

|| From the mighty pen of Sanjay ||

## NEW ETHICS FOR THE NEW WORLD

The ethical teachings of all great religions of the world forbid certain acts. They consider those acts as sins and call upon their followers to abstain from those evil acts. For example, they condemn (1) lying, (2) injuring, (3) murdering, (4) slandering and (5) being subjected to drunkenness. Almost everyone understands what these religious injunctions mean. A devout Hindu, Muslim, Sikh, Christian, Buddhist, Jain or Jew tries to abstain from at least some of these acts fully or to the extent possible for him or her. And yet no one can refute the fact that there are millions of people, belonging to these religions, who commit these, without exerting much control over themselves. In this era, called 'Kaliyuga' or the 'Iron Age', there is hardly anyone who does not hurt anyone's feelings or injure the sensitivities of his neighbours, colleagues, family members or others with whom he interacts. There are many people who do not commit any murder, in the sense in which the word is commonly used and understood but there would be hardly a few who could say that they never tell a lie or speak the untruth or indulge in falsehood of any kind whatsoever. Similarly, the number of such people, who never indulge in an act of slander, would indeed be very-very small.

Whereas people already feel it very difficult to abstain from these vices in their usual sense, Shiv Baba has given a new connotation to these words, through the medium of Brahma Baba, and has, thus, added a new interpretation and a new meaning to these. But, He has also given additional strength and guidance that help to avoid these sinful tendencies, traits or acts. The new meaning that Baba has invested in these words, has widened their interpretation and has given a new awareness to those who aspire to raise their ethical standards.

For example, Baba has said that even those who do not commit any murder in the commonly prevalent sense of the word, may still be 'murderers' in another sense. If they do

(...Contd. on page no. 32)

## CONTENTS

- ▶ New Ethics for The New World ..... 3
- ▶ Call of Time: God's Power for Golden World (Editorial) ... 4
- ▶ Remembering a Great Spiritualist ..... 8
- ▶ Let's practise what Baba says ..... 11
- ▶ Introspection- Key to Self-Transformation ..... 14
- ▶ The Fragrance of Virtues .. 17
- ▶ An Experience! ..... 18
- ▶ In Baba's Lap ..... 19
- ▶ The Eternal Journey ..... 22
- ▶ The Sublime Truth ..... 24
- ▶ Wisdom: The Fifth Weapon 25
- ▶ Be Liberal in Appreciation. 27
- ▶ Mansa Seva, Consciousness and Science ..... 28
- ▶ Fragrance of Divine Virtues 31

### Rates of Subscription for The World Renewal

	INDIA	FOREIGN
Annual	Rs.90/-	Rs. 1000/-
Life	Rs.2,000/-	Rs. 10,000/-

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

For further information regarding subscription, please contact:

Mobile: 09414006904, 09414154383

## **CALL OF TIME: GOD'S POWER FOR GOLDEN WORLD**



**T**he Annual Godly Service Meeting of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya was held from 10th to 16th April, 2012 under the Chairpersonship of revered Rajyogini Dadi Jankiji, Chief of Brahma Kumaris, in Conference Hall, Shantivan Complex, near Abu Road.

Dadi Jankiji, Dadi Hirday Mohiniji, Dadi Ratan Mohiniji, senior brothers BK Ramesh, BK Brij Mohan and BK Nirwair, other senior sisters and brothers from all over Bharat and Nepal participated enthusiastically all through the meeting. There were about 1600 participants representing the broad spectrum of service done in all Zones and Sub-Zones, and through the different Wings of Rajyoga Education & Research Foundation.

The meeting had been very carefully designed to maintain balance between the 'self' and 'service'. Almost every morning and evening session started with spiritual inputs and enlightening experiences

by the Dadis, senior sisters and senior brothers. Due to the divine presence of senior instruments who have been leading a very disciplined, pure, *gyani* and *yogi* life for over 25 years (on average), the ambience was very light and elevated, and provided comforting and blissful feelings to one and all. Everyone remained very motivated and focused even while highly ambitious and new Godly service plans were being discussed. The aim was to envision the coming year in a very powerful and service-oriented way, according to Avyakt BapDada's inspiring instructions in almost every Avyakt Murli of recent times.

We are sharing herewith some excerpts of the Meeting Bulletin for the benefit of our readers:

### **WELCOME SESSION**

Dadi Jankiji commended everyone for being loved dearly and held in regard by God Himself. It is time to

reveal the true form of the Supreme Soul. One needs to pay equal attention to 'self', 'service' and 'relationships' to achieve this. Let any distances in relationships be bridged. Let us continue to give respect to one and all.

Dadi Gulzarji shared that the return of our love for God is to accomplish all that He wishes. We have to burn away any *sanskars* that prevent us from becoming equal to our Supreme Father. When we have determined thoughts, the auspicious and elevated time of transformation will dawn...

Dadi Ratan Mohiniji gave greetings saying, only one wish remains in the mind that we remain constantly cooperative with each other and loving from the heart, let us put a full stop to the past. Let us always keep the vision of being part of one spiritual family. Just as we do service with zeal and interest, let us also create volcanic stage in yoga so that old accounts end and new ones emerge.

Brother Ramesh reminded

---

all of how the Murlis have been drawing attention to the aspect of 'suddenness'. Change can take place at anytime so we need to give time to transforming old defects.

While welcoming everyone, Brother Nirwair reminded everyone of BapDada's powerful inspiration for spiritual progress; end negativity with the power of positivity. In order to make the atmosphere powerful and transform *sanskars*, emerge the volcanic form of yoga. In terms of service we have to serve others in a way that they gain introduction to their Supreme Father, who has given us the divine eye of wisdom and is acting as our Guide on earth.

Brother Brij Mohan: Each one of Baba's children is carrying out an important task; we have to continue to show respect and help others move ahead. Imbibe new *sanskars* and there will be newness on the service field as well.

Everyone then remained in 2-minute silence to pay respect to the senior instruments who had left their chariots in the last year.

*The following are some main points of discussion at the Meeting:*

### **CHANGING NEGATIVE INTO POSITIVE**

It is important for us to change our approach and language when we motivate people to change their old ways, renounce old habits/addictions etc. Positive attitude inspires others to act positively. Our Supreme Father, too, teaches us by first stabilising us in soul-consciousness, and reminding us of our virtues and powers before advising us to let go of negativity. This fills the relationship with sweetness and makes it easier to adopt the advice. We, too, have to conduct ourselves in this manner.

### **THEME FOR YEAR 2012-2013: CALL OF TIME – GOD'S POWER FOR THE GOLDEN WORLD**

God, repeatedly, is reminding us to serve the weak, unhappy and peaceless souls with our powerful vibrations. As we come closer to the time of transformation, our methods of serving through the mind become

more refined. We automatically serve ourselves when we emerge our form of being 'World Servers'. Keep the mind busy and waste thoughts will end. Fix a particular time for serving the world through the mind (*Mansa Seva*).

Last year our theme had been '*One God, One World Family*' which did a brilliant task of revealing the Brahma Kumaris. This year, we aim to reveal God by revealing His spiritual powers.

### **CLOSING CEREMONY OF PLATINUM JUBILEE YEAR: 4 – 8 October 2012, Shantivan**

The Launching Ceremony of the Platinum Jubilee celebrations took place in October 2011 with a grand *Sant Sammelan*, and now will be brought to completion in October 2012. All the VIPs who attended the various events over the year in Bharat and Nepal will be invited to Shantivan for the Closing Ceremony. We will aim to involve National and International Media.

A special 500-page souvenir has been compiled to illustrate the achievements of the institution over 75 years

---

and, in particular, service done through the professional Wings.

### **MUSEUM OR ART GALLERY AT SHANTIVAN**

By using facilities of science and technology, we aim to reveal the Supreme Being and His task. Ideas to create a Museum/Art Gallery in Shantivan to portray history of the yagya, biographies of founding and main members, laser show on Meditation, Wing activities etc; were discussed.

### **SERVICE OF WING PROFESSIONALS/ CONTACT SOULS**

Programmes where guests/ members of 2-3 connected Service Wings (e.g. Women & Social Service) come together for retreat/dialogue can be organized as these have proved successful in some places.

Sustain contact souls with *gyan* and yoga experiences; make them aware of our spiritual publications and events; keep up regular communication to share *gyan* points, support them in times of crisis/illness, visit them in the hospital, share heart-

warming stories of the early yagya days etc.

### **GODLYWOOD STUDIO**

The Godlywood Studio in Manmohini Complex is almost complete. It offers the latest in Recording Technology. Talk Shows, Interviews etc., can be recorded; Live Telecast can be transmitted. A News Room is being made ready. Good script writers are required for this unlimited service.

### **SERVICE IN FOREIGN COUNTRIES**

- ▶ Indians living abroad, in particular, are taking much benefit from the BK Programmes aired on spiritual Television Channels.
- ▶ Every year, the United Nations conducts a Conference on Climate Change in different countries, and Brahma Kumaris have been actively participating in the same to share how spirituality can contribute in a positive way. Response is very positive as people understand that big changes in nature are just ahead.
- ▶ Brahma Kumaris' Retreat

Centres are doing well in serving different professionals. They are sustained just as guests are taken care of in Madhuban.

- ▶ Malaysian BK family is constructing a large retreat centre, which will accommodate about 450 people, and include a hall with seating capacity of 3000.
- ▶ Media is being served well in foreign countries, and professionals in this field are encouraged to relay positive news through their role.

### **ANDHERI GLOBAL HOSPITAL, MUMBAI**

Brother (Dr.) Ashok Mehta shared news about change of name in Andheri Hospital run by Brahma Kumaris; it will now be known as "***Brahma Kumaris Global Hospital, Managing BSES***". Out of all the offered departments, Intensive Care, Bone-Related treatment, Knee Replacement services are doing well. 2000 cancer-related operations have taken place. Operations on the spinal cord are being undertaken as well.

---

### **CAD PROGRAMME & RESEARCH PAPER**

The 3-dimensional healthcare programme began 14 years ago for the benefit of patients ailing from coronary artery disease (CAD). The Indian Heart Research Journal has published this research carried out in alliance with Defence Research & Development Organisation. The research proves that Rajyoga Meditation not only helps treat heart diseases but a number of other illnesses too.

Shantivan will host a grand Heart Conference in September 2012 to be attended by Deans of Heart Colleges and Heart Specialists in particular.

### **SERVICE BY EVER-HEALTHY HOSPITAL, SHANTIVAN**

Ever-Healthy Hospital has been renovated and can now house 25 in-patients. Throughout the past years, 93,250 people benefited from the diligent services of the Hospital staff.

