

|| From the mighty pen of Sanjay ||

## WOMEN EMPOWERMENT

**W**omen, over a long period of time, have been considering themselves as powerless. Or, one can say that men have had this kind of attitude towards women; the latter accepted it and developed a sense of weakness. It seems that this wrong view prevailed for about twenty-five hundred years that a wife is the property of her husband and, therefore, he can do anything with her as he thinks fit. So, in many countries, more than one quarter of women were, over the millennia, physically abused and a very large number of them were subjected to emotional and psychological abuse. There have also been cases of female infanticide and killing of female children, considering girls as a great financial and social burden. There have also been increasing number of cases of ill treatment, bride burning and violence against women

due to dowry-related and other causes.

### INCREASING AWARENESS OF RIGHTS OF WOMEN AND PARTICIPATION OF WOMEN IN ALL SPHERES OF LIFE

In order to ameliorate this situation, there have come up a large number of women organizations all over the world during the last about fifty years or so. These organizations have been taking up the cases of women welfare and have got so many such laws enacted by the governments that they should prevent abuse of women and violence against women. In many countries, Women Commissions have been set up for helping them and taking up their causes in many ways. Women organizations have done a lot of work to give women awareness of their legal and social rights. They have created an atmosphere where increasing number of people now support the idea of giving women equal social status and more and more chances of participation in all walks of life.

### The real problem and its effective solution

While all this has worked

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## **CELEBRATING SPIRITUAL HOLI**



Some of the festivals of India are celebrated with a lot of enthusiasm, religiousness and gaiety. The festival of Holi is one such occasion when both the young and the old like to play and celebrate with all colours symbolizing the spirit of all phases in life.

Even the flora and fauna, at Holi time, paint exotic scenes with an uplifting ambience, variety of colourful new leaves on the trees and bushes, and little shining, colourful sparrows singing with joy as they fly from one branch of tree to another which have shed old leaves and wear now look as though they are dressed in new attire! Some of the trees are laden with red and white 'teshu' flowers whose colours are generally used by the village folk in playing 'holi'.

Before playing Holi with colours, there are a few

other rituals carried out. People sing songs, burn big logs of wood which symbolize burning of 'Holika (evil)' and then celebrate with colours and sharing of sweets. All the festivals in their present style were initiated at the beginning of the Copper Age and would continue until complete world transformation from Iron Age (Kaliyug) into Golden Age (Satyug) takes place; from then on the new age of deities would begin with very *sattvik* celebrations.

Playing Holi with the Holiest spiritual Parents-cum-*Khuda Dost* begins at the most auspicious time of Confluence Age, whose Platinum Jubilee Year is being celebrated for over a year now. These celebrations began in different parts of Bharat and Nepal in early 2011 and would continue during the

year 2012 AD. Phenomenal events have taken place in the main cities of Bharat. The launching took place with a week of important programmes in Delhi (October 2011), followed by events in all the State Capitals. Exhibitions depicting the History of BK Spiritual Service, Seminars, Talk Shows, Mass Meditation programmes, spiritual Musical Concerts, and main Stage Programmes graced by VVIPs have drawn the attention of the elite, intelligentsia and common people towards the importance of spiritual values, principles and meditation in day-to-day life. Television, Radio and Print Media covering these programmes gave due importance to the teachings of Brahma Kumaris for better, more peaceful and happy family life. Even students and youth took a lot of benefit to become stress-free and responsible, self-confident individuals, especially during examination days and other milestones of life.

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Message of B.K. Shivani, main star of '*Awakening with Brahma Kumaris*', was well-received by one and all during most of the mega events where she addressed and interacted with the audience, especially highly busy professionals. Her sessions have brought much happiness and peace to those who have been benefitting from the TV programmes on Aastha, Doordarshan etc., and Platinum Jubilee events.

On 5th March, we had a wonderful Holi Festival celebration at Shantivan when nearly 18,000 BK

Students from Bharat, including 950 from 65 other countries, gathered in Diamond Hall to hear and experience elevated versions of Avyakt BapDada!

After blessings through '*drishti*', we received an empowering message highlighting our great fortune with words of Godly wisdom. Emphasis was given to the value of time during the whole of Confluence Age; since one second is equal to one year; everyone's attention was drawn to remaining focused and steadfast on deep and subtle efforts through powerful

meditation and imbibing of spiritual knowledge.

Just imagine how beautiful and important was the discourse from the Supreme Teacher about the significance of celebrating Holi with the Holiest-of-Holy God Father... The invaluable versions touched everyone's heart and inspired us (those listening directly and subtly) to follow Baba's *shrimat*, and become determined and strong to serve through our spiritual vibrations.

**We would like to share with you some jewels from these 'Holy-Holi' versions which are as below:**

**“Sorrow and peacelessness are increasing everywhere now. Therefore, reveal your world-benefactor form. Increase service through the mind. Become *double holy* (pure) with the colour of God's company”**

**(Divine Message of 5 March 2012 in essence)**

“God sees the lines of fortune of each child: the line of the sparkling star on the forehead, the line of love and power in the eyes, the line of the smile on the lips and the line of multimillions at every step on the feet. All of you are also happy to see the lines

of your fortune, are you not? In your heart, you are singing the song, ‘Wah my fortune!’

“Seeing your fortune, always remain just as happy as you are now. Only now, at the confluence age, you receive this fortune. Every moment of the confluence

age has great *value*. Each moment of the confluence age becomes imperishable because every moment is connected with 21 births. So *check*: If one moment is wasted, it is not a matter of just one birth, but it is a matter of 21 births, and this is why your attention is

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drawn from time to time. Remember the importance of the confluence age at every moment.

“Each child is to become a *double* king: a master of the self at the present time and a ruler of the world in the future. God sees the *record* of every child daily. Each one of you must know this in your heart. You have become masters of the kingdom, but, at present, you only have self-sovereignty. Self-sovereignty means that you are able to keep your mind, intellect and sanskars under your *control*. They should stay under your *control* as and when you want. For instance, the physical limbs, the hands and feet stay under your *control*. In the same way, you should have *ruling power* and *controlling power* over your mind, intellect and sanskars.

“According to this time, the self-respect of each one of you is that of a world-benefactor. According to the time, it is time for each one of you children to reveal your world-

benefactor form. Sorrow and peacelessness are increasing everywhere. Your brothers, your sisters, your family, are all experiencing sorrow, so do you not feel mercy for your family? Together with self-service, also do world service in the same way that you are doing service through words very well with a lot of splendour at present.

“Service through the mind is now also needed because you have to become world-benefactors in all ways. Service through thoughts, words and deeds, that is, through your face and activity - all three types of service are now necessary. Through the subtle *vibrations* of the mind, you have to become a support for souls in their sorrow and peacelessness. Now, at the confluence age, you can receive as much co-operation as you want from the Father. According to your own duties, just as you have *fixed the times for traffic control*, in the same way, each one of you should also

*fix a time* for doing service through the mind. When sorrow increases, everyone’s *attention* at that time will be on that upheaval, but it is now time for serving through the mind and this is why all of you children have to make your world-benefactor form emerge. If your mind is *busy*, waste will then be eliminated.

“Your Holi is so different from the Holi of the people of the world. You constantly stay in happiness with enthusiasm and so they began to celebrate that as a festival. You too have coloured your lives, but what is your colour? The colour that all of you have is that of the Father’s company. All of you constantly stay in this colour at this benevolent confluence age.

“To be a Brahmin means to make a vow of purity because God the Father is ever pure. He does not have to become that. His form is that of purity. You become pure but, in the colour of the company, you become *double* pure. You

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become pure with body and mind in the future. When you have a right to the kingdom in the future, then both the soul and the body will be pure. This is your fortune because you stay in God's company.

"Another meaning of the Holi is "*ho li*" (it has happened). It has happened, the past is the past; it is the past. Do you know how to let the past be the past? Whatever has happened has happened. If you use one *second* or one *minute* in a worthwhile way here, then your 21 births will be worthwhile. That is a *guarantee*.

"First, they burn and then they celebrate. With the fire of yoga, you burnt your weaknesses and *sanskars*, which had been wrong *sanskars* for many births, did you not? To burn means to burn, because after something is burnt, no name or trace of it remains. After something is killed, there is still the memorial in the form of the body that is visible, but, after it is burnt, it is completely finished. For instance,

look at Ravan, he was not just killed, but also burnt so that all name and trace was completely finished. So, all of you should also note down whether you have just killed your *sanskars* or whether you have burnt them. If you have not burnt your old *sanskars*, they will *emerge* every now and then. You have become *holy* by burning your *sanskars*. To celebrate *Holi* means to become *holy*, to become pure.

"You make a lot of effort, but, together with that effort, you also need to have determined thoughts. Determination is the key to success. Whatever determined thought you have, "determined" means that it does not come back again. Become one who has determined thoughts: I have to do this. Then *check* daily that determined thought and see what the reason is for weakness in that determination, and continue to pay special *attention* to that circumstance so that it does not emerge again. Sit on the seat of a '*Master*

Almighty Authority' and have a thought to finish that *sanskar* and then finish it!

"Throughout the day, make one power *emerge* and then sometimes make another power *emerge* and see what its strength is. If you continue to experience this and remain seated on your seat, the powers will then always be present in front of you. You always continue to celebrate Holi, and colour yourself with the colour of the Father's company.

