

|| From the mighty pen of Sanjay ||

HUMAN INSTINCTS

If one wants to attain 'Seed-Stage' or *Avyakt Avastha*, one has to realize that it doesn't come all of a sudden. Certain pre-requisites have to be fulfilled. No matter how high and intense our aspirations are, we can't attain *Avyakt Avastha* immediately. We cannot just jump onto it. Firstly we have to experience a deep and powerful love for Baba, emanating from all our spiritual relationships with Him, the incorporeal, self-luminous Being, who is the most perfect, the most beautiful and the ever-pure consciousness. If our mind is attracted to worldly and perishable things or corporeal beings, it means we lack in our love for Baba. How can we then attain the Seed-stage? We should remember that yoga is loveful awareness and remembrance of Him and if this awareness is obliterated by the remembrance of material things or physical forms, then, to that extent, our yoga becomes defective, polluted or falsified.

In this context, it should be remembered that there are sixteen basic instincts which take the form of sixteen traits. In order to become a good yogi, one needs to have one's manifestation in the right form or correct channel. There is no human being who does not have these instincts. One or the other of these instincts is always at play when we perform actions. No action would be possible without them. So, if we wish to have a yogi way of life, we must have sublimation of these instincts.

Baba has said that our yogi life is based on righteous actions and not on renunciation of action. It is, therefore, essential that, in order to attain a high stage of yoga, we have to engage into righteous actions, and, for that purpose, we have to direct our instincts towards the correct directions. We find that, in His divine discourses (Murlis), Baba has enlightened us as to how these instincts can be remodelled. He has given us a treasure of wisdom in regard to the transformation of these instincts, which are sixteen in number.

Let us understand how each one of these instincts has to be transformed. We give here the example of some four instincts and the way of their transformation.

1. Curiosity

Baba has said many a time in His Murlis that Godly student life is the best. Curiosity is the major instinct at play while one is at study because there can be no learning without curiosity or

(...Contd. on page no.33)

CONTENTS

▶ Human Instincts.....	3
▶ May you be Intense Effort-Makers (Editorial)	4
▶ The Flame of God's Love	8
▶ I am a soul... Becoming a Deity	10
▶ The Eternal Nature ...Self .	11
▶ Overcoming cancer with Blessings	12
▶ God's Love Begets Blessings	14
▶ Priyanka... God's Gift!... A Friends for Life	17
▶ Universal Brotherhood	20
▶ Being an instrument of the Almighty	22
▶ Blessings through Godly Versions	25
▶ Changing Habits Made Easy.....	28
▶ The Eternal Journey	30
▶ Unfazed in strife	32

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Editorial

'MAY YOU BE INTENSE EFFORT-MAKERS'

On 30th November 2011, we were again privileged to experience the subtle, most elevated power of Avyakt BapDada directly. There were over 20,000 BK sisters and brothers gathered in Diamond Hall, Shantivan for this auspicious occasion. The Divine Message reminded us, Brahma Kumaris and Brahma Kumars world-wide in particular, and others in general about the importance of the present time. As the auspicious Confluence Age is fast approaching its final hours, the members of the divine family have a big responsibility of reaching self-perfection, while playing the role of '*Bestowers of Sakash*' (in other words, Spiritual Search-Light). Emphasis was given, to the point of being a cautioning, that all should become experienced in wielding all powers specially at Amritvela Meditation (early morning hours of nectar), and spreading the intense light of yoga within the atmosphere. The need of the hour is to **keep the mind busy in making intense spiritual efforts**. What does this mean? It is very clear that the foundation of our well-being lies in the quality of our thoughts. These in turn are based on the 'food for thought' as per the kind of

nourishment we provide by our observations, readings, study, actions and interactions throughout the day. As is with the case of a majority these days, apart from the initial early morning hours, we are usually entangled in facing different kinds of challenging situations that are mostly negative, and moreover mentally and emotionally exhausting. Any ordinary person would end up fully fatigued, or irritable and non-sociable at the end of the day.

Those who are inclined to lead a disciplined (not suppressive), spiritual lifestyle, with the support and sustenance of Godly teachings and regular practice of Rajyoga meditation, find it reasonably easy to follow spiritual codes of conduct, and feed the mind with Godly knowledge as the best nourishment.

While listening to and immersing ourselves in the experience of the Avyakt Murli of November 30, 2011, we could feel the importance of further enlightening and empowering ourselves as an essential service in present times. We hope our esteemed readers take full benefit from these golden Godly versions provided through these columns:

EXCERPTS FROM THE ELEVATED VERSIONS OF 30th NOVEMBER 2011

"You know the fortune of your spiritual birth: that it is the Bestower of Fortune God Himself who has given all of you this **divine birth** – this Brahmin birth. So, just think how great your fortune is! Together with that, there are the **relationships**. You have all three relationships: of the Father, the Teacher and the Satguru in one Father. You also know the **attainments**. Where the Father is, there are all the unlimited attainments.

"What do you receive from the Supreme Father? An inheritance. You receive such an elevated inheritance, which lasts for so long because you receive it from God the Father.

"The second relationship is of the Supreme Teacher. Teachings are said to be your *source of income*. You cannot receive such a huge attainment from anyone except the Supreme Soul, the Father. Through the teachings, you receive a status and have an elevated attainment. Even now, you are the kings of self-sovereignty. By being a Raj Yogi, the soul becomes a master of the self. The soul is not influenced by the physical senses. The soul becomes the master and the king of the physical senses. So, you have self-sovereignty now and will

also attain your fortune of the kingdom in the future.

“The third relationship is that of the Satguru. You receive the shrimat of the guru from the Satguru. How elevated are the directions you receive! Check yourself: Am I constantly following shrimat or is my intellect sometimes diverted towards the dictates of the self or to the dictates of others? Sometimes, your intellect goes in that direction, that is, the dictates of others and of the self deceive you. So, what is the most important shrimat? Consider yourself to be a soul and remember Me, your Father! Is this easy or difficult? Can you renounce following the dictates of your own mind and the dictates of others from today?

“At this time, in this small birth, the attainment of 21 births is guaranteed. So, just think how great each minute of this small birth of the confluence age is! Your thoughts should not be wasted and your time should not be wasted. Each second should be used in a worthwhile way.

“The confluence age is the fortunate age. Any of you can create as much fortune as you want. However, you need to pay attention over a long period of time. You children have to put intensity in your own efforts. You are spiritual effort-makers.

“Every child should be seen as a child and a master. A master

of all the treasures. However, many children complain: Sometimes, the spiritual power that we need does not come to us at that time. However, what is the reason for this? God, the Father, has given all powers to each one. Each child has received the treasure of all powers as an inheritance. If someone is not seated on his seat of self-respect, would anyone accept his order? So, when that power does not come to you, the reason for that is that you do not set yourself on the seat of a Master Almighty Authority.

“Therefore, when you are not on your seat no one accepts your order. Sometimes, you have waste thoughts and sometimes, you have *tension*, and so you let go of the seat of self-respect at that time. There is either self-respect or body consciousness. When you issue an order while seated on the seat of body-consciousness, the powers will not listen to you. Otherwise, it is not possible that the powers do not listen to those who are Master Almighty Authorities. While doing karma yoga, service or churning, check whether you are set on your seat and that all powers are present.

“BapDada had already signalled you earlier that you have to keep your mind constantly *busy*. Whether in service through the mind,

servicing through words or with churning power - keep your mind *busy*. Churn knowledge! Churning power makes your mind concentrated. Some children churn well but now also increase your churning power throughout the day.

“Each and every child should follow the Father and definitely become complete, the same as the Father Brahma. The children have love for making effort, and they even make many promises to themselves: “I will not do that any more! I will not do this any more!” However, what is the reason for this? The reason is the lack of determination in your effort. “It will happen, I will become...” This carelessness makes your effort slack. Now pay special *attention* to this. Make your own programme for yourself in which you keep your mind *busy* throughout the whole day. To make yourself complete means to bring the time close.

“Time is now moving forward. It is going into its extreme. So, you ancestor souls who are to transform the time, do you not feel mercy for your unhappy family? Become merciful! Show the path of happiness to those who are unhappy, whether through your thoughts, your words or your connections and relationships. They are your family; so you have to remove the sorrows of the family.” – **B.K. Nirwair**

AWAKEN YOUR POTENTIAL

[During the Chennai Platinum Jubilee celebrations on 19-20 November 2011, Dadi Hriday Mohiniji, Additional Administrative Head, was interviewed by Times of India, Speaking Tree 'Lifestyle' Correspondent, Mr. B. Sivakumar. Following is the interview uploaded to their website on 3 December 2011].

In Chennai on the occasion of the Platinum Jubilee celebrations of the Brahma Kumaris, DADI HRIDAYA MOHINI talks to B SIVAKUMAR on how to make the mind our best friend.

How do the Brahma Kumaris view the problems the world faces today?

We believe that all problems faced by all of us can be eradicated by enhancing values that strengthen character in all people. There is a well-known saying that 'If character is lost, everything is lost'. Hence, our organisation gives utmost importance to building strong character and to peace. We believe that if peace is lost, everything becomes meaningless.

It is important to inculcate moral and spiritual values in people. You need to realise the true self, your inner being. You have to understand that you are a soul, an energy expressing yourself through your body, playing various roles like those of mother, wife, boss or junior. We ought to realise that as energy we are healthy and efficient, and we can play any

role perfectly.

What is the difference between the Brahma Kumaris and other schools of faith?

Ours is not a religious organisation. We do not claim to profess any religion. Religion or *dharma* means a path that you have chosen to live your lifestyle. What we see in Hinduism, Islam, Christianity, Buddhism, Jainism, Sikhism and other religions is a set code of conduct or a path given by God through God-sent messengers according to the need of the time. These helped in sustaining values and morals which led to certain levels of peace, love, and happiness in the world. According to the Brahma Kumaris, life means expressions and experiences of the soul through the body. We believe in '*ahimsa parmodharma*' which means non-violence at the thought level and not just words and action, which is achieved when you realise that you are a soul – an embodiment of peace. Whether it is peace, love or happiness, unless we are filled with these positive energies, it will not be possible to share it

with others or spread it.

How do you initiate people into your organisation?

People from all walks of life and different religions have been following the Brahma Kumaris way of life. Those who wish to join us are given an hour-a-day course, which lasts for seven days, that includes the knowledge of Self, the Supreme Soul, and the time. Mostly, the courses are available to all without any fee. We also conduct seminars and lectures on 'self-management' and 'stress-free living' for multinational companies, colleges, schools and welfare organisations in India and abroad. Those who wish to know more come to the classes, meditate regularly, and adopt and imbibe the teachings based on their experience of self-transformation.

