes will take us closer to a stress-free life:*

1. Ownership attitude:

When the responsibility of running an institution/projects or that of organising a service programme is given, some people are normally inebriated with ‘ownership attitude’. There is generally a post or position attached to a responsibility, and with that sometimes comes the feeling of authority or ownership. For most people, tension is created when one thinks he is the owner of something since attachment develops. He has to struggle to safeguard himself from it. People are bothered or frustrated to see that which they own getting damaged or taken away. One is always pulled to remember all he owns. This ownership attitude can become an obsession. On the contrary, when one lives with the consciousness that he is a trustee and has to discharge his responsibilities, with focus on the task rather the self, then there is no burden of tension. Inner lightness enables him to ‘own’ and yet not be suppressed by it.

2. Doership attitude: Some people think that they alone can do something and that they should have the sole right to do it. They also believe that they are experts in the matter; everyone else is ignorant or not qualified enough. This attitude deludes them of the attitude of being an instrument, thereby creating stress. Such people deprive others of contributing their best in the task. It is the birth-right of each and every soul to do anything and everything.

No one is indispensable in this world. Many great people have come and gone, and the world is continually on the move to a better position. It is only with the collective efforts of all people that the world has been brought to a comfortable level of high technology, facilities and comforts. It is a collective outcome of efforts by people from all fields of life over a period of many generations. Therefore, no single person can boast of having executed all of this. Those in authority by virtue of their seniority or position need to realise that it is incumbent upon them to acknowledge the special qualities and capacities of each soul and use them in the service of the humankind, and welfare

of the world.

3. Attitude of monopolising enjoyment. Some people think that all facilities and comforts should be enjoyed by them alone. They feel that they are born to enjoy comforts and luxuries. But the truth is that one becomes happy when there is sharing and caring. With a broad mind and heart, we can go all out to inspire, motivate and associate others in the process of service.

The aforementioned three mindsets create a lot of mental blocks leading to stress in life. Therefore, it is beneficial for us to renounce these attitudes. God is ‘*Karankaravanhar (the One who inspires and carries out the task through the doer)*’, and I am ‘*Karanhar (doer)*’. God is the *Master and Owner*, and I am the server. I am, on one side a Godly Student, and on the other, I am a Godly Server. To every order of God I say ‘Yes, my Lord’ with love and respect. This positive attitude and approach will always keep us light and happy.

Contemplate on the following empowering thoughts to remain stress-free and experience solace in life:

1. Avoid negative people, places, things and habits.
2. Believe in yourself and be

- conscious of your uniqueness and greatness.
3. Consider things from all angles. Be aware of consequences and how to handle them.
 4. Do not give up and do not give in; stay balanced.
 5. Enjoy life now without any side-effects; do not think too much of the moment gone by or of the moment that is still to come.
 6. Family and friends are hidden treasures - treasure them always.
 7. God, the Supreme, is our original spiritual Father and Mother as we are all souls. We experience solace by remembering Him lovingly.
 8. Hang on to your dreams and plan meticulously to realise them.
 9. Ignore and forgive those who try to discourage and defame you.
 10. Just do the right things right now.
 11. Keep trying - no matter how hard things seem – it will get familiar and easier.
 12. Love yourself first so that you are able to love others.
 13. Meditation is an antidote to stress. Practise meditation regularly.
 14. Never lie, cheat or steal. Always strike a fair deal and be truthful.
 15. Open your eyes and see things as they really are and understand them.
 16. Practice is the key to perfection. The best practice in life is constant practice.
 17. Quitters never win and winners never quit – keep moving on track.
 18. Read and learn about everything important to you till the last moment of life.
 19. Stop procrastinating and start doing.
 20. Take control of your own destiny by creating good thoughts, words and deeds.
 21. Understand yourself in order to understand others better.
 22. Visualise and realise your dreams.
 23. Winner is the one who creates a win-win situation.
 24. 'Experience' every moment of life.
 25. You are a unique person; no one else can substitute you in the drama of life.
 26. Zero in on your goals and achieve them; trust in God and do the right.

Knowing the Soul is Peace

What do we think of, when we use this word, 'I'?

Do we name or the name of our country, religion, or profession come to mind? Do we think, "I am a man, I am a woman. I am this many years old"?

These aspects are associated with the body alone. This means they are physical and perishable - very different from the real 'I'.

The real 'I' is divine, a tiny point of pure light that is spiritual and unique. Although the divine 'I' sits in the physical body; it is not part of the body. It is a non-physical point of light that is filled with feelings of peace.

This is one of the most important lessons to learn about ourselves, and it is summed up in the expression, 'Om Shanti'.

'Om Shanti' means, 'I, the soul, am embodiment of peace.'

If we use this expression in the right way, it opens us to an inner secret: we desire peace because the intrinsic quality of the soul is peace. This means that we never have to ask for peace. We are embodiment of peace. This is the first lesson: each of us is a peaceful soul.

Can we feel this? We can try it and see it. It is possible when we take a moment to say, with feeling, "I, the soul, am embodiment of peace."

– Dadi Janki ji

(Contd. From April issue)

DEEP SECRETS OF KARMA

— B.K. Prakash Talathi, Lagos

Once Dalai Lama was asked - "How is a problem in your life really an opportunity?"

He said, "Problems invite us to go inside to recognise a bigger picture of ourselves and that of life. This bigger picture brings meaning to what is unfolding. When you feel trapped in a problem, see if you can shift your perspective. Ask yourself what you, the soul, want to learn from this situation? The answer will always revolve around a quality or value, like gratitude, freedom, compassion, love, will, humour or acceptance. The answer will also always promote union rather than separation.

"As soon as we find the meaning of our challenge, our resistance to it melts away. Often, awareness of the lesson is all that is needed to resolve the problem. If not, the awareness brings us courage and ways to work through it. The period of greatest gain in

knowledge and experience is the most difficult period in one's life." - Dalai Lama

Negative thoughts, when translated into actions, become sins or misdeeds. Not every negative thought comes into action but even though it is not executed, it still spoils the universal energy and so attracts minor punishment. Sometimes we observe our degree of happiness reducing suddenly without any reason. The reason for this may often be subtle punishment for creation of waste or negative thoughts.

Sometimes we create positive thoughts but do not use them or crystallize them into actions. We go on postponing the execution or making it practical. **Every thought generates energy; positive thoughts create positive energy whereas negative thoughts develop negative energy.** If a thought is executed without delay, it carries full force of energy.

However, if we don't execute the thought and allow time to go by, its energy reduces and we finally drop the idea of executing it. It's astounding how for most people a thought of anger is immediately executed, which generates tremendous negative energy!

A person went to a satsang (a religious gathering) where a Mahatma (an elevated priest/ascetic) was delivering a discourse. His talk was entertaining and inspiring, and he kept the audience spellbound by using many stories to elaborate his points. The person attending the satsang thought that when one of the devotees would bring the 'Aarti' (a plate carrying the sacred lamp) around, he would put 100 Rupees in the plate as a token of appreciation. As the talk continued, he thought Rs. 100/- was little too much, so 50 Rupees should be okay. Then he thought perhaps no one would be contributing even that amount of money. After few minutes, he told himself, "Today's gathering is overcrowded. When everyone will contribute, it would add up to a good sum. So why put so much? Let it be 20 Rupees". As the talk was about to end, he finally

decided 10 Rupees would suffice. When the plate came to him finally, rather than contributing something, he picked 10 rupees instead!

This is how the power of good thoughts diminishes with procrastination. This is why, "*Turant daan mahapunya* (Instant donation is a great act of charity)" and "*Ab nahi to kabhi nahi!* (If not now, then never!)" are great motivating mantras to follow.

I was once discussing this topic with a group of BKs. One brother asked how I could say that all the three types of actions, i.e., *sukarma*, *akarma* and *vikarma* take place at the Confluence Age. He opined that all our actions in this confluence age are *sukarmas* only.

