

|| From the mighty pen of Sanjay ||

ENTERING GOLDEN-AGE THROUGH SPIRITUAL EMPOWERMENT

Speaking of the state of society today, thoughtful people have described it as the Age of rapid value-degeneration, the age of constant uncertainty, the age of rising anxiety, the age of disintegration, alienation and confrontation, the age of advancing science, technology and materialism and receding or vanishing spiritualism, the period of fake or pseudo-spiritualism, the age of gradual loss of ancient cultures and norms of public life and the era of political, economic or religious colonialism.

The Darkest Period Of History

Many have characterized it as the period of increasing mental tension and psychosomatic diseases, the period of rising crime, cruelty, corruption, anger, aggression, wars, frustration, greed and exploitation, the period of constant fall in standards of political leadership and public administration, the period of anti-nature and anti-ecology acts, pollution and artificial civilization and the period of slide-down towards man-caused catastrophes. It has also been characterized as the phase of fanaticism, fundamentalism, intolerance and extremism, the period of sophisticated communication, rapid transportation, and fast life, the period of population-expansion, and horrible poverty, the period of nuclear fission, weapons of mass killing and the era of enmity and vengeance, the era of lies and vanity and the period of great consumption of energy and resources and also of great entropy. It has been the darkest period of civilization or *Kaliyuga* at its fag-end.

The above epithets amply reflect various aspects of the society during this age of extreme degradation. In the language of Indian tradition, one would sum it up as *Ghor Kaliyuga*, i.e., the period when impurity, unrighteous-ness, lawlessness, selfishness, anger, greed, sex-lust, violence and other negative tendencies are at their climax.

The Dawn Of Golden-Age

Now, at the fag-end of *Kaliyuga*, people wish a change for the better; they aspire for an Age that is free from the negative traits that are the prominent characteristics of the present times. In other words, they are now yearning for the dawn of an era of
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POWER OF FAITH AND ENLIGHTENMENT



Each of us has experienced the magic of faith some time in our lives. Faith, embedded in wisdom and humility, ensures that we lead life with courage and yet caution. Faith can take us to the heights of success in our personal, professional and spiritual lives even after having gone through hardships and challenges. The height of the test of faith comes on the religious/spiritual path, which should be tackled by all. Why? Since this is the foundation of developing self-respect, strengthening our relationship with the Supreme Being, and spreading goodwill onto others.

Over 2500 years, it is interesting to note that all the Founding Fathers of different faiths never went for special training to educational institutions, but they became enlightened holy religious leaders through visions and

crystal-clear intuition. Some of them became significant leading lights and established new religions at their respective times. How beautiful was God's wonderful plan for these pure instruments to descend at the needed time to impart their respective messages! The followers grew in numbers and new faiths were established formally with their respective religious texts or scriptures, methods of initiation, and rituals of worship.

The most ancient religion of all is the *Adi Sanatan Devi Devta Dharm* (the Original Eternal Deity Religion), considered most powerful and upheld by the double-crowned deities whose birthright was peace, happiness and purity, and who lived by the highest codes of conduct. Such was the power of the deity religion that it maintained dignity, sanctity and unity amongst people of the

world for 2500 years! With the passing of time and changing levels of divinity, it became crucially important for religious founding fathers to appear on the world stage and establish their exquisite religions; each is a treasure-store of strength, wisdom, and common principles with few differences.

However, although we have an abundance of religions, cults and sects to choose from at the peak of the Iron Age, many feel the common fabric of spirituality is missing from these established paths giving way to extremism and violence in the name of religion.

This is why the inner voice urges like-minded religious leaders to come together regularly with the common goal of finding a way to **complete non-violence and respect for every human being, irrespective of background, faith or religion**. An increasing number of learned priests, scholars, philosophers and religious heads are acknowledging the need for spiritual enlightenment to re-instill the power of faith, and accomplish the cherished goal of unity amongst all

faiths.

Over centuries, the human world family has been blessed with the pure touch, wisdom, and selfless actions of many, many holy saints and respected leaders: Swami Vivekanand, Dalai Lama, Desmond Tutu, Mahatma Gandhi, Isaiah (Judean prophet), Martin Luther King, Mother Teresa, Pope John Paul II, Pandit Nehru, Mateshwari Sarshwati, Dadi Prakash Mani, Mata Amritanandamayi etc. etc. who did not focus on advancing their own beliefs or agenda but worked for the emotional and spiritual integration of various peoples in society.

Without practical examples and role models, it is not possible for anyone to overcome one's own weaknesses and shortcomings. We, at the Brahma Kumaris, have been very fortunate to recognize and connect with the Supreme Father-cum-Teacher-cum-Satguru through Brahma Baba, who attained complete perfection by following supreme guidance (*Shrimat*) directly

and absolutely.

Brahma Baba became perfect and complete through enlightenment, intense meditation and inculcation of virtues par excellence. Through example and right guidance, he prepared the founding instruments for re-establishment of golden principles for a golden-aged life. Our beloved Dadi Jankiji, Dadi Hirday Mohiniji and other Dadis and Dadas have been ideal examples of righteous living, and relentless service onto human beings, living creatures, environment and the cosmos. What an inspiration! Their aim has been to live life with the highest positive consciousness, which alone can transform the present debilitating, peaceless atmosphere of the world.

This essential factor has been recognized by prominent figures of varying religious and spiritual faiths, who were invited to a get-together, in the third week of May 2012, at the International Court of Justice (also known as the 'Peace Palace) in Holland. The main host was Tex

Gunning, a passionate lecturer, writer and speaker about the role of business in society and about the need for collective leadership to tackle the world's biggest challenges. He had been with Unilever for 25 years and is presently Managing Director of Decorative Paints.

He invited Dadi Jankiji and Sister Jayanti to spend time with this very unique group of personalities (both from religious and corporate sectors). The events at the Hague would definitely go a long way in spreading the message of *spiritual unity of nations through inner empowerment*.

We extend our hearty congratulations and thanks to Dadiji, Sister Jayanti, Tex Gunning, Sister Jacqueline and others responsible for spiritual service in Holland, for this act of kindness and benevolence.

At the age of 96 and a half, Dadiji's power of spiritual enlightenment and positivity is a great source for self-transformation leading to world-transformation. Dadi Jankiji's reservoir of inner power has always been

sustained by her deep connection with the Supreme Source of Light and Might through Godly versions (Murlis), and practice of constant Rajyoga Meditation.

We advise our readers to meditate regularly (every morning and evening) on God's form of star-like entity of divine energy, and read divine versions to empower the self, become carefree self-masters to serve humanity, and help establish a glorious world of peace and happiness for all.

We would like to share with our readers some points of spiritual wisdom for your empowerment. Though these elevated versions were initially spoken in the mid-60s, they are so relevant and fresh even today and act as guidelines for our inner development:

“It is advisable to follow Shrimat (God's elevated directions).

“God's and your plan is to create heaven on earth. You are engaged in the service of creating heaven, and are utilizing your body-mind-wealth for this elevated purpose. You are God's complete helpers in

this regard. The deity sovereignty is being established with the strength of non-violence. Human beings are only engaged in their plans of destruction and sorrow.