"To belong to God over a long period of time, brings attainment over a long period of time. The time of the confluence age is very lovely. A *second* is not just a *second*, but one *second* has the attainment of a year. This is why God continues to say that not a single *second* should go waste. Not a single thought should be wasted. Become powerful and make others powerful".

Wishing all our readers and spiritual friends a very, very happy and ever-holy Holi Festival!

– *B.K. Nirwair*

# SPIRITUAL SIGNIFICANCE OF HOLI

– P. Shyam Sunder,  
Hyderabad

India is a land of celebration and festivity. Positive vibrations of happiness, zeal and enthusiasm emerge from this holy land very often to enclose the world with love and bliss. Because of religious diversity, people of India celebrate numerous joyous occasions throughout the year. The cultures associated with various regions differ and so do the traditions. Basically the Hindu culture believes in the existence of crores of *devatas*. Associated with a few prominent ones, with significance to the effect they make on human life, there is a festival. The best example is Shivratri, the most important festival, associated with God Shiva, which symbolises the divine birth of the greatest Lord and consequent redemption of the whole mankind from the vices or evils.

Amongst the numerous festivals that we celebrate, Holi is a prominent one. Holi in spiritual sense means anything which has already taken place and a full-stop needs to be put there. In short, it means– ‘burn

the past and brighten the future.’ Originally Holi was regarded to be the festival for celebrating good harvests and fertility of the land.

There are several legends behind Holi. A popular legend says that Holi is celebrated to commemorate the burning of Holika, sister of Demon King Hiranyakashyap, who made all-out efforts to dissuade his son Prahlad from worshipping God. Holika had got a boon that she would remain safe from fire. To please his brother Hiranyakashyap and with a view to annihilate devotee Prahlad, Holika took him in her lap and sat in the pyre of burning fire. Before that also, the demon king had made several murderous attempts on Prahlad’s life, but all in vain. Now, Holika herself got burnt



in fire whereas child Prahlad remained safe and sound. It highlights that the true children of God remain safe under all circumstances, like the legendary Prahlad. In fact, Holika is symbolic of demoniac tendencies, whereas Prahlad stands for true lovers of God.

Holi is regarded to be the opening festival of the Hindu calendar. It is considered a festival of colours which signify the vitality that makes the human race unique in the universal scheme. Holi is also the harbinger of spring. It is, in a metaphorical sense, changing earth’s dull garb of winter for the fresh blue of the March skies, the bright colours of new blossoms, the brilliance of the summer sun washing everything with its red-gold hues. Holi comes alive with the colours of ‘*gula*’.

But in spiritual sense, Holi indicates purity, which is very essential for attaining peace. In the materialistic world, people may be hurling *gula* or variety of colours on each other for expressing joy, freedom and carefree state of mind, but true happiness, peace and bliss can be attained only on the basis of purity in our thoughts, words and deeds, which God Father Shiva is teaching us. Most people of the world still have the false

notion that God is omnipresent or He is present in every nook and corner of the earth. We have to educate each and every soul by colouring them with Gyan or imparting them the true Knowledge of the Supreme Soul.

Our character has been polluted by five main vices or negative personality traits viz. Lust, Anger, Greed, Ego and Attachment. For eradication of all of them, it is very essential to colour human beings with spiritual knowledge. This spiritual knowledge helps in establishing purity, harmony, cooperation and brotherhood, which generate positive vibrations even in the dejected and depressed souls. The divine knowledge transforms ordinary human beings into Holy *Hans* or Swans, as swans are white or pure in nature and they pick up only pearls; in the same manner, we should also purify our mind by picking up pearls of knowledge which Almighty Father is imparting in abundance, each and every day, through His divine versions or *murlis*.

Finally, by imbibing the godly knowledge in our practical life and by propagating it through all sources available on this earth, we can light the bonfire to cremate all the vices around us and celebrate real Holi.

## QUALITIES OF AN ANGEL

– B.K. Neena, Delhi

An angel has no relation with the Earth  
Revels in the divine mirth  
Light in thought, word and deed  
Wears the crown of light indeed!

Transferring all burdens to the Almighty  
Remains unfazed amidst all upheavals  
Is righteous, honest and loyal  
Purity and humility make him royal!

Dons the Personality of royalty  
Gallops in his spiritual endeavour  
Forgoes old World, old habits and attributes  
Thus, spreads spiritual fragrance  
Through his bouquet of divine virtues!

A Jewel of contentment, free and detached  
Flies high in the plane of blessings  
Donating all, pearls of knowledge  
Good wishes and pure feelings  
Not subservient to his senses  
A Conqueror of *Maya* and matter  
Stabilized in super sensuous joy,  
Feels blessed in soul consciousness  
Is forgiving and merciful by nature!

Never wastes thoughts, breath and time  
Goes beyond the dictates of human mind  
Through subtle effort, attains angelic stage  
Is beyond any *karmic* bondage

Follows Baba's '*Shrimat*' and reveals Him  
Through his demeanour, character and countenance  
Intoxicated constantly in Godly remembrance  
Practises solitude, inner silence, makes Baba his World  
Thereby, remaining equanimous, stable and unshakeable!

# **GOOD MORNING BABA**

– B.K. Indal Singh, Dallas, U.S.A



At the ebb of night before dawn  
When the sky is lit with golden hues  
Thy cool breath lovingly awakens me  
The soft touches and sound of silence  
Cover me with Thy Grace and Love.  
My first thought is of Thee – My Beloved  
Mother.

Awake oh' sweet child!, from thy slumber  
come share with me thy thoughts fresh and  
pure  
Confide in me and remove the shadows  
That I may light thy lamp and bring joy  
Speak to Me, my sweet child,  
I'll listen to thy call unheard for so long.

Beloved Father Thy Grace, Thy presence  
Overwhelmed my joy with royal splendour  
My heart too small to contain Thy love  
I feel pure, light and flying in Thy presence  
For now I see myself through Thy divine eyes  
Thy glory is beyond thoughts and words.

Oh' my sweetest Beloved!, Thy blessings  
The herb of life has removed obscurity  
Thy light of knowledge shines through me  
For I am light with light and divinely energized  
I sing only Thy praise and I am beyond time  
Nothing is anywhere except Thee before me.

I sing your praise and hear my glory  
In my thoughts of soul-consciousness  
Your embrace encourages me by giving joy  
I am with Thee and Thou art with me  
Oh Beloved Father, You always comfort me  
For I am thine and Thou art mine.

I need never ask for Thee, my Beloved Friend  
For, You have bestowed all to me  
And my heart sings with heavenly joy  
In remembrance when you give much more  
That I am never without nor alone  
For Thou art the Greatest Friend I can have.

With pure joy I sing Thy divine glory  
And my heart grows with thirst for Thee  
Before sunrise, Thy light shows the way  
Every morn through the day till morn again  
You light my path and keep my destiny on keel  
And I hold Your Hand and embrace Thee.

You have heard my heart clean and true  
Thy presence my eternal blessings repeat  
Thy secrets of history and geography  
revealed  
A future of kings and royalty and health and  
wealth  
Now I wish Thy presence, more than all  
Good morning Baba, Oh' how I love Thee!





# MY EXPERIENCES IN RAJYOGA

— BK (Major) Pradeep Khare, Bhopal

**O**ur family has always been associated with some religious/spiritual organisation. In 2009, we happened to watch the TV show “Awakening with Brahmakumaris” on Astha/Sanskar channel. This programme discussed real life situations with a very practical approach. We were so impressed by the programme that we located a nearby centre of the Brahma Kumaris at Gulmohar, Bhopal, and went there.

Brahma Kumari Sister Reena guided us through the seven-day Rajyoga course. She patiently answered all our queries and convinced us about the philosophy of Rajyoga. We were fortunate to get books and CDs from the centre which provided us with an enriching experience.

After the seven-day course, we were asked to attend the daily morning class called the “Murli” class. It is believed to be the words of the Supreme Soul. The same Murli is circulated to more than 8,500 centres across the globe and

read out daily. True to its name, Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, we all are students of Godly Spiritual University who are expected to attend the daily class with pen and notebook. The contents of each Murli are unique and provide us with food for thought daily. I have found that through the Murli, God provides answers to various questions which crop up in our minds from time to time.

Rajyoga meditation is the method of direct communication with God. Unlike prayer, which is one-way communication, Rajyoga enables us to listen to God’s directions. In prayer, which is more often a ritual, the mouth recites the prayer while the mind wanders.

The Brahma Kumaris don’t believe in rituals, worship, donations or membership. There is no restriction on worshipping any deities or going to temples. There is no compulsion to wear white clothes or leave one’s home and stay in the ashram. In fact,

only dedicated individuals who adopt purity as a way of life, and whose parents/guardians give written consent, are allowed to stay in the centres.

Modern technology has been fully harnessed by the Brahma Kumaris. Numerous audio/video CDs of songs/discourses of Brahma Kumaris are available to the students of this spiritual university. The website [www.brahmakumaris.org](http://www.brahmakumaris.org) is quite illustrative and informative. A number of groups on the Internet actively help to propagate lectures, seminars, discussions etc. via email. Even on social networking sites, including Facebook, there are many Brahma Kumaris and Brahma Kumars who share their spiritual experiences. There are also some informative blogs about Brahma Kumaris.