In the Confluence Age - transitory period when the world undergoes transformation - we receive spiritual knowledge and further aim to change ourselves, and only perform good actions to increase our account of charity. However, it doesn't mean we become pure instantly or that every action becomes *sukarma* automatically. It takes a long time of consistent practice and working on the self to remove

the vices, defects, negative attitudes, old body-conscious behaviour etc. It is a process and journey the length of which varies from soul to soul. This is known as spiritual effort-making or purusharth. In spite of belonging to God and receiving His help when asked for, the deep-rooted *sanskars* of 63 births act 'by default' and emerge with great force. Sometimes it happens unknowingly, while other times we know the reasons but still find it a challenge to withstand the storms of Maya. This leads to *vikarma* (negative *karma*). On realisation we turn to Baba, share our weaknesses with Him, ask for His forgiveness and assure Him that we will not repeat it. Baba, the Ocean of Mercy, forgives us and advises us: 'Sweet child, be alert and see that it never repeats. Do not waste your time crying in repentance but make intense efforts and increase your yoga to take power from Me.'

This doesn't mean that we continue making blunders and just blatantly ask for forgiveness. This kind of carelessness will deepen our *sanskars*, which will continue to act by 'default'.

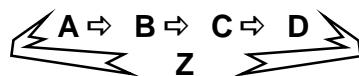
Settling of Karmic Account

requires great wisdom and patience. For example, 'A' can settle with 'B' directly in the following manner:

A < ==> B

Whereas in some cases it can't be settled directly, it is settled indirectly like -

Example 1, 'A' the boss yells at the subordinate 'B' who feels irritated but still has to suppress feelings in front of the boss. When 'B' returns home from work he is still upset and uncomfortable, so seeing his wife 'C' he scolds her for no reason. The wife understands something must have happened at his office and keeps mum. However, she is not really feeling comfortable. So when she meets her daughter 'D', she explodes and shouts at her. The chain goes on and one fine day one Mr. 'Z' fires 'A' and makes him pay for what 'A' had started. However, 'A' doesn't realise how things escalated and he thinks, 'Poor me, I am innocent and why 'Z' fires me!'.



Example 2: Suspend 5 pendulums in a straight row so that each one touches the next one. Now, pull No 1 to a short

distance and release it. You will see it returns and bangs No 2. No 2 in turn will hit 3 and so on till the end of the line.

This will continue up to No 5. Then 5 will return and bang No 4, and the momentum returns to No 1. This perfectly describes the settling of *karma*. As a result everyone is confused and say - "why me?" This is why our elders have said, "*Karam ki gati guhya hai!*"

In the UK Teacher's Retreat Dadi Jankiji shared her chitchat with Baba. She asked Baba, 'Our mind, body and wealth are not of any good quality, what you will do by accepting them?'

When we surrender our body, mind and wealth, He accepts them and it becomes His. He then returns them back to us and advises us to use it as Trustee. We should use mind to create elevated and pure thoughts and thereby pure environment, body, wealth for the benevolence of self and the world. There is an account of both attainments and also waste. When we use them as trustee we earn in our account, but when we waste or misuse them, a load of waste is added. BapDada also gives us treasures of thoughts, words, deeds, time etc. These are holy offerings (Prasadam) from the Father. Holy offerings are not wasted but distributed amongst all, even a small particle fallen down, it is picked up and touched to the head and accepted with great respect. So, when we waste God's offerings i. e. body, mind, wealth and time, will the load of waste not increase? It does increase and so it is said as *Karma* Philosophy is deep and complex. We have to use every resource in a worthwhile way.

Though BapDada is merciful, still He has to abide Himself with the laws - 'The one who does will get.' (Jo karega, so payega!) What maximum He does is, He gives 100 fold returns and secondly He gives help to the one who shows courage.

We will receive only when we give. One will not receive simply by asking. Give love and you will be loved; give peace to get peace; give cooperation, get cooperation. Receiving is included in giving.

(Concluded)

(Contd from Page No. 8)

of the code of conduct given by Shiv Baba. We are brothers and sisters but we have to maintain brotherly vision, i.e., we are all brothers. We are connected with each other; let's remind all to stay in remembrance of Baba.

Remember , if we allow ourselves to be affected by others' *sanskaras*, we will have to face many ups and downs. I have to refine my stage to such an extent that others are also affected positively by my stage. Why should I get involved in anything else? I have to be like a rose flower and spread the fragrance of divinity and peace.

If one doesn't become detached, one cannot draw light and power from God, the Light House and Power House. It is Knowledge that detaches us and Yoga empowers us. Let's carefully look within, check what weaknesses and blemishes are still inside, and finish them. Instead of looking at others, let's clearly and honestly analyse ourselves and transform the self.



MAGIC WEAVERS OF THE EIGHTH RAAGA



– B.K. Raghbir Singh, New Delhi

There is an old saying--If you do not want to be forgotten soon after you are dead, either do things worth writing or write things worth reading.

In both the parts of the statement, one common activity has been named and the name of that activity is writing. To put it in other words, writing is one of those creative activities through which one can outlive oneself.

The esteem in which the activity of writing is held even by saints and seers, can be felt at a deeper level through Sri Guru Nanak Dev's following words in Raag Vadhans, appearing on page 566 of Aad Sri Guru Granth Sahib

LIKHEY BHAJHO SURAT
NAHI
BOL BOL GAVAIE

The words, originally in Punjabi language, can be translated into English as under-

Without writing, human attention fails to commune with the Higher Spiritual Being. Just speaking and speaking (without putting things into black and white) is only waste of time and

energy.

Out of four skills of language, namely listening, speaking, reading and writing, spoken word was perhaps the first to have been invented and developed by the early man. But when he found that listening and speaking were incomplete tools of communication, he started to invent the written script to help man write and read. Writing thus became man's ultimate tool of communication.

That writing is basic to man's elementary need of communication and essential to his desire to express himself, can be best judged from the fact that even the blind, in spite of their complete visual handicap, felt the need of a written script to be able to communicate through the skill of writing. It was this inborn human passion for and necessity of writing which became the mother of the invention called Braille (system of writing for the blind) named after its inventor who himself was blind. This written script is the eyes of the blind, for them to be able to read, write and

communicate.

Similarly, language of signs and gestures was invented for the deaf and dumb of the world to be able to communicate with the world.

On the basis of my personal happy fortune of having been into the activity of writing for about half a century, I can say with the highest degree of tested conviction that I treat writing as the culmination point of man's thought process. It is only after writing, writing and writing again and again that one finds exactly what one wants to convey. The best human product in every sphere of life (Science, technology, astronomy, Space-Science-- to name just a few) was first penned down and then developed further and still further after writing more and more on the subject. I personally treat writing as one of the noblest and one of the most ennobling of all human activities. The caption of my article has its primary emphasis on the creative segment of the activity of writing. An activity can be called creative if it gives birth to something that did not exist earlier. To give birth to a good piece of writing is no less than a woman's suffering pangs of labor-pain and delivering a new born. To nourish a piece of writing is as caring and loving as nourishing

a child and helping him bloom into youth of wisdom and fragrance.

Since writing is about giving birth, creative freedom and freedom of expression are the birthright of a writer. To try to confine a creative writer to a framework of set dogmas or preconceived notions is to throttle the writer when he is only in his mother's womb. From heaven to hell, from Paradise Lost to Paradise Regained, from the written to the hitherto unwritten, from the heard to the unheard, from life here to life before and life hereafter--it is a writer's prerogative to choose from the imaginable and unimaginable spectrum. Poets had foreseen man's conquest of moon when Science could hardly dream of it. Star-wars had been depicted in films much before they became a reality. A writer has that third eye which can look beyond. He can feel and depict the pangs which a dacoit's wife and children suffer for being unable to live life the way they want to in the form of a story in which the wife of the dacoit finds it painful to bless her child to grow because of her fear that upon growing up, he also will become a dacoit like his father.