Tell us about communion with Shiva Baba?

It's important to understand who Shiv Baba is. God is the Father; He is light and is accepted in all religions. God is one and He is the same for everybody. Also we have to understand that as sentient

beings, we are souls; we are a subtle, invisible energy with divine qualities. God, our Father, is also a soul, an invisible sentient energy, who is always pure and is an ocean of all divine qualities. Shiva means light; He is the bestower. Hence we receive and inherit His qualities without even asking for them. When I'm conscious of my existence as a soul, I can experience whatever relationship I want with the Higher Consciousness. I can look at Him as a father, mother, companion or just friend. On the basis of this soul consciousness, I communicate with Him and experience unconditional love. To Him, I tell all things, like we share everything with a friend, and just listen to what He has to say. I become an instrument of communication for Him, so that He can share what He wants to with other children. His love, peace, happiness, knowledge, bliss and power flow through me to others and I get benefitted first. I'm filled with these energies and hope that everyone can become as fortunate as I am.

How can I realise my inner potential?

You have to learn about your true Self. Only then, there is an access to your own strength and inner potential. So this self-

awareness is very important. For instance, a person is able to access knowledge related to medicine, and treat a disease or perform a surgery only when he is conscious that he is a doctor. With this consciousness and awareness, he can use his potential and capacity to the best of his ability. If there is memory loss, access to information is blocked; he won't be able to help anyone, no matter how much others tell him that he is a doctor.

What is Raja yoga and how different is it from other forms of yoga?

In Raja yoga, there are no physical exercises and there is no chanting. There aren't any special asanas either. You can sit in a comfortable position. Raja yoga is practised to channelise thoughts towards the Self and Supreme Soul. Yoga means connection; it means establishing a connection with the Self and with the Supreme Soul. By practise of this yoga, you gain control over your senses. You become a king, hence it is called Raja yoga.

How can we make the mind our best friend?

How do you treat your best friend? Give him time and never say that you are too busy. Very often, you drag your mind even if it is suffering from stress and

pain, because you have work to do and have to take care of others. Give your mind a few minute's rest and let it heal itself.

Help it with the power of love from God through meditation; heal the wounds and scars by letting go of bad memories, and incidents, and people's mistakes, by forgiving them. Don't let what others say make you feel miserable.

Listen to your mind carefully; your inner voice can guide and protect you from doing mistakes; nurture it with happy and positive thoughts. Good and positive information is the healthy food you give to your mind. Keep it healthy. Don't make your mind fearful or angry with negative thoughts.

Can you suggest a few simple steps to overcome stress?

Believe in yourself; remember who you are and whose child you are. Always think that everything happens for the good. Remember, 'This too shall pass'. Talk to the Self; invoke confidence to respond effectively. Accept everyone as they are and how they are. Read and listen to positive information.

Courtesy: 'Awaken Your Potential' by B Sivakumar, **Speaking Tree, 3 December 2011**

THE FLAME OF GOD'S LOVE

– Rajyogini Dadi Janki, (from her a Lecture),
Chief of Brahma Kumaris

Q. What are your experiences of seeing the flame of the Yagya in the early days?

Ans.: Shiv Baba created the Yagya through Brahma and we took birth through him. Shiv Baba's thought was caught by Brahma Baba according to time. Shiv Baba came down according to the time. Brahma had visions of destruction and of Vishnu... the Golden Aged world. From this visions, Brahma Baba created the sacrificial fire.

Each one of us is sitting in the Yagya, eating the food of the Yagya and serving the Yagya. We never thought the Yagya would become this big. In the beginning, such a fragrance came from this Yagya that we were automatically pulled to it. I remember seeing Baba eating *kheer* and *puris*. Everyone was sitting and they were looking at each other with great love. I cannot forget that scene.

Internally you have a lot of time. You may be active physically but each one has a lot of time internally. Go deep into the depths of what is the awareness of One Baba. No other thoughts will come. **If you have waste thoughts even for one minute, your life will no longer be a good life. Who gave you permission for those thoughts? Stop those thoughts! Why is your mind so loose that you allow that? I am a Brahmin, not a warrior. I**

am not a merchant either – doing deals. Baba, Yagya and Brahmins: There are these three things. Go into the depth of these three things. The face of Brahma is visible to those who are Brahmins. I need to remember Shiv Baba whilst keeping Brahma's face in front of me.

The number of Brahmins is increasing through the Yagya. The number of centres is also increasing through the Yagya. Go into the depth of these things and you will experience the blissful stage because such thoughts will come from your mind into your *chitt* and back again into your mind. If you wish to be blissful, then you have to ponder and churn on your own. Brahma Baba told us that if you don't do this now, you never will. Remember the word 'now'. If you forget what Baba has said, you will end up wandering around. Your intellect won't have a stable place. **Remember what He says and do it practically; your intellect then will be stable.** You will then receive the touching of what to do and what not to do; to wait or not to wait. Baba's remembrance places us in a safe place. When others come in my company, they then also feel safe. Remain clean... clean out all rubbish and you will remain safe.

Q. In Brahmin life, all souls wish to be loved and appreciated. How

can we let go of desires and also get love of Baba and the divine family?

Ans.: We can never get love by desiring it. We were all born through Baba's love. Yes, we heard knowledge but we were born through Baba's love. Those, who sit alert during Amritvela, experience love as a power that runs their whole life. And, those, who remain **lazy, don't have this experience and they continue to desire love. If you stay on the bed then you cannot expect to experience Baba's love. When you make this effort for yoga and give others company in making effort then you will always experience love. Yes, Baba gives love to a child who receives His teachings and uses them in life. If you lie and get angry, you will not be able to experience Baba's love. If you get caught up in lust, anger, greed and attachment then how can you experience Baba's love? Baba gives**

At first, Baba gives love but if you remain caught up in the body and bodily relations, then you cannot continue to pull Baba's love. You cannot experience the power of that love. I have to then also apply the *Shrimat* of the *Satguru* in my daily life and relationships. I have to keep value for that *Shrimat*. If you use *Shrimat* in your own practical life, then you will be able to give love to others.

the child the return of what the child does. In this way, yes, it is conditional love. If you keep seeing defects and mistakes, then you will not be able to give love. You will not

be able to look at people in a loving way.

Some don't realise the depth of Baba's love. They do a little and feel contented with receiving a little. If I receive Baba's full love, then my life will run well because God Himself loves me! I am staying in truth and, thus, I am drawing love from Baba. I have done the work of removing the rust on the soul and, thus, I am able to draw His love. If I allow rust on myself, then, I cannot experience that love.

The fire of yoga cleans the soul and destroys negative *karma*. It makes the soul clean and elevated. If you have yoga with love then you will experience God's love and that vibration will be created. Others will then experience that vibration.

It is not just a matter of thinking this but of doing it.

If you have any desire for name, fame, regard etc., you will not get it on a deep level. Who can become worthy of praise and respect? One who draws that from people on a very deep level because of the way they are. Baba gives us respect because he wants to uplift us. He has an elevated vision for us. Go into the depths of why you wish for respect,

To respect others requires a true, merciful and generous heart. To give respect is to do true service. By giving respect, you can make someone very happy. We don't have a desire for name and fame but we need to have the intelligence to recognise others and respect them.

what true respect is and what type of soul will win true respect. In fact, this is incognito effort. You may not win true respect through external things.

The greatest thing is to be free from the desire for respect because that pulls you down. If you allow others to pull you down, you will then try to pull

others down. Once someone has been pulled down, it is very difficult to pull him up because of the feeling of insult he may have developed internally. This is why we need to be free from the desire of being appreciated. Work for an incorporeal stage, free from arrogance, free from any desire. There is a lot of effort involved but this brings a very good fruit.

What we have to do now is to maintain elevated thoughts. Not that we create them sometimes and have waste the rest of our time. No, it is time to stabilise the self in elevated thoughts. When you remain in elevated thoughts, then even though you may exchange *drishti* with someone for only a second, but it will be a beautiful experience. This is what the souls in the Rosary of 108 will do. Don't make anything long and complicated – just say, 'It's OK. It doesn't matter' and finish it. If you want to be in the 'Eight', you can still do it! Think of how someone in the 'Rosary of eight' would be!

MESSAGE ON HOPE FROM DADI JANKI

It is essential for us as a human race to maintain hope during times of confusion. We are nearing the end of times of darkness and the Sun of Knowledge has already started to arise. However, we are still in times of change and it is essential for us to remain stable during this period of turbulence.

The method to keep the mind stable at this time is to turn inwards and to focus on my inner light... I the soul am an immortal being, seated in the centre of my forehead. I am peace. I do not need to search anywhere for peace, happiness and love... they are already inside me. Secondly, I turn my mind to the Supreme Being... The Source of love, light and peace and absorb the rays of power from the Spiritual Sun.

Having empowered myself, I am able to bring into my practical life the qualities and values I have within me. As I use the qualities of peace, love, tolerance, kindness, compassion and happiness in my words, actions and relationships, I feel how these are reflected back to me. I am then able to maintain hope that, yes, this world can change in a positive way. As an individual,

I can bring about positive change in my life and on seeing me, others will also be able to have hope to create a life of peace and happiness. On seeing me, they will be inspired to bring about change in themselves.

The light of God and the light of the soul are the basis of hope. When we maintain hope and positivity, we become the foundation of the change we would like to see in the world.

I AM A SOUL ... BECOMING A DEITY

– Dadi Gulzar (from a her Lecture)
Additional Chief of Brahma Kumaris

At the present time of Confluence Age, there are two main obstacles: **1) Waste thoughts**
2) Wasting time.

We need to pay attention to these two as the foundation of the future 21 births is being laid now. I am happy that we have spent 75 years with Baba. We passed our childhood and youth with Baba and remain with Him until now. When we first came to Baba, we received a great deal of love. It was only later that we received detailed *Gyan*. Baba gave us so much love as mother and the father. Even Laxmi and Narayan will not give such sustenance to their children. Brahma Baba used to come at Amrit Vela to wish us good morning. At meal times, he used to come around and ask if the food was OK. He would ask us if the amount of salt was OK. Is there any such father in the world? Baba told us children that we were his *Thakurs* (living idols). On the path of devotion, devotees make sure that any fruit of the season is first offered to Krishna or Rama whom they worship. Baba told us that the idols in the temples

couldn't eat but we, his living idols can do so; thus, he would cut the fruit and bring it into the class. He would feed the children himself – taking each child into his arms.