***The main aspects which make the teachings of Brahma Kumaris unique are the following:***

- (a) **Purity:** The Brahma Kumaris stress on total purity in thought, word and action.
- (b) **Efforts:** Generally people pray to God to solve their problems, but here the stress is on making efforts in the right direction to solve your problems.
- (c) **Soul-consciousness:** Most of the problems in life stem

from being body-conscious. Once we realise that our true identity is that of a soul and not the body, no situation can trouble us.

(d) **Forget the past:** Most people brood over sad events of the past and thereby spoil the present. Here we are told to put a Full stop to the past, prevent leakage of mental energy and make the best use of the present.

(e) **Change yourself to change the world:** Many people try to change other people or situations to suit themselves, but here the main emphasis is on self-change. If we introspect, we can find a number of shortcomings in us that we need to overcome. At the same time if we look at the good qualities of others and appreciate them, the world will be full of bliss and peace.

Brahma Kumaris is perhaps the largest international organisation that is headed and managed mostly by women. The male members or Brahma Kumars as they are called, whole-heartedly support the Brahma Kumaris in this task.

This year the Brahma Kumaris are celebrating their platinum jubilee. The theme of the celebrations, "One God, One World Family", truly sums up the spirit of the Brahma Kumaris.

## ENHANCING SELF -ESTEEM

– Jacobs Adewale, Lagos, Nigeria

I dream of a better tomorrow  
You and I living in peace and harmony  
Not agonizing over false aspirations  
Never worried about shattered dreams

I believe we can make it happen  
If only we have sincere concern  
Let's put a little genuine endeavour  
To restore humanity, lost honour

Although a lot has been lost  
I believe we can still ride the tide  
Let's care whom we cherish and adore  
Expelling ignorance, apathy and pride

I believe we can still rise again  
Giving our lofty instincts a full rein  
Building a better world is our dream  
Our smiles are surely a powerful beam  
We might have failed in the past  
But now let's destroy disgust fast  
Accelerate the process of construction  
Leave something amazing for next generation

Let's conquer hatred and embrace love  
Explore our God Fatherly treasure trove  
Lead a life of nobility, peace and bliss  
Everything in harmony and nothing amiss

I believe in basic goodness of mankind  
And also believe with me many a soul  
It may take some time, but we will bind  
Mutual trust and cooperation, reach our goal

I still believe we can do wonder  
Vanity, waste will no more hinder  
Surely will be fulfilled our lofty visions  
By keeping attention, following Godly versions

# HEALTH – WEALTH – CHARACTER

– BK Surya Prasad, Hyderabad

If wealth is lost nothing is lost. It can be regained. If health is lost something is lost. It is difficult to get back the original health. If character is lost, everything is lost as everything depends on character. Let's discuss all the three aspects more elaborately.

## WEALTH

Accumulating wealth is necessary for a comfortable living. However, accumulating unlimited wealth is greed. Most of the common people are satisfied with an income for a comfortable living while a few people adopt illegal and corrupt methods for accumulation of their wealth. They may be happy with their wealth for a short period but in long run when the facts are known, they may have to end their lives in jail. Such news is being read in daily newspapers. What is the root cause of their state? It is only their GREED. So accumulate wealth required for your comfortable living. Do not have greed for wealth.

## HEALTH

When we talk about health, it is

commonly understood as physical health. Not having any disease or having good physical personality is considered as being healthy. But a physically sound person may not have mental health. Contrary to this a mentally stable person may not have good physical health. The number of new diseases emerging in addition to old diseases is an indication that the physical health and mental health of people are deteriorating day-by-day demanding for more doctors and specialists. The increasing number of hospitals and clinics in any city shows the deteriorating trend of health of the people in that city. Many villages are bereft of medical specialists and are starving for want of primary health centres with a qualified doctor.

Medical science is so much developed to the state that we have specialists for every part of the human body today. For every part a specialist doctor is available in corporate hospitals charging hefty fees,

which is beyond the reach of a common man. There are different types of medicines available like Allopathic, Ayurvedic, Homoeopathy, Nature cure etc. for healing the diseases. Just about a hundred years back, only few diseases were known to people and they were cured by salt, turmeric, pepper, cloves, ginger and dried ginger, coriander, garlic and butter-milk etc. With the present knowledge of new diseases and their remedial methods, the common man is in utter confusion in selecting the right type of medicine.

## CHARACTER

This is the most important subject for all human beings. People are judged with character only as good, better, best or bad, worse or worst person. The character is taught and built in a person from the childhood. Grandparents and parents teach the children, the character by their own behaviour and methods followed in different situations with different people. When the child goes to school and college, he learns the character from teachers and colleagues. Colleges and Universities issue conduct certificates to all their students about their character while leaving the institutes. A good character certificate is must for getting a good job.

There are coaching centres available for preparing the candidates to attend job interviews. In these coaching centres, practical training is offered on behaviour and for facing the interview board for various examinations.

It may be noted that separate institutions are available for WEALTH (like stock market operations), for HEALTH like gyms and sports clubs and for CHARACTER (like training centres). A candidate interested in all the three subjects can attend all the institutions at different times. Is there any institute, which can teach all the three subjects at one place?

YES. There is one and only one institute in the world where all the three subjects are taught at one place.

It is Prajapita Brahmakumaris Ishwariya Vishwa Vidyalaya (or World Spiritual University), with its headquarters situated at Mount Abu, Rajasthan, INDIA. It has got more than 8500 branch offices spread all over the world in 133 countries. The interested persons, irrespective of colour, creed, gender, age and religion can get admission in this institute and there is no admission fee and tuition fee. You will be given a Seven-Day introductory course and practical training will be offered daily for one hour. Depending on your progress diploma, degree and post graduation courses are also offered in value education and spirituality. This institution is run by Incorporeal God Shiva Himself with the help of Brahma Kumaris and Brahma Kumars.

In the present circumstances of the universe, all want to acquire health, wealth and character for leading a peaceful and blissful life. Think about joining this organization along with your kith and kin.

## THE SUPREME SOUL WEARS A COSTUME!

– B.K. Bhabagrahi, Naharkanta,  
Bhubaneswar

Incorporeal souls, stay in their original abode  
Absolutely peaceful and free, with Father– God  
Then descend on Earth, to play their  
respective role

Putting bodily costume on, they forget life's goal

Passing through the cycle of birth and death  
Playing their roles, suffer under Maya's wrath  
Body-consciousness makes all of them vicious  
Civil to evil, deities to devils, never soul-conscious

The world turned into hell from erstwhile heaven  
Sorrow, suffering and grief, minds at sixes and  
sevens

Bound in differences of caste, colour and creed  
Venom of Lust, Anger, Attachment, Ego and Greed

The world grew old, complexity, burden and  
bondage

Souls cry for liberation, transformation of Iron Age  
God Shiva, the Supreme Soul, 'descends' on Earth  
Enters the body of Brahma, thus taking divine birth

Wearing physical costume, His children He trains  
Makes them again, soul- conscious and self-  
sovereigns

Restores them to their pristine purity, original peace  
Spreads love and beauty, everywhere happiness  
and bliss!

# DEVELOPING SOUL CONSCIOUSNESS



– B. K. Shikha, Gurgaon

**M**ost of us feel the need to practise some form of meditation these days. What is the main purpose of meditation and what are its benefits? To clearly understand it, let us ponder on sleep. Why is sleep so important? During sleep, the soul, while remaining in the body, is detached from it. When the soul is in this detached state, it recoups its energy. This regained power sustains us throughout the day. This is why sleep disorders make it difficult for one to pull through the day. Many great souls and yogis are known to have conquered sleep. That means whatever we get from sleep can be achieved by other means.

## **Meditation is more effective than sleep in re-energising the soul**

All forms of meditation ultimately aim to relax the mind. Meditation is going from a state of doing to just being. We are so action-conscious all through the day that we never get time to

connect to our original self. Doing something all the time seems to give us a false sense of gratification. In this process, we forget to be our own selves. It's like an athlete running without taking a break. It's not possible to keep running like this for a long time. Meditation provides us the much needed break from this process of doing. It helps us slow down and experience our true identity. It gives us a chance to connect with our inner world, which is a very fulfilling experience.

Rajyoga meditation focuses on realizing our true identity – that we are souls. A soul is an infinitesimally

small point of light, a sentient energy free from the bondage of this body or anything else. Being in this state makes us feel free. We start experiencing our original qualities of peace, love, happiness, purity and bliss when we are in this soul-conscious stage. We go beyond the limits imposed by the role being played by us in this world. And, by thought, we can go to our original world, the world where our Father, the Supreme Soul, lives. We tune into the frequency of our Father and we start receiving all powers from Him.

**Just as radio stations are broadcasting all the time but we can listen to only the station we tune into, we can receive the love and powers our Father is showering on us all the time only when we tune into His frequency. We reach that frequency when we become soul-conscious.**

## BALANCE

The indication of balance in life is a sense of well-being, optimism and a clear conscience. The foundation for achieving this is to look after myself spiritually – making my mind peaceful, loving and thoughtful at all times. Then I will instinctively know how much time to spend on my own well-being and how much on fulfilling other responsibilities. I can only give my best to others when I am myself at my best.