A writer can elevate the

level of his attention and thoughts to that exalted and holy pedestal where he goes beyond and above the shameful nakedness of the life of a prostitute and listens to her silent longing for a permanent home and family of her own.

I hold musicians in the highest esteem for their mastery over the Seven Ragas and for their ability to touch, enthrall, captivate and mesmerize mind, body and soul. In the same tone, I worship writers, teachers and poets because, for their being not in command of the Seven Ragas, God made them magic weavers of the Eighth Raga through which they strike and play the unheard melodies which are sweeter than the heard melodies and through which they read what is left unwritten-- they read between the lines. Gifted writers, teachers and poets are masters of the art that animates the inanimate. They breathe life and infuse emotions into words, impart immortality to them and so empower them that they, in turn, become capable of gifting immortality to their masters.

Amongst the masters, a numbered few are those whom Shiv Baba chooses to bless and touch with His Divinity. In those rare spells of divinity

touching humanity, the chosen few of God experience the thrill and bliss of transcending from the physical to the metaphysical and from the temporal to the eternal. The rarest of the rare and the most blessed ones undergo even the experience of getting connected to the Supreme Being.

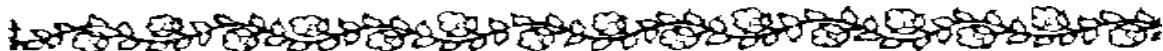
Bhai Veer Singh, the eminent spiritual thinker and poet of Punjabi literature captures one such fleeting experience in a verse which had originally been written in Gurmukhi Script and can be translated into English in the following manner:-

Thou met me in my dream
I dashed myself into embrace
with you
Thou being just Divine Light
Halo and Aura
I failed to hold on to you
And my weak old wrists
Kept trembling and shivering
In embrace around Thine
Divine Being.

NO TEARS

If you miss an opportunity, do not cloud your eyes with tears. Keep your vision clear so that you will not miss the next one.

MEDITATION HUT IN SIR J J HOSPITAL - A BEACON ON NEW FRONTIERS IN MEDICINE



– Dr. Dilip V. Kaundinya MD,

Ex-Professor and Head, Dept. of Microbiology,
Sir J J Hospital, Mumbai

On World Health Day, i.e., 7th April every year, a slogan is given as a caution and viable option for action in connection with the most important problem facing the medical world. This year the slogan by W.H.O. Director General, Dr. Margaret Chan says, "No action today to curb antibiotic resistance would mean there would be no cure tomorrow."

This slogan addresses the grave crisis that has arisen out of alarming increase in multi drug resistance in bacteria. Viz. A NDM-1 gene has given a metallo-beta lactamase producing super bug , a colon bacillus that is resistant to all the known antibiotics except Polymyxin. This antibiotic is highly toxic to kidneys and liver. An attempt to treat super bug infection by this antibiotic shall mean that the patient shall walk a thin line between the death by bug or by the antibiotic. A report says that Delhi water supply is full of this super bug. In short ,a

microbial bomb is silently ticking ready to explode into a grave epidemic for which there is no antibiotic except the deadly Polymyxin. This grave situation has arisen out of the doctors' own follies over past several decades. It is as if Karma theory in Bhagavad Gita stating "As you sow, so you reap", is getting proved. Medical world knows very well that irrational use of topical and oral antibiotics promotes development of R-Factors in the colon bacilli and the resident normal skin flora. If in such an individual an enteric infection like Typhoid happens, then the colon bacilli get a chance of transferring all of their accumulated R-FACTORS to the Typhoid bacilli in a single step, through an unique process called as Bacterial Conjugation , not dissimilar from the romance of human beings. As a consequence, an originally antibiotic sensitive Typhoid bacillus becomes Multi Drug resistant. Anti-typhoid drugs

then become useless. It is only a quirky side of human mind that inspite of this startling knowledge, irrational and inappropriate use of antibiotics continues unabated in both hospital and domiciliary practice. The single most important reason that prevents effective implementation of a rational antibiotic policy in various hospitals is THE SUPER EGO of the clinicians who have their own antibiotic preferences, usually based on the enticements provided by pharma industry. In the process a SUPER BUG takes its birth. **The benefit to the patients becomes a last priority on several occasions in the ego and greed-driven medical world. Even the mind of the healer is not healthy. No wonder, the common man has come to a state of complete helplessness and hopelessness.**

Two latest branches of Medicine, namely Psycho-Neuro-Endocrino-Immunology

(P.N.I.) and Psycho-Social Oncology show that the state of mind plays a great role in the total cure of the so-called incurable diseases. A strong faith in the treating physician and a happy tranquil state of mind elicit cure even by a placebo due to the activation of recently discovered ULTRADEAN RHYTHMS which are similar to the pranik healing mechanisms in Charak Samhita and Patanjali Kriya Yog. The focused prayers and the strong positive emotions like hope and love elicit the same effect. On the other hand, a stressful or unhappy state of mind elicits a lethal and toxic TH-2 immune response preventing healing and recovery. **Negative thoughts and emotions like lust, jealousy, hatred, stress or anger are the potent weapons of self-destruction. A host of diseases ranging from repeated colds to cancer, allergies to asthma, headache to heart-attacks and from depression to dementia arise today because of a chronic and perpetual stress.**

The external factors are such that to remain happy and stress-free under all circumstances has become the greatest challenge for all of us. Neuroscience shows that this

miracle becomes possible by a regular practice of DHYAN, the fifth component in 2500 years old Patanjali Kriya Yog. Dr. Richard Davidson , Professor of psychiatry, Wisconsin University baptized DHYAN as Mindfulness Meditation in year 2003. With this, the birth of a novel branch of medicine, Mind-Body Medicine took place.

Dr. David Eddie, Professor of cardiac surgery, Stanford University, devised Archimedes model, a virtual model of a human being with all of its physiology to assess different interventions. The results were startling. The trillions and trillions of dollars spent on costly interventions increased the life-expectancy by a mere 3 percent. The rest came from proper sanitation, nutrition, sleep and a tranquil state of mind.

A major component in the therapy of all of the modern diseases is life-style modification. On several occasions, the patient is unable to accept or adopt the suggested life-style because of a lack of self-determination. Desires make the mind want more and beyond control. (*Yeh Dil mange more and Dil hai ki manata nahi*). Mindfulness Meditation stabilizes the mind in

Satvik state full of inner peace, power, purity and bliss; and makes it devoid of desires. It is the mind in *Tamasik/Rajasik* consciousness that indulges in the pursuit of pleasures and in the process gets depleted of its life-force (Prana). **Mind in satvik state gets so empowered that impossible becomes I AM POSSIBLE.**

World Health days in the past have brought forth several slogans but without a desired change in the health scenario. viz. "A B C of AIDS, i.e., Abstinence, Be faithful and Condoms for AIDS prevention. A slogan "keep your promises" was floated. The impact of the slogan was strange. There was an increase in demand for A.T.C. Any Time Condom machines. Human mind is so vile and unfathomable. Another slogan "Working together for health" brought a similar aberrant response. The idea was to combine the use of Mainstream Medicine and the Alternative Therapies for a better tomorrow in the present health scenario. Allopathy functions by suppression and killing while the Alternative therapies function by a process of inner engineering that brings about health promotion and a permanent cure. It is nature's law that anything that is

suppressed or killed wantonly, strikes back with double vengeance. Thus Mainstream Medicine by its very nature of cure has brought the curse of resurgence of the older diseases like malaria and dengue in lethal form. A balance between killing the microbes and the making the defences strong by health promotion, would have been tremendously beneficial. But human mind once again played a trick. The Mainstream Medicine, instead of testing the Alternative therapies, chose to dismiss them as quackery. We human beings could learn a thing or two in spiritual wisdom from lowly bacteria. A quaint phenomenon called Quorum Sensing in bacteria shows that they have learnt the spiritual wisdom of shedding their ego or I-ness and working together. Spherical cocci and rod shaped bacilli lose their particular shape to assume a non-descript form. This combination generates an impermeable plastic like membrane around them making them safe from the attack by antibiotics and antibodies.

