

CONGRATULATIONS



It is heartening to note that The World Renewal magazine, carrying the shrimat or elevated versions of the ocean of knowledge, Supreme Soul Shiva, and the divine thoughts of Adi Dev Prajapita Brahma, in a simple and lucid manner has successfully completed 41 years of yeoman's service to humanity.

Inspiring articles, enriching personal experiences, novel experiments of easy Rajyoga, elevating discussions on divine virtues and latest plans of Godly service etc., are the hallmarks of the magazine and its readership is gradually increasing. The salient features of Godly knowledge in The World Renewal are like drops of nectar contributing to remove stress and strain, distress and pain, sorrow and disease, vices and worries from the lives of people. Therefore, all Rajyogi brothers and sisters should wholeheartedly endeavour to give a boost to its readership, so that the entire humanity can be benefitted from this spiritual magazine.

All the divine brothers and sisters who send their invaluable contributions in completing the magazine. The readers who motivate the writers with their healthy comments are all recipients of our hearty congratulations.

All of us wish to make this world a better and virtuous place to live in. Let us divinize our nature and habits, by remaining steadfast and united. Only by controlling and ruling over the self one can become world-conqueror and transmit the divine rays of peace, happiness, love and bliss through service of the intellect and mind. Such elevated souls can enable the sorrowful souls of the world experience the stage of contentment. I am glad to note that The World Renewal has been fulfilling this responsibility quite efficiently.

Every reader of this esteemed magazine should glorify the name of BapDada and keeping the motive of 'Each One, Teach Five', aim to enroll at least five members and thereby receive the blessings of the people at large. May 'The World Renewal' flourish by leaps and bounds day by day.

With heartiest wishes
B.K. Janki

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Rates of Subscription for The World Renewal

	INDIA	FOREIGN
Annual	Rs.80/-	Rs. 800/-
Life	Rs.2,000/-	Rs. 8,000/-

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

For further information regarding subscription, please contact:
Mobile: 09414006904, 09414154383



GOD'S GREATEST GIFT: **PEACE OF MIND TV CHANNEL**

We are all daily seekers of inner peace, joy and happiness. There are times when we do enjoy inner peace for days together, but it gets shattered again and again. We tend to look for new solutions and the elite, the educated as well as common masses do pursue the most modern yet temporary methods available. However, even then our prayers ask for peace of mind every morning and before retiring for the day. Well, they say the voice of the people does reach God and He listens. He responds and answers our honest prayers from the heart. The latest boon or greatest gift from God has come in the form of the new 'Peace of Mind' TV Channel 24x7.

BK Brother Karuna, Chief of Multimedia, Brahma Kumaris (Abu) has been busy for months exploring various feasible avenues of having a TV Channel totally dedicated to the cause of re-establishing moral and spiritual values, and bestowing peace of mind on the maximum number of people,

who are genuinely searching for inner peace and happiness.

Over the centuries, we were told that ego, anger, greed, attachment etc., are the worst enemies of human beings, and need to be subdued and conquered completely to be able to enjoy peace of mind. This simple fact has been accepted by the Founding Fathers of all religions and their respective followers. However, we still find an ever-growing downfall of human values and morality. While scanning the local media at any point in time, we are bombarded with scandalous news items of degrading standards. Even youngsters are aware of the latest figures on crime graphs. With present day media acting as eye-opener for one and all, the necessity of offering "Positive Food for Thought" was felt strongly. The Brahma Kumaris have taken this initiative in many ways, the latest one being the launching of a TV Channel exclusively dedicated to the cause of inner awakening and strengthening the moral fibre of society.

The programmes planned for

the 24x7 Channel on Cable network will be offered in all major languages (English, Gujarati, Hindi, Kannada, Marathi, Oriya, Tamil, Telugu) to reach Direct-To-Home (DTH) in Bharat and many parts of the world. It's a wonderful schedule designed by the Peace of Mind team. They have kept the aim of bringing benefit to all sections of society by exposing the vast richness of our ancient wisdom, cultural programmes, health guidelines, intellectual discussions, discourses and meditation techniques. This would catalyse the process of spiritual renaissance, re-empowerment and re-establishment of peace within and peace in the world. Won't it prove to be the greatest gift from God for the entire humankind? When this dream becomes a reality, humanity will willingly bow to Him from the heart in gratitude. This could, in fact, show beyond doubt God's greatness as provider of peace of mind and true happiness.

More information about 'Peace of Mind' TV Channel will be available via your local Brahma Kumaris Centres. We trust you will make full use of this new medium of Godly service for the spiritual well-being of yourself, your family and friends.

SEASON OF INTENSE AND DEEP MEDITATION (YOGA BHATTIS)

Madhuban (Pandav Bhawan, Gyan Sarovar and Shantivan: three main campuses of the Brahma Kumaris in Abu) are treasure-stores of enlightenment constantly providing opportunities for loving guidance, meaningful discussions, heart-moving reflections and deep meditations.

Every year, the months of July and August are dedicated solely for Yoga Bhattis, that is, 5-day intense meditation sessions when a majority of our dedicated BK Teachers, regular students of the Brahma Kumaris (Kumars, Kumaris, Couples, Mothers etc), from

Bharat and Nepal, visit in turn to experience clarity of spiritual wisdom and enhancement of inner powers.

From 10 May to 5 June 2011, four hundred would-be BK teachers (young kumaris between 18-25 years of age who have decided to dedicate their time and energy in spiritual service), underwent their initial intense training. They have now returned to their respective places of Godly service in different parts of Bharat. They received very clear understanding of all the spiritual subjects and knowledge about BK Centres' Administration.

After giving a theoretical

examination, they celebrated their passing-out with a picnic at Peace Park (including visit to the main places of spiritual attraction in Mount Abu), and a cultural nite where the Kumaris themselves presented various dramas, songs, poetry and dances. They accumulated countless memories of spiritual sustenance, wisdom and meditational experiences, which will be used on the field of spiritual service of society.

We congratulate them on their courage and determination, and offer them good wishes for a successful life of commitment to God, dedication to service and spiritual fulfillment!

OVERPOWERING THE MENACE OF CORRUPTION

Over the last several months, daily newspapers and television channels have been badgering our psyche with the very spicy but negative news about the demon of 'black money' being stashed away outside Bharat. It's but natural for the intelligentsia to get very concerned about the happenings in the corridors of higher-ups, especially those involved in the political and

official strata. Even sages and saints forget their meditational practices and worry about killing the big bad demon of black money. I am reminded of the good old stories about treasures of gold, silver, diamonds and more being safeguarded by serpents and cobras. Perhaps we were initially too young to understand the significance of the 'cobras and serpents' taking control

over stashed away treasures earned through wrong practices... but now it's clear.

The hue and cry of the people, especially those who have identified themselves with new movements against malpractices for earning and stashing away of black money, is now demanding a new law to counteract the 'menace' under leadership of Dada Anna Hazare, and others connected

with civil society movement. The way meetings are taking place and events are unfolding with involvement of government machinery as well as civil society members, makes it seem as though it would be a long, strenuous journey before the Parliament actually enacts the new law.

The great jurists in present day governments, the Ruling political parties and the Opposition are trying to unleash the best possible ways and means to win this war against corruption, and our good wishes are constantly with them for an early decisive new law.

Alongside, let's look a bit ahead into the future: if and when the law is put into place, what are the chances of truly implementing the new set-up with success? Can the prevailing mind-set and political will happily support and uphold the law against corruption?

Will the fear of being caught and prosecuted burn the seeds of corruption that are deeply embedded in the human soul, be it in the form of politicians, judiciary, security forces, educationalists, medical fraternity etc etc? Let us not deceive ourselves. A more spiritualistic, moralistic and idealistic methodology is required to guide everyone on the path of honesty, integrity, truth and personal effort, for the rulers and the ruled alike to provide clean and efficient governments and administration.

It is crucial for us to understand the effects of positive and negative actions on the self, our own future, and the influence they have on others. Enough of time has been spent in placing blame or responsibility on others, or waiting for the 'system to reform' or 'others to live by their principles'; the best

moment for change is now and it starts with 'me'. We individuals are the building blocks for a society of enlightened, awakened beings. Sincere efforts of just one person have the power to inspire and motivate others in hundred-fold. We need to maintain a positive and courageous attitude, be willing to listen to our conscience and commit to living by our principles. This enables us to connect our intellect unfailingly with the Supreme Source of Wisdom, Beauty, Love, Peace, Contentment and much more. Our Supreme Father and Mother will further decorate our lives with ever-lasting spiritual treasures of wisdom, goodness, virtues and powers that keep us contented.

Peace of Mind and Happiness of Heart are our Godly Birthright. Let us learn more, turn within and earn these riches forever!

– *B.K. Nirwair*

ASKING YOURSELF, "WHO AM I?"

The simple thought, "Who am I?" turns us inwards.

Picturing ourselves, simply, as a point of pure light, pulls us deeper into that silence. Very shortly there can be an experience of inner peace, and we feel how right it is to be peaceful, and how good.

We just need to become aware that feeling good is simply a matter of keeping the inner battery charged, and that this is what meditation is for.

– **Dadi Janki ji**

(from the book "Spiritual Greatness")

|| From the mighty pen of Sanjay ||

VALUES ARE DEPENDENT ON BELIEFS



The question of values now occupies the centre-stage. There is no profession, no field of activity, no area of learning where the question of values is not being discussed. It is being said repeatedly and vociferously that our education should be value-based, science should not neglect values, and politics should observe some moral principles, business and industry should follow some ethics, media should have a code of conduct and administrators should have a set of values to put into practice. Thus, inculcation of values is being stressed upon everywhere.

This crying need for values in all walks of life and all human activity emanates from the conflicts arising from infringement or dissonance of values and that the problems of deterioration in the state of law and harmony in our society have arisen vigorously because of violation of accepted values by individuals or groups. It is, therefore, being felt that we must not miss the essential moral dimension if we want to have peace and happiness in

our individual life and harmony and synchronicity in the society.