“The Supreme Being would surely incarnate to create a new creation. You receive your inheritance (of peace, purity and happiness) from God Shiva, not this Brahma Baba. Brahma is just the medium. God Shiva had come 5000 years back as well to create the Brahmin clan, as He is doing now. Human beings today, children of God, are all very unhappy. However, the land of happiness has to follow after this land of sorrow.

“God explains to us children that if we wish to be sovereigns in heaven, we definitely have to become pure now. Even though there may be wealthy people in Bharat now, it does not imply that the whole of Bharat or the world is happy. If there is even one unhappy soul in the world, it would be called the land of sorrow. In contrast, there won't be a single unhappy soul in

Satyuga. That deity religion has now disappeared.

“You are the Pandavs who are helpers of the God of the Gita. You have come to study spiritual knowledge and follow Shrimat. You are making effort to claim the Sun-Dynasty and Moon-Dynasty (Satyuga and Tretayuga) inheritance. Drink the nectar of knowledge from your Supreme Mother and Father; renounce consuming the poison of vices.

“No one has been able to attain salvation (Sadgatti) as they do not recognize or know God Shiva, the Almighty Supreme Being. You need to settle all karmic accounts before returning to the Land of Liberation, MuktiDham. May you be Soul-Conscious! Remember Me (God) alone!

“First be knowledgeable and understand the consequences before performing any action. Look at the present, past and future of any situation before coming into action and you will be called a great soul.”

– B.K. Nirwair

INNER CHANGE FOR A BETTER LIFE

– B.K. Satyanarayana, Hyderabad

The quality of one's life depends, to a large extent, on the quality of one's emotions and feelings. If someone is habitually perturbed, indifferent and reluctant to accept new ideas in one's life, then change cannot be expected. It is only when one evinces interest in self-change that one's life changes to the extent of one's level of interest and efforts put in. One's habitual thoughts, already recorded latencies and registry in one's subconscious mind determine one's behaviour. A large chunk of negative stuff, that is deeply rooted in the sub-conscious mind, does not permit us to change as easily as we propose. It requires determination as well.

If someone changes the way one feels and thinks and attempts to change his inner visions, this would undeniably cause changes accordingly.

Some people show interest to change themselves from being angry to peaceful, negative to positive, but find it difficult to change due to lack of knowledge

and proper application. Further, when they do not get desired result, they give up the idea to change. Those who wish to bring change in themselves would necessarily follow certain steps to have a better life. Inner change is the key component that reflects on our outer life. Here, focusing attention on 'self' is a must.

Check the Quality of Input

The inner stuff forms the basis of outer stuff. A regular dose of optimistic, positive, and motivating thoughts slowly and steadily changes one's life. One should not get disheartened, in case of failure in his endeavours initially. One needs to show patience to achieve the target. In order to bring self-improvement in life, the key parameter is to watch one's own thoughts and actions constantly.

▶ One needs to disallow negative feelings, tendencies and harmful thoughts in the mind at the doorway itself before these are translated

into action.

- ▶ First and foremost, one must thoroughly understand one's pattern of thinking.
- ▶ A constant self-check and a rigorous self-analysis would help understand one's shortcomings.

Try the following to lead a better life:–

- ▶ **Constantly look within**, check your own inner mechanism.
- ▶ **Sit in solitude**, tell your mind constantly about the need to cultivate positive attitude.
- ▶ **Convince your mind to agree with your new proposals** because all these years, your mind has been attuned to the way that you believed in.
- ▶ You need to **describe the reason for change** several times. This process makes you realize the need of inner change from negative to positive, from inflexible to flexible.
- ▶ **Sow positive inputs continuously** in the field of mind and nurturing them daily; it would slowly cause positive change.

There is no magic wand to change negative feelings, emotions, thoughts etc.; overnight.

Change is a continuous process...

I LEARNT STABILITY FROM MAMMA



– Rajyogini Dadi Janki, Chief of Brahma Kumaris

When Mamma came into this unlimited yagya established by our most beloved Shiv Baba through the medium of Prajapita Brahma, she was just 17. And she became so sweet. Despite being a spinster, we started calling her mother, then Om Radhey and later, she became Saraswati. She first became Yagya Mother and then World Mother. One of the prime jewels of yagya, Dadi Pushp Shanta, had a divine vision in which she saw Mamma as Shri Lakshmi – the Goddess of Wealth, after which Dadi surrendered herself in this yagya. The experiences with Mamma have got imprinted in the heart, and these experiences are indelible. When Dadi surrendered, it happened instantly.

Although I came to stay with Mamma, I was assigned the responsibility to take care of Baby Bhawan, where I had to look after 40 babies. One night at around 10 o'clock, I saw that all the Dadis were having a spiritual talk with Mamma. I said to her, "Why have I been kept in 'Baby Bhawan'; why didn't you keep me with you?"

Mamma replied, "You are Janak; so why do you ask such a question?" Thus, Mamma reminded me of my self-respect. Then, I remained with the babies for one and a half years, during which I progressed a lot.

It was Mamma only who called me Janak for the first time. When I came in yagya, I had a shawl from my *laukik* house. Then, I threw that shawl as otherwise, it would remind me of my *laukik* house. Today, I'm introduced as 'The most stable mind in the world'. In fact, I learnt the stability from Mamma only. When I asked her, "How do you remain so calm and composed? Although you speak so little, yet everything goes so accurately in the yagya. How does your mind remain so cool?" Then, she said, "Mind is my baby; make it laugh, don't suppress it. Our thoughts should be full of peace". So, I followed the same in my life.

Regard for Baba

When Mamma said the word 'Baba', she would say the same with a lot of regard. When Baba was in Clifton and



he spoke the Murli, Mamma would listen to it over phone. Thereafter, she would repeat it exactly in the same way.

We never saw Mamma taking notes. She'd accommodate the same in her mind. Mamma wanted that no one should call her 'Mamma', but it was Baba who called her as such for the first time. Every moment, we learnt a lot from her.

Baba has praised Mamma in Murli so much. Even Baba said that there was no trace of carelessness or royal laziness in Mamma's spiritual effort.

Mamma had abundant spirituality and Godly love. It didn't seem that she was doing something or getting the things done through someone. As soon as she came into a class, as a mark of regard all would stand up.

Strict Follower of Baba's Directions

During those days, Bhog used to be offered to Shiv Baba at

around 12 noon daily. Mamma would come to the class at 12 o' clock sharp; she wouldn't be late even by a second because it was Baba's direction. Baba said that as there is complete law and order in the kingdom in *Satyuga*, Mamma ran the *yagya* with the same law and order. That is why Shri Lakshmi's name precedes Shri Narayan's. Baba kept himself incognito and kept Mamma in the forefront so as to pave the way for Women's Empowerment.

Importance of Time

Mamma valued time so much. We never saw anything extraneous in her. She might have never heard anything negative about anyone. Even if someone said something bad about someone, she would ignore it, give teaching and would finish the matter there and then. If we sustain one another with the same royalty, then we can progress remarkably on the spiritual path. Even now if someone wants, one can become number one by letting by-gones be by-gones. For this, one should never think about anything, which has already passed. The one, who comes first, learns from all. So, in order to remove the burden of sins, a spiritual aspirant should receive blessings from

Mother and Father.