Brahma Baba had an unwavering faith in Shiv Baba. Do I have such faith? While we have been able to see Baba, Mamma and the Dadis in physical form, Brahma Baba had only incorporeal Shiv Baba in front of him. He had so much faith in Shiv Baba and love for the children. **Brahma Baba's love was for the soul – it was not body-conscious love. From the beginning, we made this lesson of the soul firm: when meeting someone, we would look at his/her forehead and speak to the soul. The second practice we used to do was: I am a deity idol. We had a fascination of the two facts – that of the soul and that of becoming a deity idol.** These practices should be natural in us. We are souls, what else are we? I am a soul and am going to become a deity. Similarly, one must make effort to stay in the consciousness of being a soul and becoming a deity even whilst

walking around and then, one will find that everything becomes easy for him. If I am a deity then only divine virtues will be visible, no waste or impure thoughts can arise. Therefore, one should emerge one's natural forms of the soul and the deity. One must ask oneself: "Am I confident that I'm going to become a deity?" Just as I know my own name and form very well and clearly – the awareness of being a soul and becoming a deity should be as clear and natural. Keep emerging this awareness and it will become easy to experience it.

Some householders say this path is difficult. Brahma Baba was a human being like us. Mother Jasoda and daughter Nirmal Shanta stayed with him, but none of them had a *lokik* consciousness towards each other. Even Mamma's mother used to call her Mamma naturally. So it is possible to do this whilst staying together, isn't it? Be like a lotus flower. Stay in the situation but don't be influenced by it. We saw the two practical examples of Mamma and Baba. **To become a conqueror of attachment in practical is not difficult wherever you stay. I have to become a conqueror of attachment at every level–**

(Contd. on page no. 19)

THE ETERNAL NATURE OF THE SELF

– Rajsekhar, Dubai

We have been created by God, our eternal spiritual father, as 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. The human souls are invisible to the naked eye and they are eternal beings.

The main characteristics of human souls are purity, love, peace, bliss, power, mercy, knowledge etc. But these qualities cannot be experienced without performing actions through the human bodies (either male or female). While performing actions through the bodies, 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 then perform actions through their respective bodies. Every

action performed by the souls through their bodies 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 audiotape or CD, or VCD or DVD or MP3 etc. The human *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 opposite reaction. These *sanskars* once again create allied 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 developed a habit to consider the self as bodies. This has resulted in disquiet, sorrow, hatred etc.

At the fag end of Kaliyug or Iron Age, in the Confluence Age, i.e., the period between Heaven and Hell, God, our Supreme Father comes to our

physical world. He enters into the body of a normal human being and renames Him as Prajapita Brahma, the father of Humanity. Brahma is also called Adam or Adidev or the First Man.

God imparts spiritual knowledge and teaches easy Rajyoga through the lotus mouth of Brahma. Through this spiritual knowledge and Rajyoga, the human souls regain soul-consciousness while performing actions through their respective human bodies. So, when the human souls totally lose their soul consciousness, God intervenes and makes them regain the lost soul-consciousness, in the auspicious Confluence Age. This process takes place eternally; it has no beginning and no end. That is why God is called the Creator and we are called His Eternal Creation.

This very Godly knowledge spoken by Incorporeal God Shiva through the corporeal medium of Prajapita Brahma, is taught free of cost in more than 8,500 Rajyoga Centers across the world, so as to enable the human souls to experience their natural qualities namely Peace, Love and Bliss, eternally. It is now or never!

OVERCOMING CANCER WITH BLESSINGS

– B.K. Subhash (Gyan Sarovar, Mt Abu)

(Brother Subhash has been leading a surrendered life in spiritual service at Madhuban, the BKs International Headquarters at Mount Abu for the past 25 years. It is not easy to overcome cancer with a smile on your face, but this became possible for him with help from Baba, Elders, and his will-power – Editor)



Mumbai, where a biopsy was conducted.

The biopsy report revealed that I had developed the dangerous disease of cancer. When I heard this, I remained very quiet for a minute. There was darkness in front of my eyes but I gathered courage after a few minutes. I accepted the reality and surrendered the problem to Shiv Baba. The moment I created these thoughts I started feeling lighter. I wanted to get through this paper with happiness. This restored the smile on my face.

The painful phase for treating the cancer then started. The first phase consisted of 6 Chemotherapy sessions. After the 2nd Chemo, my health started deteriorating but I did not lose courage or my happiness.

DIFFICULTIES DURING CHEMO

The first exam I had was of body consciousness. As my hair were falling rapidly, I called the barber and got my head shaved. For the full year, I didn't see a

How can I put it in words, experience and feel but can't say, "Loving Baba, Sweetest Baba for you each and every cell of my heart, sings Thank You, Thank you"...

How can we possibly thank the Almighty, our Supreme Father, who makes us so beautiful? According to drama, we have been given such good bodies, i.e., chariots. We truly should be so happy about this. In America, some researchers claimed that this 'Mercedes' – the human vehicle, body – is worth 220 crore!!

I realised this fact when cancer started degenerating this chariot. This car, my body, seemed to be nice externally but was decaying from within. I thereby found time to look at myself, consider what my purpose in life is, and what I was doing to accomplish it.

There is a saying: "Heaven is visible only when you die". No matter how much knowledge we give or share words of courage, or remain light with others, our stage is better known only when we face big challenges, exams or situations.

In December 2007, Ramdev Baba visited Gyan Sarovar. After *Amritvela* meditation one morning, he taught us *Pranayam* for 30 minutes. From that day onwards, I started practising the same. In February 2008, I felt a sort of lump in my stomach. First I thought it was a small thing that will settle down but when it didn't, I went to the doctor. A sonography revealed that it was a tumour. Next day, I met Dr. Ashok Mehta in Global Hospital. He could sense something abnormal and asked me to come immediately to

hair on my head. The medicines provided during chemotherapy made my body emit a lot of heat. Whatever I ate turned into solid; so much so that I faced the problem of piles. Sometimes I would not feel like eating at all. Whenever I felt this way, I would take my consciousness to Baba. The chemotherapy would lower my white blood count and cause pain in my bones. Sometimes the body was so weak that it would be hard to even get out of bed on my own. I would laugh at myself wondering what in the world was happening to me...

At times, I used to remember Bhishma Pitamah of Mahabharata and the way he laid on a bed of arrows. I could now sympathise with him as I was going through the same experience. There were times when I felt it was enough, and it is time to return to the Soul World... Why should one be attached to this body? I felt the body had become absolutely useless. I was pulled to practise the spiritual drill taught by Baba; it proved very useful. I would visualise going to *Paramdham*, meeting Supreme Soul, and coming back. I had to undergo chemotherapy every 10 days. My *lokik* brother, Tulsi, assisted me during this time, and tried hard to keep me enthusiastic.

After the 5th session of chemotherapy, I caught infection and diarrhoea, which made the body so weak that I fainted even before reaching the doctor. The next day, I regained consciousness and was admitted in ICU. Dr. Ashok Mehta advised me not to have any visitors at all since my WBC was so low, and there were chances of more infection. Dr. Ashok Mehta was always there for me whenever I reached a low point.

LOVE OF THE FAMILY

After 21 days, when the 2nd Chemotherapy ended, I started receiving calls from all over. I would tell everyone that I was fine, and nothing had happened to me. My *lokik* family couldn't control their tears. But looking at me or hearing me on the phone, they would think, "Is he really sick?" I would ask Baba: "Am I so nice that everyone loves me so much?" Every night from 9-10 p.m., *sevadharis* from Gyan Sarovar and the kitchen would have a get-together in my room.

UNLIMITED LOVE OF DADIS

When I was about to leave for Mumbai for chemotherapy, I met Dadi Janki at Dadi Cottage (Gyan Sarovar) and she immediately took me to

Dadi Gulzar and said, "Dadi, just look at what has happened to my brother!" Dadi Gulzar said with lot of love and simplicity, "Nothing has happened; this is just a small paper. You will certainly pass. Baba is with you". These divine words restored my faith and hope. The Dadis showed their love in different ways, by sending fruits, nuts etc. whenever they could, and always enquiring about my wellbeing.

When I was in BSES Hospital (Mumbai), Dadi Gulzar happened to visit Mumbai but left without meeting me. When Dadiji reached Nepean Sea Road Centre, Dadiji came to know that I was admitted into the same hospital. She called me up immediately. I will never forget that phone call. Dadiji said, "See, I committed a mistake. I came to the hospital and didn't meet you. I didn't know you were there". I said, "Dadiji, you have taken the trouble to call me up, which is a big blessing to me". Dadiji again said, "Still, a mistake is a mistake". I told Dadiji it was not a mistake as she had not been aware. Then she added, "Get well soon and return to Madhuban. This is just a small game".

(To be continued)



GOD'S LOVE BEGETS BLESSINGS

– B.K.Yamini Luthra, New Delhi

[Creation of Positive thoughts is an art, which is taught by Incorporeal God Shiva at the present most auspicious Confluence Age. The practitioners of Rajyoga use this art for self transformation and betterment of society. Provided hereunder are practical experiences of BK Yamini, on the power of thoughts. We hope our enlightened readers will take spiritual benefits from these experiences. – Editor]

Thoughts are the most powerful resource of soul. Thoughts are created by mind, which is an important faculty of the soul. A constant check on mind through intellect is necessary if we want to produce pure, positive and quality thoughts. As thoughts travel at the fastest speed, we can send message to any soul without any physical medium while sitting at a faraway, remote place. The entire life can get transformed by just a single pure thought: “I am a soul, not this body”. When we realize the importance of thought power, then how can we use it in an inappropriate or unproductive manner?

On the basis of my personal experiences, I have found that we can create peace, unity and harmony through the power of thoughts. This power can be used to dispel the gloom of fear, anxiety and depression etc.

from the minds of our fellow beings.

AN EXPERIENCE

One sunny morning, on reaching office, I found my colleague sitting; keeping her hands on her forehead, she was just trying to stop her tears. I immediately said, “Oh dear, what happened”? She replied that she was suffering from so many worries and was greatly disturbed due to it. She further informed that her life had become miserable as her husband had been posted out of station (he was officer in a public sector bank). Her younger son, a student of class XI, used to come home late at nights and indulged in mischievous activities. He involved himself in bad company and was disobedient. She had no recourse other than weeping. Negative thoughts of fear and depression were causing ill health. She was

worried as to what she should do to overcome her present plight.

Then, after remembering God for a moment, I said, “First of all, do not think negative. No bad can happen to you. God is there to give you support. Everyone is playing his/her own part in this world drama. You are an actor in this world drama and your son is also an actor. He appears to be causing you pain, which is merely because of some *Karmic* account created and remained unsettled in the past births. Only remembrance of God can help you in settling your past *karmic* accounts”. I humbly suggested her to learn Rajyoga meditation which can be a sure medium for creating positive and pure thoughts, overcoming tension, fear, worries and other negativities. She agreed and started 7-Day Rajyoga Meditation Course at Universal Rajyoga Institute, Rajouri Garden. After completing the course, she got rid of all her worries and anxieties. Complete faith in God was restored and she got inner stability to face the adversities with equanimity.