### **I AM FOR PEACE PROJECT**

Sister Shanti of Sirifort (Delhi) shared a vision of a

new project, calling it a project of the 'Angels Wing'! This is a Campaign in which every BK can easily participate. A person of any age or profession has to fill in a form and commit to participating in the Campaign for three months: all that needs to be done is to give 5-minutes of time every morning and night (before sleeping) to spread peaceful vibrations, or at least bring peaceful thoughts to one's mind. The campaign can include lectures or activities around the theme of 'peace'.

### **IDEAL VILLAGE PROJECT**

Brother Madhav Rao Patil has been the instrument to adopt a village, Shevgaon (Gauri) near Naded (Maharashtra) and transform it into an 'ideal village'. He has been awarded the '*Ideal & Clean Village Award*' by the President of India. He shared news of the same and showed a CD on the ideal village, which uses both technology and spiritual methods for progressive living. A humble suggestion was offered for Brahma Kumaris Centres in India to adopt one village each and uplift it in the same manner. This would

bring a radical change in the lives of thousands of the farming community. ....  
.....

The participants returned to their service places with **gratitude for the quality time** spent with our respected Dadis, seniors and peers, **intoxicated hearts, refreshed minds**, and **enthusiasm to crystallize plans** for self spiritual-progress and world service.

We are sure our esteemed readers would appreciate the spirit of service among the senior members of the BK divine family, as inspired by the founding Father, Brahma Baba. This service will generate and spread spiritual vibrations and inspire humanity to reconnect internally with the Supreme Source of Light and Might. Present means of media are only focusing on excessive negativity, violence and preparations for nuclear war etc. However, the message of the Brahma Kumaris will definitely be well received at this juncture of world transformation and inspire everyone to listen to God's voice for our own well-being and world peace.

OM SHANTI

- **B.K. Nirwair**

## REMEMBERING A GREAT SPIRITUALIST

—B.K. Ranjit Fuliya, Associate Editor,  
(Email: jit1958@yahoo.co.in)

**B**orn in the sacred city of Multan, famous for its Sufis and saints, on 10th September 1929, Bro. Jagdish Chander Hassija was a bachelor, a surrendered Brahma Kumar; totally dedicated to Godly services and he mostly resided in Delhi. Before dedicating his life for spiritual services, he had served as Principal in a Technical Training Institute in Sonipat, for a brief period. Greatly inspired by Prajapita Brahma, founder of the Brahma Kumaris organisation, he turned to spirituality and dedicated his life for this divine cause. He was a great litterateur and had the distinction of writing most of the literature of the Brahma Kumaris organization. He was also its Chief Spokesperson and Chief Editor of The World Renewal, Gyanamrit and Purity.

I would often take inspiration from him as I had opportunity to work with him, for Godly services, on many occasions. A simple and straightforward person, he took keen interest in divine service and worked very hard. He was a great visionary

and contributed a lot for taking the organization to its present status and international recognition.

He was an affable person and took ample interest in developing the talents of B.K. brothers and sisters. Once, I had gone to meet him after having passed M.A. in Public Administration, in the year 1985. He enquired about the subjects we had studied during the course. In a humorous manner, he commented that we must have read about the experiments carried out on mice in connection with the theory of motivation under Management.

Brother Jagdish was particular that we should maintain quality in our publications. Once he had to present a paper at the IV International Symposium on Science and Consciousness at Uxmal, Yucatan, Mexico, from 4th to 8th January 1994. On that occasion, the paper "Nature of Consciousness in the Light of Raja Yoga, Gita and Some Other Disciplines" was presented by him. He deputed



Bro. Jagdish Chander Hassija

me for editing and proof-reading of it and the work was carried out to his utmost satisfaction.

When I joined Diploma in English-Hindi, Hindi-English translation conducted by Delhi University, he was greatly pleased to know about it and commented that it would be of great use in Baba's service. During the course, we had to translate one book from English into Hindi, for which Bro. Jagdish suggested me to select a spiritual book. I selected Rajyoga: New Beginnings by B.K. Ken O'Donnell, published by the Brahma Kumaris organisation. By Baba's grace, I topped Delhi University in the examination and then met Bro. Jagdish for his guidance. He showed deep interest and enquired in detail about the process of translation.

Those days he was engrossed in replying to one legal notice regarding spiritual tenets and beliefs of the B.K. organisation. He asked me to translate his reply in Hindi. It was his intention to circulate that reply to each B.K. centre,

---

so that B.K. sisters could use that for explaining the spiritual concepts and Rajyoga tenets to aspirants, newcomers and the general public. The eighteen-page document translated by me in Hindi was then sent to each B.K. centre. **It is rightly said that courageous persons turn even obstacles into stepping-stones to success.**

Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya successfully completed an international peace project. The book 'Visions for a Better World' was published on the successful completion of the project. Rajyogini Dadi Prakashmani was keen to get the book translated in Hindi. She asked Bro. Jagdish as to who could translate the book in Hindi. Bro. Jagdish recommended my name for this purpose. When I visited Mount Abu, Dadiji called me, discussed the matter with me and enquired how much time its translation would take and how to go about it, etc. I told her that that would take about two months time, being a voluminous book. She somehow postponed the project for the time being, considering several other factors, as quality and cost of multi-colour printing etc. in India.

Once I visited Mount Abu,

accompanied by B.K. Bro. Ram Nath of Vikas Puri, New Delhi. We arranged reservation in Delhi-Ahmedabad Rajdhani Express, which had just been introduced. Those days I was a senior executive in National Insurance Company Limited, and used to visit Mount Abu every month for editing The World Renewal. Those days, all the trains on that route used to originate from Old Delhi Railway Station. Therefore, we presumed that Rajdhani Express would also originate from the same station. On reaching Old Delhi railway station half-an hour before the scheduled departure, we made enquiries and came to know that the train originates from New Delhi railway station. This perplexed us a lot. Though it was impossible to reach New Delhi station on time by any means, still we thought of taking a chance. Bro. Ram Nath stressed that if our services were required by Baba, the train would not leave before we reach.

We hired an auto-rickshaw and asked the driver to hurry. The driver made several manoeuvres through the congested roads and within twenty minutes took us to New Delhi Railway station. To make the matter worse, the train in those days used to depart from

platform number nine situated at the farthest end. Passing through the over bridge, somehow we reached the platform and to our great surprise, we found that the train was still at the platform. This was despite the fact that those days Rajdhani Express never used to be delayed.

On reaching our coach, we found Rajyogi B.K. Jagdish Chander standing at the entrance of our coach. **He said smilingly, "I have been standing here like resolute and unshakeable *Angad*, not allowing the train to depart until my brothers reach"**. In fact he had read our names on the reservation chart and was waiting for us. Unable to hold my curiosity as to how the train had been late, I immediately went to enquire from the train driver. He said, "There is no particular reason for delay; we are just going to start". And within five minutes the train steamed off.

This was rather an extraordinary event in our life and it will remain etched forever in our memory. It proves strong determination and self-confidence of BK Jagdish Ji, which was possible due to divine intellect and positive thoughts through the constant practice of Rajyoga meditation.

---

This incident reminded me of an anecdote associated with Swami Dayanand Saraswati, the founder of Arya Samaj. It is believed that Swami Ji had stopped a king's chariot, pulled by powerful horses, just by the touch of his hand. The reason was that the king was going for some ignoble cause. Swami Ji first chided and then tried to dissuade him but the king didn't listen; Swami Ji held the rear portion of the chariot. It is believed that the horses didn't budge and the chariot couldn't move an inch.

Such incidents in fact are the victory of the positive and meditative mind. Those who lead a pious and serene life, attain certain inner powers, which are manifested even in mundane matters.

Mr Robin Ramsay, eminent Australian actor who participated with Bro. Jagdish in international spiritual service programmes vividly remembers his contribution, particularly his remarkable service during the Centenary of the World Parliament of Religions, held in Chicago, U.S.A., in 1993. Mr Ramsay was impressed by intellectual acumen, dignity and sense of humour of Bro. Jagdish. Mr Ramsay further noted that though Bro. Jagdish held high position; he had great humility

and worked at the grass-roots level with everybody. He was particular that things should be carried out in an appropriate and specific manner. He was a creative person and was always enthusiastic about new approaches to Godly Service.

In the year 2000, once we went to meet him at Derawal Nagar Centre, where he was recuperating in those days. He advised us that whatever endeavour we make, but our life should appear a yogi life. Bro. Jagdish Chander remained unwell for some time and left his mortal coil on 12th May 2001 at Brahma Kumaris headquarters in Mount Abu. I was in those days in Mount Abu and a few minutes before he left his mortal coil, we had gone

to meet him at Sukhdam where he was staying. Thousands of BKs from all over the world gathered to pay their tributes to the departed soul. He had earnest desire to reveal to the world that God had descended on earth, in the human medium of Prajapita Brahma and was re-establishing heaven on earth, once again. Lakhs of Brahma Kumaris and Brahma Kumars have been putting special endeavours to spread this Godly message throughout the world.

Our heartiest salutations to this noble soul! As a tribute to him, we have been publishing his great thoughts under the column 'From the Mighty Pen of Sanjay' in The World Renewal.

**CALL-OF-THE-TIME-Message From Dadi Janki Ji**

Check the quality of your own thinking

**Dear Friends,**

**Om Shanti.** Some tell me that they cannot get on with others. Whose mistake is it that you can't get on with someone, if not your own? Go into silence and ask yourself how you are thinking. Check the quality of your own thinking. You may think you are very good and that others have to change. If you are thinking such types of thoughts, you cannot be serving others at that time. Have mercy on yourself. Free yourself from seeing others and blaming others and do service with your pure attitude. Make God your companion and He will get what He needs to get done through you. I have to only see myself and see God. There is so much enjoyment in seeing how God works. Let everything now happen with harmony.

**With love,**

**Dadi Janki**



# LET'S PRACTISE WHAT BABA SAYS

Interview with Sister Mohini (New York)

(at Gyan Sarovar on 29.2.2012)

**C**an you share about remembrance and the power of remembrance?

When we remember Incorporeal God Shiva, i.e. Shiv Baba, we have the aim of remembrance and to be totally merged in love with the One Supreme Being. So I sit with the thought, "let me remain merged with Baba." The power of remembrance develops to the same extent with which we remember Him. We remember something in order not to forget.... yet we also need to remember it at the right time. A good personality is one who knows what to remember, who has good quality memory, and as much as we remain in Baba's remembrance in a natural way we can forget what needs to be forgotten and remember what is real and true. Then the experience of being merged in love with Baba happens. As much as we remain and develop the power of remembrance then at the right time whatever is needed to be aware of will come into the mind.