In order to progress fast spiritually, a spiritual aspirant, first of all, needs to apply Mamma's qualities in her life, and, then needs to ask the self, "Who am I?" Sweet Mateshwari Jagdamba is praised in the scriptures as Jagat Amba, Kaali, Saraswati, Vaishno Devi, Sheetal Mata, Durga... I experienced all these forms in Mamma. From the day she became Brahma Kumari, she developed the Golden-Aged *sanskars* of Shri Radha, which was also her laukik name. The same Radha would, then, become Lakshmi and we all saw the same *sanskars* in her. Then, she is Kaali also; in front of Mamma, all old negative *sanskars* would be burnt. She became instrumental in making many householders, even old aged people yogis.

Embodiment of Renunciation

Mamma had no desire whatsoever, even for eating or dressing. Mamma was, in fact, an embodiment of renunciation and she never wore a sweater and socks during severe winters. We are so fortunate to be the children of such a great noble mother. When Mamma left her mortal coil, many started experiencing Mamma in the form of light. The devotees call

this light Mother, who fulfils the wishes of all. Baba cautioned us not to see Mamma as a body, but we should see how our mother and father are. We are seeing them through the third eye of knowledge practically. We are the children of the same mother; and are sustained from her eyes and fed from her hands. Whatever Mamma did, we saw that all and played the part together; so we are very lucky!

Mamma might have never laughed loudly. We used to understand from her smile only. So, on the occasion of Mamma's day, if all the readers of this esteemed magazine receive this blessing then all would become the embodiments of success like Mamma. Then, if anyone looks at our forehead, he/she would become victorious automatically. Mamma is an embodiment of contentment also; she is Baba's jewel of forehead. Remaining ever contented is like becoming so very lucky.

A Mine of Virtues

Mamma is Bhagwati Maa. She says, "Be ever contented and peaceful. See one another with spiritual love." As Mamma-Baba sustained us, see one another with the same love. This Confluence Age is the age of becoming an embodiment of

divine code of conduct. Mamma remained accurate in each and every aspect. We never saw her being influenced with even a small trace of familiarity. Sweet Mamma has only this expectation from us children that we children should be like a rose flower.

So, our vision and attitude should be pure like hers and we should all remain spiritual and receive blessings from the blissful mother. This way whatever blessing we receive, it will become immortal.

If anyone has any deficiency/weakness, the same will then be burnt forever. We should make a pledge that from now onwards 'we shall never see any weakness in anyone because if we see it, we, too, will be influenced by it. If someone has any weakness/deficiency, then she should sacrifice the same forever. Otherwise, one would never be able to experience oneself as Sheetala (Embodiment of Coolness), Kaali (the one who destroys vices), Durga (the one who destroys the negative *sanskars*), Jagat Amba. Even if any adverse situation comes in life, one should remain unshakeable and stable, as has been taught by Mamma. Who is Mamma? The one who makes us Bhagwati Maa practically. To become alert, accurate, all-rounder, we should do what she did.

THUS SPAKE SWEET BABA!

– A.L. Madan, Kaithal (Haryana)

O my sweet Baba, own me now Baba

My ultimate Kashi, my sublimate Kaba

Listen to my soulful prayers

And end my endless worries and cares

“O my sweet, sweet child

Let thy each moment be a new start

And the old one be gone and past

Don't let your courage like elastic-plastic bend

And deem every breath a God-send”

O Baba, my sweet Baba

Failures and failings have affected me with blight

Will I ever succeed with world's cunning might?

Feel easy my child

Thou art not mere body, strong or mild

Let the soul now hold a divine pen

That like a beacon light signals insight now and then

Wielding a spiritual pen, too, is a might

That portends a future bright

“Baba, at every step I fall I falter”

“Yet let not your faith in me alter”

Baba in my heart I ache I ache

“Not for a moment let your conscience shake”

And lo! Sweet Baba smiled and smiled

And thus vanished the pervading gloom

Ushering a fresh dawn of boon, boom and bloom.

IMMOVABLE, UNSHAKEABLE AND STABLE

— Rajyogini Dadi Kunj, Patna

I was in bondage in my childhood days. On coming to the Yagya, we received complete sustenance from Mamma. Many times, I would come from home without having eaten anything. I'm not sure how Mamma would find out about it, but she would seat us down, feed us herself and send us home. She also boosted our courage, zeal and enthusiasm. The young kumaris who did not get permission from their parents (to stay in the Yagya), studied at the Om School, created by the Om Mandali, and I was ONE OF THEM. Mamma cared for all of us there. Looking at her, we felt she was our mother. She would say, "The children in bondage have to free themselves just as Hanuman had freed the chaste Sita from Ravan's clutches. Mamma taught us different tactics, empowered us and made us fearless. I was 9 years old at that time."

Mamma had unshakeable faith in Shiv Baba as well as Drama. Mamma would give us 2-hour classes on 'Drama'. She would say, "As much as you have faith in Baba, you should keep faith in the Drama as well.

It is only then that you can maintain a stable stage in your spiritual life. Throughout her life, I saw that since Mamma's faith in Drama was immovable and unshakeable, she always remained stable. On the battlefield (dealing with Yagya business), Baba kept Mamma in front. The Yagya ran in Mamma's name. She directed the Shiv-Shakti Army through all examinations that each task of establishment (of the new world) entailed. No matter how adverse the situations or obstacles were, she remained immovable and unshakeable, faced them with a smile and



became victorious.

EQUAL AND ELEVATED FEELINGS FOR ALL

Whilst serving in the yagya, a sister was allocated to me and I was told to complete the service with her help. I went and complained to Mamma, "This sister is very slack and works slowly. Why don't you give me so-and-so sister? We can accomplish the work quickly together." Mamma then asked me, "How do you know she is like that?" I replied, "Mamma, I see her everyday since we work together." Mamma advised me, "Everyone has some form of weakness or drawback. I'm the Mother; am I not? I have to give everyone the opportunity to do service and help create his/her fortune. Today, she has a weakness but by observing your skills day-by-day, she will be able to make up for the weakness and become as clever as you are. This is why we have to move along with everyone." And that was how Mamma taught us with love.

Mamma drew our attention to every little thing. Once in Karachi, a sister left her body. She had been ill for only 2-3 days, but suddenly passed away. Mamma told everyone: "All of us should learn a lesson from her death. One cannot trust death. Don't think that you are

still a child or young in age and that you will live for many more days. No, death can come at any time. This is why you should ask yourself every night before sleeping, 'Am I ready to leave the body at this moment? If Shiv Baba were to call me today, would I be ever-ready?'

From Karachi days, I did service in the Grain Department, as an assistant to another sister, the Head of Department. When she left, Mamma told me, "Kunj, you become Head and look after the Department. I said, "No, Mamma. I will not become the Head. Earlier the store used to be full but now it is in the beggary part. If I were to refuse something, what would they say to me? Please make an older sister the Head of the Department and I'll be her assistant and take care of everything." Mamma took me to Baba and told him that I was refusing to become Head of the Grains Department.