However, it is little realized that values are derived from our beliefs. Values do not exist independent of beliefs. One has some visions, aspirations and goals and one makes efforts to achieve those ideals. There is no human being, however remote from the civilized society he might be living, who has absolutely, no beliefs. Beliefs are fundamental to life and whether lettered or unlettered, everyone has some values in life. Even a cave-man has some values but there is no value which is not derived from some belief knowingly or unknowingly. One same value being practised or preached by different religions has somewhat different connotation because of difference in beliefs.

So, we should be clear in our mind as to what do we mean when we talk of a particular value. In other words, we should be aware

of the particular belief system that is in the background of that value. For example, when Mahatma Gandhi, the apostle of *Ahimsa* talked of non-violence, he included Celibacy also in his concept of *Ahimsa*. He said that a person, who aspires *Ahimsa* as a value in his life, must give up sexual relationship. So when he pledged himself to *Ahimsa*, he announced that he would, henceforth, consider his wife as his mother. When people asked him what would happen to the world if all took the vow of celibacy or if people observed total abstinence from sexual relationship even with their legally wedded wife, and this hindered the necessity to sustain the world, he said that it was a hypothetical question and that the creation of progeny was not obligatory upon human beings. Even though he said that he would allow, willy-nilly, the sexual act of procreation once or, at most, twice, in life-time to those who could not have the will and the commitment to total non-violence and Brahmacharya, yet, he emphatically reiterated that the full-fledged non-violence and celibacy call upon its votary the observance of total abstinence from any sexual act. So, his understanding of the values of non-violence and celibacy was pretty different from what many others, professing the observance

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THE ART OF APPRECIATION



– Ramesh Chandwani, Lucknow

Appreciation is a positive expression; it may be oral, written or expressed through body language. It is a justified estimation of good qualities in a person, a thing or an act of setting a value especially on a work of literature or art. A pat, a clap, a standing ovation, sending flowers or gifts-all are the nice ways of appreciation. A person may leave distinctive mark on others with his talent, skills, writing, speech, presentation, humour or punctilio. The very purpose of appreciation is to motivate our juniors or make performers happy so that they put more efforts to excel in respective fields. Though we may strive to achieve more in our life, yet we should not fail to appreciate what God has already given us. We must learn to appreciate our present status and possessions and must feel contented with what we have.

The art of appreciation is very important and vital social skill. Many wonderful things happen around us which we feel, see or hear. It is natural for

everyone to feel delighted if his finer qualities are acknowledged. One would admit that appreciation should come from the core of one's heart with well chosen words and it should appear to be unpretentious with no exaggerations. At the same time, overstatement or excess doze of appreciation has its ill effects as the performer starts appraising his own self high on performance scale and also starts boasting amongst his peers. The performer thus does not fix dynamic targets for him and does not struggle to excel over others. His efforts become shallow. As is said, simply achieving goals and exceeding targets should not satisfy you. What should satisfy you is to excel over other's achievements.

While choosing words to appreciate, say, to an amateur cricketer, we can say that "your batting is superb and stunning strokes you play can make you Sachin Tendulkar", or to an aspiring singer we can say, "You sing so melodiously which inspires me to be a singer" and

so on.

Rewarding a performer is another lovely way of recognition. While appreciation should be a continuous process, a reward and recognition can be periodical events. An employee must be rewarded for his distinct business performance. A student can be rewarded when he excels in his studies. An artist should get a reward for displaying his finest art. However, if his quality is average, he needs proper guidance.

When one appreciates things around, the performer gets self satisfaction and develops high degree of confidence; he gets motivated to achieve new heights and prominence. In turn, the person who appreciates also gets his work done, gets joy and peace. He commands respect from the performer and creates his own sterling image. ❖



WE ARE RESPONSIBLE

– B.K.Neha, Kapurthala

It is the general tendency of human beings to throw the responsibility for one's failures or sufferings on someone else. In their perception, it is always someone else who is making them suffer--the wife accuses her husband for her sufferings and the husband holds her responsible for all his failures. The citizens feel government is responsible for their misery; the students feel the teachers are responsible for their plight. **This game of accusation goes on unabatedly within the family, society, country and the entire world. For all our failures we hold others responsible--parents, children, financial system, capitalism, communism, fascism, prevalent political ideology, the social structure, or fate, karma, God...you name it!**

People have millions of ways to shirk responsibility. When we say someone else-X, Y, Z, - is making us suffer, then we cannot do anything to change it. What can we do? When society changes and there is a classless society, then everybody will be

happy. How can one be happy in a society, which is poor? How can one be happy with a society, which is bureaucratic? And many such questions arise on one's unhappiness.

Excuses, excuses and excuses-just to avoid one single insight that "I am responsible for myself. Nobody else is responsible for me; it is absolutely and utterly my responsibility. Whatsoever I am, is my own creation." Drop all the excuses. "I am responsible for my life-for all my suffering, for my pain, for all that has happened to me and is happening to me-I have chosen it this way; these are the seeds that I sowed and now I am reaping the crop; I am responsible" -once this insight becomes a natural understanding, then everything else in life becomes simple. Then life starts taking a new turn; it starts moving into a new dimension because once I know that I am responsible, I also know that I can drop it any moment I decide to. No one can prevent me from dropping it.

Remember that none else is

a deciding factor, neither mother nor father. Everyone feels that others are responsible for his misery. And whenever somebody else is responsible for our misery, we are not aware that by giving the responsibility to others, we are losing our own freedom. We always want to throw responsibility on somebody else. It is because we are afraid of freedom, we are afraid of responsibility, we are afraid of consequences of our own decisions. That's why when anything wrong occurs to us, we very easily say that 'I did this because of you'. So, very easily we escape responsibility and blame others.

When we look to other people and blame them for our unhappiness, we are handing over our own energy on a platter. To turn the pointing finger back at ourselves, is the only way we become responsible for our happiness or unhappiness. For instance, just being in a crowd does not mean that your loneliness has disappeared. It is still there. The same is the situation when you transfer the responsibility to someone; you think the responsibility has disappeared; it is in somebody else's hands. It is not possible. We have to be responsible. Only dead people don't have any responsibility. Alive...the more

alive we are, the more responsible we are. The more alive we are, the more freedom we will have: Freedom to live our lives our own way.

If we look around at the condition of environment which is degrading at a very fast pace, we cannot throw its responsibility on anybody else, but we as a society are responsible for its devastating condition. To effectively address the issue of climate change, we need to go to its root cause, which is the mental pollution due to presence of vices as the root cause of all environmental problems. It has driven man to exploit the land, water and air that support life on the planet. As the human assault on nature has increased in its ferocity and scale, the forces of nature have also responded accordingly. Therefore, we cannot hold God or government or few affluent classes responsible for such environmental degradation. We have to be responsible for our actions and should also be ready to face its worst consequences.

Now, begin with the first step by taking the whole responsibility on the self. Secondly, be grateful to everyone. Now that nobody else is responsible for our pain except our own selves, then what is left? Therefore, be grateful to everyone around, because everyone is helping us to transform ourselves-even those who think they are obstructing us, even those whom we think to be our enemies. Friends, enemies, good people and bad people, favourable and unfavourable circumstances-all together are creating the context in which we can change and transform our lives. If you accept this truth, all sorrow will soon disappear. Because once it is clear: "I am playing this game," how long will it take to stop it? Then there is no one else who is involved. And if we still want to enjoy suffering then it is our own decision, but then there is no reason to complain. Stop complaining. Look at yourself and wherever you find sorrow arising, look closely. You'll find the cause within you.

Try to Think One Pure Thought Everyday

I am what I think. The mind is constantly occupied in the thought process, and it is virtually impossible to have a vacant yet alive mind. Without doubt, my entire world has been created by my thoughts. Sometimes the results of these thoughts are manifested immediately and sometimes results take a longer period to come into the practical. However, the fact remains that thoughts, when given constant energy and attention, will come into practical. They are the basis for all my actions.

If I must think, and if by thinking I create the world around me, negative or positive, through actions, negative or positive, wouldn't it then make sense for me to think the very highest of thoughts, the purest of the thoughts, so that the world I create would be of that corresponding quality-high, noble and pure?

And what is a pure thought? Aren't all thoughts pure simply by nature of being a thought? A pure thought is one that is free from all the vices such as ego, hatred, pride, jealousy, greed or anger. A pure thought, when transferred into action, enriches the creator as well as the creation. It is an energy that is formed at the most exalted levels of self-respect, but extends far beyond the self, making everything it touches exalted.

Pure thoughts are becoming sadly rare, as is evidence by the world I have created around me. The pollution in all areas speaks of impurity within the thought processes.

LET'S RECOGNIZE OUR POWERS



– B.K. Neelam Saini,

Lecturer, Govt. College, Panchkula

Human beings, since times immemorial, have been in search of the answer to the question "Who am I"? The appropriate understanding of the spiritual matters can lead to a solution of many problems being faced by humanity. Therefore, thinkers, seers and philosophers have always been in search of answer to this puzzle of life. Before we know who we actually are, we are surprised on seeing the unlimited capabilities of human mind. So, the answer to the question must be associated with appropriate knowledge of mental powers and intellectual acumen.

Mind is considered to be very fickle. Within a second, it can imagine and reach any place and event. It is the imaginative and creative capability of the human mind that makes it special. Mind can create heaven even in hell. If we train mind to be positive, it can work wonders. Mind is the thinking faculty of the Soul. As many waves arise in the ocean, likewise, many type of thoughts arise in the mind. Decide what

is good for the self, for others and the entire mankind; perform that act with all your heart. You will never have to look back.

The faculty of the soul that takes decision on the thought created by mind, is known as "Intellect". This faculty decides, discriminates, discerns, churns, analyses, compares and judges. It is this unique faculty that makes human beings special and advanced as compared to other living beings on earth.