Didi Manmohini used to

inspire us to write down what we had to do on a particular day. When I came to Baba, I was studying at university and also running the centre and I asked Mamma how I could manage this. She said it is important to write a 'to do' list, not as a burden, but as a plan. When the intellect stays plain, then the knowledge of Eternal World Drama keeps moving smoothly. What is a plain intellect?

We need to have very pure remembrance of God. When we have to do something, we have to remember it, and everything unnecessary is forgotten. Our external responsibilities need to be managed so that there is no stress or anxiety and we are not seen to be 'running' around. For this, we should keep our form and looks as a good yogi. Someone has called Sister Mohini 'a silent giant' and this is good, to keep the mind quiet, so as to have stamina and strength to do our work. If we think a lot, we will be exhausted before we start.

*Baba many times says 'Make*

*Me your Companion'. When we have Baba as our companion, we have natural remembrance. He says 'Baba is your companion'. What is the practical experience of this companionship?*

I have some fresh experiences of this and I remember in 1972, I was asked to go to London. I had to wait for my visa and I travelled to Germany first. Ever since Baba became *Avyakt*, I had been travelling in foreign countries. I realised that in saying 'Haanji' (Yes), I could progress. So whatever the challenge or situation I went through, I thought I had a lot of courage since the beginning, that even if I go to the jungle, I will manage it. I had this faith. I said, "Baba, you are my companion; are you not?" And when I said this, I felt that my shoulders became light and He was carrying one bag and I was carrying the other. In Germany, I stayed for two months and I completed a tour of seven European countries in a van with two young brothers, Stephan and his friend. They were 24 and I was 30. They sat in the front and I sat in the back. Wherever we got invitations, we would go and stay with different families. Practically, I felt that Baba was with me.

**Whenever I could, I would sit**

---

**in the same yoga posture as Brahma Baba and take rays from Shiv Baba and had many good experiences of the combined form. I would take *sakash* from Baba throughout the day and really develop the combined form of Shiva and Shakti. We could see how Brahma Baba and Shiv Baba combined themselves and so I could combine myself with Shiv Baba and do the same thing. It is important to create a living room in the heart for Baba. The attitude needs to be so clean that the inner living room can welcome such a guest. Baba must like everything inside me. Internally, I have to create such a nice living space for God so we can sit together here and chat.**

I always feel that we need to keep the purity and cleanliness deeply within and actually create space for Baba so that His presence can be invoked. I have paid a lot of attention to the combined form. At this time whatever responsibilities we have, we need to keep this stage so that we are *yogyukt* and are able to do the Godly work.

I have understood to accept challenging situations to serve; yet we need strong experiences

of Baba's companionship. If life is easy going then we must keep the Almighty Authority with us; if we get a bit casual, the Almighty Authority will see this and go away. **We need to do things using God's power, not our own power. Very few people do this. This is the proof of being an obedient and loyal child. I have the experience of having a supply, but there is also the supply from up above which compliments fully. Baba is my Companion and so whenever I need, I just knock the door and He is there.**

We can look at it another way. **It is Baba's work and whenever something is necessary He needs me. Why do I think that I need Him? We say 'Baba' helps and yet we are helping Him.** Baba would always say 'Child, do this, do this'. So whose work is it? We say Baba helps. No. We say Baba I am ready and available for you. **YOU ARE DOING AND I AM HELPING YOU.** This is the Companionship. We should never say 'I give Baba so much'. Yet everything is Baba's. So we should say 'What can I take'. One needs to go into the depth of these things. Our time belongs to Baba and our body belongs to

Baba. Baba wants this type of 'inheritor'. Can I use this? Whose work is this? He made me His child and instrument and I just say 'yes'. He will give. If everything belongs to Baba then we have to ask permission. This is a sign of an inheritor who is fully surrendered.

In the last season and this season, Baba has talked about the need to emerge the heir souls. Baba's desire for this has not been fulfilled as He is still asking for them. Baba has told us the definition of heir soul.

Why is this so; is there something lacking in us? Wherever I do service, I always have the aim that the heir souls will be running the *Yagya*. The *Yagya* is not run on the basis of donations. You have to see the quality of the soul. At every step, you will see that one in unlimited service makes their efforts profitable and successful by using everything for the *yagya*. It is not possible that everyone knows how to become a heir. Training is needed to become a heir. If you do not have a sense of being a heir soul how can you make anyone else one. How is a heir? Wherever I go, I see – who are the candidates. What is the meaning of being an inheritor? The quality of the

study of an heir is really like the *chatrak* bird; it will absorb so quickly and want to understand it all. You will see the way the person studies is a sign of being a heir.

Sometimes the instruments are in the limited and don't move into the unlimited and see how that person can be encouraged to go into the unlimited also. **The inheritor is in the unlimited. They keep in their intellect that they really want to get their inheritance in the Confluence Age. The inheritors are those who take help from Baba, and they become the ones seated on Baba's throne. Any work they do, they do it with an attitude of being an instrument and attain success; they understand that they are an inheritor.**

**We feel that Baba is giving us a big package of opportunity and if we refuse, we are crossing out our fortune. I developed firm determination to do whatever I am asked to do trusting that Baba will give the power to be able to do it.**

We have to recognise the inheritors and guide them. How does the inheritor think? We have to move the person beyond the limitations and with a lot of love move them forward. Dadi Janki does this service of showing souls how to move forward. I tell the sisters that there are so many inheritors and we should be inspiring them.

As much as we go into the unlimited, we can take others too. Body, mind and wealth should be for the whole *Yagya* and wherever it is needed. Bro. Brijmohan practised it in his life. Baba said and he did. We have to follow the lesson of 'Haanji' or "Yes, Baba".

## **IMPORTANT INFORMATION**

(In relation with Subscription Rates)

1. Because of price rise in this year, the rates of the magazines Gyanamrit and The World Renewal have been fixed at Rs. 90 and Rs. 1000 for life in India and overseas. The lifetime membership rates will be Rs. 2,000 and Rs. 10,000 for India and overseas respectively.
2. While sending the subscription payment, do not send the same to anyone's name personally; but send it in favour of 'Gyanamrit' or 'The World Renewal' either by Demand Draft, Money Order or EMO through Post Office. The facility of E-Money Order is available at Shantivan Post Office, through which the amount for the magazines reach from any part of India within 10 minutes. The Pin Code of Shantivan Post Office is 307510. As in case of MO, it is necessary to give complete address and Pin Code for EMO also.
3. You must be aware that State Bank of India has its branch in Shantivan; therefore, send any draft at Shantivan, State Bank of India only.
4. Above the draft, write only '**Gyanamrit, Shantivan**' or '**The World Renewal, Shantivan**'. Don't write the name of any person or city.
5. **Now you can become the member of Gyanamrit or The World Renewal online also. The details of Bank account are as follows:**

**Name of the Bank:** ..... **State Bank of India**

**Name of the Bank Branch:** ..... **Shantivan**

**Saving Account No.:** ..... **30297656367**

**Name of the Saving Bank Account:** .....

..... **World Renewal Gyanamrit**

**IFS Code:** ..... **SBIN0010638**

**E-mail:** ..... **hindigyanamrit@gmail.com**

**For making online payment, send your complete address at email address given above and complete details of bank payment.**

6. The new postal address should either be typed or written in bold letters neatly in English only and sent.

### **FOR CONTACT:**

Om Shanti Printing Press, Gyanamrit Bhawan,  
**Shantivan – 307510 (Abu Road) Rajasthan.**

**Phone:** 02974-228125, **Fax:** 02974-228116

**Mobile:** 09414006904, 09414423949

**E-mail:** omshantipress@bkivv.org

# **INTROSPECTION – KEY TO SELF-TRANSFORMATION**



– B.K. Surendran, Bangalore

All spiritual efforts are aimed at self-transformation. It is popularly said that self-transformation leads to world-transformation. Normally, people go to spiritual congregations for gaining spiritual knowledge and also for attaining peace through prayer, fasting, chanting sacred syllables, peregrination and other spiritual practices. Self-transformation does not happen simply because one goes to a spiritual assembly or participates in a prayer or meditation programme. It happens only when the participant is serious about what he has been doing and puts in efforts to transform himself with the power of knowledge he gets and the prayer he attends.

We all know that we have two levels of existence. One is physical and the other is spiritual. Even the basis of physical existence is the spiritual existence. People normally focus on the growth and development at the physical level through innovations, inventions and other techniques, which can enhance the physical comforts

and facilities in the world. The physical lifestyle is modernised and updated day by day. Lots of changes keep happening at the physical level, whereas, such a transformation is not happening at the mental, behavioural and spiritual level. There is a mismatch between the outer development and the inner development. Therefore, in spite of high tech facilities, people are not happy with life. There is no peace of mind, happiness, security and solace in the midst of modern facilities and comforts.

## **Introspection by spiritual seekers**

God reveals His personality during the confluence age. His sermons are listened to and His directions are accepted and followed by innumerable spiritual effort makers. The purpose of God's descent is understood and the effort makers also know the consequences. The speed with which our efforts should progress in the context of the global destruction and the emergence of the new world order is not given serious thought by many of us. At

times, it is received lightly and acted upon as such. Even though the Lord is highlighting the points for effort making and the lag is also pointed out, many of us do not receive it with the seriousness it deserves. Sometime, we also feel that the Teacher is far ahead of us in imparting His lessons. If we say that we are about many years lagging behind to catch up with the teachings, it may not be wrong. That much of concerted efforts is necessary to catch up with the lessons and its experiences.

Perhaps, it appears that many of us and our efforts have come to a point of stagnancy and we have become somewhat complacent. We think that everything is ok. We are attending the discourse classes every day, and are regular in our *amritvela* meditation programme at 4 am and so on. In the field of service also, we are engaged in one-way or the other in Godly service only. But, the effort put in by Prajapita Brahma was much ahead of us. We seldom compare our efforts with Prajapita Brahma and ensure that our efforts are stepped up to the level of Prajapita Brahma. Prajapita Brahma has ascended to the subtle region successfully with his constant and fast effort making and also

---

visiting us now along with the Lord during the season. Our aim is to be like Prajapita Brahma. If we do not scale up to that level, our life-long effort is at naught and we would be overtaken by death. We are here to conquer death and to attain angelic stage.