Baba smiled and said, "That's alright, daughter. The store belongs to Shiv Baba and Kunj is in-charge! Mamma must be wondering how it could happen; what the child (Kunj) says is right. I (Brahma Baba) can be Head of Shiv Baba's store and Kunj will be my assistant and serve. That is how

Mamma used to deal with such situations with tact and got responsibilities assigned to the children and helped them move ahead.

Baba wanted to send me on service, but I did not want to be separated from him. Baba would ask me to go, but I would tell him, "Baba, I will not leave you and go." Once in the Murla, Baba said in the gathering, "I used to think Kunj was worth a pound, but she turned out to be worth not a penny." But I was still firm and said, "Baba, I will not go away from you." One day at Brij Kothi, Mamma made me sit on the swing with her and said, "Kunj, what does Baba wish from you?" I answered, "Baba wishes for me to go on service. I don't have the strength to stay away from Baba! Instead of listening to Baba personally, I would have to read it on paper! I cannot do that. I will continue to cry and then what service will I be able to do?" Mamma then said, "Look, daughter, when Baba wants you to serve, he will surely give you the power. Don't be scared. Say 'yes' to Baba. Nothing else will happen: everything will be alright." Explaining thus, Mamma filled me with strength and enthusiasm and took me before Baba. She told Baba that I was

ready to go on service, but I remained completely silent. Baba said, "She is not saying anything but standing quietly." I then slowly said, "Baba, I'm ready to go on service." Thus, Mamma, as a mother, had filled me with zeal, enthusiasm, and self-confidence and took me to Baba, as well as gave me the great fortune of moving ahead in service. In this way, Mamma used to train us in all aspects.

Dadi Prakashmani and I used to reside in Patna together. One of the brothers there had his own strange nature. He would not allow us to do service in some places. We decided that when Mamma comes, we would tell her everything about this brother. When she arrived, we said, "Mamma, please don't invite that brother to join us when we are sitting with you." Mamma replied, "No, I am his guest. How else will I teach him? Both of you should now become sensible. She used to treat young students as her seniors and taught us methods of handling difficult people. It was one of Mamma's great specialties that she could make such individuals become humble. As a result, when we had Goddess Saraswati's day of worship, it was this same brother who adorned Mamma

with a large quantity of jewellery and offered 56 types of *bhog*.

UNLIMITED TRUST AND LOVE

Mamma had so much faith in everything Baba said that she could not tolerate any child of the Yagya passing comments on Baba's words. She had unlimited trust and love for Baba's elevated versions. Once I told her, "Mamma, today Baba changed this point. Previously He used to say, 'I'm a Jyotirlingam (the oval shaped symbol of God Shiva on the path of *bhakti*)' and now He says, 'He is Jyotirbindu (a point of light)' – what does this mean?" Mamma instantly replied, "When Baba said His form is jyotirlingam that is, embodiment (swaroop) of light, did He measure His size and tell you how much it was?" Mamma was absolutely unwilling to hear that Baba had altered His points. "Earlier, you were young and were not capable of understanding and contemplating on a point. In order for you to understand, Baba used to say that His form was that of jyotirlingam or jyotiswaroop. And today, Baba has explained His original form as being jyotirbindu. Baba's real form is a point of light and He is the Ocean (Sindhu) of virtues.

In Karachi, Dada Vishwa Kishore, Dada Vishwa Ratan, many others and I worked together on creating pictures. In a day, we could make a maximum of 2-4 pictures. One day, Baba said, "Mamma, Princess Elizabeth's birthday is coming soon. I would like 108 members of her family to receive this picture on her birthday. Is this possible?" Mamma replied, "Yes, Baba." Mamma came to us and said, "I have told Baba that in 15 day's time, 108 pictures will be made." I said, "Mamma, 2-3 pictures are made in a day with difficulty. Tell us how 108 pictures can be made in 15 days? Mamma replied, "Who is asking us to do this? Even if Baba were to ask for the moon to be brought down and set here, we should do it. These words have emerged from Baba's mouth, so how can it not be accomplished?" Mamma spoke in a powerful Shakti-form with full faith. And to tell you the truth, the task was accomplished two days in advance. So was Mamma's power and firm faith!

Mamma was the treasure-store of virtues and powers. It's impossible for anyone to describe her. Mamma had an *avyakt* and angelic form from the beginning. We make our

efforts according to a programme or schedule, but her effort-making was natural and easy. This is why she easily attained her complete stage.

I have experienced that ever since Mamma became *Avyakt*, her worship, that is worship of Jagadamba (World Mother) and Durga have increased to a great extent in devotion. Mamma is playing her role of Durga in her *avyakt* form, and that is why Goddess Durga is worshipped and revered immensely. The worship of Goddess Durga in Kolkata (Est Bengal) is worth seeing! It is my feeling that Mamma was *Gyan-Gyaneshwari* (embodi-ment of knowledge) in the corporeal form, and made the Ganges of Knowledge flow, whilst in her *avyakt* stage she is accurately playing her part of Goddess Durga and blessing devotees with virtues and powers.

However much we praise Mamma, it will always be inadequate. Shiv Baba bestowed the treasure-store of knowledge and made us wealthy with knowledge, but Mamma practically taught us the way to implement them and made us great. Mamma was Shakti, the Bestower of Virtues and an image of Motherly Love. She sustained me and enhanced my life, and made me worthy.

RAJYOGA MEDITATION AND BALANCE IN LIFE



– B. K. Surendran, Bangalore

It is said that a successful life is a series of balancing thoughts and acts. We can learn many balancing acts from the nature. We have different seasons. If there had been only one season, it would not have been possible for us to live on earth. Because of the existence of different seasons, the world's climatic conditions and atmosphere are made conducive for nurturing human and also other forms of life. Similarly, if we have only night-time and there is no day time, it will not be possible for the daily evolution of any form of life including plant life. Therefore, nature has a well-balanced scheme of things operating in a very subtle manner. Similarly, we can take the case of human life in particular. When some people are not behaving in a certain manner, we call them abnormal or subnormal. These people could be even well-educated in the worldly sense. But, they do not have the power to think in a balanced and reasonable way, which results in abnormal or subnormal conduct of life.

There is lopsided approach in their thinking and doing. They live and act in extremes. They are not moderate or balanced. Sometimes, there is likelihood of their being obstinate, arrogant, challenging, revenging and avenging. Such people will not be able to integrate with the general life. They will not be able to be affectionate towards other fellow human beings and hence lead a lonely life. They are strict in nature and self-exiled. They may not have the power to mix up with others and benefit from the presence and association of social life. Even though everyone knows that human being is a social being, but such people will not be able to be sociable due to lack of balance in life. Another set of people is found to be caught up in the mad race to compete and excel by hook or crook. In this way, they destroy the peace and solace of many others including themselves. Some others are similarly focused to amass wealth by snatching away the opportunities and rights of

others. Of course, there is freedom of choice for everyone to compete, excel and amass wealth. But such people do not strike the balance of exercising choice with freedom and responsibility, accountability and general welfare. This lands them up in a situation of disappointment, sorrow, guilt and punishment. Some people are also found trapped in a series of obsessions. They are very good at absorbing and practising good things in life. But, they expect others to lead the same way of life since they think that only they are right. Some people are self-disciplined. But sometimes their values such as punctuality, regularity, honesty etc., become an obsession for them. It is good that they are practising good things in life. But when they start imposing that goodness on others, and others are not able to accept it, their goodness becomes a trouble for them. It happens due to lack of balance in life. Such people need to promote their goodness with understanding, sympathy, good wishes and pure feelings so that such an approach may empower others to absorb the goodness. Again, some people try to keep a balanced life to the best of their ability. But due to lack of will-power and influence of their own bad tendencies,

they are forced to throw away the culture of balance and become a prey to erratic and loose lifestyle. In the process, they become addicts of character defects of various kinds.