The third faculty of the soul is known as "Sanskar" or "Impressions". It is the record of "Past Actions" performed by soul. Sanskars are also known as resolves, tendencies, proclivities, nature, habits etc. If we perform good deeds, our sanskars are good. If we perform bad deeds, our sanskars are bad. But the sanskars have great power. These, most of the time, influence our mind and intellect. Hence we should be very cautious while creating thoughts and performing actions.

Tilak is applied in the middle of the forehead. It is to remind us that soul resides in the middle

of forehead. To consider the self as body creates arrogance. Hence we should always practise to remain in the consciousness that I am a soul, master of this body. If we remain committed to this practice, one day we surely will be successful in achieving our goal. Soul-consciousness also helps us regain our original attributes, e.g., Love, Peace, Purity, Happiness and Contentment etc.

The answer to the question and clarifications on other spiritual matters have been provided by Incorporeal God Shiva through the corporeal medium of Prajapita Brahma. The spiritual knowledge and Rajyoga are being taught at various centres of Prajapita Brahmakumaris Ishwariya Vishwa Vidyalaya throughout the world, and no fee is charged for that. If we apply this knowledge in our life, we can lead a balanced life and it can lead to happiness, peace and contentment in society.

Parents should not impose their views on their children but they should provide them opportunity to flourish and develop according to their nature. The parents should treat them as a "soul", and give regard to their opinion also. Nowadays, in many families

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LIFE IS A GIFT OF GOD



– B.K. Yamini, New Delhi

During my childhood I used to think over the meaning of life- whether it is synonymous of grief or anger or worry- as I found everybody around me in distress. I saw my parents in worries and anxiety. As the wheel of time moved ahead, so many events came in life but I never got the answer to this question. One day, while returning from school, I accompanied one of my class-mates to her home. There, a book suddenly caught my attention.

That appeared to be a spiritual book and after reading a few pages, I found it quite inspiring and motivating. I got satisfied to a large extent as it clarified my thoughts. What attracted my attention was the message written in the book. That message was "Heaven is coming". I was astonished to read that this present world which is full of grief, worry and diseases would be transformed into Heaven.

Then another question arose: How could this vicious world be transformed? The book answered all my questions. I learnt that positive thoughts can purify our karmas and our karmas make our destiny and convert us into a deity.

As I got nourishment of Godly knowledge through BK Ranjit Singh Fuliya (instrument of God) who was an officer in our company, the entire view of watching this world transformed. The World was now looking as a drama stage, where all actors were playing their unique roles. The power of Godly knowledge changed my attitude towards life. Before acquiring Godly knowledge, fear, anxiety and worry were part of my life. But God blessed me with the nectar of Gyan and I was transformed into Shiv Shakti. During those days I used to fly as an angel and experienced double-light stage.

After acquiring the divine knowledge, I started following

the path as directed by Shiv Baba. Suddenly, so many hurdles flooded my life. My parents came to know that I wished to adopt this Godly knowledge in my life. There was great opposition from my family. I felt as if the flower of Shiv Baba's Garden had been plucked by the evil spirits. I got depressed and felt deep sorrow. But a sudden touching came from Shiv Baba and I realized that I have to transform myself as Baba used to say in Murli, "Just change yourself and the entire world will automatically change".

I started making efforts to change my own self as per directions of Shiv Baba. My husband got impressed with my calm nature and cheerful behaviour, as I used to remain cool even in stressful situations. Then, one day, he himself got interested in acquiring Godly knowledge and started changing his life style as per Shiv Baba's directions. Even my son learnt so my virtues. With the passage of time, self transition of my family members created heavenly atmosphere in my home. The mighty knowledge that God has gifted to us changed our destiny.

Godly knowledge injected self confidence through introspection and removal of vices. In my practical life, I felt that when we used to see ourselves as a "soul", children of God and others also as "souls", sons and daughters of the same Supreme Soul, then our confidence would get a boost. Through self-confidence and commitment, I acquired further qualifications like B.Com, M.A. and M.B.A after my marriage, while also nurturing my son and fulfilling other family responsibilities. This was possible only due to God's

grace and as a result of applying this divine knowledge in practical life. Presently I am working as Administrative Officer in National Insurance Company Limited.

This is my personal experience that all round progress in life is based upon spirituality. Shiv Baba inspired me to change every soul through love. No one can change without the power of love. Shiv Baba has also changed so many vicious souls of the world through *Drishti* and vibrations of Love. Shiv Baba teaches us lovingly. He is the ocean of Love. We

should also follow our Supreme Father.

Now I can confidently say that every negative situation of life can be changed into a positive situation. Distress can be changed into Bliss through the power of thoughts. If we transform our thought pattern and lead our life positively, then definitely we can contribute a lot to the world transformation. I always remember the teaching of Shiv Baba "World transformation through Self-transformation", and when I applied this teaching practically, it worked as a miracle in my life.



SELF RESPECT

Self-respect depends on knowing who I am, knowing my eternal (ageless), spiritual self. When I have found that sense of spiritual identity, I feel I have a right to be here, to exist. Without the spiritual dimension, it is very difficult to really respect myself deeply. In this case, I base my respect on identifying with the superficial (artificial) aspects of my being: looks, gender, success, my life partner, my intelligence. With such artificial identification, I will never have a stable sense of self-respect, because people's opinions change.

Today they love me, tomorrow they reject me. What is the result of depending on their opinions? I will end

up fluctuating all the time - feeling positive when they say good things, and feeling down when

they say negative things. To stay stable in my self-respect, I need to have a deeper understanding of my spiritual identity (the foundation of this being that I am a soul) and tap into those riches that are within me forever, waiting to blossom, like the flower from the seed.

As I become spiritually aware, those riches and resources start flowing out of me. The more stable I am in my self-respect and spirituality, the more I radiate what I truly am. I feel a deep sense of contentment and I am happy to be me, however I am. I accept myself as I am.

THE ETERNAL NATURE OF THE SELF



– B.K. Rajsekhar, Dubai

It is believed that God, our eternal Father, created us - eternal souls - in His own image. He is the Creator and we are His eternal creation. Eternal creation has no beginning and hence no end. Then what is the meaning of eternal creation? This is a very interesting question.

The human souls are non-physical points of divine light and might. They are invisible to the naked eye and are eternal beings. The human souls are eternally pure, loving, peaceful, blissful, powerful and merciful. But these qualities cannot be experienced without performing actions through the human bodies. While performing actions, if the souls consider themselves as bodies, the original qualities cannot be experienced by them in abundance.

The souls create thoughts, then utter words, and perform actions through their respective bodies. Every action performed by the souls results in some experience of their original nature; these

experiences are also recorded in the souls, in the form of impressions or *sanskars*. The *sanskars* can be compared with a video or an audiotape or a CD or a VCD or DVD or MP3 etc. These *sanskars* are multi-dimensional. The physical tapes are perishable, whereas the human *sanskars* are imperishable. No action goes waste. Every action has an equal and corresponding reaction. These *sanskars* once again create thoughts in the human mind and eventually result in actions once again.

While performing action through the bodies for a longer period of time, the souls have identified the self with bodies, which has resulted in disquiet, sorrow, hatred etc.

At the fag end of Iron Age, i.e., at the present Confluence Age, the period between Iron Age and the Golden Age, God, the Supreme Father descends on the body of an ordinary human being and renames him Prajapita Brahma, the father of Humanity, who is also called Adam or Adi Dev or the

first man. Through the lotus-mouth of Brahma, God imparts Spiritual Knowledge and teaches Easy Rajyoga.

Through this spiritual knowledge, i.e., Rajyoga, the human souls regain soul-consciousness while performing actions through their respective human bodies. Whenever the human souls lose their soul-consciousness, God intervenes and enables them to regain the lost soul-consciousness in the auspicious Confluence Age. This process takes place eternally, forever. This has no beginning and no end. That is why God is called the Creator and we are called His eternal creation.

This Godly knowledge is being taught in the various Rajyoga centres spread in around 133 countries of the world, in the present Confluence Age, and it enables the spiritual aspirants to inculcate their natural qualities namely Peace, Love, Bliss, eternally. It is **Now or Never**.

PEACE OF MIND
Peace of mind comes not
from 'want to change
others', but by simply
accepting them as they are.

FROM SANYASI TO A RAJYOGI

– BK Bipin, Gyan Sarovar, Mt. Abu

I was born on Basant Panchami (fifth day of Spring) in the Magh month of Indian Calendar, in the holy land of Baba Baidyanath Dham (one of the 12 Jyotirlingams of Shiva) in Jharkhand state. On that day, Deity Saraswati is worshipped with lot of zeal. Deoghar Baidyanath Dham was my Maternal Uncle's place whereas my native place was 125 Km away from that place. The name of the village is Bichhway of Lakhisarai District, near Kiul Junction.

Right from childhood, I used to enjoy attending spiritual gatherings but I disliked rituals and superstitions. I always used to seek deep silence, away from the worldly affairs. I used

to study religious scriptures since it is believed that salvation is possible only by studying the true knowledge hidden in these scriptures. But, many things described in those scriptures seemed to be too complicated and imaginary. Also, the scriptures differ on many points. If a scripture says Shiva is the Supreme One, the other says the same about Krishna. Then, what is the truth? Who is the Supreme One? Great thinkers have told God is One... then who is He? In today's world, the readers of these scriptures and followers of various belief systems openly criticise the others. I also studied the biographies of many saints and great persons and found them very practical and inspiring.