It becomes very clear that a breakthrough is not possible until and unless the thought process in the present human mind-set is changed. So the information in the latest book entitled "Spirituality and mental health"

by Indian Psychiatry Society becomes quite important. It quotes that there are more than 200 types of meditation for changing the thought process. But only four are evidence-based. Brahma Kumaris Rajayoga Meditation is one of them. This simple, easy and quick 3-step method is taught free of cost through more than 8500 Rajyoga Centres in 130 countries. A regular practice of this meditation for just half an hour daily, elicits a totally relaxed but focused mental state called "THE ZONE" and a totally relaxed physical state called B.R.R., Biological Relaxation Response within 5 to 10 minutes. This is *Satvik* state of mind. A novel Thought-Graph machine at Mount Abu in the medical wing of Brahma Kumaris visually demonstrates the deepening stages of meditation progressing to a Delta-wave state of deep sleep with open eyes. In this state, a pre-ordained programme of auto-suggestions and visualization becomes quite effective for the cure of intractable addictions and cancer. The final step of cosmic communion brings about a miraculous and powerful mind-empowerment. The release of miracle neuro-hormones like encephalin,

endorphins, melatonin and Brain Derived Neurotrophic Factor (B.D.N.F.) give immune-potentiation, reverse transport of cholesterol from heart vessels and restoration of homeostasis or internal balance of ions, lipids and sugar. The health benefits are phenomenal. A group of cardiac patients from Sir J J Hospital, showed cent percent disappearance of blocks in heart vessels within three to six months of meditation as an adjunct to drugs.

Sir J J Hospital, Mumbai, is the only hospital in the whole world which owes its existence to the exceptional philanthropy of an extra ordinary soul. Similarly , it is the only tertiary Health Care Institute in the whole world which has a Rajyoga Meditation Hut. This event appears like a Divine signal beckoning to the Health Ministry to open a new frontier in modern medicine by a systematic scientific research of Rajyoga spiritual practice in the management of health and in the cure and prevention of the diseases. May be ever expanding health budgets could be cut to size.

If there is no action today for bringing the evidence based spiritual practices to supplement standard therapies, then certainly there shall be no cure tomorrow.

NYLON FLOWERS



– B.K. David. Paignton, England

Nylon flowers can only grow artificially in the minds of those who wish them to grow. You can grow anything you wish in your mind. Unfortunately today, it's unpleasant what is grown (thought of, created in people's minds), ugly and inedible, and likely to make you sick should you taste it. From wars, to scams, to drugs, abuse, porn and corruption...the list goes on. This world is but a true reflection of what goes on in people's minds.

It is sick (confused, corrupted) people who have created a sick world on the basis of selfishness and greed. It is now the world of the fake and dishonest. There is gold (love, care, affection) still to be found in the world but 99% of it turns out to be only fools' gold. Step outside from your family and you can see there is a daily battle going on. People do not carry guns but their minds are no less, and their bodies like torpedoes. People (falsehood) cannot win this battle anymore as God and truth will win the war.

In Which Supermarket Aisle Do You Find God?

If you want gold and gems in your life, just delve deeper into your own life, discover where you came from, where you're going to and who your Father is. Answer these questions and you'll have struck gold. You will have wealth beyond your dreams with a 24K goldmine at your fingertips overflowing with the treasures of love, peace, and contentment. You'll have found the mysteries of creation, the source of all energy and meaning to life. Most only find a bargain in the supermarket, and you have found God with His unlimited treasures. You'll only ever find meat, tinned soup, shampoo and tissues on offer in the local supermarkets.

The World Is Hoping and Praying For a Late Crop Of Fruit

Your treasure is what every scientist, historian and religion is searching for, but doesn't have the glasses of truth and fortune to be lucky enough to see it. They wear the glasses of 'convention'. They really want answers to their questions,

but unless and until you planted seeds when your belly was full in the summer (when life was good and you ignored God), you cannot expect to get fruit later. What do you call the man who sows seeds on concrete in the rain when he's hungry? This is now the world of desperate farmers (worshippers) hoping to see some fruit for the seeds they have sown far too late when it was raining. Some even expect fruit (goodness in life) having not sown any seeds. The majority in this world are too dazed to catch anything anyway.

You Cannot Put the World Right By Talking But You Can With Thinking

The answers to world problems, be they starvation and famine, war, economic meltdown or population explosion, really do exist. God has the solution to all these but you need His 'spiritual radio' to hear them: To famine, He says: *Be vegetarian, eat simple and eat less.* To war, He says: *Love is the answer.* Stop being greedy, as your needs are few. As for the economy, He says: *Spend your money in worthwhile, charitable ways.* On the state of our vast population, He says: See everyone as your brother and sister and eat plenty of tasty mangoes for real enjoyment and

satisfaction. So much beautiful enjoyment can be had from sweet fruit. Going for a walk in the sun can be most enjoyable too.

Teaching Us to Forget

God's solutions and wisdom are to be found in His Spiritual University. Everything there is like a giant farm where you spend all day sowing seeds for the future. Which other University offers courses of study today for the benefits to be seen and tasted in a thousand years time? Which other teacher is wise and clever enough to teach an education which lasts its pupils thousands of years? God is teaching us to forget the past so we can truly live in the future. You could never live happily in the future dragging the ball and chain of the past round with you. God is teaching us to be masters of the 'now' - not slaves and prisoners to the past.

The School That Does Not Has a Uniform

The school uniform to be worn to God's School is of course invisible, comes in one size and fits anyone who cares to put it on. It suits anyone from any country, with any colour, caste, belief or philosophical thought. You are not supposed to get this uniform dirty once you put it on. It does come with

a huge list of 'Care Instructions' on how to look after it as the Principal does like His students to always look smart (soul conscious).

Do You Jump For Joy Every Time You Go Out?

Man's uniform comes with the blazer of sorrow (body-consciousness); so wear it if you wish with great caution. This uniform causes you great trouble in life if you let it. You should be in constant control of the horse (body) while riding it. You do not want the horse bolting off out of control, as is normal today, with you hanging on and at the mercy of what is now a crazed animal. There are many hurdles in life and you need much wisdom and strength if you are to jump them all and complete the course of life with a smile on your face and not scratches. Some, whilst jumping (living), break their nose, and some even their neck.

Do You Realise You Are Walking Round With A Stone In Your Shoe?

Most people have a broken leg and arm (*bad karma*) which they do not know about and carry round with them which handicaps their life and every move, holds them back, slows them down and makes their life so difficult. Everyone today is handicapped in one way or

another with bad *karma*. We all need to sit down, take off our shoes (body consciousness), and remember God. When we put our shoes back on, we may find the stone has gone.

Your Bruises Are From Your Past And Should Be Seen As A Reminder For You To Live Good Today

Karma's afflictions are normally of the body and mind. Ailments, be they small or large, be it a bruise or backache, toothache, heartache or heart attack, are a result of our bad *karma*. *Karma* can hit you financially, sometimes make you bad tempered, or simply fed up and depressed with life. If you gallop around in life like a crazy horse showing off (acting stupid), you will be forever kicking yourself throughout the day. This is a crippled world with leg irons.

What Flower Do You Wake Up To And Smell Every Morning?

Whatever happens in your life today is not an accident but *karma* coming to either make you laugh and smile — or cry with pain. It is up to you if you get nylon flowers delivered to your house (mind) every morning or real ones which have the fragrance of happiness. A real flower has the

petals of good *karma* to make you feel good about life. Nylon flowers collect dust, make you sneeze, smell terrible and are fake.

Today's Uniform Of Living Matter

This uniform of the body is very itchy, gets dirty very easily and costs a fortune to look after. This uniform is standard issue, universal but with variants in colour and size, and although fashionable to decorate it, the people who do glamorise it, are more victims of fashion, than special. Do you ever wonder if you're a victim of fashion?