### **Developing strategies for serious introspection and follow up efforts**

At the outset we can advance the *amritvela* by one minute every day until we reach 2 am every day. Prajapita Brahma used to meditate from 2 a.m. even though he was the chariot of the Lord. He was in fact the eldest of all effort makers, as he was in his 80s and 90s. We are all younger to him. We can identify the subtle areas of impurity in our thoughts, words and deeds and also relationship and design uncompromising strategies to remove these impurities so that the remembrance of the Lord is constant in our mind. We should be careful not to give sorrow to others. The thoughts of hatred, jealousy, arrogance, ego, revenge etc., are to be routed out completely. Let us take up the study of the sermons of the Lord with all seriousness like a diligent university student. Every evening from 6 p.m. to 8 p.m. should be devoted to

intense meditation sessions, prominently focusing on service through mind. We should review the experiences gained through these meditation sessions and see that we progress every day. Our happiness level should go up, the sense organs should cool down, and outside situations should not affect us either positively or negatively. Our thoughts, words and deeds should match at all times. We should see that we are always truthful and thoughtful in thoughts, words, deeds and relationships.

There are certain demoniac *sanskars* deeply ingrained in the soul. We may be making lots of efforts to get rid of these *sanskars*. These should be identified and burnt out with the power of yoga. If we are not able to get rid of these *sanskars* on our own, we can also surrender to the Lord for help. With the blessings and help of the Lord we should see that such diehard habits and *sanskars* are burnt out with the intense remembrance of the Lord. We must create time for practicing soul consciousness and bodiless stage. We should set ourselves in a gymnastic mode to be in soul conscious stage, bodiless stage, in seed stage in incorporeal world, in angelic stage in subtle world, in

deity stage in golden age, as a Brahmin soul in confluence age, and as a worship worthy idol image in the copper and iron ages and so on.

We should watch out our stage. Our stage should move up through Iron Age to copper age, on to silver age and to golden age. We should step up our efforts to stay at the 1st step of golden age until we leave this body with our own volition. Our stage should be virtuous. We should bury the vices. There should be no trace of the vices. We should have no worldly desires. Our mind should be stable at all times and under all circumstances. In order to make these achievements, we must do a lot of self-convincing acts because if the self is not convinced we will not be able to successfully make the efforts. We must speak to ourselves and also give lot of self-suggestions. We must create interest for self-improvement efforts in ourselves. We must convince ourselves regarding the necessity of making these efforts at this point of time. Since the Lord is with us, it is now possible to easily attain these stages. Because the Lord is with us and He is helping us to do these efforts, it is the appropriate time for us to scale

---

great heights, which will sustain our life for 84 births. We have to simply take one initial step and the remaining steps are guaranteed. When we look at the returns, the efforts look negligible.

### **Review of Yogi life**

Some spiritual seekers say that after they have acquired Godly knowledge and learnt Rajyoga, they have noticed appreciable positive changes in their life. But the rate of progress has somehow slackened after they travelled some distance. Our introspection exercise will reveal that such and such areas of our yogi life should be reorganised more systematically with determination for quick results and also constant progress. Even though these areas are very familiar to us, yet a reminder will help us in a big way.

### **Attention on our thoughts**

We should not generate negative, waste and vicious thoughts. These thoughts are a hindrance to our progress. This is possible only when we focus on positive, pure and Godly thoughts. Purposeful and systematic study of the sermons of the Lord will help us in generating powerful, positive

and pure thoughts.

### **Go to bed at 10 p.m. punctually with the right state of mind**

We have to organise the day's activities in such a way that every day we must retire to bed at 10 pm punctually with the right state of mind. We should spend at least 10 minutes in the remembrance of the Lord and then retire to bed. This will help us wake up at *amritvela* at the desired time with the loving thoughts of the Lord.

### **Pay attention to food, words, conduct and behaviour during the day**

Our food, words, conduct and behaviour affect our daily spiritual life. This will have adverse impact on our spiritual life, which can retard our progress in case it is not according to the directions of the Lord. Hence, satvic diet, soft and sweet words and courteous, polite and civil conduct and behaviour will always help us on the path of spirituality during the day.

### **Commence the day with a powerful thought**

A powerful thought is the remembrance of the Lord. As soon as we wake up, let us remember the Lord and look at Him with the highest regard and veneration. Then, let us think of a powerful thought like 'This

day I am going to be happy under all circumstances'.

### **Practice brief spells of meditation during the day**

Even though we have specifically fixed 7 times 3 minutes each meditation sessions in the form of thought traffic control exercises, many of us seldom practice them. We must become aware of the timings and devote time to practice it. Similarly, again for each hour of the day, one-minute meditation session should also be practiced. If we seriously consider these meditation sessions, this will help us in streamlining our daily routine smoothly to ensure constant meditation mindset and for creating a soul conscious daily life.

### **Renounce desire for name and fame, honour and glory, reward and award**

Even though many of us speak of renunciation and disinterest in real life, in some of us there is the urge and thought for recognition, name, fame, honour, glory, reward and award. These desires create hurdles in the spiritual path. But we forget the fact that we are instruments of God and all of our knowledge and other special qualities are all blessed by the

---

Lord. We should dedicate all our efforts and services to God without longing for their returns. This will keep us on the path of spirituality and we can easily move forward.

**Obstacles, fatigue, loss of ease and comfort**

As we keep on progressing in spiritual life, there would be more and more obstacles coming up on the way. Sometimes, we become tired and feel the pinch of fatigue. We start losing our ease and comfort. We must understand that obstacles should come then only we will learn new lessons in the path of spirituality. These come to us to educate us on new areas. We gain experiences of sorts in the process. Therefore, we should welcome problems and thank the trouble creators. By looking at the blocks, we should not get tired and lose our ease and comfort. Those who are living in the company of the Lord will never feel the pinch of obstacles. They will never become tired.

**Involve us in Godly service**

Godly service is an opportunity blessed by the Lord for us to contribute to world welfare. Godly service is an act of charity. The act of giving happiness to others is Godly service. On one hand we grow spiritually and on the other hand we make others happy. This kind of service will help us and make us grow spiritually. Wherever we are, we should make it a point to see that we involve ourselves in some kind of Godly service.

## THE FRAGRANCE OF VIRTUES

– Aarti

Virtues are the contents of the soul and these form the righteous or truthful nature of the soul. Where love and peace embody the spirit, purity is the lifeblood, which God enables to flow as the embodiment of virtues. Life is sustained by Happiness and Truth in such a virtuous soul.

Virtues are revealed through our actions... Where Truth forms the backbone and Determination is the skeletal structure, Stability and Perseverance are the joints that bind the soul. Love, Tolerance and Peace are the virtues that nurture the soul like a mother.

There are certain values that bring special beauty to the soul and create a kind of attraction towards the self; they are Royalty, Grace, Generosity, Kindness, Honesty and Serenity. All these are like the fragrance of the soul.

Certain virtues manifest themselves through our physical actions, like Sweetness, Politeness, Caring, Sharing, Contentment etc. They add exotic flavour to the self.

However, there are certain virtues that can be acquired only through the Source who makes us rulers of the kingdom of the self. These virtues are Mercy, Bliss, Truth, Love, Benevolence, Selflessness, and Peace! They belong truly to God alone and we receive them as His legacy, when we become His true children.

This is my sincere endeavour to write about what I have experienced personally. This effort has been possible only due to the Blessings of God, my father, who has held my pen patiently, making me understand where I needed to know Him better. I thank God and His ever-present angels, for all the time and support they have given to help increase my understanding, even though my intellect has been limited.

# AN EXPERIENCE!

– BK Maithili, Kotahena, Sri Lanka

Last month, from April 12-15, we had silence *bhatti* at the B.K. centres, nationwide. The previous day there had been Tsunami alert in few areas and in the afternoon many of us had felt the shake for few minutes. Outside, I had seen people running here and there, in fear and tension. So, that evening few of us sat in *Yoga Bhatti* for 2 hours in the centre, spreading peaceful vibrations everywhere. During that time I decided to make use of the 4-day silence *Bhatti*, which was going to start on the following day, to prepare myself for the final moments.

On 13th April, we had the session of pilgrimage tour to four places, which were created like Madhuban. When I went to Baba's hut and sat in front of Him, a thought came that I was going to be separated from my Beloved Baba very soon. This feeling of separation made me so heavy that I couldn't bear it. Suddenly I felt as though someone was embracing me and showering love.

The following day, we had a session called "**Final moments**". For that, a pyre

was made in the middle of the hall and each one were to experience leaving the body, looking at their own body being cremated and then to return *home*, i.e., Soul World or Param Dham. As I knew this plan already, I really wanted to experience this to the best. Therefore, from *amritvela* onward, I had been preparing myself and counting the number of hours to return *home*. So that day whatever I did, I told myself, this is my LAST *amritvela*, LAST *murli*, LAST food, LAST drink.... etc. Then during break time, at 11 a.m., I came downstairs to a room, looked at my body in a mirror and thanked the body for cooperating with me for many years. Then I went up for the session. Before the commentary started, I invoked

all the souls whomever I had come into contact with and thanked them, asked them for forgiveness if I had done anything wrong to them. In this way I prepared myself, packed up all other thoughts and was ready to leave the body. "*When you die, the world is dead for you.*" – I practically experienced this on that day. I had the deep thought that I should only remember Baba when I leave the body. When 'OM' music followed by funeral song was played, only Baba was there in my heart. I experienced the sweetness of true love. This experience I had for some time and I was really merged in the Ocean of Love. I was so happy that I've achieved my target after three days of sincere effort and determination. This *bhatti* gave me a very fruitful experience which will go a long way in self-change, self-development, purification and concentration. Heartiest thanks to my Baba!

## IT TAKES COURAGE TO SHOW YOUR REAL SELF..

If people don't know who you really are, it is because you have not shown them. It takes courage to show your real self and not mislead people to believe you are the mask you wear to protect yourself from being vulnerable. Today let me reveal myself honestly to others and be known as I really am.



## IN BABA'S LAP

–B.K. Renu Singh, New Delhi

Everyone has got one's childhood memories, some sweet, some bitter. But I feel I am a fortunate soul in whose account, sweetest is the only word that fits. I was the youngest and the only girl child in my family along with two elder brothers. Even in my childhood I used to feel that my eldest brother was a special soul amongst all my family members. On 18th January 1969, when Brahma Baba became *avyakt* from this world, during that night I kept crying, calling 'Baba', 'Baba' (because he had left me in the world, alone). My eldest brother then took me in his lap and I found solace and consolation after Baba had left me. I had no knowledge of the Brahma Kumaris organisation at that time and didn't know who Brahma Baba was.