During those days, Paramhans Swami Satyanand Saraswati Maharaj was quite popular among people in those areas. He had just returned from his foreign trip and was working towards

opening a huge Ashram in Munger District, on the banks of the Ganga for students to study Yoga and pursue MA or PhD. Approved by UGC. Swamiji had renounced materialistic life and had established the Paramhans Alakhwada and Shivanand muth in the place called Rikhia. This place was just 6 kilometres away from my maternal uncle's home. I started visiting there often. Many male and female Sanyasis from different places of Bharat as well as other countries were staying there. They used to interact in English among themselves, which I didn't understand. As a result I was not able to interact with them. However, Swamiji used to talk in Hindi. I liked his spiritual discourses. I started having a strong desire to be a Sanyasi like him and live in the Ashram. I wrote a letter to swamiji expressing my desire, but I didn't get any response from him. I wrote several letters to him, but I got no reply.

Finally, one day I received a letter from Swami Satyasangananda, the Administrator of the Ashram informing me that Swamiji wanted to meet me, because I had passed his test. I was overwhelmed. I knew that those days Swamiji was living in solitude and was not meeting



Bipin, bearded and with long hair in the garb of a Sanyasi prior to becoming a B.K.



B.K. Bipin after becoming a Brahma Kumar

anyone irrespective of how big or influential politically or financially that person might be. The next day, early in the morning, I went to the Ashram. I was touched by the serene atmosphere of the Ashram. All the bald-headed Sanyasis in white, yellow or saffron dresses; were busy in their own activities. After a long wait, finally I got a call from Swami Satsanganand ji. She asked, "What do you want? Are you searching for God? Do you really want to find Him? This path of Sanyas is very difficult... equivalent to walking barefoot on an open sword. This is a life of sacrifice." I answered that I wanted to attain God despite all kind of difficulties. "I am ready to face any difficult situation to find God, but please show me the path. I am thirsty for meeting the Supreme Soul", I said to her emphatically. Seeing my determination, she assured me to do the needful after discussing with Guru Swami Satyanand ji. Within a few days, I received approval from Swamiji and I started leading the life of a Sanyasi. I was named Swami Dharmanand Saraswati. In order to persuade me back to my home, both of my uncles and nearly 100 villagers reached the Ashram and started creating

a lot of trouble. Since I didn't meet them, they had to return. Next day all of my relatives came back and started crying. I explained to them that even if due to their pressure I got ready to return home with them; but, what would happen if the next day again I might leave home in search of God and might go to such a place where they wouldn't be able to trace me out. On listening to all these, they promised me to meet my parents and finally went back. But soon some people informed me that my mother was seriously ill and asked me to meet her at least. After taking permission from Swamiji, I went to meet my mother along with them. I found the entire village following me and chanting "Glory to Namō Narayana". They were giving me lot of respect!

When I reached home, I found that my mother was seriously ill. After meeting her when I was planning to leave, the relatives locked me inside the room, and later forcibly sent me back to my native place and then to Patna for higher studies. I kept in touch with the Ashram through letters and would also take guidance from Guruji. Swamiji inspired me to finish my studies. I used to spend a week or 15 days in the Ashram

during my holidays and give my services there. Once my entire family (father and mother) went to meet Swamiji during a Satsang where Swamiji asked my parents, "How long will you put this child in prison? He has already embarked on the journey to seek God... why are you holding him in the world of illusion? Someday once again he will run away from home and then you won't be able to meet him anymore and now if you allow him to stay in the Ashram, at least you can meet him occasionally." Fortunately, these words of Swamiji had effect on them. My parents surrendered me to Swamiji immediately and said, "From today onwards he is yours. You can make him as you want." After that, I could easily stay in the Ashram for months together. Then one day I requested Swamiji to make me his disciple. But Swamiji expressed his inability and said that he had handed over all such responsibilities to Swami Niranjanandji and as such I should talk to him about it. I still kept requesting him for it; but he never agreed for that. That hurt me a lot because I had always considered Swami Satyanandji as my Spiritual Master. Moreover, many others who were living in the Ashram

were motivating me to be the spiritual disciple of Swamiji only. I was highly disappointed by Swamiji's such disagreement and reduced my visits to the Ashram. During those days, I heard from my maternal uncle that Swami Binayanand Tirthapuriji Maharaj was visiting the Leela Mandir of Arunachal Mission in Deoghar. We had earlier heard about his supernatural powers. That was the first time that I visited that Ashram to meet him. On being asked by a Sanyasi about my motto of visiting the Ashram, I told him that I wanted to meet Swamiji. He checked through the window and told that Swamiji was taking rest at that time. I was about to leave after offering my homage when I heard his voice, "Who is there? Let him come in..." Someone opened the door, allowing me to enter. As I was about to touch his feet, he embraced me and started talking to me in Bengali which I could hardly understand. But, I clearly experienced as if Swamiji knew me and had been waiting for me for a long time. He gave me lot of love, kept his hands of blessings on my head and kept saying many more things. Then he gave me some Prasad (Food offered to GOD) and asked me to come back again

the next morning.

After I had come out of his room, I observed that rest of the residents of the Ashram were looking at me with love and showed me the Ashram with much interest. I started visiting him every morning and evening. His main disciple Dhyan Chaitanyaji used to translate his versions in Hindi for me. I started enjoying there. One day I requested him to make me his disciple to which he happily agreed. On one Thursday he officially gave me his Mantra (Secret words for chanting) and accepted me as his disciple. I had been waiting for this special day for such a long time, as I used to believe that there was no salvation without having a Spiritual Teacher. I started getting visions of many deities due to which my respect and devotion towards him increased. I started spending most of my time in the Ashram. A few days later, I left home and permanently became a resident of the Ashram. As soon as my parents heard about my staying in the Ashram, they came to meet me. However, they were satisfied with Swamiji's care and concern for me. After staying in the Ashram for a few days, they returned

peacefully. Then I started getting involved in all kind of service activities in the Ashram. Though I was the youngest in the Ashram, due to my knowledge of Hindi, I was being sent for all kind of outside work. I started gaining experience in quick and successful accomplishment of all kind of work. Very soon I became the favourite of Guruji and Dhyan Chaitanyaji, the Administrator of the Ashram. I was named as Shubhra Chaitanya. Guruji made many predictions about me. All other disciples of the Ashram also gave me lot of respect. I felt very lucky due to my fortune. There were many branches of our Mission in other North-Eastern states like Assam, Tripura and Bengal apart from Bangladesh. Guruji often used to visit those places. He entrusted all the management responsibilities of the Ashram too.

But, soon I realised that some of the inmates were getting jealous. I felt that negativity and anger were disturbing the internal atmosphere of the Ashram. There were also differences on the basis of caste and language. I found it difficult to stay there and I decided to leave the Ashram. Those days,

Guruji was living in the Ashram located in Kolkata. I kept him informed about all the happenings at our place. But he was seriously ill. A few days later, when he recovered from the illness, he called me at his place, heard all the news from me and advised me to immediately go back to Deoghar Ashram, as according to him there was no better eligible disciple than me to take care of the Ashram. He also advised that there would be lot of obstacles while doing good work, but that shouldn't stop me. He advised me to carry on good work with positive mind.. I followed his instructions and modified my plan accordingly. Immediately I took renunciation officially and was renamed as Satyadasanand Brahmachari.

Now as I had returned to Deoghar Ashram in the saffron dress of a sanyasi, everyone started opposing me. However, I ignored them and continued performing my services. The health of Guruji worsened further and he expressed his desire to return to Deoghar Ashram. He was brought back to Deoghar.

Despite recovering initially, he stopped eating food due to illness later. Thereafter, he left his mortal coil in Deoghar Ashram. Now, an open contest started for the administrative power of the mission. I witnessed many nasty things happening which made me quite sad. That was not the situation of only our Ashram. I used to visit many other Ashrams and met the heads of those Ashrams. I realised that at almost all the places the same thing was happening, directly or indirectly. The feeling of sacrifice was found wanting in their lives. Getting angry at anyone was very natural. It seemed as if everyone's intention was to give false hope to the devotees, arrange for huge devotional programs and gain money from the devotees. I am not writing this with the intention to humiliate anyone. I am talking about the reality that I had witnessed as to how those who renounced their families to do *Tapasya* were also trapped in illusion.

(To be continued)

TRUTH

– B.K Sapna,
ORC, Delhi

God says, listen, my Dear
You have nothing to fear
Virtues are your adornment
real

Enthuse positivity, divinise
zeal

Truth is your nature, inner
beauty

With truth, you can have
purity

Truth is the biggest power
Even at the turbulent hour

So always speak the truth
And like a dazzling day

Truth is the key to
Success

Spirituality is the highway

Truth is the name of
Honesty

Truth means thinking pure
It's the height of modesty
With Truth, Divinity is sure

Waste Thoughts: Do not have the extra food of waste thoughts and you will be saved from the illnesses that come from being overweight

SPIRITUALITY- AN URGE FROM WITHIN

– B.K. Manasi, Indore

If life came with an owner's manual, it probably would make things easier for those who actually took the time to read it. But, since we don't have that handy little guidebook, most of us have to figure things out as we journey along the way. This process opens us up to a world of possibilities and experiences, large and small. Every choice that we make sets in motion our next opportunity or consequence, and none of us is going to make the right call every time. Sadly, even when we have the very best of intentions, things can still blow up on our face. At the time it may not make sense, certainly doesn't seem fair and ultimately causes some type of lingering pain and at the same time all the bad impulses—anger, revenge and the like we had during the process—come forward. What is it which pushes us to extremes? Why, at times, despite being very religious, despite being moral and walking on the path of God, we forget the right and the wrong. What actually tells us how we ought to behave, care, love, be

sensitive?

Personally I feel one who really wishes to untangle the mystery of life should first become a man, a good human, in the true sense of the word. **It is not the appearance of a man, but the true qualities of compassion, contentment, charity, forgiveness, truthfulness, gentleness, simplicity, continence, purity, and above all love for God and His creation in a very genuine way, for only a human who sees all with the same sensitivity is a man in the true sense of the word.** And the one possessing these prime qualities will, by design of the Lord, be connected to Him one day, no matter which religion he belongs to.