Today, all go to the same Blind school and are taught the same lessons; they think the same and act the same. They all bump into each other every morning catching the same train, without thinking or knowing where they are going. Their mentality is: 'Everyone is catching this train, so it must also be good if I catch it'. This has been the case for a thousand years and is still the same today.

Sheeps ville School For The Blind

This school for the blind has taught them to eat sheep and act like sheep, so they do. It's a brave and wise person who refuses to get onboard the morning train to Sheeps ville and spend a day on the farm showing off their fleece.

Lambs To The.....

There is a world of difference between wearing a woollen coat to keep you warm and buying a golden fleece so everyone can notice you.

A SPIRITUAL WARRIOR NEVER CALLS IT AN END



– Shiny Vikas, U.A.E.

In this eternal world drama
Human beings play varied role
Breaths sustain our body
Their slow rhythm brushes the soul
We breathe pain, we breathe happiness
We breathe challenges, we breathe peace!!!
Sometimes we breathe love, at times hatred
One moment snobbish, the other we're sacred
A space given to each breath
We souls breathe varied moments, consoling the self
The silent moments beautifully felt within
Relax O Traveler of the esoteric path
Understand the import of each breathe
Witness every event, revere each co-traveler
Enjoy all halts and shades in the journey
All inner conflicts will vanish
Lost battles will be won
Deal with each soul with love and peace
Each one to support, succor and entreat
Breathes last as long as we live
Death too is a mystery in life
Breathes accompany our body
Their slow rhythm brushes the soul
In our entire journey we feel the breath of life!!!
Holding the life at its best!
Soul loves to fight till the end
A brave soul is destined to win
It keeps floating amidst each storm
It continues its valiant fight
Faces all challenges bravely
Its generosity and magnanimity
Create new pastures, set a new trend
A spiritual warrior never calls it an end

DOMESTIC VIOLENCE: CAUSES AND SOLUTIONS

— B.K. Khem Jokhoo, Trinidad

The genesis of any type of violence is in the "mind" where all thoughts are created and generated. The root cause of aberrant and violent behaviour is body-consciousness which manifests as vices--anger, greed, ego, lust and attachment etc. Domestic violence, which is also an offshoot of ego, anger and arrogance, involves inflicting of sorrow upon family members. Domestic violence is one aspect of environmental violence that hints at the dehumanization of mankind and the degradation of the environment. Dehumanization of mankind is apparent as the reasoning ability of the soul is at its lowest level and man's actions and behaviour are most despicable, resulting in the most violent crimes, even to his loved ones.

Subtle Domestic Violence

There are two types of domestic violence. The first type is non-physical or subtle which is the psychological battering (nagging) of each other through vicious thoughts, hurtful words or unkind body language,

especially the eyes and face. Violence through thoughts involves negative feelings and ill wishes for others such as hate, envy and jealousy. Here both feel the effects, but the generator of these feelings receives the worst. This is because "**hate is like an acid, it does more damage to the vessel in which it is stored than the object on which it is poured**". When these negative feelings can no longer be contained, physical aggression is the next step.

Physical Domestic Violence

The second type of violence is but the consequence of subtle violence and this often manifests itself into physical abuse. Physical abuse therefore is the product of subtle violence. Whatever the form of violence, the root cause stems from getting angry, or from expectations when some desire is not fulfilled, or from hurting someone's pride or ego resulting mainly from infidelity, or from unrequited love, or from being possessive as a result of attachment. These macabre and heinous violent acts

manifested today are the product of a society that has sidelined spirituality for promiscuity and has redefined the true meaning of morality for their own selfish motives. The cause of violence begins in the mind with negative, vicious feelings and end up with "mankind" as the victim in the form of a depraved society. The source of violence is non-physical one and so the solution must also be non-physical.

Triggers of Domestic Violence

Some of the factors that trigger anger and arrogance are unfulfilled desires and expectations, obsessions as well as addictions to lust, greed and power. Unfulfilled desires and obsessions are generally temporary in nature, but addictions to lust and greed for power are more permanent in nature and very often end in casualties. An addiction to infidelity or debauchery is possibly your worst enemy as this can lead to separation, divorce or death. When bitten by lustful infidelity, a person loses all reasoning powers, neglects all responsibilities as well as respectability and commits the most heinous crime if his addiction is unrequited and scorned. They become wrong and strong and practise 'might is right'. Death is almost certain

if a restraining order is applied, especially in the case of unrequited love. Lust for political power is no different and anyone who wishes to challenge that power is risking political suicide and personal defamation.

Spiritual Solutions

To minimize domestic violence, take control of the mind the moment anger is sensed in a forced or spontaneous altercation. The method to be adopted quickly is to become peacefully silent and quietly retreat, managing a smile if possible. Use that time in silent prayer, deep introspection and continuous remembrance of God. This is but the spiritual power of the soul to "withdraw" that the wise see as "strength", but the egoists perceive as a "weakness".

When that moment of anger is controlled and you are in a better frame of mind, honestly see if you are part of the problem. If yes, then reconciliation can start by invoking the power of humility, the strength to say sorry and the wisdom to seek forgiveness.

However, if you have a clear conscience and the problem lies with others, then summon true love in your heart and exercise mercy, compassion and forgiveness. You can then re-assess the situation for a more permanent solution.

In many of the situations that lead to domestic violence, it is very difficult to break off bad habits especially when the cause is one of unfaithfulness or substance abuse. Therefore, some form of spiritual or psychiatric counseling and guidance is essential. There are no easy solutions and sometimes it may mean walking away, sometimes exercising unshakable tolerance until such time you are in a position to do better; but whatever you do, do it with great tact and humility. Do not try and test the other party's ego and arrogance. The important thing to remember is that there is always a solution however painful it may become. Trust in yourself and have unshakable faith in God, but do not take the law into your hands.

The writer, BK Khem Jokhoo is a physicist/engineer/Yogi by profession. During the last 18 years, he has done extensive studies in moral values and spirituality. He is a student and teacher of Yoga and Meditation. He also teaches Positive Thinking, Stress Free Living and Self-Management.

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The Law of Focus and Attention

Wherever we focus our attention is where our thoughts are directed with most frequency and interest. Thus energy is produced in this direction, whether positive and beneficial energy or negative and harmful energy.

If we have a complicated mind, which thinks too much about certain things unnecessarily, our attention may generally be focused on obstacles, problems, and things we worry about from a critical and negative viewpoint. By paying more attention to difficulties and problems, we feed these types of thoughts with our attention, and so end up attracting these situations towards us. Finally, the problems and obstacles absorb us due to the amount of energy we have invested in them, turning what was perhaps a molehill into a mountain.

The situation does not necessarily change immediately on changing our attitude. With inner change, however, we will have more energy, clarity and determination to face and change the situation. By focusing on seeking solutions to problems and difficulties with a positive and enthusiastic attitude, we attract positive energy towards us, which helps us transform mountains into molehills.

THE ATTAINMENT OF GOD



– B.K. Santhi, Ampang, Malaysia

“You can attain Me only through Me”, are

God's versions embedded in the Shrimad Bhagwad Gita. But how does this happen? God is the Supreme Being, God is the Divine One, and, therefore, to attain Him we, first of all, must apply His advice into our lives, divinise our intellects, and recognize Him with our third eye of knowledge. The third eye of knowledge means the recognition, understanding and faith about who God is and what He means to us. Then, our *bhavna* (feelings) is expressed through praise and experience of His powers which comprises truth (*satyam*), benevolence (*shivam*) and beauty (*sundram*). These praises are done through the *knowledge* that He imparts to us which we abide by, *yoga* through which we stay in His company, *dharna* or virtues that we imbibe and *service* that He carries out through us, to establish the new world of Heaven. All the above four aspects go hand in-hand-and take us closer to God.