# MATCHSTICKS AND FORESTS

– B.K David, Paignton. England

**W**ise is the soul that realizes we live in hard times fitting our hellish world. We are lucky to have food, clean water (hot and cold), heating and comfort whilst millions do not have these basics and would call them luxuries. We have come to expect everything life can offer. In our comfortable lives, we not only expect these things as a right, but also want them to be handed to us on a plate. We think everything—success, family life, wealth and health—belongs to us. So when we fail, are unwell, unhappy, lonely or without money, we feel we are unlucky. Yet how many really deserve all that from life when they've not really made the effort to get the reward? Life today will be far from perfect, but it can be otherwise if you always remember this is hell and you have learnt to be satisfied with a handful of peanuts — and think yourself lucky.

## **To give is to receive**

If you go to the supermarket expecting everything to be given to you and not having to pay on the way out, then you'll be in for a shock when you try to leave.

You may well be able to look at everything on sale but if you've only enough money to buy a bottle of milk, then that's all you are going to get and take home with you. You may think you should have 100 items like bread (success), chocolate (happiness), fruit (health) etc, but if you've not the money to pay, you cannot have them. If you've not sown the seeds of goodness and charity in your life with a clean and honest heart, then you cannot expect too many sunny days in life full of health and wealth when you have been a rather selfish person interested only in self gain. A crook will become crooked whilst the righteous will become right. The righteous persons grow very upright and walk without guilt. They have no burden, are guilt-free and so naturally stand straight, see straight, think straight, walk straight and aim straight. Blessed are the righteous whilst the crooks...

Some walk around akin a desert where nothing grows. Their landscape is boring, with nothing beautiful at all to hold

anyone's attention. Yet some are walking forests that give and give to everyone who meets them. So rich and warm and giving are these 'giving' people, all who walk through their forest are showered with goodness.

For some, meeting such open and generous souls is like stepping into a different world. People are either fertile or barren. A few may flower but once a year. Yet some are walking flowers with a unique beauty and fragrance that attracts all and leaves them spell-bound. God has created angels whilst man has created witches. The chances are it will not be an angel who rings your front door bell today. If you want to meet an angel, think of God. Some think about God so much, they have turned into an angel!

## **The fertile mind is home to a market of happiness**

Such is the nature of their giving; they do not even know they are giving. Yet some walk around with a big head having given just £1.00, thinking they've given the world. Some give a forest, others a tree and most just a matchstick. The difference between giving a forest and a matchstick is about the same as the size of their hearts and minds or a swimming pool and an ocean. The one is worried and thinks much about

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handing over his heavy matchstick whilst the other is happy and light and gladly donates a forest. After giving the forest, he turns around to see a bigger forest growing before his eyes. His land is very fertile and can produce much goodness. Many struggle to grow even a matchstick, and when they do, it often ignites and burns them (selfishness). A forest can create many books, much wisdom, many chairs, desks, plates and fruit bowls. A matchstick at best can light a cigarette. You need never wonder why there are healthy and fortunate people in life who can live happily with a clear conscience next to the crippled and unfortunate, knowing they must have scored too many own goals in life. This football match of life is full of winners and losers. The important thing is to make sure you are a winner.

**Unknowningly, everyone either builds their own prison or swing in life**

No one can argue with the referee of life's huge and complex game of *karma*. If he says their own goals must stand and count against them, then they must stand and be put on their scorecard and carried round with them. The *karma* referee is always fair to one and all and favours none. He gives rewards to the honest and

clean and rewards the dirty and dishonest just as fairly. For this reason some go for a walk and find a gold ring, others go for a walk to the doctors and find they have caught a serious disease and still others cannot walk at all and have to stay in their house imprisoned. Lucky are those who swing in the garden with the birds and bees on a summer's evening. It's not luck, however; they are just charitable and hard working souls with a heart in the right place. The fruits of this mean they can walk to their swing any time they wish.

**The mouse who wanted to become a manager**

There is much beauty in every turn in a giver's life. There is a production going on that sustains and makes people glad to be around them and alive, somewhat like bees around a flower. This is what comes from a heart that cares. Yet most people around have eyes and hearts that can only stare at life — not give! They are geared up only to take. They walk around tightly grasping their matchstick of happiness and wealth, frightened someone may steal it. Like the mouse which had 12 grains of rice and thought it would open a supermarket and become the manager, they do not realize or think their matchstick

(happiness) is so small that no one in reality wants it.

**Do you blow over in the wind? Are you half full or half empty? Are you full?**

A giver appears to walk (give) endlessly without effort, tiredness or boredom. These non-stop givers are full and so do not get tired. Full bottles of pop give and do not stop to think of taking, as they're just too busy giving pleasure. It is the empty bottles (people) that are always looking to take from others. Why? Because they are empty (searching, unhappy). It is these takers who have so little who tire easily. There is nothing inside them to keep them stable. A giving person, a full person, is a stable bottle and does not blow over easily, unlike the empty bottle. To become unhappy or easily fall into a bad mood is to blow over. Maybe you are only half full — or even half empty? Are you affected by the wind of worry?

How will you walk today? Where will you walk? Will you see deserts or gardens? Will you sit in a bomb site, jungle or greenhouse? Will you remember the past, play with the monkeys or grow like a flower? Are you walking out of the desert (changing) and into a summer garden with its bees that make sweet honey? Are you lost in a thick and overgrown

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forest that just gives? Are you a walking forest? Is your life giving or taking pleasure? Are you content to just sunbathe (take) in the bomb site or are you most happy to be cutting (giving) the lawn? You can only sunbathe for so long before you get burnt. Cutting the grass makes you strong and fit — and very rich.

**The problem is, we do not know who we are (or where we've come from)**

Some think we are aliens, others think we have evolved from apes and monkeys. Many think we have God within us, and just as many worship the sun and moon, rocks and football socks. Man has one huge problem and God has one gigantic solution. The problem is simple: most do not know who they really are. God has the solution to our huge problem and misconception.

What would you call a carpenter who does not know what wood is? What would you call a chicken that does not know what an egg is or where it comes from? What would you call a human soul who does not know he/she is a soul or where he/she came from? Our world is full of people with the same sense as a chicken. People know how to eat and sleep and reproduce but do not really know anything of value such as who they are. They run around like headless chickens most of their days, chasing not knowledge of the soul but after a larger TV, car and salary.

**Do you lose 100-0 everyday through looking at the mirror?**

Why did the chicken cross the road? It crossed the road to make money or probably to go shopping for clothes or to buy a cream cake. Most have little self-control in their lives and have very narrow minds. Such is their life, they score own goals everyday and lose life's daily game of solving the riddle of 'Who we are and why we are here'. They turn possible victory into certain defeat every time they look in the mirror. Within the first five minutes of the day they score an own goal. Only the mirror of the heart can bring victory into their life. If they are too busy looking at their face all the time, they will never think of looking in the mirror of their heart. For most, the mirror of the heart is severely cracked and dirty and reflects only ugliness. They have no idea of what it's like to win (be truly happy) or try and see their inner beauty.

It's only worth crossing the road to find out who you are and where you've come from — and to meet God.

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**PARADISE, ALIVE**

– BK Sapna, ORC, Delhi

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One day, I had a nice dream  
While sleeping in Baba's lap  
Some people on banks of a stream  
Were creating a beautiful world map

Surely this dream was wonderful  
As I saw everything beautiful  
All beings were tidy and clean  
Gracious nature, divine gleam

Everyone was double-crowned  
There was neither voice nor sound  
The air was singing there  
But there was song, not prayer

Everyone was smiling and fresh  
And adorned in beautiful dress  
Lion and cow drank water together  
No extreme nature, ever good weather

Unity was apparent in one and all  
Everyone was happy, big or small  
One language and one religion  
That was God's best creation

Beautiful creatures, benevolent trend  
Definitely that was the Golden Land!



# SHAKTI-NIKETAN

## *(The Celestial Girls Hostel)*

*Indore city is a centre of culture and industry in Madhya Pradesh. In this city of Rani Ahilya Bai, an epitome of courage, a philosopher and a warrior, the Brahma Kumaris Ishwariya Vishwa Vidyalaya has aptly established a marvellous, well equipped and distinctive girl's hostel known as "Shakti Niketan".*

**S**hakti Niketan is a unique hostel in itself. Outwardly it looks to be merely a hostel, but in reality it is very different.

The residents of Shakti Niketan are girls who come from different parts of India and also from foreign countries. They not only study here, but also imbibe spiritual teachings and moral as well as ethical, value-based directions. The experienced Brahma Kumari teachers impart the training relating to the spiritual and ethical sphere. The art of living, a glorious and balanced life is taught by the process of meditation and inspiring teachings.

The inhabitants of Shakti Niketan diligently participate in their daily duties. This is done with precision, politeness and humility. They devote at least one hour daily for cooking, washing clothes and utensils as

well as cleaning the floors. They feel honoured to work in the hostel, which is likened to a temple of Lord Shiva.

The residents (hostel girls) wake up early in the morning at 3:30 a.m. They practise Rajyoga Meditation during *amritvela*. They listen to spiritual talks and are in *mouna* or silence up to 8 a.m., when they leave for their respective schools or colleges.

They are advised to remain quiet and courteous, wherever they may be all day. They do regular self-study and self-service. They are so simple that they prove themselves to be an example to others. The hostel atmosphere, timetable and disciplinary order keep them away from wasting their valuable time in watching T.V, talking on the Mobile, or spending prolonged hours on the internet like other children of their age. In fact, gadgets such as TV, mobile and Internet facility are actually not available at the hostel. Instead, the girls are encouraged to participate in creative and useful activities like cooking, painting, dancing, singing and playing musical instruments. They also attend phone calls, stitch, knit, decorate the hostel and take part in activities such



Students of Shakti Niketan

as delivering speeches, writing essays and looking after those who need care.