Balance in Mind, Body, Food and Dress

We can examine this aspect of balance in life from the life inside. We all know that the life inside is the proper life. We have a lot of experiences that when we are disturbed or confused in our thoughts and feelings, our life outside gets derailed and we meet with accidents of sorts. Due to this, we may hurt the feelings of others, might incur losses, demonstrate poor performance or disrespect others and so on. There is stability in life when we have well-balanced thoughts, feelings and emotions. This balance is possible only when we have positive, pure and elevated thoughts. We also know that waste, negative and vicious thoughts are always found to be lopsided to the negative side and our balance is lost when such thoughts are sprouted in the mind. Therefore, we must strike a balance between flexibility and firmness, involvement and detachment, introversion and extroversion, official and informal, busy and

easy, speech and silence, carefulness and cheerfulness, victory and defeat, joy and sorrow, serious and entertaining, freedom and responsibility, to name a few.

Similarly we can take the case of food. The body requires pure and nutritious food. We cannot eat more than required for the wellbeing of our body thinking that the food is very nutritious. If we do so, we would undergo a series of inconveniences and discomforts like vomiting, loose motions, headache, stomachache etc. The same is the case with our thoughts. Thoughts are the food for the mind. If the thoughts are polluted, the mind gets polluted and it becomes unhealthy. When the mind becomes unhealthy, not only the mind is afflicted with many mental diseases, but the body also falls sick. The body is a vehicle and also an instrument. It is meant to be used by the soul. But there should be enough work and also rest. We cannot simply use it without proper maintenance and rest considering it to be an instrument. If we do so, the body will require hospitalisation and treatment very often. Our dress habits should also be balanced. We must use common sense in selecting

dresses for different occasions and different seasons.

Our social life and contributions

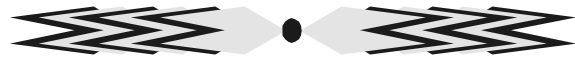
We all know that we have to come in contact with other human beings and also coexist with them. We must have a happy and peaceful social life. Therefore, human relationship is an important aspect of our life. Almost all problems arise when we fail to get well along with others. In order to nurture, culture and foster better human relationship, we must create a set of balancing thoughts and acts such as being loveful and lawful, humorous and sober, witness conscious and friendliness, humility and self-respect, praise and defamation, serious and entertaining, loneliness and sociable, principles and practise. Further, our life is also a corporate endeavour. We live and enjoy life not only on our own efforts but also on the contributions of others. It is said that we should give more than what we take from this world. Therefore, we must strike a balance between our life and our contributions to the society and the world. Life is a balance between giving and receiving, between taking care of ourselves and of others. It is necessary for us to give some of our time and energy with joy

to those who truly need them. When we see someone in trouble, instead of feeling sympathy because we have so many blessings and they do not, we should feel a sense of excitement that we might be able to do some little thing that could make them think about themselves in a new way or simply feel appreciated or loved. Let us be sensitive, and lovingly and respectfully interact with them with compassion and concern. If we can capture these moments of opportunity, then our contribution will be a pleasure rather than a burden.

RAJYOGA MEDITATION AND BALANCE IN LIFE

Even though we have discussed about the need for maintaining a balance for a successful life, when it comes to practicability, we may either forget the balancing thoughts and actions or we may not have the required inner strength to put this into practice. Therefore, Rajyoga meditation is the time-tested spiritual technology, which empowers us to maintain balance in life through a series of soft skills. When one understands that he is a spiritual being, a soul, a child of the Supreme Soul, he is connected to the Reservoir of spiritual power. In the process, the person's will-power is increased. Loveful remembrance of the self-effulgent God empowers the mind and intellect; increases concentration and memory power. The person is able to choose accurate thoughts, feelings, emotions and values befitting the situations, people and events in life; and strike a balance between assertive and viable moods. Consequently, the person is able to successfully adopt appropriate values, mental states or mental attitudes depending upon the demands of the situations for fulfilment and success in life.

IN GOD I TRUST



– Jissy Thomas, Baroda

I don't go to church every Sunday. I don't follow all the religious symbolisms that are prevalent in society in the name of religion. Does that make me an atheist? No. Not at all. I am a staunch believer of God. I try to follow His teachings. I try not to hurt anyone with my deeds or words, though I feel that I am not always successful in my endeavour. "*Loka samastah sukhino bhavantu.*" I pray for the good of all.

Lately, there has been news of 'Baba' of various faith claiming to solve all the problems that their devotees face. It's not only the illiterate masses who fall into their trap, the highly educated, the rich and the famous also stand in line to get 'blessings.' I am amazed as to why these people do so? Like instant noodles and instant coffee, people are looking out for instant solutions to their problems. They conveniently forget that instant solutions fade out as instantly as they come. Are they not going away from God when they start believing in 'godmen?' When asked by disciples as to how would they know that the world is going to end, (Mathew 24, 4-5) 4. Jesus answered, "Watch out that no one deceives you, 5. For many will come in my name claiming, 'I am the Messiah,' and will deceive many". I guess the world is going to end soon.

Would God give His beloved child pain that he or she cannot bear? I have trusted Him at all times. Whenever I have faced problem personally or professionally, I have poured out my heart's grief to Him. Believe me; He has always come to my rescue. I could feel His pat on my shoulder and His telling me "Don't worry. I am there for you." It is this assurance that keeps me going. And the more problems come in my life, the stronger my faith becomes.

GOING BEYOND 'I' AND 'MY'



– B.K. Dr. Chetali Sharma, NOIDA, U.P.

To “Know Thyself” is the goal of all spiritual aspirants. The prerequisite to this is the proper understanding of two words—‘I’ and ‘My’. Here ‘I’ means I am somebody and ‘My’ conveys a sense of possession. What else is conveyed by I? Repeated use of I in our conversation shows that we consider ourselves superior to others, separate from others. It is our ego or *Ahankar* or self pride which makes us think so and hinders our interconnectedness with others. The word Ego also points out that we connect the self with the body and not the soul or *Atma* and consider body as the essence of man. In both cases we are moving away from the reality of life that we are souls in essence and not the bodies. Therefore, we have to change our concept of belief from body-consciousness to soul-consciousness. It means we must go beyond ‘I’ and ‘My’, keeping it in mind that Ego or self pride is quite different from self-esteem and self-respect which one must possess for true development of

the self. Self-esteem is a feeling of self-worth which convinces you that you can contribute towards the well-being of others. Self-esteem is a firm belief on your personal human values and divine qualities on which you stand like a rock without any compromise.