Friends, without going into the depth of anything I would just say, we all want to enjoy our lives, be happy and happiness in its very first stage for all of us is to be free. Anything forced on anyone only makes one rebound to be free from the chains that are being put around him, for it was not out of choice, it was not out of

love, it was just given and made clear this is what we are to do and live with. And slowly we accept things that have been tossed on us, but it takes time and at times we kill something in us to accept what was forced on us. How can one remain happy in such a condition? How can one enjoy this life given to him by the Almighty?

Accepting forcefully leads us to frustration; it doesn't actually keep us happy. But so many times, the same thing which appeared as bondage to one can lead the other to ecstasy, for it was not forced on him; he desired that, he wanted it out of choice. Anything, when accepted with willingness, accepted out of love for that particular thing, gives us pleasure which touches our heart and soul. The same lies with Spirituality which can never be forced, imposed, fixed, for if there is bondage, restriction, and compulsion we would try to free ourselves, or remain unhappy because we were thrust into that. There can be various reasons, sometimes it is despair, dissatisfaction, or at times even escapism, to find solace ...sometimes taken up just because "Spirituality is a good thing and I should get it" as if it is a fashion, a trend to boast about for the sheer sense of being superior to others, to

perhaps let others know that they are not materialistic or superficial.

But what exactly is Spirituality? Traditionally, being spiritual signifies attached to religious values, or matters of the spirit rather than material or worldly interests. And if we talk about it in recent terms, it has taken the meaning of reaching higher levels of consciousness using meditation, yoga, and similar other practices. As far as I understand spirituality – **it is simply a state where we are connected to God, Nature, each other, and the deepest part of ourselves.** Is being spiritual difficult and demanding? People may think so, but that is not the case.

You can experience being spiritual when you listen to a beautiful song, admire a beautiful piece of art, read an inspirational book or even when you have a heart-to-heart talk with each other. How can this be spiritual, one may ask? It is spiritual simply because you are immersed in it, you are deriving pleasure from it, it is touching your soul, and it is connecting you to the creator of the song, the artist of the piece of art you admire, the writer of the book or to the Creator through His creations, i.e., God. You can

experience spirituality when you walk through woods, when you see the sun rising or the full white moon beaming in the dark sky or listen to the murmuring soft sound of a small brook somewhere in the depth of a thick forest. Anyone who is thoughtful, sensitive enough to feel and touch everybody with his heart and soul, who loves truly and honestly with no bias, no malice, no thought of 'yours' and 'mine' will be able to really enjoy the wonderful realm of Spirituality effortlessly.

The two things that are frequently confused with each other are religion and spirituality. People generally think and understand that religion, rituals and customs are of utmost importance to move on the spiritual path. They are definitely, as they are the first guide, the path to direct you and tell you the right and wrong, to make you His creation in the true sense of the word and ultimately take you to just one God. They are different paths all leading to one destination. Religion belongs to the higher mind of humanity. It is the man's higher mind's approach to reach something beyond it, something to which we humans give the name God or Spirit or Truth or Faith or Knowledge or the Infinite, some kind of Absolute,

where human mind cannot reach, but tries to reach. Religion may be divine in its ultimate origin; in its actual nature it is not divine but human, for religions made by man are many. So where religions are human, spirituality is divine.

Furthermore, like in our day-to-day life as we see fixed ideas, dogmas and beliefs invariably divide people, the same is with religion. Whereas the purpose of all the religions, all the seers, all the prophets was to show the path, to help man journey the life towards the ultimate, we got entangled in 'I', 'Me', 'Mine'...where on one hand we are taught through all religions to drop the Ego...we unconsciously remain stuck to it and build a wall to reach God through His creation. For we divide ourselves, there is the Hindu, the Buddhist, the Christian. On the other hand the Spiritual life is purifying, intensifying, glorifying and perfecting what already exists in you--love, sympathy, kindness-which are the characteristics of the Supreme soul. It raises the character of each person to its full and brings it to its maximum expression, for it is a part of the Divine plan. However, to seek the true Spiritual Path, we need to have a clear conception of our aims

and goals so that we may be successful on this path.

Only a man with an empathetic heart, a feeling heart can have good moral conduct. He is tender-hearted and cheerful. Loving thoughts spring from him and he cheerfully forgives the mistakes of others. One who knows how to forgive and love again with no malice can hope to be forgiven by God for his faults. Contentment is also essential, as a man who is satisfied with what he has, will not be jealous, resentful, envious and so will remain happy without any pretence. With no worldly desire in him, he will never be manipulative, cheating or two-faced and one who is truthful...is definitely fearless, dauntless. Courteousness, gentleness and a cheerful disposition are other traits, which have a happy effect on others, making him loving and lovable at the same time. He should have an attitude of love for all, because this is the secret of true and eternal happiness in this life and hereafter.

Purity is very important for the seeker of God ready to walk on the spiritual path. The body, the clothes should be clean, but real cleanliness should be... internal. Spiritual realization cannot come without complete purity. Purity means pure conduct, pure dealings and pure thoughts. How can all this be forced? For the one who is forced will then be just like an actor--fictitious, showing idealism, unreal--and stick to the beliefs, idealizations, dogmas which he has been made to understand and read again and again. If one truly wants to take the spiritual path, he should have his own creativity, his originality, because ideas and beliefs only taint and pervert our perception and take us away from the great truths of the Supreme. Why compel, why not let it flow to us slowly, taking its own course and when one really wishes for it.

VISION FOR A HAPPY LIFE

– Shiny Vikas, Kochi

Creativity stands for practising
Our thoughts, ideas and visions
Under a beautifully woven banner
In a well crafted, elegant manner!

Not to just dream, but now wake up
Start working fast, do efforts to make-up
Only with right visions, something we can aim
Hurdles we surmount, gems of wisdom we gain

Don't talk too much, implement what you teach
Sincerely express the self, imbibe what you preach
Don't carry any grudges, at work or at home
Building a high character, should be our norm

Let's overcome pessimism with positive vibes
Inspire fellow beings, harness their talents
Lead a simple life with changed heart and mind
Communicate with relations, family and friends

All issues will be resolved, if we have
understanding never take others for granted,
misbehave or ill-treat communicate and share,
but never over react
Relations will be redefined, cordial and sweet

Never expect too much, accept people as they
are trust fellow beings, but never do so blindly
Control your feelings, negativity and anger
With one and all, be benevolent and friendly

Lead a meaningful life, its duration is so short
Remain happy and contented, know its import
Keep smiling each day and at all times
Cherish beautiful memories, lovely divine rhymes

BODY, MIND AND SOUL



– B.K. Hans, Paschim Vihar, Delhi

If we ask a person who he is, he would invariably tell us his name, address, profession and, if he happens to be a foreigner, his nationality. When probed further, he might mention his financial status, his social standing, whether he lives in a self-owned house or in a rented house, the locality he lives in, name of a well-known person he is related to, and the like. But are these bits of information sufficient to know a person? No. That is the reason when I tell him, "O.K. Nice to have met you. We shall be meeting each other often and then I hope we shall know each other better".

Knowing a person better means knowing more things about him than his name. We need to know what ideas and beliefs each one of us has, what values we hold dear in our life, what our attitude is towards ourselves and towards our fellow beings, what memories we love to cherish and those we want to forget, and, lastly but not the least, what our strengths and weaknesses are. In short, what we need to know is each

other's mind. And it is then that we can hope to know each other fully well.

Breathing and Thinking

These are the two sides of the same coin - Life. These are the activities of the body and the mind respectively, which sustain Life. The body is a mass of matter consisting of the five elements and is perishable, in the sense that after death the body disintegrates into the elements which merge with their respective kind. On the other hand, the mind, which some mistakenly think as a part of the body, is pure energy, a faculty of that speck of energy which we call soul. The mind is a subtle faculty of the soul which enables us to feel, to think, to visualize and to be conscious of our own self and the world around us. Each soul is unique, a world unto itself, with a distinct role to play, and has its own part ingrained into it that it has to perform while inside the body. There are about 650 million people in this world, so there are that many specks of energy or souls, each one of them distinct from the

others.

There are also those who think, wrongly though, that this energy or the soul is a tiny part of the supreme energy which is personified in or as God, and that it merges with the supreme energy after it relinquishes the body. This thinking has led to the wrong belief that God resides in every living being or that God is manifest in every object, living or non-living. There are some who even proclaim themselves to be God. Those people have identified the mind with the body and have linked the mind, or the soul of which the mind is a functionary, with the ultimate being or consciousness. But the truth is that we souls are God's children; both God and the souls are incorporeal.

Besides the mind, there is also another faculty of the soul. When we do something, the process starts with a thought arising in our mind. The thoughts are the seed of our actions. But, after a thought arises, we do not simply plunge into action, more so when we have more than one course of action open to us. We make a conscious decision; we weigh the pros and cons of our intended action and the possible consequences arising there from. We approach the situation in a three-dimensional way -- what we did in the past in a

similar situation and what was its outcome, what best should be done in the given circumstances, and how our action is going to influence us, individually and socially. These processes go on simultaneously and sub-consciously, sometimes accompanied by turbulence. This is what we know as the power to judge, the power to discern, and the power which we know as intelligence or intellect. The intellect is as much a faculty of the soul as the mind is.

There is yet another faculty of the soul which goes a long way in shaping our actions. It is very subtle as it works back stage. Let me give a practical example to explain it further. A friend of mine kept company of associates who smoked. Many a time when he was offered a cigarette, he refused to buy the temptation since, on the back of his mind, he was reminded of the warning on the cigarette pack: 'Smoking is injurious to health'. He had also read in an article in a medical journal that smoking caused cancer and led to heart trouble. Thus, whenever he was offered a cigarette, he conjured up the image of the man suffering from mouth cancer which he had seen in that journal, and that very sight deterred him from

smoking. What he really did was, he used his power of judgment or intellect, and decided not to give in to smoking. This went on for sometime. But, one day in a moment of weakness or being under some pressure, he took a puff or two from a cigarette offered to him by one of his close friends. He felt, or he thought he felt, some relief, in that he was able to go over the problem he was confronting with a greater level of understanding. That was the start of his habit of smoking, which after some time changed into addiction. To start with, he went for a smoke when some one offered him a cigarette but, much later, the very sight of any body smoking made him reach for a cigarette as if both his powers of thinking and of judgment - his mind and intellect – had ceased to play a proactive role in his action of smoking. The habit of smoking had taken complete control of him.