The Brahma Kumari sisters at the hostel endeavour to bring a radical change in the girls resident there, by their consistent spiritual teachings. The girls are able to imbibe new *sanskars* and eliminate old habits, which they may not be able to do at home since the circumstances of each household are different.

When the girls reach the end of their stay in the hostel and come out into the world, their near and dear ones are pleasantly surprised to find the girls transformed to real Shaktis, well-equipped to face the world with a balanced state of mind.

The hostel houses 150 girls from 24 states of India as well as Nepal. The youngest girls are studying in Class VI and the oldest ones are in college.

This is a unique opportunity being offered by the Brahma Kumaris to parents of girls who would like to bring a radical change in their daughter's lives.

January to April is the best time for contacting the hostel for admission and the actual admission process starts in April.

### **CONTACT DETAILS:**

**B.K. KARUNA**

Shakti-Niketan  
Om Shanti Bhavan,  
Gyan Shikhar, Gate no. 2  
33/4, New Palasia, **Indore – 452001(M.P)**  
**Phone no.:** 0731-2531631,  
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## **SALUTING THE POWER**

**– B.K. Yogesh, Yogi Nagar, Shantivan**

Under all adversities, she stands like a tower  
And blesses humanity with compassionate shower  
Problems, however tough, get lower and lower  
Before God's greatest creation – the woman power

Mother's love is above all mundane comforts  
Under all hardships, one gets her full support  
She protects child from all negativity and evils  
For his safety, she fights against even devils

Her life is for sake of her children always  
For their success, night and day she prays  
Their well-being – her only motto until last breath  
For their happiness, she'd smilingly accept even death

Wife is the best motivator in anyone's life  
The world gives credit all success to wife  
She teaches man how to practise perfection  
She is her mother's truest reflection

As a friend, sister or any other relationship  
She enables one to fight against all hardship  
And gives her best in each relation and role  
Making familial life worthy is her only goal

For years, she's been considered a chattel  
Yet, single handedly fighting her own battle  
Became victim of man's lust and arrogance  
Her self-esteem and dignity underwent turbulence

Uplifting her pristine status and glory  
God Shiva creates a new history  
Giving her the urn of Godly wisdom  
Making her instrument of Heavenly Kingdom

The oppressed and exploited woman of past  
Now spreading the World Transformation wave so fast  
Evoking the soul-light of self, bringing a new revolution  
Through her medium, God bestowing liberation and fruition

Let's salute that power – embodiment of care and share  
Paving the way for self as well as world welfare

# THE ETERNAL JOURNEY



– B. K. Mukut Sarma, Nalbari, Assam



**B**.K. Sister Kamini gave him a book titled *The Eternal World Drama*, containing about 600 pages. This book published by the Brahma Kumaris organisation was written by B.K. Jagadish Chander Hasija, a senior Rajyogi. Sukumar read the book the whole night! Surprisingly, answers to a lot of questions, he had been searching for, were found in the book.

**“Is Darwin’s theory of evolution wrong?”– The question that he had once asked his B.K. friend Diganta directly and B.K. Sister Kamini indirectly, was elaborately explained in the book.**

The whole section II of the book was directly against Darwin’s theory of evolution. In the chapter “Is Evolutionary Theory Universally Accepted”, the writer bluntly stated:-

“...Darwin’s theory of evolution is now explained in such words that the students come to believe that the

theory has finally been established. The prejudice is so strong that the views opposing Darwin’s Theory are not given any space at all, and if these are given, then these are not explained adequately. The result of all these is that anyone who now tries to present the opposite views is labelled ignorant, fanatic or dogmatic even before he is given proper hearing. In fact, most people are not aware that there are well-qualified and competent scientists who hold views against the theory and who give scientific reasoning in support of their views. Here, we will quote some well known scientists who do not accept the Theory of Evolution...”

Sukumar went through the chapters like “The flaws in Darwin’s Theory, visible in the light of Darwin’s own letters and writings”, “Darwin’s Theory did not and does not find support from Geology and Palaeontology”, “Were Apes

the ancestors of Man or now man has become an ‘Ape’?”, “Were man’s ancestors uncivilized? Did they live in Jungles millions of years ago?” etc. Sukumar could realize the drawbacks of Darwin’s Theory of Evolution, clearly.

Combining Darwin’s Theory about the origin of life, the Biblian view and the Brahma Kumaris concepts, Sukumar then thought: **“The spiritualist speaks that the soul is immortal; that means it has no beginning or end, it is eternal. The scientists say that the matter (that constitutes human body) is eternal. That means the matter (or energy) also can’t be created or destroyed. The Brahma Kumaris are propagating that the world drama is eternal. He then wondered whether life or living creatures are also eternal?”**

That day Sukumar was listening to ‘Murli’ at the B.K. Centre. He had by now

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understood that the 'Murli' was elevated versions of God Father Shiva, spoken through a human medium. That day B.K. sister Jonali, the in-charge of Nalbari Centre, was reading the 'Murli'. It was for the first time that Sukumar was listening the 'Murli' being read and explained by her. Though he had been attending Rajyoga classes for about two months, he had not as yet met her as she was busy in expanding the Godly services in the neighbouring towns.

Sukumar was listening to the 'Murli' very attentively. There were many words the meaning of which he could not understand properly. Explaining the meaning of all these words lucidly, sister Jonali took him into the depth of the 'Murli'.

Sukumar was very happy. He thought that perhaps sister Jonali had studied the 'Murli' very deeply. Therefore, he thought that he would have ample scope to clarify those critical points through her. After the Murli class, Sukumar was got introduced to B.K. sister Jonali.

Jonali Goswami, the first Assamese girl to dedicate her life as a Brahma Kumari, was born in an affluent family of

Assam. With an inborn tendency for social service, she had thought to remain unmarried and do service of the people, right from her teenage.

In the year 1979, sister Jonali passed the High School Leaving Examination. A Brahma Kumaris branch had been opened at Guwahati, the capital city of Assam, one or two year before.

In the year 1979 itself, there started a great political storm in Assam. Actually, it was not only a political storm, rather all the great disasters like, the earthquake, the volcanic eruption, the flood, the lightning, the thunderbolts—all hit the people of Assam simultaneously. For a period of about six years, a political whirlpool or political 'tsunami' hit the people of Assam very badly. Around the same time started a great political movement against the illegal infiltration of foreigners.

The State of Assam was burning with violence. Everywhere there were scenes of fire, smokes and ashes only. Except the news of lathi charge by police, application of tear gas, police firing, violence, attacks and

anti-attacks, bomb blasts, picketing and curfew, there were no good news. For more than a year, all the schools, colleges and universities remained closed. Perhaps, it was the darkest moment of Iron Age (*Kalyuga*) night for the people of Assam.

In such a violent and political night with no moon, sister Jonali (the Assamese word Jonali means moon light) being inspired by her parents had started the seven-day course at Guwahati branch under the guidance of B.K. Sheela.

"The first moon will be converted into full moon and will shine light to the night travellers" – there arose a hope in the divine family—"In Assam an Assamese girl has become interested in this new knowledge". At that time and in that environment, of course, it was not an ordinary matter. Even the senior Dadis from Mount Abu had inspired her by writing letters.

Receiving spiritual and college education simultaneously, she prepared herself to become an ideal Brahma Kumari in future.

In the year 1986, she dedicated her life to the service of God and humanity,

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in a big public function at Sonaram High School playground. After taking oath for the world service, sister Jonali was immediately sent to Nalbari town to repair and reconstruct the damaged building of the branch.

Being a fresher, trained and educated in the environment of a capital city like Guwahati, sister Jonali had kept her maiden feet at this small town, Nalbari. Of course, at that time, this small town also became a capital – ‘the capital of the extremists’. With the declared mission of freedom and to establish a corruption free and classless society, a good number of young people had been persuaded by them to dedicate their life for it.

On the other hand, Sister Jonali had reconstructed the Brahma Kumaris branch at Nalbari. With the light of knowledge, she had been illuminating the path of souls. The thorns were changing into buds. The buds started blooming. But being a new kind of institute, there developed a misconception among the local people that the Brahma Kumaris institution was a modified version of an outfit to propagate a particular religion. Around

the same time, the district level leader of an organisation had been kidnapped by the extremists from Nalbari town. No information or clue about him was found even later.

B.K. Sister Jonali had received some secret information that her name was at number Three in the hot list of the persons to be kidnapped by the extremists,. The first one, being the leader of a political outfit, had already been kidnapped.

Sister Jonali did not pay much attention to all those things; rather she was busy with the churning of knowledge imparted by Shiv Baba. But when the local religious leader, whose name was at number Two was also kidnapped, and the secret source once again alerted her, she had to take the matter a bit seriously. As per advice of the secret source, she gave up the habit of morning walk, as according to the secret source, it was their plan to kidnap her at the time of morning walk.

Sister Jonali was in a dilemma. Had she informed all those things to senior sister B.K. Sheela, she would immediately have called her back from Nalbari. It would mean the closure of Nalbari

branch. The (soul) light would be put off. The buds would once again convert into thorns. The flowers would fade out.

“No and never” – After dedicating her life to the supreme, she cannot behave like a coward now. Let me see what is there in the ‘drama’. The supreme power is with me.”– Sister Jonali made up her mind.