Next, the use of word ‘My’ indicates your sense of possessiveness. ‘My’ could mean that we are attached to our belongings like our family, house and car. Not only we are attached but we are clinging on to our belongings. ‘My’ could also convey that we are highly influenced by our thoughts, feelings and our spoken words. Excessive use of ‘My’ does not permit us to go beyond our little world. If we look at the world today, we find most of us are only interested in ‘I’ and ‘My’ whether we are well-read or not so well-educated. The end result is that ultimate goal of our life revolves around only two words—‘I’ and ‘My’ which distance us from the reality of life. We have become so self-centered that we work, eat and

live only for our own self. If you are only concerned for your own self and your people, then how could you contribute towards the well-being of others in the society? Unless you think to do something for others, you will only take and give nothing. So the solution lies in converting ‘I’ and ‘My’ into We and Ours.

Going beyond ‘I’

At our average state of existence, we are impulsive since we live at mental level. God has given us the ability to think and discriminate—between good and bad, between positivity and negativity—which is the main task of our intellect. To have the feeling of ‘I’ means you are egoistic. The word ‘ego’ is taken from Latin and when translated, it means I or Myself. In Indian spiritual parlance, ego means identification of oneself with body, not the soul which is the real man. As long as we live in body-consciousness, we will think and act in a non-divine way. ‘I am the body’ is ego and we have to convert our way of thinking from body-consciousness to soul-consciousness. In this manner our ego is annihilated and we realize that we are souls and not bodies. All evil activities spring from ignorance and separatist consciousness or ego. When the individual realizes his universal

consciousness, he does not feel to do anything wrong. Another way of getting rid of ego is to make some lofty aim or purpose in your life. The larger the purpose of your life, the smaller becomes the ego. To get over ego, call the self as servant of God. A servant does not work for himself but he works for his master. Considering yourself and others as children of God gives you a feeling of brotherhood and uproots differentiation, which is the main cause of ego. Act on the dictates of your intellect and rich mind and you will free the self from the hold of ego. As we raise our level of consciousness to the spiritual core of our personality, distinction is reduced and ego is dissolved.

Going beyond 'My'

When we have a body, we have to look after it. We also look for physical comforts. We need a shelter for us and we also need food and clothes. We also have to earn money to sustain our worldly living. There is no harm in looking for means to satisfy such needs as long as we do not develop greed for them. Once we develop greed for what we possess, we also develop a sense of possessiveness for our worldly belongings. Then we identify our belongings as my house, my car and so on. We now develop

attachment for our belongings which is not conducive for our spiritual Journey. We have to possess certain things for our worldly living but we do not have to have the feeling of possessiveness for them. To go beyond 'I' and 'My' we should consider ourselves as trustees of what we possess. Such a feeling would keep us away from attachment of what we have. The other method of getting rid of the feeling of 'My' is to accept that everything in the world is owned by God. Then we use our belongings thanking God that He has been kind to us and allowed us to use them for our comfort. When you surrender to God and consider yourself as an instrument of God, you straight away go beyond I and My.

Spiritually enlightened persons and saints emphasize on going beyond I and My. According to them I and My constitute ignorance. Ignorance prompts us to say 'my house', 'my car', 'my possessions'—all coming out of our self-centered outlook. The walls of gender, language, colour, country and religion that we have constructed around us, inject separatist tendencies and bind the soul to 'I' and 'My' syndrome. Due to these, soul becomes a slave to sense organs and constantly hankers

after sensual gratification, false ego, name and fame, pomp and show. Going beyond I and My entails freeing ourselves of self-centered outlook. This requires us to undertake a journey from instinct to reason, from animal to human and finally to Divine. As we progress on this journey, the idea of manifoldness starts getting into background. We come out individually and move towards the universal. Here the idea of one God, one world, one family helps us to dismantle the walls which we created around us; we have no more ignorance about our belief system. Then our behaviour changes from sva(own) to serva(all).

Cool Head – Warm Heart

I express my care and concern by responding to situations with a cool head and to people with a warm heart. If I remain aware that as fellow human beings we are all part of one family, and that even the smallest of gestures can make a difference in people's lives, I am always blessed with a caring heart. It takes so little to show that I care yet it can mean so much.

Episode –8

THE ETERNAL JOURNEY



– B. K. Mukut Sarma, Nalbari, Assam



Once, while returning to Guwahati from Mount Abu, B.K. sister Jonali was travelling in train in reserved compartment number three. A young girl, aged about 12 years, was also travelling with her. Several B.K. sisters of sister Jonali's centre were also travelling along, in the next compartment.

It was a pleasant autumn evening. Some co-passengers were curious to know about the activities of these sisters clad in white. Sister Jonali was engrossed in replying to their queries and quenching their spiritual thirst. She explained to them as to how spirituality can solve major burning problems faced by the world and can transform it into a beautiful place to live in.

A smart young gentleman, who was attentively listening to her explanations, started to talk, "Madam, your ideas are very nice and encouraging. But I think in this present degraded world and environment, it is somewhat like an utopian idea, which is not practical at all. In a vicious and

violent world of today, I think spirituality or your silence power can practically do nothing! Today money power, manpower, military power, muscle power are the main powers! Madam, even Mao Tse – Tung's slogan was – "Power comes from the barrel of a gun." German philosopher Nietzsche also said "Man should be trained for war and woman for recreation of warriors"

Slowly it became dark as the night fell and the passengers started to have their packed dinner and later on prepared to go to sleep.

It was around midnight when sister Jonali woke up to the sound of the hue and cry of the co-passengers. When enquired, the co-passengers told that a train robbery was going on in the first two compartments. The robbers had managed to stop the train some few kilometers away from Maldah station.

Then the robbers entered her compartment too. The first one who appeared to be their leader,

held an iron rod of about one meter length, in his hand. He rotated the iron rod with his first three fingers in a typical style. The next one held a torch light in his left hand and a sharp knife in the other hand. Focusing the torch light towards the eyes of a passenger, he held the knife in front of his face. Then the other one collected all valuables like purse, ornaments, watch etc. from him. At the same time, some other robbers opened the locks of the suitcases and other bags with some special keys that they had. A few others were carrying the bags which they could not open. Quite a few of them kept vigilance all over. Most of them carried rifles and pistols with them.

The robbers went on looting one passenger after the other. B.K. Sister Jonali encouraged the younger sister to give anything they asked. Then she prepared herself to face the robber. She kept her money bag near her seat and took out a hundred rupee note from it. That was for her auto rickshaw fare. Requesting the robber, she

would keep the hundred rupees for auto rickshaw fare, she thought. She also kept aside her hand-watch and the alarm clock presented by Dadijee, along with the moneybag. She also kept some sweets, Godly literature and pamphlet for the robbers.

After a while, she sat down in an easy posture and remembered the Supreme Soul. She conversed in her mind, with Him—**“Sweet Baba, you always inspire your children to do righteous, noble, and elevated work. But Baba, some of your children are looting their own brothers and sisters. Please Baba! Help your children please”**

After sometime, it was her turn. The second robber came angrily towards her, focused the torch light on her eyes and held the knife in front of her.