Apply Knowledge in Life

Shrimat (elevated directions) is the main aspect in attaining God. The persons having divinity in the intellect understand the importance of God's directions; they are in tune with God and His teachings. Their intellect immediately chooses to follow His directions. A good intellect is essential not only to recognize the divinity of this knowledge, but also to be constantly aware and alert of its essence that should be adopted in various situations cheerfully and fearlessly. Such a person is said to be the embodiment of knowledge, and one needs to be in constant yoga with Him to achieve this.

Yoga works Wonders

To have constant remembrance of God means to remember Him deeply for His unlimited love and eternal qualities. We must have unflinching faith in Him—the Supreme Being, as a Boatman who takes us across the poisonous ocean of vices for our betterment, a Magician

who turns impossible into possible, a Purifier who purifies human beings to attain perfection etc. It is a wonder to many how we attain super-sensuous joy and remain cheerful in this Godly path, which sometimes seems monotonous and boring to those living the worldly life. However, it is through yoga that we experience God's unlimited love. It is this love that develops disinterest to the temporary and ever-changing charms of the materialistic world and other bodily relationships. Godly love through yoga makes us stable and unshakeable; it brings out the hidden powers and virtues within us. In other words, yoga or remembrance of God gives us spiritual might. We experience contentment, bliss and peace; we learn to see only goodness in everyone, and in every situation. Such feelings empower us to remove all fears and sorrows. Yoga also enables us to feel the constant co-operation from the Supreme Power, and this is why our Supreme Father says, “*Someone who has love for the One, automatically receives the Father's co-operation.*”

Inculcation of Divine Virtues

To be constant and positive

in our behaviour and interactions means not to fluctuate while experiencing the sweetness of God's company or while having elevated vision and good wishes for others. This consistency develops by imbibing spiritual knowledge, and helps us move forward on our spiritual path. At times, we see that our weaknesses come in full force when we try to express virtues through our thoughts, speech and actions. After all, "*old habits die hard*". Therefore to overcome this, constant study and churning of God's unlimited knowledge and practice of yoga go hand in hand in making us royal in our behaviour and consequently more serviceable on the stage of world service.

Divine Service endears us to God

Service unto others means actions performed by us, giving a helping hand in accomplishing a certain task. However, the pre-requisite of Godly service is one's elevated vision and attitude towards the task. When one plays a small role in the completion of a huge service with a broad perspective and a benign attitude, he experiences true bliss and happiness. In short, it is our intention that matters the most. Service does not necessarily mean doing something when a particular project is undertaken or a responsibility is handed out under others' instructions. It also involves things within this Godly mission which may not be obvious but are necessary and important for successful completion of the whole task. God's children are from various walks of life and situations but each one has his or her own specialities. This deep and vital understanding enables one to realise and contribute in service without looking at others' shortcomings etc. There can never be questions such as "Why me?" These words are an indication of lack of understanding and commitment to God's service. God says, "*When you do service, give your bones (implying do it from the heart)*". Perform tasks in complete soul-consciousness just like an angel.

Here are God's blessings and advice: "*May your thinking, doing and speaking all be equal!*" Let there be equality and purity in knowledge, yoga, **dharna** and service and you will have beautiful experiences of attaining God in your life. In other words, stay honest with Him as His spiritual children and in being helping hands for completion of His task.

EVERYTHING BEAUTIFUL AND GOOD

– BK Sapna, ORC Delhi



All souls yearn for Love

Happiness, Peace and
Respect

So think about your self

For values make a man perfect

Do you have pity

In your heart for all?

As you are not ordinary

But a special soul.

Give and take co-operation

Be an ocean of virtues

Not a river or lake

Give and receive blessings

And not give sorrow

Live and let live

Be yogi and holy

Speak sweetly and slowly

Stay in good company

Be always truthful

And take pure food

Then you will sincerely feel that

Everything is beautiful and
good.

EGO: THE ROOT CAUSE OF SUFFERINGS

— Manasi Taneja, Indore

What is suffering? Is it some kind of disturbance? If yes, why are we disturbed? Who makes us miserable? Now here, if you look outside and point him, her...and so and so and such and such thing or this or that circumstance...let me tell you friends your list will be endless. If you look outside, you will never be able to find the right answer. So, just close your eyes and search and look within. The source of all misery, anger, anguish, is hidden in you and the culprit is YOUR EGO!

But what is ego? When a child is born, he has no knowledge of his consciousness, his own self; the first thing he becomes aware of is not himself, but the other. It is natural, because the eyes open outwards, the hands touch others, the ears listen to others, the tongue tastes food and the nose smells the outside. All these senses open outwards. He opens his eyes, sees others. He becomes aware of the mother first. Then, by and by, he becomes aware of his own body. That too is the other, that too belongs to the world. He is

hungry and he feeds the body; his need is satisfied, he forgets the body. This is how a child grows. First he becomes aware of you, thou, other, and then by and by, in contrast to you, thou, he becomes aware of himself. Is it not this way? This is awareness, not of who he is but what his mother thinks him to be...beautiful, intelligent, and the child feels good when he is loved, he feels appreciated, he feels good about himself and...EGO is born. The feeling of 'I am good, I am valuable' creates a reflected center-- which is not real. It is simply what others think about him. Similarly if he is 'not loved', or 'not appreciated', that too is ego, but an ill-ego. The mother was his world when he was born and then others join in.

The ego is not individual. Ego is a social phenomenon -- it is society, it's not you. It is the reflection of how the society views you, your family, your friends, your religion, your country...i.e., Me, my family, my friends, my religion, my country. And we remain happy in this false notion. Till the time

this I-ness and My-ness are fed by others i.e. the society we live in, we remain satisfied. Just try to watch and analyze, and you will find, the ego goes on finding causes to suffer, because it longs for attention. This sense of one's own person becomes a kind of cage, a prison which shuts us in, prevents us from being true, from knowing truly, acting truly, understanding truly. It constricts us, squeezes us, and puts us in a very hard shell, where we feel protected with a continuous pampering by 'others'. All illusions... for then, whatever we do outside this is planned, manipulated and controlled, for we don't want the shell to be broken. Our behaviour changes, our thoughts change, we resist, we stifle, and we are choked because now whatever we do is in accordance to 'what the society thinks of us' and not what we truly are. Now we have two centers. The one we came with and the one which is created by 'others'...which is 'ego'. See the trick, now we are controlled by 'others'--the society. We behave in a certain way, we laugh in a certain way, we love in a certain way and that way makes us a coward, for we are scared, we don't want our reputation to be tarnished, our eminence to be lost and to safeguard this 'ego' of I-ness and

My-ness we go down to the level of hurting, abusing, hating other beings, conflicting, clashing with them, filling our self with all the negativity in this world just to maintain what we have manipulated all the years through. This is suffering; this negativity is suffering, is it not?

Ridiculous, isn't it? The praise we crave for, the attention we crave for could have come to us with just being our true selves, but we depend on 'others'. Love, magnanimity, courteousness and generosity don't need to be posed if I am the same with others as I am with my family, my friends, my religion, my country and so on, with 'my' everywhere. If I feel for them, I care for them; I feel their pain and take pleasure in their joys...I would be happier. But when this My-ness comes to forefront, whatever is not mine becomes 'others' which breeds jealousy, hatred, indifference; we lose sensitivity--the very essence of the soul. But this is how people exist and depend on others. Slavery? Is it not? Ego HAS to be a slave. It depends on others. And only a person who has no ego is for the first time a master; he is no longer a slave. Try to understand this. And start looking for the ego-- not in others, that is not your business,

but in your self. Whenever you feel miserable, immediately close your eyes and try to find out from where the misery is coming and you will always find it is the false center which has clashed with someone. You expected something, and it didn't happen. You expected something, and just the contrary happened - your ego is shaken, you are in misery. Just look, whenever you are miserable, try to find out why. The basic cause is within you -- but you always look outside and ask 'Why do I suffer?'