One day, two young persons came to the centre. They specially met B.K. sister Jonali and asked her different questions about the Brahma Kumari institution. In between, they would put their hands inside a bag carried by them and pressed some buttons. Talented sister Jonali could understand that the guys were recording her voice. Perhaps they were members of the extremist organization. Under the direction of their seniors, they had recorded her answers to place these recordings before their leaders. Therefore, aiming at the senior leaders, she had elaborately explained the aim, object and activities of Brahma Kumaris institution.

*(To be continued)*

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# BALANCING ACTS OF LIFE

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– B.K. Shiv Kumar,  
Student M.Tech(CSE),  
Ch. Devi Lal University, **SIRSA**

**I**n nature there is a proper balance between seasons – Spring, Summer, Autumn and winter. Too much of any season is harmful like heavy rain, extreme cold etc. Similarly in our thoughts, words and actions; we need to maintain a balance. If one thinks too much, it creates inner noise. If one talks too much, it creates noise externally and our internal energy gets depleted. And what happens when we come into action; if we are too busy in doing too many things, it becomes tiresome. It is, therefore, said: Too much is too bad. So how and where to strike a balance!!!

## **Contentment and Creativity**

When we say ‘contentment’, it also means relaxation. The moment we have contentment in mind, we can experience calmness. This inner state of calmness brings about creativity too. This is the perfect balance.

## **Responsibility and Carefreeness**

To be too much carefree is not good and too much of

responsibility (being overburdened) is also not good. In action I should be responsible but in my words I should be carefree. I cannot waste my words. In villages there are women carrying five-six pots of water on their heads balancing as well as singing. It is not just practice but the ease that they know that they can carry it. They are not aware that they are balancing. So when I pick up any responsibility, it should be with that ease. The more responsibility I am able to take, the more in tune I am with what has to be done. If the responsibility is someone else’s, I could be in tension. If I am incharge and I am doing it, I should be more carefree. **My words should give a lot of easiness to people around me. If my words create heaviness to others then I will not get the needed co-operation. People will do it but not with enthusiasm and will make a lot of mistakes.**

## **Lovable and Lawful**

To be lawful is necessary to get things done, but along with

that I need to be loving too. To be loving means to be able to appreciate and respect the other person’s nature or personality. When I have this balance, I am able to bring about discipline with love. The others don’t feel the heaviness of the correction but are able to bring the required change with love.

## **Firmness and Flexibility**

It is necessary to be firm with time but along with that there has to be flexibility in thoughts. It cannot happen every time as I wish. I plan to have dinner and at the same time some guests come; I should not be so firm with my dinner timings that I make the guests wait. Too much of flexibility is also not good, for instance the leaves of grass withstand even before big storms because of the balance of being strong yet flexible when required. Flexibility also creates firmness in others. If I am not flexible enough, I cannot create firmness in time with people around me.

## **Generosity and Economy**

The right balance is to be generous in time and economic in words. If I spend a lot of time thinking about something and I keep talking about it, it will only waste energy. In one room you can have one bulb or you can have many more even if it is not necessary. But the extra electricity is wasted. If I

economize with my words, I can use the time saved for a lot of other things.

### **Balance in Relationship**

To be balanced is to understand the time, the circumstances and the person while doing something. When we are in good mood and we are happy, we want to give happiness all around. But are we assuming that everyone should take that happiness when we are happy? To be balanced means to be available for others according to their need. Balance gives a silent message, "Take whatever you want – help, happiness, peace...." Balance in relationship is not what we choose to give. It is to understand the other person's pulse and give accordingly.

**The key to success is balance. The one with balance is constantly able to move forward, like a tight rope – walker. He is aware of being above the ground yet moves forward to his destination. The one with balance is able to make his life beautiful, special and he is sure to reach his destination.**

## BEAUTY

–Sis. Aarti, Mumbai

**B**eauty is an expression of truth. A beautiful person is the one who has the glow of spirituality. His or her life is the expression of the fragrance of truth. Physical beauty is perishable, as we all know. The beauty of the self or soul is eternal and lives its life through truthful actions. When we embody our highest virtues, we become beautiful.

Beauty of the self comes from virtues. Truly virtuous people are the most beautiful. It is a pleasure to watch them perform even the most mundane of chores because beauty always reveals itself through actions. "Handsome is that handsome does" is therefore, correctly said. Who can make us ever beautiful?

The beauty of God is that He is ever pure. When we forget our purity, we allow untruth to enter our lives; we base ourselves on false, external supports and that is seen as the ugliness of vices in our lives. Falsehood is what brings impurity and hence, ugliness. Untruth is ugly. On the other hand, God who is ever pure, ever truth, cannot become impure. One who has never lost His beauty is the One who can lead us to our beauty.

A creation well created is a joy for the creator. When God is our Creator, in the sense that He re-creates us into images of perfect, virtuous people, we become His joy forever! Hence a thing of beauty is a joy forever.

Beauty is purity. A mirror is what reflects beauty. If there were no mirrors, people will not know for themselves how beautiful they are. So a thing that reflects beauty is by itself most beautiful. Beauty when reflected through pure actions creates a mirror-like self. To become a mirror which reflects virtues is the most beautiful service of all.

The Supreme purity of God is what makes Him the Beautiful Traveller. He travels to our corporeal world once in a cycle and comes to make us beautiful once again. We have only to become clay in His hands, so that He moulds us, sculpts us and returns us back to our original beauty of being pure and virtuous beings.

# RAJYOGA, RADIONICS AND HEALING VIBRATIONS

– Dr. Dilip V. Kaundinya MD, Ex-Professor  
& Head, Dept. of Microbiology, Sir JJ  
Hospital, Mumbai

**S**rimad Bhagavad Gita, today, has become the most powerful book on psychotherapy. Hypnosis, Self-hypnosis and Regression hypnosis based on thought-power are the psychiatric techniques for Miracle-Cure, even that of cancer. About 2500 years old Patanjali-Kriya is a technique for gradual diversion of harmful desires (*Vasana*) by Vritti-Nirodh to achieve a single-point focus of healing positive thoughts, which burns out the bad *karmic* account and gives health, happiness, harmony and peace in life. Russian Faraday Cage Experiment scientifically validates the phenomenon of telekinesis, telepathy and “Distance-Healing methods” like Reiki. Russian invention of Kirlian body Aura photography shows that we souls are powerful transmitters of thought-vibrations around the body and in the atmosphere. The quality of thought-vibrations gives different colour to Body Aura. Pure and peaceful thought-vibrations in ontological

or Soul-consciousness, give bright, white and well-demarcated aura especially around the head, as is usually shown in the pictures of gods and goddesses. *Rajasik* and *Tamasik* are the Body-Conscious states, which give a colourful spectrum to aura. Bhagavad Gita advises to develop soul-consciousness and to lose body-consciousness to get rid of diseases, pain and suffering in this life. **Rajyoga is an evidence-based and rapid method for achieving soul-consciousness.** The body-aura has been shown to expand far beyond the photographic plate with the deepening stages of Rajyoga meditation in a technique called Kirlian Aura photography with Gas Diffusion Visualization in case of Dadi Janki, Administrative Head of the Brahma kumaris, who has been certified as having the most stable mind in the whole world (*Sthit-Pragnya*) by American and Australian Psychiatrists. Recent evidence indicates that

the distorted aura is the earliest sign of disease in body. Unfortunately, a scientific comparison between MRI and Aura photography is absent.

B.K. Dr. Chandrashekhari Tiwari, who has completely recovered from an end-stage cancer by intense practice (*Sadhana*) of Rajyoga, effectively uses Energy *Chakra* Visualization Device, which shows the existence as well as expansion of Auric Fields emanating from the energy Chakras in our body. Kundalini awakening from the Muladhara to the top most Sahasara Chakra confers miraculous powers on human beings.

Rajyoga, as taught by the Brahmakumaris, brings about transformation in the practitioner; giving him the experience of powerful soul-conscious state, within few minutes by regular practice of just half an hour. The novel Thought-Graph Machine of Medical Wing of Brahmakumaris demonstrates this transformation graphically as well as pictorially. *Tamasik-Rajasik* body-conscious states lead the soul on the path of attraction, temptations and desires (*Vasana*), which result in pain and suffering eventually. Positive soul-consciousness activates recently discovered



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Ultradean Rhythms which release miracle hormones from the brain and bring about the cure of incurables.