B.K. sister Jonali started to give ‘Yoga-Drishti’ to the robber and he was receiving ‘Yoga-Drishti’ (the divine sight) from her like a hypnotized person. One minute, two minutes, three minutes... the time moved on slowly; silence reigned the atmosphere. The torch and the knife had already come down. Receiving the ‘Yoga-Drishti’ continuously, the robber started to walk backwards. Looking with full

concentration, at sister Jonali’s eyes; till he reached the exit-door eventually, he went out of the train. The other robbers also followed him.

Everyone present in the compartment was amazed and called it a big miracle.

The talkative passenger, who was witnessing all these happenings, was also looted completely! He continued his lecture—**“Power not only rests with the barrel of gun! There is something like silence power and spiritual power too.** It is true that the religion is ‘light’ and ‘might’ also...”

Sukumar used to study the ‘Murli’ very attentively. “For the last sixty three births, having received repeated punishment in the mother’s womb, you have become a Jailbird now.”

Sukumar was trying to understand the meaning of the word ‘Jailbird’.

During ‘Rakhee’ festival, Sukumar visited the district jail, accompanied by B.K. sisters to tie ‘Rakhee’ to the prisoners. There he met some prisoners for whom; the door of the Jail was always open. During the daytime, they were allowed to go out of the jail and do their jobs or any job that was entrusted to them by the jail authorities. And they would return to the jail in the evening.

They never had any motive to run away/abscond from the jail. The jail was their permanent home and the last resort.

Even if their imprisonment period got over, they would commit some new crime and would return to the jail. It was really, “home-sweet-home” for them.

Sukumar had fostered a parrot at his home. For the last 13 to 14 years, the bird had become like their family member. Sometimes, they used to pull the bird out of her cage and would allow her to move freely. But the bird did not seem to enjoy the freedom for much time. After some time, she herself would enter the cage and would start calling him by his name. However, the door of the iron cage was always kept open.

“Is our (the soul’s) condition also like this? Does the soul also become a prisoner, who has developed mental attachment with the jail or like a bird living in a cage?”

Does the soul receive punishment in the mother’s womb, before taking rebirth? Is this period like an imprisonment period for him (the soul)? During this time, does the soul in all four

(...Contd. on page no. 26)

FACE TO FACE WITH GOD'S PEOPLE

— T.D. Joseph, Bangalore

Test everything. Hold on to what is good (originally *kalos*, Greek, meaning intrinsically good or fine).” This commandment, found in the Bible (1 Thessalonians 5:21), applies to all humanity as human nature is to use reason and to never be satisfied with what is available, but to search for better, best or fine, and to make continuous refinement. Man has obeyed this commandment in physical realm, with regard to his material comforts. That is why we have more and more sophisticated versions of cars, computers and mobile phones than their first generation versions. I thought of applying this commandment in spiritual realm, with regard to religious teachings. My graduation (Philosophy) and post-graduation (Yoga) subjects, and also my working with an international publishing house (The Watch Tower Bible and Tract Society) helped me to have a closer look at all major religions, and as a result I could pick up what is best in them. How nice it will be, I thought, to have a group of people

practising all these best things presently found scattered in all religions. I asked: will there be a group of people like that? I was like a detective who is searching for a missing person holding his photo in his hand. Looking at the photo, it is very easy to identify the missing person even among a busy crowd. My picture of God's people was:—**They should be connected to God directly.- They should be serious about purity, practising celibacy even among married couple.- They should not dilute the principle of Karma (Cause and effect).- They should give woman (man + womb is woman) a predominant role, not a secondary role.** I was searching. Then came a lead, in the form of some CDs, entitled *Life Skills* by Sister B.K. Shivani of the Brahma Kumaris, which my wife got from her friend. And while discussing purity/celibacy, her well-thought out comment—our happiness/pleasure is not dependant on another person, and there is something called super-sensuous joy that can be

obtained through Rajyoga Meditation which will make any sense-derived pleasure too insignificant. This was a surprise to me to know that there is a group who, as a whole, practises celibacy. If that is the case, this group of people, Brahma Kumaris, is definitely worth examining, I reasoned and resolved. Along with my wife, I completed the Seven-Day course on Rajyoga Meditation at Brahma Kumaris Centre in Laggere (Peenya, Bangalore) in October 2011. As the course was progressing, it was surprise after surprise: I could see that whatever I thought as identifying marks of God's people were there already with Brahma Kumaris, and even more features previously never thought of. The Sister, who took the course, explained that God's promise to incarnate when “there is a decline of *Dharm* (Righteousness) and a predominance of *Adharm* (Unrighteousness),” found in Gita 4:7, has already been fulfilled in our generation among Brahma Kumaris, of course not in the sense of incarnation as people, in general, understand it to be. In other words, God has already arrived, and He is using a corporeal medium and enlightening us with the deep mysteries of creation, and the

art of living the new and pure Golden-Aged lifestyle. When I sought some more clarification on this Gita verse, she gave me a book, entitled “THE TRUE ESSENCE OF SRIMAD BHAGWAT GITA” written by Rajyogi B.K. Jagadish Chander Hassija. Reading this book, for me, was like aviation fuel catching fire, reducing all my doubts and confusion on Gita into ashes. It gave me clear understanding on God’s present day-incarnation, proved God is not omnipresent using Gita verses themselves, and explained how to conquer vices—in such a simple way no one has done before, which was another surprise to me. On page 30 of the book, under the subject SOUL, it is lucidly explained that man is a soul, a divine being. When man falls from this soul-consciousness and thinks ‘I am this body,’ he “senses the distinction between the male and female, and this generates the *SEXUAL DESIRE*. Due to awareness of the body, one senses the difference between one’s kith and kin and strangers, and this leads to *ATTACHMENT*; and attachment leads to *GREED* which, if not satisfied, causes *ANGER*. With acquisition of wealth and prestige, and the

respect and admiration, which he is able to draw from others, all of which give rise to *ARROGANCE*.” This simple explanation of how evil originates, helped me to realize how easy it was to conquer vices through a switch-over to soul-consciousness and to restore original purity. **Then came, the climax of all surprises:** the cyclic explanation of history as repeating itself at every 5000 years, of which the first half could be figuratively called as *DAY* and the other half as *NIGHT*, and now we are deep into the transitional stage (called the Confluence Age), and that Golden Age will become a reality here on earth very soon. Though difficult to accept in the beginning, on a second thought it made sense in view of the avalanche of proofs. Look at the pillars of present world system: eventual deterioration is a fact of life. All religions started in brotherhood, but ended up being road-dividers. Hospitals came into existence to alleviate pain of the suffering mankind, but degenerated into money-making machines. How unselfish the politicians are when they start

their career only to become a synonym for corruption in the end. Religions, hospitals and politics are part of history, and what is true of part is true of the whole. It is like the saying: what is in the micro is also in the macro and vice versa, or just as the structure of the atom reflects the structure of the universe and vice-versa. **If man can develop bad qualities and go down to any extent, as witnessed in our generation with world wars, terrorism etc. doing harmful things in historic proportion, it is also possible to do the reverse—to behave befitting one’s own original nature—peace, love, bliss, knowledge, power and purity!** This has been successfully proved by the Brahma Kumaris as they are being taught *DIRECTLY* by God himself—a fact that I soon realized on associating with them. I feel greatly honoured to have come in contact with God’s people. I believe in their *mantra*: **When I change, the world changes,** and am determined to carry out my responsibility of becoming the change I want to see in the world, and helping others to do the same.