Ego is just like a restless monkey, see how it behaves:

- ▶ It keeps stories alive that you are inferior or superior. This keeps you in feelings of insecurity or grandiosity depending on your flavor of ego.
- ▶ It tells you that you need to defend your point of view and prove yourself to be right at all costs. This is a big energy waster--we are all different and unique individuals and of course will see things differently.
- ▶ When the ego perceives its attachment to your role, property and beliefs as threatened, it tells you to fight back, which only fuels competition with others.
- ▶ The ego does not want you

to look within, so it will project all of your denied feelings on others and will never allow you to take responsibility for the creation of your experiences. Conflict keeps the ego alive.

- ▶ When something good happens in your life the ego will take credit - I did it - I made it happen. If something bad happens the ego will blame others – spouse, the government, the world etc.

I remember a very small story which is quite relevant here. One small child was visiting his grandparents. He was just four years old. In the night, when the grandmother was putting him to sleep, he suddenly started crying and weeping and said, "I want to go home. I am afraid of darkness." But the grandmother said, "I know well that at home also you sleep in the dark; I have never seen a light on. So why are you afraid here?" The boy said, "Yes, that's right, but that is MY darkness." See how comfortable the darkness is, just because it is MINE. With the ego you feel, 'This is my darkness'. It is the cause of pain, miseries, but still mine. Even this feeling of misery gives you the feeling of 'I am'. What a pity! It is just like going to a forest, clear a little ground, make a

little hut, make a garden, and make a fence to protect you. Beyond this you are scared, because you have not seen the beauty outside. The two centers differ, just like a flower, a plastic-dead flower which seems to remain permanent but has no life--EGO and a flower within you which the Hindus call a 'lotus', a lotus with one thousand petals. It goes on flowering, it never stops--the center within.

Cut this knot of 'EGO'-- the sufferings, the ones which hold you in bondage. Resolve to be free from I-ness and move to '*nishkam karma*' as Gita says 'desireless actions' without worrying about personal results, free from all preferences, free from a wish for success, power, satisfaction, vanity, all this....all must disappear and let the Divine Will incarnate in your will and make you act. Then, in this way, you will be cured, you will not suffer, you will not feel burdened.

I end with another story I read on the net, which also stands so true...

Once upon a time there was an island, where all the feelings lived together. One day there was a storm in the sea and the island was about to get drowned. Every feeling was scared but Love made a boat to escape. Every feeling boarded the boat. Only one feeling was left. Love got down to see who it was.. It was EGO.. Love tried and tried, but ego wasn't moving and the water was rising. Everyone asked Love to leave him and come in the boat, but Love was made to love. At last all the feelings escape and Love dies with Ego on the island..

Love Dies because of EGO. So, Kill Ego and Save LOVE, it's Precious!!!!!!

GENTLENESS

If trees had souls, perhaps the quality most attributable to them would be gentleness. Gentleness is not a strength but a quality which doesn't disturb, doesn't push, yet knows its power and can provide shelter.

Trees. Enormous structures capable of destroying within seconds, with massively complex systems of growth and decay. No wonder humanity has picked the image of the tree to illustrate its own history: the tree of life. And yet, so simple, so gentle. Wherever the seed falls, regardless of atmosphere, even suitability often, it just grows, stopped by nothing except human violence. And it never tries to be anything other than what it is which is the tendency that most disturbs. Oaks won't suddenly lose their oakishness, unless cross-pollinated or something equally unnatural. Nor does it hurt. Through towering over an animal or insignificant tangle of bushes, a tree won't. In fact, provides shelter.

As far as we know, trees don't have souls. But, there are souls who are like tree, enormous in their thinking and yet totally gentle. This is not the gentleness of insecurity. That can fool sometime. I remember a girl at my school like that – very clever, and yet her writing lacked stridency and her poems were always perfect until the last line, when the rhyme was wrong. It seemed to be her gentleness that was keeping her just a touch off brilliance. But now, I think she was just afraid or didn't know how good she was.

Real gentleness in a person is great power. The power that sees, understands, but never interferes. Like the branch of the tree, just touching the earth but never taking root in it. Never to take root in someone else's mind but to help, that's gentleness.

It is hard not to refer to God when thinking of these things. Imagine, the being in the Universe who sees and understands everything and yet the One who remains completely apart, impinging only on invitation. A relationship with God is an ideal one, because life is dramatically influenced and yet only as it would be by standing next to someone completely still who was just teaching you how to look. Not saying: "Look at Me, I'll show you"; but just: "Be here and you'll see how to work on your life." We all need that gentle tree to sit under.

– "Inner Beauty"

HOW TO BECOME A KING OR A QUEEN?



– B.K. Dr. A.S. RANA, Rohtak

It has been inspiring and tempting for each of us to become a king, because a king or a queen is expected to enjoy bliss, maximum respect, lot of prerogatives and discretionary powers etc. It is, therefore, interesting to know how to become a king/queen. It is by accident that whosoever is born as a senior-most member in a royal/king's family happens to enjoy the right to become a future king? Is a kingship/queenship thrusted upon the public or enforced by some external agency against the wishes of the people or can kingship/queenship be earned by developing various values, divine virtues, by doing the noblest deeds through the purification of souls and becoming mighty via devotion to God? It is necessary to probe into these questions to enable us to fulfil our ambition of becoming a king/queen in future.

A person, who has been coronated, is put on with the crown of responsibility for providing security, justice, peace and prosperity to masses as per

their expectations. A king must be competent and capable to meet their expectations. It implies that he / she must be chosen by the people on the basis of his/her competency, capability and capacity to rule but people cannot know and decide about these virtue of a person who becomes a King/ Queen simply by virtue of his / her birth as a prince or princess. Have then kings/ queens been appointed undemocratically and against the wishes and choices of the people during almost the whole of the World Cycle with an exception of the democratic system adopted at the fag end of the Iron Age. Can God be so undemocratic and unjust to his sweet children denying, in a way, their natural and just rights?

Is GOD Democratic?

When we find a king to be cruel to his masses, incapable of bringing justice, peace and prosperity, we start blaming God that he had done injustice to the people by getting such a person who was made king or queen against their wishes and aspirations we do so, because our mind is short-sighted and

incapable to look beyond this life, hence they cannot penetrate to deserve the things which had happened in their previous lives. In his previous life the present king might have been a noble soul or a great yogi and then people might have wished him most. God is a constant observer of the activities of the souls beyond and above the events of birth and death on the basis of the activities performed by the souls during their earlier lives, they become kings/queens under the divine scheme designed by God. It may be of great interest to know the secret of divine scheme.

The secret of becoming a King:

The secret lies in enabling oneself first the richest and the most potent in terms of spiritual and human values, divine virtues and the might of noble deeds and then to impart them to the people who need them in return. These needy people bestow their best wishes, and blessings (Wah-Wah) knowingly or unknowingly, in the form of their praise and appreciations.

The person, who gets the maximum scores, on an average in terms of good wishes and blessings, may become eligible to become a king. Of course, its calculation is very subtle and is arranged under the divine scheme on the basis of the

reading of their subtle import or recordings of various activities. For instance, when Gautam Buddha was born, a fortuneteller predicted that he would either become a great yogi or an Emperor. It implies that to be a yogi or a king is almost at par because both are the rulers; one is the ruler of one's senses (Yogi) and the other is the ruler of his people. According to Macmillan English Dictionary, a king is also defined as a yogi. In Christianity, Christ has been interpreted as a king; both seem to be of equal status and of the same profession of controlling and ruling. As a corollary of this, the greatest yogi in society at a time is competent to become emperor during his next lifetime. Because he had benefitted the other yogis also at that time, however, the secret of becoming a king is hidden in becoming a yogi or *rishi* or *Rajyogi*.

What type of a king would you like to become?

It means everyone is competent to become a king by virtue of making an effort. This is what Bapdada (Brahma and Shiv Baba) want their every child to become a King/Queen. We can acquire this status easily and only in one life-span by following Rajyoga

education being taught presently by God Shiva Himself through Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. But you may decide what type of king you would like to become – a yogi king or a public king?