### Childhood Under God's Care

I was the most pampered child from the very beginning but then I had been very sensible too, as I didn't take the things for granted at any step of my life. My whole family used to teach me about all kinds of religious beliefs but not

spirituality. However, my childhood memories are full of positivity, without any sort of social taboos or other limitations. I was full of positive thoughts and energy. There was no word like "IMPOSSIBLE". I became a very confident, bold and courageous girl when I entered my college life.

Life was full of excitement, happiness, peace and prosperity. I started developing the hobby of writing poems from 31st October 1982. But, I was not aware as to how, in future, I would be rewarded through this hobby of writing. I used to stand first during my study period and completed my post graduation along with M.Phil successfully.

My attitude towards life has always been full of positivity because ATTITUDE and DISCIPLINE are the only two words, which give 100%. If we take care of the addition of the placement of alphabets in their order, i.e.

**ATTITUDE:**

1+20+20+09+20+21+04+05=100

**DISCIPLINE:**

04+09+19+03+09+16+12+09+14+05=100

These two words were, are

and will always be there with me whole through my life, because these are the only words which act as a key to success in each and everyone's life on this earth.

### On the Highway of Self-Change

Change is the law of nature. Someone once told me that whenever any adverse situation arises in one's life, one should start observing nature. Fourteenth April 2011 is the most memorable day of my life, as I was spiritually born in Baba's lap on this day. Before that, I had not noticed the significance of spiritual teachings of the Brahmakumaris organisation, though I had been to their international headquarters at Mt. Abu, about ten years ago. On 14th April 2011, Thursday, due to disturbance in family, I was feeling extremely distressed, disappointed and dejected.

Suddenly, I got inspiration from some invisible power and was magnetically pulled towards the B.K. centre, near my home. I went there and had a sigh of relief as if I had got all for which I was wandering here and there for years altogether, i.e., for peace, happiness and prosperity. After reaching there, one sister welcomed me, and what a hearty welcome it was!

---

I just can't explain it in words. She told me about the 7-Day course, which I started on that very day.

### **A Unique Experience**

Esteemed readers, I would like to share with you a great surprise that was in store for me on the very second day of my course. I was really stunned to see Brahma Baba's photograph, as it was really unbelievable to see Brahma Baba, whom I had already met on 18th January 1969, when I was only 3 years, 2 months and six days old. That very night, I kept seeing Brahma Baba who had come to say good bye to this world and "Baba" was the only word which was being recited by me at that time.

Therefore, this second day of my course, had given me the most unravelled truth of my life, that is, there is something, which God wants me to do through the "Brahma Kumaris". From that very particular moment till now, there are no questions like 'why', 'what', 'how' etc., because I have been leading this spiritual life as per the *Shrimat* of 'My Baba'.

With firm faith and deep realisation, I completed my seven-day course and started attending *Murli* (Godly versions) regularly. On each day, there used to be so much

excitement to listen to teachings of the Supreme Teacher, Incorporeal God Shiva. I started implementing this knowledge, which resulted into positive attitude toward persons and various life situations even in the worst circumstances.

### **Rajyoga-for Health, Happiness and Harmony**

On 14th April 2012, I have completed one year on this spiritual journey of Rajyoga. I have experienced a nice change over such a small period of time. At the time of starting the seven-day course, I had lost control over my heart, mind and body. I was suffering from diseases like depression, BP, Thyroid etc. The B.K brothers and sisters seemed to be quite familiar to me and I felt at home there. B.K. Bimla Didi really inspired me. I used to get the answers to each and every question in the *Murli* classes in the very beginning. But whenever we start doing something, we also face opposition. In fact, Maya (vices) is there to oppose us. I also had to face opposition but then, when God had given invitation, no other power could ever have stopped me. Then, slowly and gradually, I started to regain my confidence and control both. The change was observed by my family members and they

also started to encourage me.

By Baba's grace, I have had wonderful experiences many a time. Baba has said that whenever any adverse situation comes, remember that Baba is always with you. Baba has also advised us to first change the self, if we want to have a change in others. This has become the golden principle of my life, which has made my life smooth. Therefore to conquer the situation, to change the situation, let's change ourselves first; then automatically change will start flowing from all directions, in a natural way. Baba has told us in *Murlis* that a pure and divine soul performs all its acts joyfully and effortlessly.

In the lap of Shiv Baba, I have been continuously experiencing His unconditional and abundant love, peace; knowledge ....so there remains no sign of negativity in life. I realise that Godly love is unparalleled in this whole world. Thank you, My Dear Baba. 'Thanks' is the only word, which echoes in every breath of my life. Baba always remains there in my heart. Dear Baba, in what words can I thank you!.

***"Kin Shabdon mein Apka Dhanyawaad Karun..."***

***Here is a poem that Baba inspired me to write***

---

*recently:—*

### **WHAT A CHANGE!**

“What a change in my life...  
A life, which used to be full of strife  
Struggles and struggles everywhere  
Nobody was there for me to share....  
I wanted to share and get some relief  
But there was not even a single belief  
Because no one seemed satisfied in life  
And wanted to cut it with one’s own knife

Then one day a miracle took place  
For worries and tensions there was no  
space  
I just went on and went on just like a kite  
As if a magnet attracting me just at first sight

‘My Baba’ You were there waiting for me  
I also felt the same for thee  
Flowers started to blossom as if in spring  
And I felt like I got each and everything

That was such a pleasant change  
To define it, there is no range  
Only one word for World Almighty  
Authority  
Heartfelt thanks Baba, now remains no  
curiosity

Because I have become a contented soul  
And have got and achieved life’s each goal  
You keep Your promises all the way  
Nothing remains there for me to say

Baba you’re always with me, gifting purity  
and peace  
Teach to be victorious, bestowing boons  
and bliss.

### **FREE FROM PRE-DETERMINED NOTIONS**

A teacher teaching Maths to five-year-old student asked him, “If I give you one apple and one apple and one apple, how many apples will you have?” Within a few seconds the student replied confidently, “Four!”

The dismayed teacher was expecting an effortless correct answer (three). She was disappointed. “Maybe the child did not listen properly,” she thought. She repeated, “My boy, listen carefully. If I give you one apple and one apple and one apple, how many apples will you have?”

The student had seen the disappointment on his teacher’s face. He calculated again on his fingers. But within him he was also searching for the answer that will make the teacher happy. His search for the answer was not for the correct one, but the one that would make his teacher happy. This time hesitatingly he replied, “Four”.

The disappointment stayed on the teacher’s face. She remembered that this student liked strawberries. She thought perhaps he didn’t like apples and that is making him loose focus. This time with an exaggerated excitement and twinkling in her eyes she asked, “If I give you one strawberry and one strawberry and one strawberry, then how many you will have?” Seeing the teacher happy, the boy calculated on his fingers again. There was no pressure on him, but a little on the teacher. She wanted her new approach to succeed. With a hesitating smile the student enquired, “Three?”

The teacher now had a victorious smile. Her approach had succeeded. She wanted to congratulate herself. But one last thing remained. Once again she asked him, “Now if I give you one apple and one apple and one more apple how many will you have?”

Promptly the student answered, “Four!”

The teacher was aghast. “How my boy, how?” she demanded in a little stern and irritated voice. In a voice that was low and hesitating, young student replied, “Because I already have one apple in my bag.”

(Forwarded by **B.K. Vijayanti, New Delhi**)

# THE ETERNAL JOURNEY



– B. K. Mukut Sarma, Nalbari, Assam



**O**n ‘Guwahati-Shillong’ hilly road, tearing the thick cover of fog and darkness, a private night super bus was slowly meandering towards its destination, Imphal, the capital town of Manipur.

Brahmakumari sister Jonali, accompanied by another B.K. sister, was also travelling in that bus. They were going to visit the newly established Brahma Kumaris branch in Imphal for spiritual services.

The bus had just passed ‘Jorabat’. It was about 11 p.m. then. The bus was moving slowly on the serpentine ghat road. After a while, a Jeep from the opposite direction suddenly appeared in front of the bus. The bus driver somehow managed to stop the bus; but in the process the bus collided gently with the Jeep.

Suddenly about ten young guys wearing black pent-shirts came out of the open jeep. All of them were carrying wooden sticks with them. It was understood that the passengers would be looted. Everyone’s heart beat increased. The bus driver was clever and

experienced. He left his seat at once and occupied a vacant seat, pretending to be a passenger.

One of the young guys entered the bus and finding the driver seat empty, got very annoyed. “Where is the driver? Where has he gone?”- The guy asked the passengers with a gigantic voice.

When no one replied, he asked one of the passengers about the driver. When he said that the bus driver had gone away, the young guy got very angry and showered blows on him. He then shouted angrily – “The driver could not have left the bus. He must be here in the bus amongst the other passengers. If the passengers do not reveal the driver, then we will destroy the whole bus.” Already the other young guys started to hit the bus with their sticks; the sound of broken glass created panic.

Suddenly, overcoming the noise of broken glass and ugly shouting of the young guys, they heard a smart, bold but

sweet, female voice – “Hello, brother! What has happened to you? What is your problem indeed? What do you actually want?” The young guy turned towards the lady who spoke to him; it was B.K. Sister Jonali. Reacting to the courageous voice of a young woman wearing spotless white dress, the young boy lowered his voice to some extent – “See madam, the bus driver has damaged our jeep. He must pay for the repairs. But instead of doing that, he is hiding. The passengers are also helping him. If the driver is not revealed to us, we will collect the money from the passengers.”

B.K. Jonali spoke in the same tone, “Brother, will you be pleased if your mother, sister or any brother are looted while they are travelling?” Before she could conclude, the young boy told gently – “We are not talking about you. We will not take money from you.”

B.K. Jonali continued, “But the other people are also our brothers. I have sympathy for them also.”

After a while, she again

---

started to speak – “I think the bus driver may not have so much money with him. But still you can easily solve this simple problem by getting your money from the proprietor of the bus agency”.

The young guy – “Madam, how can we meet the proprietor now? How can we collect money from him?”

B.K. Sis. Jonali – “I think you can easily find the telephone number of the bus agency. The bus conductor may also know the telephone number. Then you can communicate with the proprietor from any PCO and place your demand. If the bus conductor confirms the genuineness of your demand, then the proprietor must accept your demand. Then you can collect your money tomorrow from him. This is very simple.”