Thereafter, I had a talk with her son. He felt a friendly feeling while talking and willingly revealed all the activities in which he was

involved. Then, while creating loving thoughts towards him, I suggested him to leave all the undesirable activities that were creating disharmony in the family and also marring his career. He promised to try his level best to leave bad company and soon started improving his behavior considerably. He got success in his studies also.

Powerful Thoughts are like vitamins for soul. As vitamins protect our body from various diseases, in the same way, powerful and elevated thoughts protect the soul from various diseases like unhappiness, boredom, dullness, worry, anxiety and depression. These also maintain happiness through spiritual energy. Now it's the choice of each individual to opt for waste thoughts or elevated thoughts while facing any adverse situation.

DEPLETION OF ENERGY THROUGH WASTE THOUGHTS

Waste means useless, garbage, discarded, unproductive or wild. A thought means mental activity, idea or opinion produced by thinking. When any mental activity is going on in a useless or unproductive manner, it is called waste thoughts.

Can you provide non-veg or waste food to your body? You

will say, "No". Then, how can you feed your mind with waste thoughts as "thoughts" are the nutritious food for soul. Even one powerful thought injects immense energy in the soul: "I am Master Almighty Authority". This thought makes us powerful, as many of us have experienced. Therefore, make use of every thought in a powerful way after considering its significance.

In this context, I wish to enumerate another of my practical experiences. One day, one of my senior officers started arguing with me as I had refused to participate in any kind of corrupt practices concerned with my department. All my junior staff who were witnessing all the torturous activities aimed at me, suggested me not to tolerate it.

But I was not willing to revert in the same manner as I was aware that it could lead to a negative effect. Then, as per Godly directions, I started creating good thoughts about positive transformation of that officer. I started creating thoughts: "Oh lovely soul! You are a child of God and my soul-brother. You are not involved in any kind of corruption. You can never be against me. Let us work in harmony with each other. I will never be in

confrontation with you".

Thereafter, within a day, a miracle happened. The soul started behaving in a very positive, humble and polite manner and gradually changed its entire attitude. This transition could be possible only through the power of thought. This power is like the power of water, which can produce electricity when it is channelized in a proper manner at the right time and with right intensity. During the above situation of conflict, any kind of quarrel was quite possible in normal course. But instead of creating waste thoughts, I voluntarily created loving and pure thoughts, which changed the entire scene.

Waste thoughts are created in the soul like wild shrubs or bushes in the form of ifs, buts and mainly whys, 'Kyoona hua', 'Kyoona kiya'. 'Kyoona' creates a "queue" of questions. Then, soul feels burden upon it.

Only a clean and clear mind can establish relation with the Supreme Soul and enjoy the authority of experience while fetching all eight powers:

(1) Power to pack up (2) Power to accommodate (3) Power to face (4) Power to tolerate (5) Power to discriminate (6) Power to Judge (7) Power to Co-operate and

(8) Power to withdraw.

All of us can take these powers from God and use them in a worthwhile manner.

Now, all of us want to get rid of waste thoughts which have polluted the atmosphere of the world. When so many wild shrubs are accumulated at one place in excess, the agglomeration is either uprooted or burnt away. In the similar manner, when many thoughts, full of envy and other vicious feelings start stalling our spiritual progress, we must tackle them cautiously by burning them in the fire of meditation.

The elevated thoughts created during meditation, “I am a peaceful, powerful and blissful soul”, occupy the very basics of soul (mind, intellect and resolves) and ultimately lead to destruction of waste thoughts.

There are so many practical ways in life to avoid waste thoughts.

- ▶ 1) Don't go in detail of any talk; practise to put a full stop. When we go in detail, the power of thought and time get wasted.
- ▶ 2) Slow the speed of thoughts.
- ▶ 3) Adopt the virtue of patience.
- ▶ 4) Don't create many thoughts at a time.
- ▶ 5) Create only those thoughts which are necessary and conducive for spiritual benefit of self and others.
- ▶ 6) Seed of thoughts should be replenished regularly to taste the Fruit of Success.
- ▶ 7) Keep the mind free and relaxed.

God has reminded us about this hidden power of soul. Only through thought power, we souls enjoy meeting with the Supreme Soul in His abode, i.e., *Paramdham* and taste the original, peaceful and pure state of self. Now we should awaken ourselves and transfer our thoughts from “*Chinta*”(worry) to “*Prabhu Chintan*” (meditation on God).

Thoughts about churning on Murli points, thoughts of enhancing self- esteem (swaman) and of course thoughts given under guided meditation help us to overcome waste thoughts, and make ourselves controller or ruler of mind.

UNDERSTANDING 'KARMIC ACCOUNTS'

We are not individuals acting alone in this World Drama; we act in this extraordinary Drama or play of life with other actors or souls who also play their respective roles with different physical costumes, at different times in the Drama.

During the process of interaction with other actors (souls) and according to the type of interaction with them, we create accounts of debit or credit that become the basis of our connections with others. The reasons for which a specific relationship goes well or not are in the so-called 'karmic account' that I have accumulated with the other person in the past. The past could be in this birth alone or in one or many previous births. **The souls that play the parts of parents, children, husbands, wives, brothers, sisters, friends, office colleagues and others whom I know, form a network for giving and receiving happiness and sorrow, based on the accounts established in the past or being created in the present.**

The strongest relationships that I have now were established previously. We knew each other in other lives but in different roles. The daughter of some births ago returns now as the father, the best friend comes back as the sister etc. As long as the account exists, the interchange of actions between two souls continues. When there is no more to give or receive, the paths of the two souls separate by death, a break-up, and a divorce or simply by loss of contact. An example of this is our school friends. Many of our friends whom we were close to in our school days, we are not in touch with today. Another example is when we change jobs; we might lose complete contact with our old colleagues.

PRIYANKA...GOD'S GIFT!..A FRIEND FOR LIFE !!

– Kruti Suchak, Mumbai

When I met her for the first time, I saw a beautiful exuberance and light on her face ; her eyes reflected a deep connection with God. Always with a smile on her face, she spread joy and happiness around her. But in her eyes, I saw the unshed grief and pain of losing a dear one. Yet, she never revealed her pain to others. Little did I know that there was a deep connection between us, and that this connection would bring us closer than we ever thought? In her, I saw the urge for freedom and liberation...like a bird that has been kept inside a cage for years, and now wants to spread her wings over the skies and explore the unseen horizons. Her heart had a flame of fire, always pouring unconditional love around her. Her happiness would arise from helping others and giving them wonderful wisdom on how to live life. Her eyes would reveal pure and positive feelings for everyone. In three simple words, she was a “potion of love”.

I still remember the first day I met her in Bombay Teachers’

Training College on the interview day....Oh!.. Those lovely shining eyes, that ever-smiling and glowing face! When I talked to her for the first time, there was something within me which said, “WAKE UP KRUTI, COME ALIVE”. It was like something that was submerged deep within me which wanted to flow out. Yep! She was my friend Priyanka Sharma, Oh !...How can I forget her words of wisdom....I distinctly remember she used to say to me, “*Kruti, abhi to UPAR UTHANA HAI...we have to arise and awake... God has already come. Now, you have to do your part by becoming a good human being, so that when you die, people say “Haan yaar, ye Kruti me bada dum tha.”*

I met Priyanka in January 2010, when I joined the Diploma in Early childhood Education Course at Bombay Teachers’ Training College, Colaba. She inspired me to complete 7-Day Rajyoga Meditation course. I was already into meditation since 2008 but was not too much into spirituality. But the way she re-introduced God to



me was so natural and soft that I was inspired to know and experience God more deeply. One day after college, when we were returning to our homes in her car, she took me to the B.K. Centre near Radio Club, Colaba, where I filled up the form. Throughout the 7-Day course , she accompanied me to the centre, sat besides me and explained the things which I did not understand or grasp. Thereafter, every morning we used to sit together to listen to Murli. The days spent with her were spiritually the most elevating, and filled with unconditional love, peace and harmony.

Priyanka was like a MEDIUM....as if GOD had sent her to make my life more beautiful and worth living. Priyanka was in one phrase “*Mamta Ki Moorat*”. Whenever she was with me, the world reflected only “PURE LOVE AND LIGHT” and seemed “ALIVE”. It was as if through God, she was saying to

me, “Come with me to see my beautiful world..... “KINGDOM OF LIGHT”. Oh ! ...those shining eyes that flowed with DIVINE LOVE....I felt “perfect and complete” in her presence.

My life was suddenly filled with more colours of joy, peace, love and happiness. She showed me the path towards “TRUE ENLIGHTENMENT”....the “Path of Soul-Consciousness”...the “Path of Love and Purity”.

She used to always inspire me to think well for everyone—not to be judgmental and critical, but instead she taught me how to become a detached observer. She taught me how to let go rather than holding on to things and people. She did everything she could do for me.

She wanted me to grow up and mature emotionally. She used to tell me to be “EXTRA-ORDINARY”....meaning to do things in an extra-ordinary way. She brought alive some of my broken dreams, which I believed could not be achieved by me. Through her inspiration and motivation, I again began to aspire for my dreams. She always inspired me to stay connected to God, and give importance to God rather than people.

My heart sang joys of love....

Priyanka taught me how to really lead a beautiful life and shine like a star in just one year, which none else could teach me in these 20 years of my life. From her, I learnt the “Real Meaning” of “LIFE”. From her, I learnt how to SHINE AND GLOW LIKE A STAR ! The conversations I had with her were just like my conversations with God. The stars in the night shined brighter and stars in the morning sky melted with the rising sun’s light and my arms opened wide to abundance and love, by her touch in my life.

Priyanka was truly a “GOD’S MESSENGER”. The whole world was calling us “through our light !”...It was like exploring the whole sky and spreading my wings like a falcon (who believed itself to be a chicken). The days spent with her were the best days of my life. She was a woman of divine love. She gave me a mother’s sustenance , a sister’s care and finally a friend’s love.

From her, I learnt how to be strong and stand tall like a tree, in spite of the blowing storm and wind. From her, I learnt how to smile and shine, and radiate the flames of fire without burning, in spite of life’s adverse and worst circumstances, of losing a dear one.

From her, I learnt to be a

wonderful mother !..In spite of the fact that God gifted her Taarini, a special child, her angel who departed after just 4 years of life....Priyanka continues to smile...she continues to have faith in that LIGHT...she believes in the Supreme Source and trusts Him in HIS PLAN. Hats off to her for having such a strong heart of iron and steel, having such a determination and dedication towards life.