It is important to mention here that a public king, knowingly or unknowingly, is entrapped by the declining track and starts losing over his senses and gradually gets corrupted. Ultimately, he/she is dethroned due to reduction in his/her average score; whereas a yogi king follows the rising track or *Chadti Kala* and goes on rising nearer and nearer to God or at par with the greatest emperor.

For instance, Gautam Buddha is remembered even today for his renunciation and detachment as he spurned the throne and chose to become a great yogi or *Rishi*. His status rose. Likewise, Mahatma Gandhi enjoyed far more respect and honour today than any of the Prime Ministers in India. Now the choice and decision is in your own hands. But how long would you like to enjoy the status of a king? It depends on the age of your kingship. There can be no bondage of any type for a yogi king. But there are limitations

and restrictions of time or age for a public king. How?

Kingship during Golden and Silver Ages

Kingship during Golden and Silver ages is earned by doing long and fast effort (noble deeds) during the auspicious Confluence Age according to the teachings of God Shiva, lovingly called Shiv Baba. Once a soul earns the status of the public king on the basis of the aforesaid criterion, it continues for 21 births. This is so because of the absence of vices, the average score of noble deeds may not get reduced in one life. Of course, the decline in his average score does take place during Silver age due to the entry or induction of some vices with the passage of time. Here, change in kingship is possible and this change may be slow to absorb the other yogis or Rajyogis of auspicious confluence age of equal status or their average score. Whosoever falls an easy prey to these vices, he/she would fall and lose kingship sooner due to the rapid decline in his/her average score.

However, the yogi or Rajyogi kings who do not happen to assume public kingship, would enjoy the same level of bliss, respect, honour,

status at par with public kings during these ages.

Kingship during Copper and Iron ages

During these ages, the vices start overpowering the nobility of souls and the kings being no exception, they start losing control over their senses. They start falling an easy prey to bodily attraction and indulge in sexual lust as shown by their pictures of early Copper Age in famous Jagannath Temple at Puri in India. Sex-lust, being a great enemy of souls, brings in other vices like anger, lust for wealth, attachment and ego etc. All this reduces the average score of the kings and they start losing rapidly their kingships.

In the Iron Age, the Prime Ministers and Presidents hardly enjoy more than one term of their positions or kingships because of the excessive vices which lead to almost total depletion than the average score.

Conclusion:

The study finds that everyone can become a king on the basis of his earnings of divine wealth or virtues and their dissemination to other souls. A yogi king may enjoy more honour and is more worshipped than a public king. Therefore, we may choose what type of kingship and for how long we want to become kings.

MY BELOVED SHIVA BABA



– B.K. Bhabagrahi, Naharkanta, Bhubaneswar

O' Shiva Baba! O' Generator of the creation
And its knowledge eternally contained in the self of your own

When the world reaches the height of irreligiousness
All are in utter ignorance and unrighteousness

The World becomes hell and a place of whore
Everyone cries for peace, feeling sorrows much more

Neither saints nor seers nor religious men
Are able to bring peace and bliss in the world again

All seek your divine descent, finding no alternative
O' Merciful Baba! You come down from your place of native

Give your true identification through a human medium
For you are a point of light, having no physical form

You name your medium, Brahma, simply an old man
Through his mouth you beget Brahmin Children

Perform the role of Father, Teacher and Satguru opening
spiritual University
Teach Rajyoga Education through Brahma, Giving spiritual
birth-right

Your Spiritual learners become Sri Laxmi and Sri Narayan
The aim and object of the Brahma Kumaris Organisation

How can I sing your praise find no words in me
O'Beloved Baba! Who loves thou ever, it's me, it's me, it's me

—(... Contd. from Page No. 3) —

not tell what people have been saying.

In order for you to understand the subtleties of knowledge, the very minute differences between this knowledge and what has been told before, you must understand the great contrast, the huge contrast between what human beings have been saying and what God is saying. Unless and until you find that there is a vast difference, the process of change or renewal of yourself will not take place. There is no comparison between what people have been saying and what God says. The whole knowledge that has been given to us follows some kind of a system. And if you just apply a few changes here and there, no new world can be established. In order to have a new world, you got to have an altogether new system - there has to be a system change. It is not that within the old system you have to make some amendments or alterations. That will not do. The whole thing has to be changed - from top to bottom - from right to left - the political system, the social system, the economic system, the education system, the family system, the cultural system, the lifestyle -

everything has to be changed, then only can a new world be created.

Whatever we had until now, whatever system that has been given to us – in art, astronomy, geology, physiology, biology, chemistry, physics, etc. – it has not been able to change the world. All of these together have not been able to bring about a new world. What do we mean by a new world? - Where there is love, unity, peace, sense of co-operation, a family feeling, and an attitude of brotherhood. The present world has not brought us nearer to any of these things, which means that it lacks that kind of an ingredient, that kind of element that can bring about this kind of change, e.g. (1) The Political System : even the democratic system which is being very much praised. People say that there should not be monarchy; there should be a democratic system. In a democracy there is a ruling party and an opposition party. The very words 'opposition' and 'we have to fight the election' create antagonism. This is not the way for harmony and unity and co-operation in any country. (2) Economic System: assesses everything in terms of money, labour, goods, services etc. But in the Golden Age, the new world that Baba is establishing,

there is the system based on giving. Baba says 'giving is receiving'.

Baba's statements are very deep. They have the minimum number of words giving the maximum wisdom. What kind of philosophy is this? Giving is giving and receiving is receiving! How can giving be receiving? In Golden Age, your motive is to give and not of receiving anything. There are deities in Golden Age - deities are those who give, not who take. The deities have no expectations from others. They want to always give something out of love, not out of charity which is based on pity or sympathy. But love is different as you consider all to be equal to you, not beggars. Their happiness lies in sharing with others rather than exploiting them. When you give to someone, there is an overflow of love and they also want to give something to you in return. This is their 'spirit of giving' and not expecting returns equal in monetary terms.

Similarly, in every field of human activity, there will be change. In education, there will be no testing or examination which implies 'someone superior in 'knowledge testing others'. Therefore, students don't suffer from 'examination fever', tension and anxiety.

Education will be through art, songs, music, plays, dance - it will be entertaining.

So, after every Murli, check: - Are we changed? - Are we new persons? Has it brought about a change in our outlook, our attitude, in our lifestyle? Is there something we were doing before and we have resolved not to do again? Has it influenced us at the level of our mind, or speech, our action - so that we have become changed beings? It's not that the change will occur overnight. The change will be gradual. Take for instance a building is built brick by brick. So, this change too comes Murli by Murli. Every Murli contributes step-by-step to the final change. So we should measure the Murli by that yardstick - to see whether it has brought about any change, any newness in us. ■

**Keep Peace in the
Mind, Love in the
Heart and Happiness
in Relationships.**

BEING AN INSTRUMENT OF GOD

**- A. L. Madan,
Prof. Colony, Kaithal**

A poet with a cleaned slate of mind
Feels stirred up by the strange sunshine
Even in dark, and finds a poem written
In letters of gold in mysterious code
Who wrote the poem? The poet! No, of course not!

A painter decorates his whole being
For all the hues of reality or myth to appear
On the canvas or papers where his brush strokes up or tapers
And lo! the world gets an exquisite masterpiece
Who painted the picture? The artist! No, of course not!

An actor having emptied the self out in the wings
Lets diverse personae enter his core on the stage
And lo! The world drama enacts another act
Another scene or a play, night and day
Who played the role? The actor! No, of course not

A sculptor chisels in and chisels out
A figure or image in the surge of creative urge
Thus decoding hidden truths in the process
About the variegated universe, upright or perverse
Who enlivened the rock? The sculptor! No, of course not

A maestro feels some muse taking him over
In the sweet frenzy of restless outpourings
Of some unheard notes and unsung melodies
About the beauty of existence and divinity of substance
Who struck the strings? The sitarist? No, of course not!

Tell me O Baba who did it all, who did it sponsor?
Baba playfully displayed a smile, and I got the answer!

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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