The guys waiting outside the bus grew irritable and shouted at the young boy in the bus – “To whom are you talking? Who is that girl lecturing so much? Please stop talking and collect money from the passengers. If anybody refuses to pay money, throw him out of the bus.”

The first one seemed helpless; he asked the others guys, “Please come up and see for yourself whom I am talking to!”

The second one entered the

bus. He too started with an angry voice – “Where is the driver? Please show him or pay us compensation. Otherwise, the whole bus will be destroyed”. B.K. Jonali again stated humbly, “Brother, you are all learned people. From tomorrow there is a general strike at Imphal. If we fail to arrive in time, there will be great suffering to the passengers...”

The guys outside the bus shouted angrily – “Hello, you have also started to talk with her!”

Another youngster entered the bus and looking at the passengers began to shout – “Perhaps you have not recognized me and that is why you have not yet revealed the driver. If I tell my name, you will ...”

This time they went to the bus conductor. They slapped him many times and asked him to find the driver. The conductor replied that he was not really aware of the whereabouts of the driver. The young guys then gave him some more blows and scolded him – “You are the bus conductor and you do not know about the driver! You are a liar! Trace the driver at once, otherwise...”

“Madam please protect me. I was indeed sleeping. I do not know where the driver has gone!” – The teenage bus

conductor touched the feet of B.K. Sis. Jonali and began to weep.

Addressing them, sister Jonali began to speak again, “Brothers, please wait for a while. This innocent bus conductor is also our brother. If anybody hits you in front of me, can I bear it? He is also like my brother...”

Leaving the bus conductor, one of them occupied the driver’s seat. Turning on the ignition key left by the driver, he announced loudly – “If the driver does not come out, I myself will drive the bus!” The other two began to open the boxes near the driver seat.

B.K. Jonali went near them and spoke very politely-”Wait a bit brother, please wait! Can you drive the bus safely on this hilly road where there is only fog and darkness all around? If you commit any mistake, can you imagine what can happen?”

The young people spoke together- “Then madam, you search for the driver.”

B.K. Sis. Jonali: “Can you promise me that you will do him no harm?”

“O.K. madam, we promise. We will not do him any harm. You just show him now.” – speaking together they also handed over the bus keys to Sister Jonali.

**Sister Jonali became the**

**heroine of the mid night ‘Street Drama’; perhaps it was the first time she played such a role in a tense situation like that.** Looking towards the co-passengers, she shouted dramatically, "Hello Mr. driver! If you are here, please come out. Our brothers have assured me that they will not harm you."

There was no answer from any corner.

The young guys got off the bus and perhaps waited for the driver to come out. But still the clever driver did not identify himself.

Suddenly the passengers saw a car coming from the opposite direction. All the passengers shouted for the car to stop. The passengers were really fortunate, as it was a police car on patrolling duty!

In the meantime, taking advantage of the darkness, the young guys quickly vanished in the nearby jungles.

The passengers explained the situation to the police. The journey was resumed and with the help of the police escort, the bus reached its destination safely.

Thus B.K. sister Jonali became the centre of attraction for all the passengers. They praised her wholeheartedly. Some of the passengers asked her – "From where did you get the courage to speak to them in such a relaxed manner? We were frightened a lot and therefore remained silent."

Sister Jonali told them about the Brahma Kumaris Institution and Rajyoga Meditation. She explained how the practice of Rajyoga Meditation can help one acquire eight spiritual powers (power to tolerate, power to adjust, power to judge, power to distinguish, power to face critical situations, power to co-operate, power to pack-up and power to detach etc). Everybody on that day promised to learn and practise Rajyoga meditation.

As a mark of respect, the bus driver and all the passengers accompanied the B.K. sisters to the Brahma Kumaris centre. After listening to the basics of Rajyoga meditation and having light refreshments, they left for their respective destinations. **(To be continued)**

## THE SUBLIME TRUTH

–Manasi Taneja, Indore

The water, the land, and the beautiful sky  
Songs immortal sing birds soaring high  
Lovable praises and prayers day and night  
Reflecting in the river is the paradise  
bright!

Mirror, the moon, and the sun gleam  
Shimmering plain water of the stream  
The waves kneel to the heavens above  
As a mortal on earth worthy of His Love  
The mountain peaks covered with snow  
Aroma of the flowers from shrines quietly  
flow

The mist rising from the rills alight on the  
land

Worshipping winds with tears of rain walk  
hand in hand

Droop the trees and the woods sometime  
grieve

But straighten...when glistens the sun  
again with a beam

Look at the flowers bustled and wild  
Never are lifeless... just give a happy  
smile

I love the mountains, the sky and the  
moon

The moss, the thunder, the rain and the  
noon

O' the waters flowing through the rocks  
Like mellowing strings from the music box  
Show us so well the presence of the Lord  
Everything in nature is His splendid  
reward

Devout to the chaste, the inert beings'  
rote

'No church, no temple, and no mosque we  
hold

Yet in His delight and realm we float'.

# WISDOM: THE FIFTH WEAPON

—Dr. Shubhangana Atre, Pune

{**Shubhangana Atre**, Master in Sociology from University of Bombay (1972), Master in Ancient Indian History, Culture and Archaeology from University of Pune (1981), was awarded Doctorate in 1986 for her thesis entitled, "Harappan Religion:" published in 1987 under the title, "Archetypal Mother: A Systemic Approach to Harappan Religion". She has participated in various archaeological excavations in India, published a number of articles based on her research and has taught in Deccan College Postgraduate and Research Institute for more than 20 years and also in Tilak Maharashtra Vidyapeeth in Pune. Presently, she is enjoying her retired life and translating a book, entitled, "The Heathen in His Blindness: Asia, the West and the Dynamic of Religion" in Marathi.}

**W**e all frequently hear the term 'New Age Spirituality'. It seems neither unfamiliar nor familiar to many of us. Why familiar? Because many of us like to believe that in some way we are already spiritual and we very well know what spirituality means! Why unfamiliar? Because, we may wonder, at times, about what it has got to do with the 'New Age'.

In that case we may try to understand the terms like 'New Age', 'Spirituality' and 'Religion' more elaborately. You may ask me, why do we need to spend time on understanding these terms once again because we have all been using these terms very often and we know them very well. Right? You are absolutely right there! But then

I would ask you, are spirituality and religion two different phenomena? Perhaps, you may say that 'yes, they, are two different phenomena. Some of you may also wonder, thinking that is there really any difference; essentially both are two sides of the same coin. Well, either way can be said to be right. Or there may be a third answer too. In short, each of us has our own perception as to the nature of spirituality and religion. It is interesting to observe that more and more people now prefer to describe themselves as spiritual and not religious.

The question is, when we say so, have we really defined the distinction between being religious and not being religious, but spiritual. Many of us simply

mean to say that I do not nurture any extreme affinity toward any of the known religions, but I feel I have reached a higher stage of human consciousness and from that point of view, I am spiritual. However, in our private lives we have not given up the religion we have inherited. We still follow the ways of our ancestors as far as the rituals are concerned. There is nothing wrong in that. What I am trying to point out is that there are no clearly drawn boundary lines between being religious and spiritual. Or if at all there are such distinctions, they are between the performance of rituals according to a certain given way and non-performance of rituals.

Religion and rituals are two different things. Rituals are the markers of the regimentation of our lifestyle as members of a given group of people who profess to belong to a certain religion, while religion itself is a philosophy that gives you the basic 'do's' and 'don'ts' for living a meaningful and gratifying life. However, in course of time, most of the human communities tend to forget this and equate their religion with rituals.

The moment we begin to gain some awareness about the distinction between the

---

regimentation brought by rituals and the deep-seated philosophy of a religion, we may claim that we have stepped into the realm of the higher wisdom inherited by entire humanity. To me that is the beginning of our spiritual journey. Once the journey begins it's a long way, though!

I would, at this point, like to bring you to the traditional understanding of spirituality. There are two levels of spirituality in the Indian tradition termed as *Abhyudaya* (achievement) and *NiHshreyas* (attainment). *NiHshreyas* or *Moksha* is the state beyond even bliss, beyond awareness of the Manifest, i.e. oneness with the *Brahman*, which is the ultimate goal of spirituality. Common people understand it as freedom from the cycle of rebirths. It was a common misconception of westerners that Indian tradition was so concerned with *NiHshreyas* that it neglected everything about the day-to-day life and a person's well being therein.

However, this was never the case. Ancient Indians understood human life as an intricately woven thread of the entire canvas of the manifest world. If this thread gets weaker, the entire canvas would be tattered. Hence, humanity carried a greater responsibility

of maintaining it in its prime grandeur. To do so means to let the cosmic cycle run without any hindrance. Whatever actions by humans led to hamper the smooth running of the cosmic cycle was considered unrighteous. To conduct oneself toward the fulfilment of one's inborn duty, in order to maintain the cosmic cycle was *Dharma*.

Human beings were advised to follow the path of righteousness and achieve *Abhyudaya* or achievement by honest means. Fulfilling of all the family and social duties in a graceful way was the underlying meaning of *Abhyudaya* and not mere material prosperity; similarly only the one who had fulfilled all these duties was entitled to seek *NiHshreyas*. Rather, he was already set to reach this goal. This was the sum total of spirituality as viewed in the ancient tradition. The path of *Dharma* was the path of spirituality. With the genesis of human greed, we were given to forget that spirituality has always been inherent in us. With the increasing materialism, we began to believe that it is an external factor and we must find it by special efforts. New Age spirituality is offering us the means to find and reinstate it by

easier means, which would be agreeable to the modern intellectual humans. It is urging us to go back to our roots, know ourselves and realize that we are spiritual by default, to find that lost wisdom. That lost wisdom is the real weapon to overcome the spiritual-mundane dichotomy forever.

I would like to narrate a story to conclude my sharing with you. There was a king whose name was Brahmadata. When Bodhisattva was born as his son, the sages predicted that he would grow to be a very powerful prince endowed with five celestial weapons. Hence, he was named as Panchâyudha. As a youth of sixteen, he was sent to Taxila for higher education. After completing the education successfully at Taxila, he returned home. On his return journey, he was stopped by an ogre. He refused to submit to the ogre. When challenged, he fought with the ogre. First he used his arrow and bows, then his sword, then the wheel, and then the club. All got stuck into the ogre's body and yet she was standing there, unflinching. When the ogre approached him, he threatened her that if she ate him up, she will suffer very badly because his fifth weapon was still with him, intact. That



weapon was not external, but was a part of him. It was 'wisdom'. The ogre did not believe fully in the prince, but still scared, she let him go. This fifth weapon to fight the ogre of ignorance has always been within us. Spirituality is to know that and continue to empower ourselves with the awakened

wisdom.