There are habits as, for example, the habit of gambling or drinking, which we acquire in our present birth. But there are some which we acquired in our past births and carry them with us from birth to birth. There is a very apt word in Hindi for these habits -

Sanskars. Sanskars are the third faculty of the soul.

There is a very famous version from Shri Guru Granth Sahab about the mind. Mun jeetay jug jeet. (If you win over the mind, you win over the world.) But is winning over the mind really possible? In fact, we do not fully understand what winning over or, in other words, controlling the mind is. It is certainly not striving to achieve a no-thought or no-feeling stage of mind, which is not possible because the job of the mind is to think and to feel; you simply cannot stop it from having a thought or a feeling. It will continue doing so as long as the person is alive. The true meaning of this statement made in the holy Granth is that winning over the mind is freeing it from the shackles of our harmful Sanskars.

Which one of the three faculties of the soul – Mind, Intellect and Sanskars - is more potent than the others? We see that our thoughts and feelings, and our faculty of judgment – our ability to distinguish right from the wrong – are all dictated and conditioned by that faculty of the soul which is working in the background – our Sanskars. We know that anger is bad for our health but we often lose our temper. We often hear people

say, "I did not mean to get angry but still, I have done it but I do not know how it happened." What is this if not our Sanskars overpowering our judgment? However hard we may try to refine our mind or sharpen our judgment, we cannot create good and positive thoughts or make our judgment give right decisions unless we pay attention to our Sanskars.

Before we proceed further, we have to know more about Sanskars, the most powerful functionary of the soul. The great poet Shakespeare famously said in one of his plays that the world is a stage and we are merely actors playing our roles. An actor can certainly not make the stage his home. The stage is a place where he acts and the home is where he lives and to which he returns after playing his part, and from where he comes back to play his part the next day. The stage and the home are two different places for the actor. If, as Shakespeare said, the world is a stage, then our home will be somewhere else. This corporeal world is the stage and not our home. Our home is the soul-world where we souls reside with our father, the Supreme Soul.

When souls first came from their home to play their part, fresh as they were, they had seven attributes or qualities in them as their original Sanskars: Knowledge, Purity, Peace, Love, Happiness, Bliss and Powers. The time when the souls had these seven qualities is known as Sat-Yug, or the Age of Truth, and the people living at that time were called Devis and Devtas. (In common parlance, Devis and Devtas are known as gods and goddesses, with small "g"; however, there is one and only one God, always spelled with capital "G").

(to be contd.)

(Contd. from page no. 11)

there is turmoil and tension because of the lack of understanding and selfish nature/selfishness. If we understand the value of selfless love, many problems of the world be solved. If we respect others and understand their view-points and problems, peaceful co-existence, mutual cooperation and harmony can be maintained. If we abolish "I" and "Mine" from our vocabulary, the world will definitely be a better place to live in.

BABA! BABA!!

- Amrit Lal Madan
(Principal),
Jat College, Kaithal



Baba! Baba!!
Yes, my child!

Are you listening?
Yes, my child!

Am I a soul?
Yes my child!

Am I so pure?
Yes , my child!

Am I to endure?
Yes, my child!

Am I so peaceful?
Yes, my child!

Am I so lovely?
Yes, my child!

Am I so worthy?
Yes, my child!

Am I an actor?
Yes, my child!

Am I a drop?
Yes, my child!

Am I a flop?
No my child!

You are so sweet Baba!
You are so sweet child!

GRATTITUDE FOR GOD'S GRACE



– B.K. P. Shyam Sunder,
Miyapur, Hyderabad

It was my great fortune that I was born in a spiritual family. In the year 1999, my father was posted in Delhi and we were residing at Rohini. On 23rd October 1999, our family friend Late Dr. B.N. Murthy invited us for lunch to his house in Hari Nagar, New Delhi. Accompanied by my father and mother, I visited his house. We never expected that our luncheon visit to his house will change our lives altogether.

After serving us with a sumptuous lunch, Dr. Murthy and his wife Late BK Lakshmi briefed us about Brahma Kumaris institution and took us to their Hari Nagar Centre, The B.K. sisters explained the gyan and we got interested to know further. They advised us to complete Seven-Day course at B.K.Centre, Rohini, near our residence. The Centre In-charge BK sister Sudesh conducted the course for us and thereafter we started attending Murli classes regularly.

After becoming a Rajyogi, I felt very light. The easy method

of Rajyoga meditation empowered me to keep my cool under stressful circumstances. Earlier, when my wishes were not fulfilled, I used to visit temples, but the thorough understanding of this knowledge and spirituality gave inner strength. I understood that Shiv Baba, Who is a point of divine light (jyoti bindu) is the true companion of one and all, provided we follow His shrimat in all circumstances.

In February 2002, I got an opportunity to visit Mount Abu for Avyakt meeting with Bap-Dada. I experienced very loving atmosphere, full of spirituality and the power of meditation. I felt as if I was really in heaven surrounded by serenity, sanctity and sanity.

In the same year in November, I also had a great opportunity to do spiritual service in Madhuban for 12 days in Media Deptt. This service satisfied me and impressed many brothers and sisters.

The Drama is really powerful, as Baba says. Actually the above mentioned

service had been planned to be done by another brother but suddenly he had to cancel his programme due to some unavoidable circumstances. On his repeated requests I had to proceed for Seva. Firstly I was reluctant to go as I had my own doubts whether my immediate boss would agree to sanction leave for 12 days. I literally prayed to Baba and explained my problem to Him and asked for guidance to proceed further. It was truly a wonder; my boss immediately sanctioned my leave without any kind of questioning or objection. I returned home with a great amount of excitement and happiness. Upto now, I have met BapDada on many occasions and have wonderful experiences. My latest meeting with Bapdada was on Holi, i.e., on 16th March, 2011.

In Oct. 2004, due to some personal reasons and family pressures, we had to move to Hyderabad. Here I regularly read Murlis and do seva whenever I get an opportunity. To do spiritual service in Mega Programme organized in Hyderabad was also a unique opportunity to interact with people from diverse backgrounds.

I have seen the practical benefits of Rajyoga meditation in my life. Earlier I used to feel

a bit scary and afraid to live alone whenever my parents would go out of station on a long tour, but ever since I made Baba my, 'whole and sole partner', the words 'fear', 'fright' and 'afraid' got wiped away from the book of my life.

One day, I experienced a severe muscular pain in my chest around 2 o'clock in the night. As I was alone, there was no one to give any help. I came to my landline phone to call up one of my relatives who could provide some physical assistance, but suddenly I dropped the idea of calling any one. I coolly sat in a place and remembered Baba for sometime, it was a great miracle that the pain started coming down after few minutes of my meditation and within no time it relieved me totally. I thanked the Supreme Soul for His kind grace.

My personal experience indicates that God is our ultimate saviour and guide. Hold Almighty's hand very strongly and tightly so that evil gets frightened and runs away.

MERCY OF THE LORD

Once a boy went to shop with his mother. The shop keeper looked at the small cute child and showed him a bottle with sweets and said "Dear Child.. u can take the sweets". But the child did not take.

The shop keeper was surprised.. such a small child he is and why is he not taking the sweets from the bottle. Again he said, "Take the sweets.."

Now, his mother also heard that and said.. "Beta take the sweets.." Yet he did not take.

The shopkeeper saw that the child was not taking the sweets.. So he himself took out the sweets and gave to the child.. The child was happy to get two hands full of sweets..

When they returned home, his Mother asked him, "Why did not you take the sweets when the shopkeeper told you to take.."

The child said, "Mom, my hands are very small and if I take the sweets from my hands, then I can only take few.. but now you see when uncle gave with his big hands, how many more sweets I got!!"

Anger Management And Prevention

Step One – Never struggle with your anger. Don't fight it, or resist it, in anyway. That only either strengthens it, or suppresses it until it emerges another day. So face it and accept its presence.

Step Two – As soon as possible, simply observe it. In the act of observation, all emotion must die. Why? Because you are standing back from it within your consciousness in order to observe it. And as you stand back within your consciousness, you are withdrawing (removing) your life giving energy from it.

Step Three – Through the practice of meditation, return to your centre, that means the centre of your consciousness, the centre of yourself. At the centre you will find inner peace, and that peace is your power. At the centre of yourself, you will find your love, and that love, when you give it to yourself and others, is the healing balm of forgiveness.

Please note that the above-mentioned two reflections are connected with each other. You have to put them one after the other, in the right order while archiving them.

THE ROAD FROM HATH-YOGA TO RAJ-YOGA

– B.K. Mahabir Singh Kharb, Sonipat
email: mskharb@gmail.com

Yoga is the practical path of realization of the Indian theoretical philosophy. Both Sankhya and Yoga philosophers maintain that liberation can be attained only by knowledge. In their view, the knowledge of soul can be acquired by the suppression of the physical and mental modifications and gradual control over body, senses, mind, intellect and resolves so that the pure self may be realized. They believe that realization of the pure self requires the cognition that the self is beyond the body, mind, intellect and sacraments etc. The realization of this truth is the self-realization which God Shiva taught to the souls of the world through Prajapita Brahma. It is depicted in our scriptures that god Brahma (the god of creation) rekindled the divine features of human souls with the help of goddess Saraswati (goddess of knowledge). He did not teach various Asanas of Hatha-yoga. He inculcated easy Rajyoga as depicted in The Geeta which is susceptible through mind or intellect, not by body. Hence it

is called Gyan Yoga. As it is understood and brought in action, hence it is also called Karma Yoga.