Priyanka was truly a “woman of light”...like an angel, always radiating joy, peace and pure love and light wherever she went, blessing everyone who came on her life-path. She truly touched my life by teaching me how to experience life as a joyous dance, how to take every challenge and difficulty as an opportunity to explore my TRUE SELF. She taught me how to become an OCEAN OF LOVE, opening my arms to the “Love of Life and God”. From her, I learnt how to be still and stable in spite of the blowing wind and the storm in the ocean of life.

I truly thank her for WAKING UP DIVINITY IN ME...for re-awakening my INNER LIGHT...for leading my life unto the PATH OF GOD. She taught me how to swim in the kingdom of light. She taught me how to “Live life

on the Edge”.

Wherever Priyanka goes, may the light be with her. May God always shower flowers of joy, happiness and peace wherever she goes! Priyanka came into my life like a river, flowing so much peace, love and purity...making me perfect, whole and complete...invoking the divinity within me!. And she went away like the wind, dancing and swaying and waving goodbye to the songs of our journey (during the years 2010-2011) spent together.

I still remember the last day when I went to bid her adieu at Mumbai central station. She was sitting in the train with that ever-lasting glow and shine on her face. She hugged me deeply, saying that she loved me a lot and would miss me a lot. My hands touched her hands as if it was the last time we were holding each other's hands. The train whistled and it was time for me to get down. I felt as if I should sit in the train and go with that angel wherever she took me. However, I had to get down from the moving train....she was swaying her hand. I was so deeply touched that the tears of joy in my eyes could not roll out but dried away because I only remembered her pure love.

She truly touched my heart and helped me shine like a star and become a “SUN”. She might have forgotten me but she is deeply remembered in each and every single step of my life. ●

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(...Contd. from Page no. 10)

not just in terms of relationships. I have to finish the attachment to old *sanskaras*, to old thoughts... Only then can I become a flower of Baba's garland.

It is time for our faces to do service. I should be visible as a shakti. One must ask oneself honestly: How much love do I have for Baba? If I love God, then why do I forget Him? **If I forget Him, it means that love is lacking – something is not quite right. If there is a great deal of love, I will not need to work hard for remembering Him.** I won't be able to forget Him. Remembrance will be automatic. What else is there except Baba? We have not yet shown this stage of ours to Baba. Now one must increase the intensity of one's effort – increase the love and then all waste thoughts and obstacles will finish.

UNIVERSAL BROTHERHOOD (Vasudhaiva Kutumbakam)

– BK Nick, Canterbury, UK

(In order to provide anonymity in this article, names of certain individuals have been changed)

I had read of this concept of universal brotherhood in India but I had never before experienced it in life. This captures the basic philosophy of India, a country that has never invaded or tried to conquer another, but has welcomed all religions and all ethnicities into her maternal bosom,” writes Dr. Andatta Teelokee, in his book, “What have you done with your life?” [Pub. Om Shanti Press, Abu Road, Rajasthan, India; 2011]

This phrase, “Vasudhaiva Kutumbakam” is well-known in India, though many religions have time and again preached it without somehow managing to make it universal – every religion has its exclusion clause which alienates the “infidel”, the “barbarian”, the “gentiles”, the “heathens”, etc. Hinduism does not traditionally alienate any religion, but is extremely inclusive. Why this difference?

I suspect that the phrase doesn't just mean brothers, but includes the other half of the world: the sisters. I believe, as was the custom in earlier

decades, that brotherhood was a generic term for both brothers and sisters, more like a siblinghood.

Indians customarily address each other as “*bhai*” and “*bhen*” (brother or sister), indicating the culture's natural tendency towards a siblinghood. Why has mother India accepted the unlimited variety of religious and cultural thought under its flag?

I came to the Brahma Kumaris in 1975 in India. Feeling restless with myself and unable to understand life, a thought came to me out of the blue that I needed meditation in order to control my life better. I was a teacher of physically and mentally challenged children at that time, and I used to give a lift to Andrea, one of my colleagues, daily. Normally quite a worried personality, Andrea suddenly seemed quite calm to me – not just calm, but with an air of inner peace around her. She told me that she was doing yoga. And she looked at me to see my reaction. Perhaps she suspected that I might consider

her to be a little cranky, because in 1975, hath yoga exercises had not yet become fashionable; it was around but only strange people did it! Well, standing on your head or on one leg... only funny people do such things, don't they? Well, that was the attitude in England in those days. Now it has changed of course. People understand it better.

However, she looked at me to read my face as to whether I had a smirk on my face, but, no, I was interested, so she was encouraged and she continued. “It's not actually physical exercises, it's more mental,” and she looked at me again to see if I thought she was mental, but, no, I was even more interested. OK, she went further: “Actually it's not just mental, it's more spiritual” – and I was even more interested.

I took the Rajyoga meditation course at the London branch of the Brahma Kumaris, asking plenty of questions. Sister Jayanti, now the European Director of the BKWSU(UK), had a tough time answering them, she told me, many years later. However, I was absolutely lifted by the knowledge given, walking on air on the journey back home every evening after each lesson.

Then I attended a Shiv Ratri programme there. Arriving in the evening, I saw everyone sitting

on the floor cross-legged. The only space left for me was right in the front in the corner. I sat watching everyone else. Their faces were amazing – sort of lit up, blissful, big smiles, serene... and one gentleman with a turban and beard, sitting right at the front, had tears coming down from his eyes. Wow! What an amazing atmosphere.

Sitting on the “gaddi”, a backless, seat, covered in white, frilly cloth, was a little old lady. After the meditation, there was silence and then she spoke. In English! Tooti-footi English, it was called. “God... my heart”, she affirmed with much passion, pumping her chest with pride, a big smile from ear to ear, followed by five minutes of silence in which everyone was still and looking ecstatic. Then another sentence, frugally populated with hardly three or four disjointed words, emerged followed by another five minutes of blissful silence. By the end of that amazing 40 minutes lecture, I felt the room was filled with love. I’d never experienced a room so full of love before. That little old lady, I later learnt, was Dadi Janki, currently the Administrative Head of the organisation.

I was hooked. I became a daily student of the Brahma

Kumaris, coming at 6 a.m, weekdays and week-ends, to try to transform this hard, rock-like nature into a divinely soft and flowing one that could meander a comfortable course around life’s myriad of obstacles, tests and conundrums.

I’d often meet Andrea there but she didn’t come every morning like I did. After a couple of years she stopped coming and she and her husband moved to the West Indies. In the meanwhile, I’d heard that they both had changed course and were now attending the weekly “satsang” (religious congregation) of a Hindu guru.

Andrea visited the UK on a couple of occasions and one of them included a visit back to the BK Centre, where a function was going on. She was overwhelmed by the love she received, commenting, “That’s one thing I miss from Rajyoga: the family feeling. You don’t get that in XXX” (she named the group she belonged to there in Barbados).

You don’t have to be a committed and regular BK to feel you belong; I know many people who have never studied Rajyoga Meditation nor are following the strict principles of the Rajyogi way of life, yet they

feel accepted.

What is missing in XXXX that makes it lack the flavour and fragrance of “family”? The answer is: there isn’t a mother and father! Gurus do not generally position themselves as a father, let alone a mother. Sure, they call themselves – or are called – xxx Baba, and nowadays, there are females called “Ma”, but are these both perhaps only in namesake?

In India, God is called “Mother and Father”, which has helped promote the words “bhai” and “bhen” when addressing each other, but that also falls short of the universal feeling of “family”. So what is it about the Brahma Kumaris that strikes the heart and conquers the heart such that one exclaims, “This is a family; this is the family I’ve yearned for”?

The answer is, it is a family – with a real Mother and Father, for our Parents are God Himself, who has given us birth. There is a memory of this phenomenon of birth to God in the form of the phrase, “mouth-born progeny”. No, it doesn’t mean that the baby comes out of someone’s mouth! It means that God speaks knowledge through the mouth of Prajapita Brahma, and on hearing that knowledge, we experience

Contd. on page no. 24)

(An Interview)

BEING AN INSTRUMENT OF THE ALMIGHTY

[Born in a small village of Konkan, Maharashtra state in India, B.K. Prakash Talathi is a textile engineer by profession. He gave up his flourishing job to listen to the call of his inner self. He was General Manager in a textile mill in Lagos, Nigeria, before he chose to tread solely on the spiritual path. Presently B.K. Prakash conducts seminars and workshops for bringing positive change in business, industry and social organizations etc. under the aegis of the Brahmakumaris organization. We hope our esteemed readers would surely be able to gain spiritual insights through this interview. These valuable gems are presented to us by Amisha Nair, an I.T. professional based in Mumbai. — Editor]

Amisha: B.K. Prakash ji, when you look back, how do you believe you have grown, both spiritually and otherwise?

B.K. Prakash: Since I turned to spirituality, I have been enjoying a stress-free life—happy, easy and light. God, whom we lovingly call Baba, appears to have taken all my burdens and I feel like a carefree emperor, moving under His blessings. I feel His guiding hand directing all aspects of my life—mundane and spiritual.

Amisha : Could you share some spiritual insights gained during the course of your journey?

B.K. Prakash : Before turning to spirituality, life was a struggle. I was quite a good fighter then. To get something, one has to have a godfather or has to fight for his rights, which made me more aggressive. But

this would create stress and anger which resulted in spoilt relations and deteriorating health. The spiritual approach gave me a new life-style which I enjoy sharing with others through various programmes/courses based on Rajyoga teachings. Now the vision has changed from limited to unlimited. Now I enjoy giving selflessly to others rather than expecting from them. We term this as ‘Seva’ and one can serve through mind, words and acts, even by mere presence. There is fulfilment and satisfaction in life. The real and meaningful life has started now. Everything I do in this spiritual life, I take as a challenge and that keeps my enthusiasm bubbling and alive.

Amisha : Tell us about your family members and the relationship you share with

them?

B.K. Prakash ; My family members consist of my Mother, wife, three children, their spouses and four grandchildren. Each soul is wonderful and we share good understanding and lot of love. I feel Baba or God is my eldest son, everything and my world. I am really fortunate to have such a nice family and grateful to the Almighty for the same. Apart from having good education, they have also developed good *sanskars* and values in life. Well placed in their respective professions, they are generally virtuous, loving and respectful to the elders. At the spiritual level, I have a gigantic family spread in 138 countries.

Amisha: How do you interpret the word “modern” and “rigid”? Which category do you fall into and why?