Radionics and Rajyoga have certain similarities. Both depend on healing vibrations for correcting the defective energy-fields. Rajyoga requires dedication and discipline for harnessing willpower. Radionics requires nothing more than swallowing homeopathy sugar pills charged with Radionics water. So we have a choice to choose from pill-power and willpower. Will power has an advantage of gradual self-purification and self-empowerment, which can be applied to any adverse situation in life. Radionics or Radiation tele-electronics functions on the principles of Quantum Physics, which envisages that all life-forms are bathed in electro-magnetic and other energy-fields of not only this earth but from whole of the Cosmos. These energy-fields are metaphysical, i.e., a dimension beyond the perception of physical science. (Dr. Rupert Sheldrake). Each person is unique in terms of such energy-fields – “A Vibration-Signature” down to each cell-level. Stress, injuries, infections, pollution, malnutrition and poor hygiene

cause alteration in this Auric-Energy Pattern. Dr. Albert Abrams (1863-1924) designed several Radionics Machines to read and treat the disturbed energy-fields, which are supposed to be formed by Biophotons (Light-Energy particles). As yet, there is no scientific evidence for the existence of Putative Energy Fields. But all the same, Radionics has been found to be very effective in a wide range of illnesses where the mainstream medicine has little to offer. Radionics can be used as complimentary to other forms of therapy. But its efficacy is such that it, by itself, forms a complete system of healing without any side effects. The energy-fields could be tested by kinesiology or dowsing. Kinesiology tests certain muscles that become weak in negative energy states and strengthened in positive energy states. Dowsing is the method of reading energy-fields by using pendulum or rods. Utmost success has been obtained in Asthma, Arthritis, depression, allergies, Andropause (Hormonal Imbalance), early ageing and prostatic hyperplasia. Dr. Deepa Hoskote, who has acquired vast experience in this field while working in

Radionics Unit of Satye Sai Baba Hospital, Bangalore, is now at Mumbai. Her compilation of cured cases is medical miracles. The medicine consists of few drops of sterilized charged water or Homeopathy pills transcribed with Specific “Energy-Messages” using a Radionics instrument. There are no side effects or any interference with other forms of therapy. A plan about having a Radionics Unit at BK-Global Hospitals at Mount Abu and at Andheri is under active consideration. After all, the patients desire only the cure. A Systematic research may scientifically validate the claims by this pseudo-science.

Progress in science takes man from the areas of greater errors to those with lesser errors. But whatever the stage of progress, an area always remains unknown to man. This is the domain of Supreme Soul where the miracles happen.

### **Seeds Of Hope**

The world is your garden from which you remove weeds of doubt and replace them with seeds of hope.

# MY INDIA, MY PRIDE



– **Monica Bharti**, X Std., Chandi Mandir (Har.)



If the Lord Himself gave me an option to choose the place of my birth, I would without any doubt choose India. I take great pride in being an Indian. For me, India is the most beautiful land with rich culture, spiritual beliefs, traditions, besides of course, the towering Himalayan mountains, beautiful monuments and masterpieces of art like the world famous Taj Mahal. It is the land where the blend of modernity and traditions can be seen.

India is the cradle of one of the most ancient civilizations whose relics are safely preserved for posterity. It is the land which gave birth to the likes of Buddha, Mahatma Gandhi and Guru Nanak who led others towards the path of enlightenment. A look at the Indian calendar would tell you that it is a land of celebrations and festivals like Lohri, Pongal, Eid, Diwali, Christmas—the list is endless. All these

celebrations display unity in diversity.

There is no field where Indians have not excelled. Noble laureates like Shri Rabindra Nath Tagore, Sir C.V. Raman, great philosophers like Adi Guru Shankaracharya, Swami Vivekananda, astronauts like Rakesh Sharma and late Kalpna Chawla have demonstrated to us that sky is the limit and each Indian has the right to dream. The freedom movement of India during second half of 19th Century and first half of 20th century witnessed indomitable courage and deep-rooted patriotism of our brave countrymen.

Our country is doing its best to translate our dreams into reality. Our educational institutions match the very best in the world and the world salutes our technocrats who have put India on the global map. There are more than 35% of scientists in NASA, who are of **Indian origin**.

India has always had a

place of honour on account of its spiritual and moral values. Our spiritual organizations like Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya have been engaged in the spiritual regeneration of the world. It is a matter of great pride for us—Indians that Incorporeal God Shiva has also been carrying out the divine task of world transformation through the corporeal medium of Prajapita Brahma Baba from the pious land of Bharat.

Aren't these reasons enough to make Indians feel blessed? Hence, I conclude by saying that we feel fortunate and have great pride in being an Indian.

Smile And Say  
"Hello"

In life you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say "hello".

# LESSONS FROM HISTORY TO CREATE A BETTER WORLD

– B.K. Dhavala Amita, Aurangabad

India occupies a special place in world history, on account of its valiant sons and daughters who were embodiments of courage, sacrifice and patriotism. The grandeur of their character, indomitable spirit, zeal and enthusiasm inspire not only Indians but also people of the entire world, even today. They include great persons, thinkers, spiritualists—embodiments of service of mankind, personal sacrifice for common good and welfare of all. They crossed human barriers and limitations in a bid to serve mankind. Such great persons have always been a source of inspiration for millions of our countrymen to follow the same path. Their path might have been full of hurdles and obstacles, they might have had to compromise on their personal goals, but they became successful in contributing to the welfare of the country and ultimately the common good of world at large.

The whole world is well aware of Mahatma Gandhi's commitment, perseverance, equipoise and other qualities of head, along with the lofty

qualities of his heart – compassion, tenderness, cooperation, sympathy, care and concern. The inspirational leadership exhibited by Mahatma Gandhi during the entire freedom struggle inspired our compatriots and they became a part of the great movement which ultimately led to freedom of India from foreign yoke.

Many noble souls have contributed to the moral and spiritual upliftment of society. There is a long list of such souls who played their role on the sacred land of India and contributed remarkably to preserve its original sanctity and glory. During the last about three decades, people have increasingly been aware of the service and sacrifice of Brahma Baba, the founding Father of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. Brahma Baba has been a constant source of inspiration for millions of souls desirous of having spiritual elevation, worldwide. In fact, Brahma Baba's service to humanity has no parallel in the history of the entire world.

Lofty ideals, moral values, grandeur of vision and positive approach have been the hallmark of these enlightened beings that will forever remain a source of inspiration to all. One of the most scintillating stars of the great land of India was Vishnugupta, who became renowned as Chanakya or Kautilya.

Magadha was a very powerful kingdom in India or Bharat when Chanakya was born in the 4th century B.C. King Dhanananda ruled Magadha those days. Chanakya got his *Gurukula* education at Taxila University on account of scholarship provided by the king. Chanakya was a brilliant scholar and after having completed his education, he was appointed teacher in the same university. Having heard the stories of Magadha's prosperity and wealth, even Alexander the Great wanted to conquer this land. In fact Alexander wanted to conquer entire India and Chanakya was well aware of his designs. Having comprehended the impending danger for the entire country, Chanakya went to the court of Dhanananda.

King Dhanananda was a voluptuous person. He had sentenced to death many patriots who had become

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victims of his corrupt mind. Many senior officers, who carried out their duties conscientiously and constantly reminded the king of his duties, were humiliated and punished. Many of them were imprisoned and some were even hanged because they used to oppose the vicious and mean activities of the king. Even Chanak, Chanakya's father, had faced the king's wrath as he too had tried to oppose the anti-people activities of the king.

Chanakya tried to bring to the notice of the king the imminent threat of Alexander's attack and the importance of immediately making a strong strategy with the consultation of the neighbouring kingdoms, so that India could be saved from foreign slavery and subjugation for many centuries to come. He also chided the king for having neglected his duties towards the people and the nation. He pointed out to the king that he had to lead an exemplary life and his immoral acts would prove really destructive for the entire nation. Dhanananda paid no heed to Chanakya's words and instead threatened him of dire consequences if he didn't stop his tirade against the king. Having felt greatly insulted and humiliated, Chanakya vowed to end the king's unjust and corrupt

rule; he opened his plait of hair and resolved to fasten it only after the king had been de-throned.

An idol of determination, Chanakya was gifted with a sharp intellect. There was no match for his well-churned thoughts and decisions. He had learnt from his father's execution that – 'a man who opens his mouth too often may end up meeting a tragic end, either by indigestion or by execution.' He silently thought of plans to take over Magadha and waited for the right time. It is believed that he was born with a full set of teeth in his mouth. It was an auspicious symbol of the child becoming a king. But he decided to become the kingmaker rather than the king.

Chanakya chose Chandragupta Maurya as his student. Having noticed Chandragupta's qualities of fairness, impartiality and inspirational leadership, Chanakya had concluded that he could be the future emperor of India. He could foresee that it was Chandragupta Maurya who could de-throne Dhanananda and rule Magadha and lead to the formation of a strong, united and prosperous India. Chanakya's wise decisions and timely guidance helped Chandragupta conquer

Magadha. Chandragupta ruled over India for a long time and he is remembered as one of the righteous, judicious and great emperors in Indian history.

On administration, Chanakya made a very significant contribution. A study of Arthshastra, his famous treatise on statecraft, proves that he cared for the people and was a spiritual soul in the making.

Chanakya opined that in the happiness of the subjects lies the king's own happiness and in their welfare, his own welfare. According to him, the king has three basic duties: **Raksha**—protection, **Palana**—maintenance or sustenance and **Yogakshema**—welfare of the people. In his views, the possible means by which a king has to settle disputes are **saama**—gentle persuasion, **daama**—monetary incentives, **danda**—punishment or war, **bheda** – intelligence, propaganda and disinformation. There cannot be a country without people, and there is no kingdom without a country. It is the people who constitute a kingdom. He further states that there are seven constituent elements of a state—the king, a council of ministers, the territory and populace, fortified towns, the treasury, the armed forces and the allies.

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Regarding taxation he said that as one plucks fruits from a garden as they ripen, so should a king collect revenue as it becomes due. Just as one doesn't collect unripe fruits, the king should avoid collecting revenue that is not due because that will make the people angry and spoil the very source of revenue.

Chanakya dreamt of recreating the golden age of Bharat Varsha. In creating golden age in Bharat, Chanakya's efforts are tremendous which we often ignore. His views on the political system are a great guidance for the present day situation. With so much of dwindling values in the society and corruption and mismanagement in administration, having proper vision with rightful thoughts will surely help us.