The path of yoga is based on sound psychological foundations. The most important element in the psychology of yoga is *Chitta*. *Chitta* is the first modification of prakriti in which there is the predominance of Sattva over Rajas and Tamas Gunas. It is material by nature, but due to the closest contact with the self, it is enlightened by its light. It assumes the form of anything in whose contact it comes. Due to modification of the *Chitta* according to Yoga Sutra, though there is no modification of the self, but due to reflection of the changing *Chitta Vrittis*, there is an appearance of change in it, just as the moon reflecting in the river seems to be moving. So, as knowledge is not attained, the soul sees itself in these modification of the *Chitta* and gets rid of attachment and aversion in the worldly pleasures and sufferings. This attachment and aversion is the bondage. The only way to get rid of this

bondage is the control of modifications of the *Chitta*. This control is the result of Yoga. In the words of Patanjali, "Yoga is the cessation of the modifications of the *Chitta*". There are several causes of disturbance in the *Chitta* such as disease, inactivity, doubt, carelessness, attachment with the objects, false knowledge, non-attainment of the stage of Samadhi, absence of concentration etc. Due to the disturbances in the *Chitta* - chagrin and physical disturbances follow. To get rid of pains and agonies, the mind (*chitta*) must be controlled and concentrated. The yoga asana philosophy has prescribed the following eight points for this purpose:-

▶ **1. YAMA** – Yama is the control of the body, speech and mind. The yamas are five – non-violence (*ahinsa*), Truth (*satya*), Non-stealing (*asteya*), Celibacy (*brahmacharya*) and Non-covetousness (*aparigraha*). All the above mentioned yamas are necessary for the concentration of the *Chitta*.

▶ **2. NIYAMA** – another important step in yoga is Niyama. The rules of good conduct (*niyama*) are five, i.e., Cleanliness (*saucha*), Contentment (*santosh*), Penance (*tapa*), Reading of religious scriptures

(swadhyaya), surrender to God.

▶ **3. ASANA** – It has various types of postures e.g. Padma, Veera, Seersa, Bhadra, Garuda, Mayura etc.

These postures are very much helpful in the control of mind as well as of vital elements in the body. They also help in removing the suffering due to cold and heat. As a matter of fact, postures provide us control over the body. These also keep the body free from diseases and make it strong.

▶ **4. PRANAYAMA** – it helps in the concentration of the Chitta. It is the control of the breath. Inhaling, retaining of the breathe and exhaling are the three steps in it.

▶ **5. PRATYAHARA** – The introversion of the different sense organs by restraining them from their object is known as pratyahara. It is withdrawal or detachment of the mind from the stress causing situation which mainly works to reduce the tension, and to relax the body muscles. If the soul or mind withdraws itself from the adverse outer environment and negative attitudes by focusing its thoughts on its own original nature (which is peaceful and divine) and directs its attention towards God whose nature is absolutely peace, it attains calmness and tranquility. And,

this focusing of mind on God is what we call Meditation or Rajyoga. This releases tension on the nuclei of the hypothalamus due to peaceful thoughts and the state of withdrawal from the body (not only environment but body also) influences the hyper thalamus through continuous feedback of slow, rhythmic impulses. This also sets the regulatory mechanism of the hypo thalamus at lower level and thereby lowers the blood pressure. It also activates the functions of various endocrine glands and sets up useful homeostatic balance between various hormones-all this leading to good health and much more.

When the aspirant practises it, his mind is not disturbed by a worldly object even while he lives in the world. This requires very strong determination and repression of the senses. The above mentioned five stages are known as external means.

The remaining three stages are known as internal means. As a matter of fact, the first five stages are nearly preparatory to the later three stages, which are directly concerned with yoga. These are just like the peel of banana that preserves the inner fruit. If the peel is the religion, the inner fruit of banana may

be termed as spirituality.

▶ **6. DHARNA** (concentration)

–The sixth stage in the path of Yoga is Dharna. Dharna is the concentration of the chitta on some object. This object can be external like the image of some god etc. It can also be internal as the part in between the eyebrows, the lotus of the heart. This is the beginning in the stage of Samadhi (absorption). But Rajyoga teaches us to focus on God Shiva, a point of divine light. For the practitioners who have seen the Supreme Soul before their naked physical eyes, it's very spontaneous to emerge that peace-giving picture before them and be merged in it, to get soothing silence.

So Raja Yoga is that wonderful practice which sets the body and mind in harmony. One need not lie in the supine pose or the death posture in order to practise it. One can also practise it when one is at work.

▶ **7. DHYANA** (meditation)

- This is the seventh stage in the process of hath-yoga. When the knowledge of the object of concentration is continued in a process, it is known as Dhyana.

This requires continuous meditation on the object of concentration. In this form of Dhyana, one has clear knowledge of the object. In the beginning, the aspirant is aware

of only the different parts or forms of the object and gradually he realizes the whole of it. Thus by Dhyana the aspirant has the real knowledge of the object.

▶ **8. SAMADHI** (Absorption) – It is the most important stage. This is the culmination and the goal to which the above mentioned stages are preparatory steps. When the aspirant becomes fully absorbed in the process of concentration, this stage of absolute identity is known as Samadhi. There is no separate cognition of the subject or the process of concentration and the chitta attains the form of the object. Thus, in this stage the subject and the object as well as the process of concentration become Om.

One may sit in any easy posture knowing the self as a soul, to withdraw mind from the memory of *Asuric sampada* or Maya and evils of this gross world and is exposed to God, the Ocean of Peace, and this sets all the rest in order and calmness. The body and mind then automatically, are established in harmony. And this state of harmony, happy feelings, noble thoughts, holy emotions and proper outlook cure man of many diseases. It reduces many ailments and helps a person to recover comparatively easily and

speedily. Without this, a man is a problem to the self and to the society and is disease-prone.

The meditative eye wishes for absorption of the absolute nectar for drink which is a cherished goal of all spiritual aspirants. This is the beauty of soul which shows us "The Road Not Taken". The flight of soul will show the pace, full of purity vibrating tranquility. Purity leads the way for kingship. Drops of purity are in fact the pearls in the turban of a king. Let's learn to live under the divine canopy of purity having its own shades of vision of a seer so that we may see the visionary world which is visualized and actualized with our pious thoughts and deeds.

It is a state of ecstasy that cannot be experienced through the mundane objects. The mind seems transported into a state of blissful inebriation. Then a man thinks himself superman, as his body-consciousness is vanished by the supreme transcendence. In fact, this kind of ecstatic chemistry is the consequence of the highest form of spiritual yoga. This kind of lofty state of mind leads to union with God in which soul feels itself full of integrity and chastity. Thus Hath-Yoga, in fact, guides our path towards Raj-Yoga. ❖

LOTUS AND SMILE!

–AMAN LUTHRA

(XII Class)

St. Cecilia's Public School
Vikas Puri, New Delhi

A football player standing
on the field
Just aiming to get a golden
shield
With eyes fixed on his aim
Was thinking how much
he'll gain

He was ready to fight
With the team that was
tight
As the game started
His fate darted

Unfortunately, he lost the
game
The angry man lying lame
He commented against the
opponents
Dejected for his current
thrash
That had turned his faith
into morass

But then a luminous
thought came:
"The morasses are those
That give birth to the mighty
lotus"
Now his face shone anew
with zeal
And a bright smile all could
feel

BABA'S HELP



– BK Surya Prasad, HUDA Center,
Chandanagar, Hyderabad

God Shiva, whom we lovingly call Shiv Baba, always helps His children in need if we have faith in Him whole-heartedly. On a number of occasions, when I was in a dilemma to take a decision, I got a clear indication from Baba for a right decision. Normally, the first thought I got on any problem, used to be Godly advice (*Shrimat*), the correct one while the second thought (*Manmat*) an incorrect one and the third thought a wrong decision. However, I could never forget the help that I got on 8th Jan 2011. Before that I'd like to tell the esteemed readers about myself.

Born and brought up in a communist family, I didn't believe in God, temples, worship etc., but I strongly believed that there is some invisible force (*Shakti*) running the Universe. In September 1999, when I was 56 year old, I took voluntary retirement from my job in a Government Undertaking, after having served for 37 years. During my service, I used to enjoy my weekend in parties having alcoholic drinks and non-vegetarian food to which my

wife used to object. But I never listened to her as I would think that as long as I was enjoying myself within the limits, my habits were O.K.

However, a miracle happened in the beginning of year 2000. I was taken to a Brahma Kumaris centre by a friend. After listening to them, I strongly believed that this was the only righteous path to find God and forge our connection with Him. I took the seven-day course and started attending the morning *Murli* classes. Soon, I gave up the habit of drinking and became a teetotaler and pure vegetarian. Seeing the change in me, my wife also joined me and after taking seven-day course, started attending classes. She wonders that while she inspired me to stop drinking for more than 30 years, I didn't obey but after joining Brahmakumaris, and knowing God, following *Shrimat*, I gave up all my bad habits. In 2002, I met BapDada for the first time and from then onwards almost every year I have been enjoying the meeting with BapDada.

We are from Hyderabad but

we went to Bangalore on request of my son to spend some holidays with him and his family. On 8th January 2011 in the morning I got up at 3.30 a.m., my usual time, and wanted to go to bathroom. I could not stand properly as I felt my left leg and left hand were not having any strength and I felt that I was falling on my left side. Immediately I called for Baba's help and I could find the edge of cot so that I could take the support of the cot and lay back on the cot. I could feel that my left leg and hand were starving for blood and becoming numb. My wife advised me to skip the morning *Murli* class and go to hospital. After taking some rest, I felt a little better and we went to class as the doctor would be available after 9.00 a.m. only. In that day's *Murli*, Baba said that anything could happen suddenly without notice.