The spiritual teachings being imparted by Incorporeal God Shiva through the corporeal medium of Prajapita Brahma at the present Confluence Age or *Sangam Yug* open our intellect and show the righteous way, treading on which we can achieve *Mukti* (liberation) and

*Jeevan Mukti* (fruition). Since God Father Shiva is the Father of all souls and He alone has the complete knowledge of the present, past and future, His teachings are now being imbibed by *lakhs* of people throughout the world, leading to the advent of Golden Age on earth.

## BE LIBERAL IN APPRECIATION

— Jissy Thomas, Baroda

I am indeed lucky to teach Play School kids. They have taught me to be more patient. And they have also taught me to be more selfless.

This incident happened during the Sports Day held in my school for little kids. There were many races and one of the races was the Monkey Race where the participants came in the costume of a monkey and had to pick a banana from the track and run till the finishing line. Everybody ran well but one girl forgot to pick the banana up. Instead, she ran straight. The girl in the next track went to the first girl's track, picked the banana, ran quickly and gave it to the girl who forgot to take it. Later, she came back to her track and ran. I was on the starting line. When I saw this, I smiled and deep down my heart I felt a sense of satisfaction.

After the programme got over, my colleague told sarcastically, "Your student committed mistake while running." I gave her a nice reply "Your kids may have run well but my kids got the best comment." And what did the commentator say on mike? "Sharing... that's what we teach in our school." What better compliment can my kids get! .. :)

I discussed this incident with my friends. One of them commented "The so-called elders have made this world ugly by creating 'competition.' Children need encouragement, not competition so that creativity blossoms. The feeling of helping others is present in kids. We elders and the present education system have led to crushing this quality among them."

Another friend told me that if she were in place of that child she would not have had the courage to think about others. I said if we adults were running the race instead of kids, we would keep on snatching the bananas and never reach the finishing line.

Joke apart, why is it that we lose the innocence that is built in us as a child? Why do we get self-cantered as we grow up? I feel that many of us adults have taken the good values for granted, or, better still, useless. What good will it do is the question that is asked. I always appreciate the good that students do, even the older ones, especially when they come and tell me that I have given them mark by mistake for the answer that they wrote wrong. Believe me, my heart swells with pride. I always write positive remarks in their school diary. We are quick to criticize but very slow in showering praises. A little more praise for each good deed that the child does would surely go a long way in making her/him a good person. I am trying my bit to assure my students that goodness pays.

# MANSA SEVA , CONSCIOUSNESS AND SCIENCE

– B.K. Dr. Dilip V. Kaundinya, Ex-Professor & Head,  
Dept. of Microbiology, Sir J J Hospital, Mumbai

There are about 200 types of Meditation taught and practised throughout the world. Only a few of them are evidence-based. One of them is Brahma Kumaris Rajayoga, which in my experience, is super-duper prescription for everlasting health, happiness, harmony and peace in life. **Murali** (Godly versions) is one of the most essential components of “**Rajyoga capsule**”, which contains the daily Divine directions from the Supreme Soul Shiva, for a step-wise evolution of the soul to the final deity-like consciousness – *Satvik* or soul-consciousness. At present, our minds are agile between *Rajasik*-*Tamasik* Conscious-ness, more so in this Iron Age in which **Maya, Ravana or Satin** is most powerful. Lack of appropriate knowledge of soul or the conscious entity driving this body, has led human beings to the present state of amnesia (*Vismruti*) about our true self and its vast potential. Practitioners of Rajyoga now

undertake human experiences (*Anubhav*) under guidance (*Shrimat*) of the Supreme Father to evolve our consciousness into full awakening (*Smruti*). **God Himself has descended on this planet earth** for this very purpose. Those who believe they shall gain beyond all expectations.

God Father Shiva has revealed that the present time of Confluence Age is the time of world transformation, which is the harbinger of a new era, **Golden Age**. So the Supreme Soul, in all of His recent *Muralis*, has advised us to do “*Mansa Seva*” through the thought vibrations of love, peace, power or happiness for providing some solace to the suffering humanity. Those with a spiritual bent of mind shall immediately start to work with belief and faith without wasting a single second. Those who shall continue their habit of wasting time in the unending queue of questions and finding scientific evidence. viz., ‘Why

do the thoughts have vibrations?’ ‘Why should soul be considered as thought-transmitter?’ ‘Is it possible to generate vibrations specific for love, peace, or happiness?’ ‘What proof is there that the vibrations could reach the whole world?’ The recent developments about the psychic experiments done by the Russian scientists and their conclusions shall put an end to some of such questions. *Mansa Seva* or meditation for peace in the world can be defined as Mass Mind Attention and Intention with a laser beam single point focus on a single emotion which the practitioners wish to send to the whole world. Emotion is Energy that sets the act into motion.

**Faraday Cage Experiment:-** The “Cage” is an air-tight, sound-proof, double-walled chamber having vacuum in between the walls and surrounded by copper-wire mesh around. This arrangement prevents transmission of all kinds of waves or vibrations-

---

electromagnetic ,microwave and others. A person who is a powerful “**Thought-transmitter**” sitted in the Faraday Cage, was made to transmit specific thoughts at specific time-intervals. He kept a careful log of these “Transmissions”. A highly sensitive “**Thought-receiver**” was made to sit at increasing distances at specific times and to keep a log of thoughts received. Amazingly, it was discovered that our thoughts can travel for an infinite distance.

Russian experiments were replicated later on in U.S.A. It then becomes clear that our Consciousness, an energy with awareness and thoughts, is not strictly trapped in our brains and nervous system. It constantly interacts with the environment (*Vaataavaran*) and our surroundings (*Vayumandal*). Consciouness is an energetic phenomenon which can pass between various life-forms—humans, animals and plants, through a apparently “**Empty Space**”. Mesmerism or hypnosis is one such phenomenon.

**The stunning powers of hypnosis and Astral Projection:-** Dr. Thomas Garret, a therapeutic Hypnotist, had pioneered the treatment of Shell-shocked soldiers from first

world-war. One such patient was emotionally upset over a broken romance. He told Dr. Garret that he and his former fiancée have had falling out over a trivial matter and she returned his ring. Dr. Garret , on an impulse, told the hypnotized soldier that he would now visit his fiancée and determine how she felt about it. Further, he has the power to leave his physical body in an astral form, and visit his fiancee’s house though it was some great distance away. After a moment of silence, the hypnotized soldier announced that he is standing outside the closed door of the girl’s room. Dr. Garret then instructed him— you can pass right through the door in your astral form. After another moment the young man said, “She is writing a letter.” Dr. Garret, once again instructed, “Look over her shoulder and see what she is writing.” The hypnotized soldier delightfully said “She is writing that she is sorry for her part in the quarrel”. Later, the following day, the young man received a letter by special delivery from his sweet-heart, the very letter which the soldier had read astrally.

A study published in “The journal of offenders’ Rehabilitation” reports that a group of people met regularly

and meditated with the thoughts of “**Love and Peace**” for the whole world over a period of two years. This simple act reduced all acts of “Terrorism” by a phenomenal 72 per cent. Another study published in 1999, showed that the violent crimes in Washington DC decreased by 23.6 per cent in just two months period. As soon as the meetings of the meditators stopped, the crime levels started going up again. Fifty different scientific studies over preceding 30 years have shown that the meditators created miraculous improvement in health and Quality Of Life (Q.O.L.) world-wide. Along with the impact on the health and emotions, there was a decrease in crimes, accidents, wars , violence and riots. These studies established a plain and **simple dictum for health and solutions to the calamities** – “Heal the world by healing yourself.” Brahma Kumaris tell this in more precise way in terms of action- “Self-transformation for the world transformation by transforming negative thoughts by a regular practice of Rajayoga and mansa seva.” When even a small number of us move into what the meditators call as “**Satvik/ Soul-conscious-ness**” or “**Pure-Conscious-ness**”, there is less death, less terrorism

---

and less warfare all over the world. **James Twyman**, who led several synchronized group prayers throughout the world through his “**Global Consciousness Project**” functions on the concept that the tsunamis in the world are the reflections of the tsunamis in the human minds.

**Dr. Hew Len’s Hawaiian Ho’oponopono**:- Dr. Len, a Hawaiian psychiatrist, was made incharge of a ward where they kept criminally insane and dangerous patients. Psychiatrists quit on a monthly basis. Dr. Len did an innovative act in addition to the usual therapy – his version of Hawaiian Ho’oponopono. In his chamber he held each patient’s file and kept on saying “**I am sorry**” and “**I love you**” over and over again. Within few months of this, Dr. Len’s version of Ho’oponopono, the patients who had to be shackled were allowed to walk freely. Others who had to be heavily medicated, started getting off their medication. Those who had absolutely no chance of getting released, were freed. Absenteeism of the staff disappeared. Soon the staff outnumbered the patients and today the ward is closed. Five thousand years old Bhagavad Gita, today the Bible for

powerful psychotherapy for the western psychiatrists, tells, “A thought forms the seed of *karma* and destiny”. Sage Patanjali’s Kriya is the powerful technique for thought-transformation which involves “**Vrutti Nirodh**” for achieving a laser beam single-point focus of positive thoughts – the backbone of remaining healthy, happy and peaceful for whole life. **Psycho - Neuro - endocrino - Immunology** and **Psycho-oncology** make it clear how we can achieve a conquest over the diseases from dementia to cancer by a powerful mind, meaning a strong will power that transforms a negative into a positive mind-set. The above mental capacities of soul are further substantiated by the findings of an ongoing Coronary Artery Disease project of Brahma Kumaris which showed 100% regression of blocks that happened within 3 months by Rajayoga along with therapy. The prejudiced ones still continue to proudly quote out-dated Dean Ornisch study. This is sad travesty of their wisdom.