B.K. Prakash : If you are rigid, you may hurt someone. As far as possible, I like to adjust and accommodate. But if it comes to my principles and well developed spiritual practices, I cannot compromise. I can say I am a mango personality. I am always soft and juicy, but when it comes to my core principles and practices, I am hard like the seed of the mango. However, I use politeness and sweetness to shield my *Dharma* (principles). The principles which one

follows are one's religion. Religion has a might. If I leave my principles, I will lose my might and will become weak. Whether modern in appearance or in thoughts, our principles should be based on Truth and purity. Truth is eternal. Purity gives you royalty, grace and shining personality. Both are virtues and powers as well. If one tells a lie, he has to remember and keep alert every time whereas one who speaks the truth, is a carefree dancer.

Amisha: What do you expect from your family and friends?

B.K. Prakash: To maintain your happiness, you must keep away from expectations, which cause sorrow and frustration, if these remain unfulfilled. Expectations when fulfilled, create dependence. When our expectations are not fulfilled, we feel cheated. If at all you want to keep reasonable expectations, keep yourself prepared even though they are not realised; that shouldn't affect your relationship. Happiness is my most cherished treasure; come what may, I will not allow anyone to snatch it. No expectations, no sorrow and always happy! A tower of happiness!! In case I break this law, I ask myself, 'Why am I not feeling well?' The answer makes me change instantly.

Amisha: What is your family's contribution to your personal and spiritual growth?

B.K. Prakash: Though we differ in views, we have mutual cooperation in the family. They say whatever gives me peace and fulfilment is OK with them. This broad approach is quite sustainable and encouraging contribution. For the progress I make on this path, they enjoy my success. My better half always encourages me saying, 'I know you will do well and you are a winner.' Her words of encouragement mean too much to me.

Amisha: Whom do you consider as the backbone of your life?

B.K. Prakash: Naturally, the one who is always with me and combined with me. It is God Himself! The concept of 'Nimitt' (instrument) is superb. Whatever I am doing is not being done by me, but He himself is getting it done through this instrument. So He is the Karavanhar (the one who inspires to do) and I am Karanhar (the instrument used by Him). This protects me from ego which would have boasted – 'it is me', 'it is me'. Once you think that way, all your work is done extraordinarily well. And throughout the process, one is tension-free because He

is going to do the work and not me. Naturally I am confident that He will do the best, no human-being can do better than Him. I just keep my mind plain—no thoughts and no interference from me. The other concept that I use is 'Trustee'. Everything I have, belongs to Him. I am just a trustee. Whatever He has provided, I have to look after it. I may enjoy it also, but not to misuse it. These concepts, maryadas (code of conduct) and principles that I follow are the spinal cord of my life.

Amisha: You worked in textile industry for 30 years. Was it easy to get a job or did you have to struggle a lot? What was your work profile throughout your career?

B.K. Prakash: There was no struggle to get a job, but to progress in career was a great struggle. Free India is still not free from caste, colour, creed, religion, language etc. So, unless you have a god-father, you find it difficult to climb the ladder. Those who grease the palm of the bosses come up fast. The one, who has self-esteem, has to pass through a struggle to come-up. That is why I said in the beginning that I was a great warrior; aggression was my weapon. My nature was that when pressed hard, I would still bounce back and surprise that

person. So, ultimately I reached the top of the ladder, enjoyed that and left also even though the owner of the organisation would not be interested in relieving.

Amisha : Did you ever experience monotony in your job? And how did you handle it?

B.K. Prakash: The earlier part of the career was more or less monotonous, but I have a tendency to create challenges and keep my enthusiasm alive. The job was very much essential for me, so though monotonous I continued. I was a printer so the job was quite creative. That aspect does not let the job become routine. Creativity brings variety, colours, matching, combination of various colour schemes, various styles of printing do not let you feel bored. On the contrary, you remain busy due to mass production on various printing machines. Anything can go wrong, any problem may crop up. The machine operator or colour mixer can make a mistake, but the blame comes to you, as you are the leader. So, you have to remain alert and pass through lot of stress.

Amisha : You left the job in 2000, bade goodbye to your career and took a totally different turn, at the age of 54. What gave a new direction to

your career? Were there no apprehensions in your mind?

B.K. Prakash: The job was giving me a handsome salary with many perks, position of power, name in the industry, and respect from the people working with me and from the industry. However, this stage of material success had lost the lustre; it no longer became my driving force. It was once so, but now my longing for spiritual growth, curiosity to learn more and service (Seva) to the fellow beings gave me more return than the material return. The joy and happiness one gets from self-less service and love without any expectation from the growing spiritual family, and smooth, struggle-free, peaceful life is giving me much more than one's imagination. Earlier, there was no aim and object in life than to make money and climb the organisational ladder, presuming that that was the way to success and happiness. I was a wandering sheep with a herd mentality. Now, I have a clear focus and destination.

What should I do in my life, what is my aim and object—everything is becoming very clear now. There is no more confusion left. Direction, focus, vision, barriers, and destination everything is clear. So, there is no point in wasting time in

routine life. Nothing in life is free. Even taking anything free to-day will cost more tomorrow. You have to make efforts to reach the destination in your dream to-day. Now or never. So, I bade adieu to the chair of position and started my new journey. Will you join me? ●

(Contd. from the page no. 21)

dying from the corrupt and decadent world of sorrow and death, and being re-born in the age of enlightenment. The feeling of having taken a new birth is tangible. Difficult to describe to anyone else.

And that Father, who comes from a far-away land, beyond the stars and the blackness of space, to meet us and teach us, is just so loving... well, how can you describe it? How can you explain how loving God is? Only God could make us feel that we not only belong to Him but that we belong to each other and everyone in the world is our brother or sister!

And the proof of siblinghood? Purity. We are moving towards the New World order, my sweet brothers and sisters. Welcome! ●

BLESSINGS THROUGH GODLY VERSIONS



– BK Rakesh Dhir, New Delhi

(The esoteric knowledge imparted by Incorporeal God Shiva in *murlis*, i.e., *Godly Versions*, has four main subjects namely Gyan, Yoga or Meditation, *Dharna* or Inculcation of Divine Virtues and Godly Service. The practical application of these subjects provides inner powers and Godly blessings to the practitioners. Hereunder are provided spiritual experiences of BK Brother Rakesh Dhir elaborating practical application of these four subjects. We hope esteemed readers would take inspiration from them to tread on the spiritual path enthusiastically. – Editor)

About four years ago, I was introduced to the spiritual knowledge imparted by the Brahmakumaris organisation. I was inspired by the life and spiritual state of those surrendered BK brothers and sisters who had been in knowledge since the inception of *yagya*. I used to talk to the Supreme Soul, “Baba, given a chance, I will never look back”. Sitting in Baba’s room, I used to be touched by the Supreme hand and always experienced Baba’s touching: “it is time to study hard, my sweet child”. I used to wonder what Baba was hinting at.

I used to ask the surrendered sisters the path to strive fast. The subjects are the same for everyone, the sisters used to answer: Knowledge, Meditation, Inculcation of Divine Virtues and Godly Service and we have to give

equal importance to all of them.

GYAN -- Godly knowledge

The first subject, i.e., Godly knowledge was coming thick and fast. The books written by BK Brother Jagdish Chander Hassija, motivation by senior brothers and enlightenment by Dadis and Senior sisters — all acted as a catalyst to gain crystal clear understanding of Baba’s knowledge. The divine knowledge seems to be unfathomable and intriguing yet highly inspiring and motivational. One should read each and every Murli repeatedly. So much to gain if one read between the lines. Countless treasures of valuable jewels of knowledge!

The thought ‘why was I so late, why did I not get this divine knowledge earlier’, used to bite me frequently. The mystery and wonder of ‘what next’ never

satiated my inquisitiveness. I had lot of experiences during this journey of learning. As Baba used to say “follow father”, I tried to share this knowledge with all I came in contact with.

It reminds me of an incident when I was travelling by train to Madhuban, for Avyakt *Milan*. Sitting on my berth, I was reading the book *Manobal* and *Mansa Sewa*. Suddenly came to my mind Baba’s advice that you should share this divine knowledge with fellow beings while travelling. There were two passengers sitting opposite me, deeply engrossed in their personal conversation. From their discussion, I learnt that they came from a government security agency. They were discussing about some murder incident. The senior colleague, aged about 70, was a former senior officer of the organisation. He was also author of many books on crime and investigation. I wished if somehow I could get an opportunity to discuss Godly knowledge with them. Luckily, the senior gentleman enquired if I was reading some religious book. That’s it! I got a start. I explained to them divine knowledge very earnestly and thoroughly. We got into serious discussion; eventually the senior gentleman got convinced and showed his

intent to further dwell on it. When he got down at Jaipur station, he thanked me profusely for the spiritual insights gained by him. It was due to grace of Shivbaba and I expressed my heartfelt gratitude to Baba for His benevolence and blessings.

YOGA—Meditation

A strong desire to remain in bliss and a state of ultimate calm propelled me to sincerely follow the *Amrit vela*. The meditation techniques like Traffic control for controlling the mind and the hourly meditation drill helped me to stay in remembrance of God throughout the day. I realized why meditation was so important. Not only does it help us to remain in attention while performing our routine duties or *karma* but it also gives us a clear understanding of the knowledge which in itself would have otherwise remained insipid, only as a bookish knowledge. Here meditation gives us a clear insight to knowledge and makes it more enjoyable and understandable through experience.

One day I came across a gentleman who had been paralysed due to hypertension and wanted to end his life in despair and a state of dejection. His right side was completely paralysed and he could hardly

speak. I got the opportunity to impart him the Godly knowledge and help him to get rid of negative thoughts. Baba guided me to help him out with gentle love and care. Within a week he was out of suicidal thoughts and he felt further empowered during the 7- Day Rajyoga course. In the middle of one night, he telephoned me to help him as he was not able to bear the writhing pain. He was almost in tears. I told him to have faith in Baba and sit in His remembrance for a while. Meanwhile I sat down and meditated, took powers from Him and transferred to his whole body. I kept doing this for 15 minutes. When I called back at his residence, I came to know that he had gone to sleep. I thanked God and wondered at the power of meditation. This also helped me to have access to the main switch of my thought process. I could easily stop and start the thoughts at my own will.

DHARNA – INCULCATION OF DIVINE VIRTUES

Knowledge and meditation are incomplete if the Godly versions don't make inroads in the self. The third subject is inculcation of divine virtues, i.e., Tolerance, Patience, Humility, Fearlessness and

Harmony etc. have to become a part of one's own belief system, else meditation remains just a ritual—going into silence without ecstasy.