I went to Manipal hospital along with my son at 9.00 a.m. An orthopaedic surgeon attended me and he referred me to a neurologist. After examination, he suggested to have MRI of brain. After seeing the MRI report, he admitted me to the hospital stating that I got a Transient Ischemic Attack (TIA) or stroke. I learnt further that TIA is a short term stroke that lasts for less than 24 hours. It indicates a serious risk of

major stroke which may paralyze the body organs. I strongly believe that Baba helped me in finding the right doctor, correct diagnosis and saved me from a greater stroke risk, at an unfamiliar place.

I informed B.K. center at Domlur about our inability to attend morning classes due to my illness. The next day was Sunday and the sister in charge of Domlur center visited me along with other students to wish me fast recovery and gave me Madhuban *Toli* (Sweet). When I enquired she told me that someone had come from Madhuban to Bangalore for some work and he had brought toli from Madhuban. Feeling quite happy and grateful, I took the toli with the thought that Baba only sent it for my sake, so that I may recover fast and expressed my hearty and sincere thanks to Baba. With Baba's help only I could recover fast. This shows not only Baba's help but also good wishes of the spiritual family (parivar ki shubh-kamanayen) which gave me lot of support during my illness.

Esteemed readers, I have experienced that if we have full faith and belief in Baba, He takes care of all our needs.

MY GRATITUDE

– Deepika Deep, Chennai

Pioneers teach me	Adversity teaches me
To always dream	To remain ever steadfast
Even if it never comes true	Even if others are apart
But that's the best way	Or you are left behind
To live life through	Don't cry and suffer
	Just search for a new start
A kite teaches me	Equanimity teaches me
To fly freely so high	The past I must forget
Never give up, always try	For nothing should I fret
Never let go or say goodbye	And nothing needs my regret
Day and Night teach me that	Teacher teaches me
Whenever there is darkness	With open heart to forgive
For sure dawn is the next	With generosity offer my help
And when things are so tiring	To remain stable, proud on self
For sure there's a time to rest	
Swans flying in row teach me	Sweet bees teach me
To always care for a friend	To offer my helping hand
Be true and never pretend	Never doubt on fellow beings
Always love with no end	And always try to understand
Positive signals I must send	My friends teach me
	Never to be shy
Days always teach me	If I did something wrong
Never to feel the hate	Have courage to admit that
Be confident, never hesitate	Be proud to say "I was wrong"
Always believe in fate	This practice will make me strong



STRESS - FREE THROUGH YOGA

– B.K. Nwaokolo Obodochine, Nigeria

We are all too familiar with the saying that we live in a world of change. What most of us have not accepted is the rate at which these changes take place. It is because we are overwhelmed by the massiveness of these changes that we cannot hold our balance. The results of this are uncertainty, insecurity and excessive anxiety. But anxiety is of the mind, not of the body. To a few, stress is necessary to reach peak performance. To the majority, they do not even know why they are suffering from general body debilities.

A couple of years ago, heart-attack was a medical curiosity. No one suspected that it was a stress-related disease. In those days, it was much easier to relax than nowadays. That was when the quality of life, a function of “quality of being” was **MORE IMPORTANT** than the “quantity of being” which stems from **quantity of doing**. So we had human beings; now what do we have? **Human doing!**

But we have a choice to change all of that. We can re-

construct that healthier and more relaxed lifestyle for ourselves and find that lost peace again. We can choose to live life in the fast lane pushing ourselves hard from one experience to the next until we can push no more or we can turn off the super highway to follow a slower, quieter road that encourages our driving skill instead of our driving speed. Relaxation should be positive and not hurried. What could lead to this positive relaxation?

There are two challenges we face as we progress in life:

1. How to continue to respond effectively and positively to people and situations (world around us).
2. How to manage ourselves and the world inside us.

In both of these, everyone is now experiencing some stress daily in varying degrees. Unfortunately, stress is an unavoidable consequence of living. So long as you live, you must have stress. What we have to guard against is “**experiencing too much of it frequently**”. To overcome stress, we have to learn how to

deal with it either temporarily or permanently. Which way to go is entirely yours.

What Is Stress?

Simply put, stress is excessive demand over the individual ability to cope up with them. It is the interaction between coping skill of the individual and the demands of the environment. It could occur where there is imbalance in one’s life—health, status, relationships, family ties, social position, too many responsibilities, a drive to impress superiors or peers etc.

How to Reduce Stress Temporarily:

1. The fitter you are, the longer the body is able to cope with the increased level of physical demand. Try a little jogging, gentle cycling, a long walk in a serene park or field and swimming. All these reduce tension which could lead to stress.
2. Cut down (better still “stop”) drinking alcoholic beverages and smoking.
3. Stop trying to do more than one thing at a time.
4. In trying to help others, try not to make promises you cannot fulfil.
5. Eat more slowly and enjoy your food.
6. Listen to soothing music or sounds of the ocean waves.
7. If possible, try to build

- endurance with exercise.
 8. Communicate effectively.
 9. Think positively

Permanent Solutions

1. Think positively
2. Practise Rajyoga Meditation

It must be noted that positive thinking is not an emotional rescue remedy; it is the source of our creativity and vision. Mahatma Gandhi's statement – "we have to be the change we want to see in the world" is the simplest and fullest definition of positive thinking. If we think positively, our energy draws us towards success like a magnet – all we have to do is BELIEVE and observe changes around our world. It promotes successful and meaningful life.

Yoga – What is Yoga?

Yoga is a Sanskrit word meaning "union". Yoga is used as a means of control. Through yoga philosophy, we are able to control OUR thoughts and emotions and gain better insight into life. With yoga, we are able to move out of attitudes and situations which otherwise would trap us in misery or failure.

There are four types of Yoga:

1. *Hatha* Yoga: Aims to unite the body and mind through some postural discipline.

2. *Karma* Yoga: Unites good action with material release.

3. *Bhakti* Yoga: Unites the practitioner (Yogi) with the object of his devotion through prayer.

4. *Rajyoga*: is the King or the highest form of Yoga. It reveals to the practitioner his true identity as "A Soul" and seeks to unite it with its source – The Creator, The Father Almighty, Allah. True meditation brings you to self-knowledge and then to knowing our True Father, The Source of your Life. That is what is taught in Brahma Kumaris Organisation.

Benefits of Meditation

1. The aim of all types of yoga is to free the self from his ties with material world so that he may return to his original ecstatic state – soul-conscious stage, i.e., consciousness of the self as a soul and not a body.
2. You begin to gain back the long lost and most highly sought jewel of life – inner peace.
3. With inner peace come contentment, calmness and a more purposeful life.
4. You begin to gain access to truth as you do so and also begin to lose interest in gross,

material things. That is detachment sought after by sages and holy men.

5. As you begin to shut down your five windows, your discovery of the self begins to draw from the eternal spring of happiness known to few.

6. You are no longer affected by external influences— "The heart unafraid."

7. Now your responses to issues draw from your innate values and your judgment is based on good for all. You are now stress-free, regardless of what is happening around you.

8. You will find that the health value of meditation is unequalled by modern medicine. It acts as tonic for your body as well as your mind and far superior to modern day craze for tablets and vitamins A-Z.

9. Through meditation, you learn to manage the thoughts created by you, manage your emotions and behaviour. This is Effective Self Management (ESM)

Cost To You: TIME

When you start to practise meditation, the greatest gift you can give yourself is "TIME". You must make out time everyday, even for just five minutes a day. ❖

(Contd. from page no. 7)

of these values would say because his beliefs, doctrines and ideals differed from those of others.

Similarly, if we were to ascertain what 'Tolerance' as a value meant to different communities, we would have to know their religious beliefs. We will find that in some religions, the concept or definition of Tolerance does not include tolerance to the condemnation of, or even adverse comment on, their sacred book or a derogatory remark about a reverend person in the history of their religion. In such matters, they feel that they are under attack. They feel highly provoked and throw tolerance to the winds. They announce their animosity against that person and do not hesitate to commit violence. So, 'tolerance', as a value, has a very limited scope in their value-system because they think that their beliefs are absolute. They believe that their beliefs are derived directly from revelations from God and they are not worth their salt if they tolerate any insinuation or insult to their holy beliefs.

We read in history how places of worship of one religion were destroyed by people professing

faith in another religion. They initiated attacks on what was a holy place to followers of another Faith, because, according to the belief of the former, the holy place of others was, in truth, not holy but was a place of false beliefs and practices and therefore, it was only natural that such silhouettes of wrong beliefs must be destroyed. Thus, the value, called 'Respect' (for the Faith and the holy places of other religions or sects) had a very narrow scope. The others Faith destroyed some religious places of the former not because its belief-system allowed it or enjoined on them to take an initiative to destroy it but they indulged in the act of demolition and destruction in retaliation to the former, for retaliation to a criminal's act was, perhaps, allowed, rightly or wrongly, in their belief-system.

Similarly, Brahma Kumaris Ishwariya Vishwa Vidyalaya would like people to practise Brahmacharya and to give up, totally and for all times, any act of sexual indulgence, because according to its belief-system, sexual acts arise from body-consciousness which is the root of all sufferings and also because reproduction of human progeny in Golden Age was not

by indulgence in sexual acts as is prevailing these days. Brahma Kumaris Ishwariya Vishwa Vidyalaya motivates people to give up anger and greed totally because, according to its belief system, there were no such evils in Golden Age for, then, people were deities, i.e., they had divine virtues to the highest degree and that era is soon to dawn and we are to prepare ourselves for it.

The examples should make it clear that all do not talk of human values with the same background and implying the same virtue because their belief systems are different. And, if we now wish to transform the world and have moral values in all sections of society, we will have to work to educate people to have right beliefs. Without transforming the beliefs, one cannot have a changed value system and, without the latter, one cannot have a better world. ❖

Exciting Journey

The journey of life is exciting when you challenge your own weaknesses. Sometimes your enemy teaches you better than your friend.

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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