For this, spiritual knowledge should be inculcated by every person; especially every leader should know the purpose of human life. If that is done, their craving for money will decline and an attitude to serve will develop. This will give our society better leaders and eventually we will have a transparent administration and better living conditions in society. It is rightly said – With

the slaughter of multitudes, we have grief and sorrow. Every victory is a funeral; when you win a war, you celebrate by mourning. Chanakya had plans to win kingdoms with minimum war and that too as a last resort. His sole purpose was to have harmony and create the golden age. He said that there is nothing an emperor has to pride about himself when he wins a war, rather he should regret that he couldn't avoid it.

By having an overview of our glorious history, we can understand that a spiritual bent of mind can work wonders. With no broadband connection or Wi-Fi networks, these wonderful ancestors of ours achieved far more than what we can even think of now. We are becoming slaves of external, materialistic things. We believe less in ourselves but depend more on technology.

Let us grow spiritually, ignoring the materialistic benefits. The more we elevate ourselves in understanding the Supreme, and the basic purpose of our life, other things will naturally fall in place. We get power from developing our inner strength. By inner strength

we mean our will-power, self-discipline, self-control, persistence, detachment, the ability to concentrate and peace of mind. As a result of meditation, we find all the above factors resulting in an upward trend in our daily graph. We set an example for others, so that they also give a positive direction to their lives. Let us be visionaries, having the power to foresee from within. This sets the trend for making our World a Better Place to live in.

***It would be apt to sum up with the following quote by Dr. S. Radhakrishnan, former President of India:***

*“The truly great are not the men of wealth or possessions; not men who gain name and fame, but those who testify to the truth in them and refuse to compromise, whatever be the cost. They are determined to do what they consider to be right. We may punish their bodies or refuse comforts to them, but we cannot buy their souls, we cannot break their spirits. Whosoever possesses this invulnerability of spirit, even to a little extent, deserves our admiration.”*

**“Trust in dreams, for in them  
is hidden the gate to eternity.”**

**– Khalil Gibran (1883-1931)**

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— (... Contd. from Page No. 3) —

well to an extent, one needs to ponder deeply whether this has solved the basic problem? Will greater participation of women in social, political, financial, administrative, legislative and other fields give us a really happy and peaceful society?

It should not be hard to realize that the real problem is rooted in the attitudes and beliefs of people and it is these wrong attitudes and wrong beliefs that lead to wrong behaviour. For example, there is the age-long belief that Eve was created for Adam from one rib of Adam and that it was Eve who led to the fall of Adam and the loss of paradise. There is also the wrong belief that Brahma, Vishnu and Shankar also became beguiled by the charms of Saraswati, Vrinda and Parvati respectively. These and such other beliefs led to faulty attitudes and bad behaviour. Also, it is mentioned in some religious text that women are weak. So, what needs to be ended is the attitude of gender-discrimination and the belief that women are weak, inferior and deficient. Things will not change by giving them merely greater authority and making them in charge of certain affairs of the society but by building in them a sense of self-respect and self-confidence and emancipating them from surrendering their

honour to vicious behaviour of those males who have wrong beliefs and attitudes. In fact, getting greater authority and greater participation also depends on shift in attitude or consciousness.

Also, there is need to change the attitude of men. If they look upon women as an object of sex for sensual pleasures or a second-class citizen, then things cannot change much. There is thus need for value-orientation and purification of their attitudes and outlook. There is a large number of men who have respect for women and who advocate greater role and participation of women. Indeed, some men have worked more for promotion of the cause of women than even women have done. Such men have performed service not only to women but also to all humankind because the well being of society depends on the well being of women.

### **Equality and Strength**

There cannot be equality on the basis of body, because body-wise each gender has different abilities and a different role to play. The equality that is sought can be had by transcending the differences between the male and the female identity, based

on body-consciousness and gender-consciousness and, instead, identifying the self as soul—a tiny point of light, might and divinity. It is soul-consciousness that will give self-respect, feeling of human dignity and spiritual strength and strong will.

### **Complementary and not antagonistic roles**

It has to be realised that men and women are not to have opposite interests and antagonistic attitudes. They have to play complimentary roles. The human soul, whether it be in a male or a female body, can have the qualities of courage, hard work and strong-willed action—which are generally considered as the male qualities – and it can also have the qualities of compassion, caring, as the female qualities. The innate, inherent or core qualities of the soul, in the male or the female body, are the same and qualities which people generally relate to gender, are acquired qualities and these can be acquired by both. It is possible to have both these kinds of qualities and development by a shift in consciousness, i.e., by being soul-conscious instead of having body-consciousness and by connecting the self with the supreme source, God, Who

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is the Most Powerful Soul. It is this spiritual connection of the soul with the Supreme that really leads to right type of empowerment, for not only does it restore self-respect, self-confidence and self-reliance but it also leads to holistic development of the human individual who now has both types of qualities and has honesty and humility and respect for others as also respect for the self, as a child of the Supreme should have. Without this spirituality, one has only half the development. God has both types of positive qualities and by linking the self to Him, one gets both the types of divine qualities. Identification of the self with the male or the female body may deprive a person of half of these.

### **Spirituality unites; body-consciousness divides**

Spirituality ends hostility, antagonism, clash of interests and divisionism in the society. It brings integration, strength and solidarity, for it unites. It opens the third eye of wisdom and enables us to reach our inner, inexhaustible source of power and purity that leads to strengthening of will.

### **The harm done by gender-discrimination**

**Gender-discrimination, based on body-consciousness,**

**has created conflict in the society and has deprived it of the constructive and positive participation of half the population. So, the solution doesn't lie in replacing male chauvinism by female chauvinism but by liberating both halves of society from gender-bias and discrimination, based on body-consciousness. If there had been no gender-bias, there would have been sharing of power and also positive participation of both.**

### **Empowerment leading to equality, development and peace**

So, empowerment doesn't necessarily imply the attainment of legal and other powers. It does not mean the attainment of such power as can enable women to control men. It doesn't mean the learning of certain martial or physical skills for security. On the contrary, it implies acquiring such spiritual power that lifts a person from the level of animalistic behaviour to the graceful level of a devi, a shakti or a woman who has a high sense of self-esteem, built on the belief that the self is a child of the Supreme.

If one doesn't have this kind of consciousness of one's identity, one can neither

experience equality nor empowerment nor have the development of one's full potential. By having the awareness of the self as a soul only, one can have holistic development and also have concern for the society. Spirituality develops one's all powers, viz. power of speech, power of audience, power of vision, power of self-control etc.

### **Power of Spirituality**

One, who has experience of spiritual bliss, is the most contented person. Such a person alone does service without selfishness. Such a person is 'developed' in the real sense of the word. No one can dominate or enslave such a soul. Such one can inspire and influence others and have real peace of mind. So, the slogan of 'Equality, Development and Peace', i.e. the slogan of many International Women Conferences; can be realized only or mainly through spiritual empowerment.

### **Empowerment of both**

It needs to be understood clearly and properly that the problems of gender discrimination, violence against women and abuse of women and deprivation of their basic human rights are rooted in the vices. Man's lust for sex, based on body-consciousness, and his

pride, based on his muscle-power etc., and his ambition to dominate arise from the vices, sex-lust, pride, greed and other evils. So also, anger that results in violence, arises from one's awareness of and identification with the body. Not only men but women also are under the yoke of these vices. Therefore, those women, who have strong tendencies for a sexual life or having attachment with or attraction towards the body of a male or their own body, let others dominate them and some even let others abuse them.

Thus, the real remedy lies in eradication of the five major evils, viz. Sex-lust, Anger, Greed, Attachment and Pride and it is these which have led to exploitation of women by men and vice-versa. So, the society must be freed from these vices through learning and practising spiritual Meditation or Yoga. Rajyoga Meditation is the real way of empowerment of women and men, as it brings equality, development and peace.

## The POWER to DISCERN

– Pavan Patale, Helsinki, Finland

When I was in school, while browsing the newspaper, I came across an advertisement which said, “Librarians required with at least Bachelors degree in Library Science and few years of experience.” I was a bit surprised to see the advertisement and wondered why they need a person, who just sits at the table whole day and does nothing to be so qualified and the requirement of library science degree added extra spice to my amusement. For the first time, I came to know that there is whole lot of study involved to just check your library card and lend few books.

Days passed and I moved into college. Unlike school, college required additional study and reference of few other books was also required. This requirement brought me in contact with big libraries with countless books and experienced librarians. Their experience reflected in the way information was **arranged** in the form of catalogues, ability to **perceive** the requirements of the customer, **detect** the quality and **in-depth insight** into authors, domains and writings.

These highlighted keywords form the platform for power to discern. So, how is this platform built in real life? One of the tenets for becoming yogi is to have a **Clean Mind** and **Clear Intellect**.

When a room has to be cleaned, first the objects are removed from the room and all the activities are minimized. In the same way, practice of silence from the bottom of mind helps the mind to cleanse itself. This practice in Rajyoga is referred to as being in the state of “**Tower of Silence**”.

After cleaning, things are arranged according to a pattern in the room so that at any point the objects could be reached fast. In the same way, practice of pattern recognition at the intellectual level helps the intellect to clear itself. This practice in Rajyoga is referred to as being a “**Detached Observer**”.

These two practices help in building the platform to empower the soul and in a subtle way the **Power to Discern** is accumulated.

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