Now I realized why Dharna was one of the four subjects taught by the Supreme Father. How wonderfully He teaches us as a teacher! He is called ocean of knowledge. I understand why. This third subject of Dharna gives us a practical experience of His divine presence. This firm faith in Baba and the love flowing from the merciful Father and His role as the Supreme Teacher helped me to imbibe the divine virtues. Now the meditation became easier. The flow of current from the source to me was uninterrupted. Gradually, even the subtlest of disturbing thoughts melted away. The divine virtues made the daily chores of life very easy and ensured congenial relations. This peaceful existence of mine with others around me helped me connect instantly to Him, and I felt the current flowing towards my body and I could clearly 'hear' Him. What a wonderful experience! It reminds me of an incident. I faced some financial problems in one of my retail garment showrooms. The parent company whose franchisee I

was running, deducted a huge sum of our commission which ran into several lakh rupees, on the pretext of interest charged towards late payments made to them. Though this system was never followed earlier, the parent company due to its own financial crunch, had deducted this from all of its franchisees. My accountant, who also follows Baba's knowledge, was worried and requested me to sort it out with the company personally as this was a huge net loss to our company. All the way, while driving towards the company, I kept telling my accountant not to worry as this store was run by Baba, whatever loss or profit was His. I told him to relax and send positive vibrations to the company's financial head. While we were entering the office, I just remembered Baba and confidently attended the meeting. After few deliberations, he waived off all the interest charged from us, saying that he trusted the intentions of our company and also categorically told that ours was the only company whose interest was being waived off. The honesty and integrity of the company paid off. The unconditional and complete faith in Baba makes one very light and takes away the burden of

our actions.

SEVA—Divine service of mankind

I was able to quickly grasp this fourth subject namely divine service. The service of spreading Baba's message and elevating the souls from pain to pleasure is actually my favourite subject. Not only did it make me more humble as an obedient servant of mankind but it is the reward of keeping me light. Conducting so many educational programmes in connection with PGDVES and M. Sc in value education gave me an opportunity to interact with people from all walks of life. I feel very close to my Baba now. I feel His blessing hands on me, always gently guiding me to tirelessly help fellow beings to alleviate their sorrow, pain and helplessness, enlightening them with divine knowledge. Once it so happened that the sister of our BK centre took me to meet a depression patient, a Sikh gentleman, who had lost his son because of dengue. The untimely death of his young son had left him heartbroken and gradually he had slipped into depression. He hardly looked up and never got into any conversation. His only source of income was a shop

which was in neglect for last four years. The mother of the son was also depressed. His wife showed interest in BK's knowledge. We convinced them to come to the centre and assured them that Baba, who is the Ocean of Love, would make all well. The very next day whole family came to the BK centre. I remembered Baba and invoked Him. And it seemed Baba just took over. Whatever was conversed, the vibrations that were given, the knowledge that was passed over—all worked like a magic potion. That brother slept for the first time peacefully after a gap of four years. Next day, he went to his shop for the first time after a long gap. Thereafter, he started attending the 7-Day course. Within a few days he got over his depression.

Thereafter, he drove to Amritsar to attend a marriage function, and all along he called me umpteen times sharing his joy. He is now Baba's child doing his business and living in bliss.

These days I remain busy in spiritual services. Most of my time is used in Godly service. Now even if I want to leave Him, I can't. My beautiful, lovely, sweet Baba!

CHANGING HABITS MADE EASY



– B. K. Sangeeta, Surat

Habits are patterns that run our lives. Habits alleviate the pressure of needing to consciously control every aspect of daily life. These patterns run in the background allowing us to focus our efforts on more important things. Our brain creates patterns to help us run common tasks on autopilot, so that we don't have to spend our attention on them. "Bad habits are easy to develop but hard to live with," according to Brian Tracey, a well-known motivational teacher. But he also says, "Good habits are hard to develop but easy to live with". It's time for us to make some changes in our life. Have you ever changed a habit in the past?

If you were a computer, then your habits would be your software. Habits are little routines you automatically execute. Your computer handles millions of interactions without input from yourself, just as you have thousands of tiny habits that control your behaviour. The biggest problem we have is we don't really spend enough time

thinking about how to remove those pieces of software which are 'destructive'...

We might try to remove them completely leading to a collapse of various other pieces of software. If you want to remove or change a habit, you really need to spend more time planning it. **Changing habits can often be a delicate surgery, especially for entrenched habits.** If you simply like to use will-power to change all of your habits, then it is going to be much more difficult to see permanent results. **Removing with 'will-power' alone is like trying to conduct that surgery with a club. Instead, we need to find our scalpel.** Despite the incredible power of habits, there are probably a few you'd like to remove. Through this article, you will go over exactly how to remove these negative habits and replace them with ones that will improve our life. Once you master the ability to change your habits, you can rapidly increase your own personal growth.

Step One: Awareness and Analysis

The first step to change any

habit is to analyze why we have the habit in the first place. The reason any habit exists is because at some level it gives us positive reinforcement. If we are trying to create a brand new habit, we need to consider how this new habit will impact our existing ones. A habit can only be changed or replaced, never removed. Awareness is crucial for breaking bad habits; if you are not aware, then nothing can change. Noticing that you do something regularly and may want to change is the beginning of the process for changing habits. Analyse how this habit of modification will impact the other software you are currently running. Take time to ask yourself how this will impact the various aspects of your life.

Step Two: Forming a Strategy and Making a Decision

The failure of most habit changes lies in this step. Most people do a brief overview of step one and then jump right into surgery. Then when they fail, they believe that the problem was there because they didn't have enough will-power. Will-power can be a good tool, but it can't compensate for poor conception. Sometimes you will decide to change a habit and sometimes you won't. Once you've made the decision to

change, your direction becomes clear. Your strategy should be comprehensive to the scale of the habit you wish to replace. Some habits are relatively simple, while some may take hours of proper planning.

Step Three: Prepare and Make a Commitment to Change.

"If you fail to plan, you plan to fail." You need to change your intellect, change a bad habit into a good one, and add the emotional component; develop a detailed plan of action and announce your intentions publicly if you wish. Your awareness is high, and you may have already begun small behavioural changes. You will do whatever it takes to let go of your old behaviour and introduce new behaviours that serve you better. You've looked at your old habit and you now see that it's time to do something different.

Step Four: Action

Habits are with you every minute of everyday, even when you aren't thinking about them or putting them into action. This is because when the time comes, you will act out your old habit unless you have vowed to take consistent daily action to change it. This step requires the most commitment and energy as it's where you actually do it! You receive the most recognition and support during

this step, because others can see that you are working on it. You follow the plan you've made, make revisions as necessary, and "keep moving on..." even when it's inconvenient or difficult. The best way to do this is one hour or one day at a time rather than thinking about all the days you will have to be different. Give yourself a small reward every time you take another step towards breaking the habit. As you integrate your daily actions and new habit, remember that consistency is critical. Coming into occasional action will not work. Action doesn't necessarily mean that lasting change has been made. It's an essential part of the process but the failure to do what's necessary in the next stage, 'Maintenance', can sabotage the progress you've made so far.

Step Five: Maintenance and Don't Give Up

As you go through all these steps, you may find yourself wondering whether all this effort is worth it. You may think that changing habits is too hard or that you don't have the strength to change. In this case, you are just coming up against resistance, which is often called the "comfort zone". Maintenance is a long, ongoing process. Action must be followed by constant vigilance and a systematic plan for dealing

with those temptations that can draw you back into the old, destructive pattern. You may ask yourself "Who will I be when I change this habit?" Just be prepared for this to happen. If it doesn't then that's great, but if it does, just continue making the changes you're engaged in one minute/hour/day at a time. Interestingly, the resistance often goes away when you are really committed. If things seem tough, try using prayer or meditation. Both help people to get through difficult periods in their lives.

Another method that can really be helpful is visualisation; imagine yourself with your new habit, imagine that it is easy and pleasant to make the change. This method can often make a difference when you're stuck. Think of how the value of our life will increase by having good habits that keep you healthy. Getting support from friends and loved ones can help you as you go through the process of change. Ask the people close to you to support you on your path.

Another method that can help is affirmations, such as "I find myself changing my habits effortlessly". Celebrate achieving your goals, but don't relax and tell yourself, "Whew! I'm glad that's over!" Develop a menu of mental and behavioural coping strategies that will take you through the times when your feet begin to slip.

THE ETERNAL JOURNEY



– B. K. Mukut Sarma,
Nalbari, Assam



At that time Sukumar was a final year student of Jorhat Engineering College and resided in the college hostel. One of his room mates was Mr. Diganta Sonowal. In the course of time, both of them became very close friends. Sukumar felt some magnetic attraction towards him. Diganta's pure lifestyle, sweet, silent, friendly behaviour and also his disciplined nature separated him from the other students of the college. **Sukumar liked Diganta's every action and behaviour except his keen interest in spirituality! Diganta attended Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, had brought some books and other material from there and read them regularly. Using a red light, he also practised meditation at their room.** Though at that time Sukumar did not have any idea about the Brahma Kumaris organization, he never had any respect or inclination towards religion or spirituality. **Religion as he**

thought was some bad combination of superstition, dogmatic ritual, casteism, intolerance and violence. He always debated with Diganta on this point.

One day, pointing towards the picture of 'Brahma Baba', Sukumar asked Diganta, "Who is this old man? Is he God?"

Diganta blasted like a fire cracker. Sukumar had to move his eyes into another direction. Then after some silent moments Sukumar heard Diganta's loud voice-

"Though this old man is not God, but God enters into his body and imparts knowledge."

"I can never believe such thing" Sukumar retorted.

Some other friends also used to ask Diganta different questions about the Brahma Kumaris organization and made comments on it. Sometimes Diganta got excited and became very emotional.

But after some days, Diganta started to give a very ready made reply:

"Let us one day go to the Brahma Kumaris branch. There you will get ample scope of asking the Brahma Kumaris sisters all questions arising in your minds."

The lone chance to make Diganta angry was about to fade out! Getting the same reply again and again from Diganta, they became very bored.

"O.K., O.K." – So, one day they finally decided to go to the Brahma Kumaris branch in a group. Their idea was that they would ask different questions and thus have a chance to criticize the B.K.sisters.

One day, under the leadership of Anil Goswami and guided by Diganta, they actually visited Jorhat Branch of Brahma Kumaris institution. Of course, on that day Sukumar could not go with them due to some reason which he could not recall now. But after they had returned, Sukumar asked their leader Anil Goswami about the type of discussion held there.