**Dr. Peter Gariaev’s experiments with thought and light “Energy”**:- Dr. Gariaev sent a non-burning green laser beam (**Light-**

**Energy**) through salamander eggs through frogs’ eggs. Same was done with frogs’ eggs with a beam through the salamander eggs. Amazingly, salamander embryos emerged from the frogs’ eggs and vice versa. Dr Gariaev then created **Alloxan Diabetes** in rats by destroying the pancreas with this chemical. Such rats usually die within 4 to 6 days due to Type-I Diabetes. Dr Gariaev then removed the pancreas from a healthy rat. Then he shined a green laser beam through the healthy pancreas onto the rats which had been poisoned with Alloxan. Amazingly, though Gariaev’s experiment was replicated by **three different research groups** in different geological regions, **in 2000, 2001 and 2005**, nearly 90% of the rats who received this novel “**Treatment**” showed full recovery. They continued to live like perfectly normal rats. Dr Gariaev, further cured the “**Ageing**” in the human cells by the same non-burning laser beam therapy. May be this is the scientific basis for Chromo-therapy? If we would experiment with cancer cells, we would have cheaper Chromotherapy without debilitating side-effects instead of horrible

chemotherapy for cancers. Dr. Gariaev then treated the seeds which have almost **died of radiation** after Chernobyl Nuclear disaster and revived them by his novel “Light Therapy”. The dead seeds recovered completely and grew into healthy plants.

A Thought is also an energy-wave. Rajayoga practitioners literally experience “The energy” flowing in every cell of the body after an intense meditation (**Volcanic meditation**). B.K. Dr. Chandrashekhar Tiwari, who has completely recovered from an end-stage cancer by intense practice (*Sadhana*) of Rajyoga, effectively uses and demonstrates Energy *Chakra* Visualization Device, which shows the existence as well as expansion of Auric Fields emanating from the energy Chakras in our body, “Energy” surging through the various “*Energy Chakras*” of the body and the Energy supercharging the atmosphere or the water after the Rajayoga beam of powerful thoughts.

In nutshell, “**Mansa Seva**” as directed by Shiv Baba the Supreme Soul, has a lot of power and also a specific science behind it.

## FRAGRANCE OF DIVINE VIRTUES

**YOU ARE STRONG...** When you win your grief and learn it to smile.

**YOU ARE BRAVE...** When you overcome your fear and help others to do the same.

**YOU ARE HAPPY...** When you see a flower and are thankful for the blessing.

**YOU ARE LOVING...** When your own pain does not blind you to the pain of others.

**YOU ARE WISE...** When you know the limits of your wisdom.

**YOU ARE TRUE...** When you admit there are times you fool yourself.

**YOU ARE ALIVE...** When tomorrow’s hope means more to you than yesterday’s mistake.

**YOU ARE GROWING...** When you know what you are but not what you will become.

**YOU ARE FREE...** When you are in control of yourself and do not wish to control others.

**YOU ARE HONOURABLE...** When you find your honour is to honour others.

**YOU ARE GENEROUS...** When you can take as sweetly as you can give.

**YOU ARE HUMBLE...** When you do not know how humble you are.

**YOU ARE THOUGHTFUL...** When you see me just as I am and treat me just as you are.

**YOU ARE MERCIFUL...** When you forgive in others the faults you condemn in yourself.

**YOU ARE BEAUTIFUL...** When you don’t need a mirror to tell you.

**YOU ARE RICH...** When you never need more than what you have.

(Collection of Suresh Oberoi, Cine Actor, Mumbai)

---

— (... Contd. from Page No. 3) —  
not kill any man or woman by throttling them or by shedding their blood, they still might be throttling their conscience, their correct inner voice. It is a 'murder' of the *Atman*, so to say. It is a bloodless murder, which almost everyone has committed on many occasions in his lifetime and yet this kind of 'murder' is not mentioned in any Criminal Procedure Code in any country or even in the code of ethics of any religion. However, this is the kind of murder that precedes all other kinds of murders and conspiracies, for that would give him sanity and would advise self-control.

Moreover, there are millions of people who do not kill any human being but they kill animals or birds so as to eat, sell or serve others' flesh, i.e., meat. If they themselves do not use a knife or a gun to kill these innocent beings, they abet others in this sin of taking non-vegetation food. If the law of a land considers murder as a serious crime, will not God or Dharma consider killing these innocent living beings as a sin? If even the intent, the abetment or participation in hatching a conspiracy is a crime, will not meat eating be considered as

a participation in the sin of animal killing? If human beings have the right to live, have not other beings also a sacred right to live?

This last-mentioned sin, viz. meat eating, also is due mainly to one's inattentiveness and indifference to the voice of the conscience. If a person says that his conscience has permitted him to do this, then it means that his conscience is already dead by his repeated acts of throttling or stabbing it.

Further, one may not be a murderer or butcher but one may commit another kind of assault, which is also called 'criminal assault'. In fact, sex-lust leads a person to make such an assault on another. One may not make this assault in act but may commit it in mind, or even in dreams, or through one's sexy looks on another. In that case, one's mind works like a sword or his eyes work as a sabre or a dagger.

Now consider the word 'lying'. If anyone calls another a liar, the latter does not take it kindly. He hits back, saying: 'I'm not a liar; you who are falsely accusing me of committing this sin, are lying.' When any person wishes to make a statement to the court,

he takes an oath, saying that he is not lying but is saying the truth, the whole truth and nothing but truth. Telling lies is considered such a great sin that people take the Gita or any other sacred book in their hand in order to testify that they are not telling a lie. Truth is such a great virtue that God, the Holiest Being, is given this attributive name – Truth or Satyam. Gandhi, regarded as Mahatma, even said that Truth is God and that he was doing experiments with Truth. Maharaja Harish Chandra, an Indian legendary king, is praised for his speaking the truth even in very difficult situations. Some people praise this virtue so much that they say that if you speak the truth invariably and under all circumstances, then you will not commit other sins also, for such is its purifying influence on the soul. Now all that has been said about Truth is not new; much of it is known to people already. But, Baba drew our attention to another aspect of it. He said that the basic or the fundamental truth is that each and every one of us is a soul, and not body. But how often does one identify himself with this, regarding these particulars as referring to his own 'self'!

---

For example, when someone questions another: 'Sir, who are you' or 'What are you?'; the latter answers: 'I am a young man; I'm a doctor; I am an Indian, I am twenty five years old, ...:'. Now all these particulars relate to one's body so, everyone is telling lie because everyone is ignorant of the true identity of the self. In fact, only a few are living the truth because many people are living a life of identification with their body.

Similarly, if we ask people where God is, they say: "He is everywhere; He is present here also and is watching us." But when you further ask them: "Gentleman, how do you know He is everywhere and watching you? And, further, if He is a Person and is our Father, as you say, how could He be omnipresent?", then they say: "We do not know. We believe in this because the scriptures say so or because the sages said so; we cannot see Him and He cannot be known wherefore, the scriptures say '*Neti, neti*' about Him." Well, that means that they have been believing a hearsay only, without ascertaining or inquiring about it. They themselves say that God cannot be known, which means that

they also do not know Him! So, how can anyone who does not know and who also believes that the truth about God (or God, the Truth) cannot be known, claim that He is speaking the truth? But, the wonder is that when we go to a religious congregation where a preacher is dilating on the theme that God is Omnipresent, we find the audience responding by saying "*Satya Vachan, Maharaj*, i.e. you are very-very true, dear Mr. Preacher!"

So, if people are not telling the truth about their own real identity and if the religions are telling something to which they give the label of truth but which, in fact, is not true, can we not say that every one of us has been a liar life after life?

Now, let us think over 'slander'. There are, no doubt, many people who are decent in their conduct and behaviour. They observe self-reliance. They speak gently and try not to slander, but we see that millions of religious-minded people have been slandering deities – gods and goddesses in India. They have been uttering blasphemy about Brahma and Saraswati, about Shankar and Parvati and about Vishnu, Krishna, Rama etc.,

etc. There can be no worse kind of slander because this slander is by preachers or so-called sages or *Rishis* and it relates to those deities who had exemplary character. To say that Brahma, the Father of mankind had lascivious intent towards his daughter, Saraswati, and that he ran after her with lust in his mind, and to say also that Shri Krishna had 16, 108 consorts and had ten children from each one of them is the biggest ever slander. It could go in the Guinness Book or Limca Book of Records because no one has beaten this record of slander! Those who say that they do not commit murder and those who preach to others that murder or assassination is a sin themselves commit this heinous act of character – assassination and a grave act of slander.

Not only that, some sages of the yore have written worst slander of women. They have condemned the whole gender or class of women as 'poisonous she-snakes!', 'shackles in the feet of men', 'doorways to hell' and so on. To condemn a whole class, constituting about fifty percent of human population as 'ghouls' or fiends or 'those who are worthy of being given a

beating' is the worst kind of slander or calumny.

Now about 'Drunkness'. It is not only alcohol that takes a person into an altered state of mind, known as drunkness or intoxication. There are other drugs also which make a man lose his human sense and become almost mad or even a brute. But can we say that those who do not take anyone of such intoxicating drugs are never in a drunken state? No; not at all.

There are some Heads of States who are drunk with military power, there are many rich men who are deeply intoxicated with money and its power; there are political leaders in whose head political power sits tightly and rules. Not only that, there are some young people who are drunk with the intoxication of youth or muscle power; there are learned or so-called 'wise men', who are in a drunken state because of the hot pride of their learning or erudition.

The matter does not end with these bigwigs. In fact, every person is in a drunken state because of body-consciousness. If everyone, without a

single exception, were not drunk, why would they be mad with sex-lust? Is the influence of sex-lust any amount less than the intoxication brought by alcohol? Does it not cloud a person's intellect as much as alcohol does? Does a person not lose his human sense and his sanity under the influence of anger? So, is greed which makes a person lose all sense of shame. All the vices alter a person's state of mind; they reduce him to the state of an animal or a drunkard person and they deprive him of his judgment, balance and self-respect. So, Shiv Baba has given us this interpretation of the words and has asked us

to be free from all these kinds of drunkness and to have only the divine intoxication that each and everyone of us is a child of God, the Highest and the Holiest, and that we are would-be deities. This kind of intoxication, called *Narayani Nasha*, is harmless.

We need not dilate on 'injury', which is another sin. All human beings injure the feelings of others many times in their lives. They injure others in many ways.

Thus, these examples illustrate how Shiv Baba has given us New Ethics for the New World through His corporeal medium Prajapita Brahma. ■

## DIVINE MESSAGE

Love is not complex, but the mind makes it so.  
We are too much with the mind, and the ways of love we do not know. We know the ways of desire and the will of desire, but we do not know love.  
Those who know that they do not know are the simple; they go far, for they have no burden of knowledge.

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

**Chief Editor:** B.K. Nirwair, Pandav Bhawan, Mount Abu.

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

Ph. 0091 (02974) 228125 e-mail : [omshantipress@bkivv.org](mailto:omshantipress@bkivv.org) [worldrenewal@bkivv.org](http://worldrenewal@bkivv.org)