Showing a sign of disinterest, Anil Goswami said to him,

[All the characters in this novel are purely imaginary. Any resemblance to reality may be co-incidence only]

“There is no use saying anything to the Brahma Kumari sisters against their belief. Someone has already washed their brain!” Diganta was disturbed by this behaviour of his friend and he decided to follow his inner voice. Some of their hostel mates used to come regularly to their room and asked questions and made sarcastic comments against the teachings of Brahma Kumaris that hurt Diganta somewhere deep inside his heart. But after some days Sukumar himself realized that they had actually crossed the limit. But Diganta neither told them anything directly nor expressed his views openly. Along with Diganta, Sukumar had also to bear the disturbance as there was not much time left for his final examination. **Sukumar therefore made a sudden decision to debate in favour of Diganta and to safeguard him from their attack. Thus Sukumar appointed himself as an honorary lawyer for Diganta. After deciding to debate in favour of Diganta, he had gone through a single paragraph of a Brahma Kumaris book “Gyanamrit” that was lying on Diganta’s table.**

After reading that single paragraph, Sukumar waited for

someone to come to their room. He made a plan in his mind that he will impart Brahma Kumaris knowledge about soul world and re-union and connection with one eternal God – Shiv Baba - to every single soul who would come to their room.

After some time senior brother Anil Goswami entered their room. Anil Goswami went near Diganta and was about to say something to him, when suddenly Sukumar rushed to him and told him in a bold voice, **“Please look at me brother Anil – this is my hand, but I am not a hand; this is my eye, but I am not an eye; this is my nose, but I am not a nose. Thus this is my body, but I am not a body. Then who am I? ... Actually I am a tiny point of energy-light-vibrating in-between the centre of my eyebrows...soul, an eternal soul...a peaceful and a powerful being...I am not a human being having a spiritual experience, but I am a spiritual being having a human experience.**

Anil Goswami was really shocked. Looking at the sudden change in his beloved brother ‘Dushasan’, the elder brother ‘Duryodhan’ got dumb!! Anil Goswami did not tell him anything. Looking towards him in an ironic manner, he just went

out of their room. At that very moment he looked like a defeated soldier of a great war!

On the very next morning, while Sukumar was coming from the college, Anil Goswami called him, and pointing towards an old bicycle standing on the hostel’s verandah explained to him– **“Look Sukumar, this is the handle of this bicycle, but the handle alone is not a bicycle. This is the wheel of the bicycle, but the wheel alone is not the bicycle. Actually the whole combination of all these parts constitutes a bicycle..... ..”**

Two or three days after this incident, one night, after dinner, Sanjeeb and Pranab came to their room and were talking something to Diganta. Sukumar was just lying in his bed. He was half asleep, although he was holding an open book in his hand.

Suddenly he heard the bold voice of Sanjeeb - **“Can you see the soul or has anyone ever seen that energy ? I can never believe anything that can’t be seen!”**

Sukumar suddenly stood up from his bed and went near Sanjeeb. Then he asked Sanjeeb with a loud voice,

“Do you love Miss Ruli ?”

“Certainly”-Sanjeeb replied in very low tone. Perhaps he

could not find a link between the two entirely different subjects.

“Has she told you that she did not believe in your love; can you show your love for her?” – Speaking these words in a loud voice, Sukumar returned to his bed and slept again.

Sanjeeb became very touched and something deep within him did not want to argue further. So, he went inside the room and Pranab also followed him. Pranab’s loud voice came into Sukumar’s ears-”Bhola, have you got the lesson now?” ‘Bhola’ was the nick name of Sanjeeb.

Sukumar had closed his autograph book.

Perhaps Anil Goswami had still not forgotten the spiritual attack by Sukumar on that day. One day in the presence of Sukumar, he was commenting to some hostel mates in a very sorrowful tone – “Mr. Jyoti Krishna had inspired Diganta into spirituality and now Diganta is doing the same to Sukumar!” Jyoti Krishna Borah was their senior. This guy was deeply interested in spirituality. **After getting the money from his scholarship, he purchased big volumes of the Veda and the Upanishad and read them thoroughly with understanding. Although both Diganta and Jyoti Krishna Borah were interested in spirituality, but their path and thought process were totally different. On the other hand, Sukumar had never been interested in spirituality . On that particular day, he had just played the role of a lawyer to safeguard his friend Diganta.** Even he himself did not stop debating with Diganta against spirituality. Look at the miracle of God that a man who was so much against the organisation had visited Brahma Kumaris branch at Jorhat town twice with Mr. Diganta. In the house of God, the Supreme Source, every soul, whether pure or impure, is welcomed with an open heart!! In spite of God being so near to him, he declined and rejected the truth. But how long can one remain indifferent to the truth? That day THE TRUTH was realized by Sukumar.
(To be continued)

UNFAZED IN STRIFE

– Sharmila Menon

I took the road
Not knowing where it would lead
Trusting it fully
And ready to heed
It took me through woods
Calm and serene
It showed me lakes
And meadows green
At times it welcomed me
With carpets of blossoms white and
yellow
Some times the snow on it
Forced my speed to mellow
It admonished me
For hurrying through the sights
Not stopping by the river
That gurgled past least in spite.
It climbed up hills
Arousing my child like curiosity
To know what lay beyond,
A moor or a city
In winter, spring and autumn
It unfolded a new picture
All distinct from each other
But in no way less awesome
The roads prodded me
To move on in life
And not be bogged by
Any sort of strife

— (... Contd. from Page No. 3) —

‘the wish to know.’ In order to become good yogis, we have to use this instinct for the study of Godly knowledge. We should have the curiosity to know each and every jewel of Godly knowledge. So deep should be our yearning for knowledge that when we listen to *Murlis*, our attention is at its climax and we receive every single point with a feeling of joy, wonder and love. It is our deep curiosity which will enable us to have a good grasp of Godly knowledge.

It is curiosity which enables us to have deep understanding and appreciation of every point of Godly Knowledge as an imperishable jewel or as a sweet melody or as drops of sweet nectar.

All the branches of science and art have come into existence and have developed as a result of man’s curiosity to know. Many have spent so much time, money and energy to know things and, as a result, mountains of books have been produced, yet there is so much suffering in the world because either the instinct of curiosity was yoked to the study of unimportant things or it did not get that knowledge and wisdom which should root out all the sorrows and pains from the world. With all the curiosity, man has not been able to attain correct and deep knowledge about the self, God and the World. Moreover,

man has been putting his curiosity to negative use or to abuse. In the process, he has created many doubts in his mind and has polluted his mind. Instead of using his instinct of curiosity to learn more and more about God and good things of life, he has been indulging into the habit of knowing the negative traits of others and has acquired the hobby of judging and discussing others. **As a yogi, one does not have to use the instinct of curiosity for knowing the useless things or for gossip but should use it instead to learn and experience things which bring about his enlightenment and elevation.**

2. Gregarious Instinct

Man has the instinct of living in groups – big or small. He forms associations and wants to enjoy community life. He cannot live alone, for such is his nature. This is called the social instinct which has, underlying it, the wish to have company of others.

While a *sanyasi* would, in principle, like to live alone – away from the society, a Rajyogi would like to live in the society, for he considers that the society provides an environment for his spiritual training and tests and also because he has to work for the transformation of the society.

He has, therefore, to employ his social instinct to form a team for spirituality-oriented social service or to open Godly service centre. This also gives him some satisfaction because he feels that he belongs to group. But, while working at a centre, one should not identify oneself with that small group but should consider oneself as a member of the big divine family. He should not get attached to his group members and thereby develop narrow-mindedness but while working in a group, he should also remain detached from them and uninfluenced by their negative traits. Moreover, while working with others, he should be cautious so that he does not become dependent for his happiness on the opinions of or appreciation and admiration of others. He should not develop tendency to win name and fame or social recognition and should instead think of recognition by Shiv Baba and should work for the love of Him. He should also keep in mind that he should associate with good yogis rather than with the people whose motives and manner of work are not yogi-like.

3. Instinct of Combat or Aggression

One has the instinct to fight. This instinct is used to combat one’s enemies, to confront

one's difficulties and to destroy one's obstacles. This instinct also manifests itself in the form of hatred for (or aversion towards) what one considers bad, ugly or harmful. We can now use this instinct considering Ravan or the six evils as our enemy and for the elimination of body-consciousness. We can now have aversion for this devilish, Iron-aged world which is in its last stage. We can use this also in the form of dispassion towards the relatives of our body and in the form of dislike for things and persons who can have negative influences on us. Thus, this instinct can enable us to get detached from the body, to be vice-less and to eliminate the obstacles standing in the way of our yoga-practice.

Thus, the instinct to fight enables us to win a final victory over Maya and works as a great tool for our self-transformation. Without the will to fight, one develops the attitude of passivity and yields to pressures and is easily influenced by the negative. The will to fight what is devilish and harmful helps man to liberate himself from his bondages and enables him to march from progress to greater progress in spite of heavy odds.

4. Self-assertion

Everyone is aware of self-existence. One, therefore, often

uses the pronoun 'I' or the expression 'I am'. This may however take the form of arrogance if one begins to assert himself as superior to others. If one thinks that one is wise, experienced, matured, senior or elder, one would expect his opinion to be accepted, himself to be honoured and his position to be considered as high. If people do not accept his opinion, a self-assertive person thinks that his position is being thwarted or his authority is being challenged. He may make it a prestige issue and behave with great obstinacy and vanity. He may think that it is against his dignity, self-respect or honour to submit or to accept that he is wrong and others are right. Thus, this 'self-assertion' takes the negative form of ego, pride or haughtiness.

The instinct to assert the self or to have self-respect is natural but has to be used in a positive way and without hurting or harming others. Baba gives us real substance for our self-respect. He makes us vice-less and good-at heart and says that we are the Pandavas and the Shiva-Shaktis, i.e. the top-knots and the ones who are glorified in the scriptures. He teaches us that we have been adored in scriptures because of our humility and purity. So he gives us proper form of self-

assertion. We consider ourselves as God's most obedient servants and as his humble instruments. We adore Baba and not ourselves. The instinct of self-assertion in our case takes the form of self-confidence and spiritual dignity. We do not try to be dominant nor do we intend to impose our opinion on others. We consider begging and pomposity both to be wrong but we know our self-worth. Our instinct of self-assertion works in the form of strong will power and enables us not to be disappointed or discouraged. It does not take the form of false pride but we do not consider ourselves as the dust of the feet of some guru or god as the devotees think themselves to be. We, thus, consider ourselves as yogis who have a worthy life but who have the spirit of service and who do not get hurt when someone talks ill of us, because we have no such ego that gets hurt.

We use the instinct of self-assertion in the form of self-affirmation. Each one of us says in the mind: "I am a soul, a child of God Almighty; I'm pure and peaceful in my original nature.." We say with confidence and self-assurance that we can win a decisive victory over vices. Thus, this and other instincts can be used to our advantage if we properly used them. ●

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