Wise Soul – A wise soul opens the window to the future by closing the doors to the past.

THE GAMES MIND PLAYS



– B.K. Prakash Talathi, Mumbai

We, the souls, have three faculties within us – Mind, Intellect and Sub-conscious. These faculties are invisible but we know that these are there as we experience them. So, we say, ‘An Idle mind is a devil’s workshop!’ ‘Don’t mind him.’ ‘*Papi man mora!*’ ‘*Man chinti te vairi na chinti!*’ (‘My mind is a sinner!’ ‘The way the mind thinks even the enemy will not think!’) In fact, the mind is like an innocent child. It doesn’t have any ability to discern, so it can go on and on without knowing that what it is producing may be harmful to itself or to its boss, the soul. To condemn the mind for such ignorance is not wise. As we condemn and criticize the mind, it takes it as an offence, goes into its shell and doesn’t co-operate with us. Then the soul loses the creativity the mind has. However sharp the intellect may be, it lacks creativity; it cannot create different choices; it can only assess the best one from the various choices created by the mind. Now let us first understand Mind and Intellect

individually and then focus on how they function together, in tandem.

MIND

This is a very important faculty of the soul. If used properly, it can do wonders. This is the thought-making machinery of the soul.

What is the food for the thoughts? How are the thoughts created? On what basis? Thoughts are produced by the mind by what we see, hear, read, taste, speak and touch, i.e., on the feedback we receive from the sense organs. The mind also creates thoughts based on our needs, desires, expectations, feelings, emotions, instincts, creative ability and on our *sanskars* (habits, addiction, personality traits etc.), on past events and future worries! So there is ample food for the mind to work on and it never remains idle. Mind normally produces 25-30 thoughts per minute. A mind under stress can produce even more. A person, who has a lot of thoughts and cannot concentrate on any one of them, is known as crazy. These

thoughts fall into four categories;-

▶ **1) Negative Thoughts-** Negative Thoughts are the thoughts based on the characteristics or traits of the soul that it acquires during its journey of life. These traits are known as vices—anger, greed, arrogance, attachment, hatred, jealousy, animosity etc. These are not the original and eternal virtues that every soul possesses. The thoughts triggered by these traits are Negative Thoughts which sometimes may appear to empower us. When a person is possessed by Anger, even 3-4 persons find it difficult to control him physically. We may feel he is stronger due to anger. Anger is empowering. But Anger or any other vice cannot make anyone strong, it can’t empower that person. In fact it leaves the person weak! The vices are harmful for the soul; they weaken us, affect our health and adversely affect our inter-personal dealings. The sooner we realize that Negative Thoughts deplete energy of the soul, the better it is.

▶ **2) Waste Thoughts-** These thoughts have no relevance with what we are doing in the present moment, but they surface and distract our concentration. They may take us either in the past or future.

They may imagine unnecessary problems, doubts, dilemmas, confusion of any kind etc., and create chaos, worries, tension, stress, panic etc. We can subdivide them in three categories – **Waste Negative, Waste Positive and Waste Ordinary.**

● **Waste Negative:** are basically negative thoughts but we do not use them. The thoughts of annoyance and irritation may affect our facial expressions but we may not be able to put those thoughts into action, e.g., thoughts against corrupt politicians, revenge etc.

● **Waste Positive:** We may create very nice and constructive thoughts for the benefit of many, but we continue to postpone putting them into action and finally, after some time, we realize that it is too late and drop the idea.

● **Waste Ordinary:** Remembering something or someone of the past or just daydreaming.

Baba says, ‘When there is waste, there is no rest. Waste is a burden on the soul.’ It makes the soul heavy. It is leakage of our energy.

Let us club both negative and waste thoughts together; as they have one thing in common, that is, their rate of production is very high. They come in

abundance; before we clear one thought, many more are created and it becomes a spider’s web! To come out of it is difficult. These thoughts do not allow us to do anything. They hold our attention, affect our concentration in what we are doing, and sometimes even give us sleepless nights and headaches, for which doctors prescribe some medicines.

By medication, we may sleep over the issue for some time, but after getting up, the same thoughts would arise again. My Father explains it in an entertaining way – there was a crack in the door and a rat came. To catch the rat, a cat came; to catch the cat a dog came and the dog then was followed by an elephant! And it all started with just one thought!

These (negative and waste) thoughts consume our energy, make us exhausted and drained, weaken the mind, which in turn become a cause for psychosomatic diseases like acidity, ulcer, blood pressure, heart problems, diabetes, cancer etc. Medical science says, 90-95% of our diseases are psychosomatic in nature; psyche means mind and soma means body, that is, their root cause is the mind. In other words, the state of the mind

affects the body. That is the reason it is said, *Man durust to tan durust!* A healthy mind is the prerequisite of a healthy body.

▶ **3) Positive Thoughts-** These are based on our (soul’s) original and eternal qualities, that is, on virtues. The rate at which these thoughts are generated is very slow. But these are the only thoughts that can energize us. They make us very happy, cheerful and light.

4) Ordinary Thoughts- These are necessary thoughts as to what to eat, what to wear etc.

So, one can easily understand that to lead a long and energetic life, free from diseases, we should think positive. Besides, there are many other benefits of positive thinking.

Is it possible to set our mind on creating positive thoughts continuously? Is there any regulator for the mind? Or is it a wild horse that can speed up in any direction at its own will, making the person (soul) helpless? In fact there is a regulator; the intellect is the regulator to the mind.

INTELLECT

Every thought produced by the mind is processed here. No thought is ignored. Intellect **analyses** every thought, **discriminates** it and takes

decision. If decision is to translate the thought into an action, then it is the intellect that **plans** how to bring it into action and then it is the intellect, which **executes** the plan. Mind is unable to do these things. And then what was just a thought becomes an action. Intellect is like a boss, it has one very beautiful characteristic; it will not accept anything blindly on faith or sentiments, however close that person may be. It will argue. It will ask for reasoning. Unless it is satisfied, it will not give the ‘Go ahead.’

SANSKARS

When an action is performed we get two things — one is the **fruit of the action!** This is as per *Karma* philosophy and the other is an **experience.** The fruit of action will ripen at its own time. So we do not know when we will get it. However, what we immediately get is the experience! If we perform an action to dive into the ocean, what we will immediately get is an experience of swimming or drowning; the fruit of the action may come in the form of cold and fever after a week or so. The experience is recorded, imprinted, filed well for future reference in our

memory track in the sub-conscious. Later on, just by mention of swimming, the file will open and without diving in the water we will re-live the same experience. This filing cabinet in the sub-conscious is very nicely maintained. It never reports that ‘the file is missing.’ Such things only can happen in government offices.

Suppose, a childhood friend parted from you as his father’s job was transferable. You never met him since then for the past 35 years. One day, when you were travelling by an awfully crowded local train in Mumbai, a person standing next to you pushed you which annoyed you. However, he expressed his apologies politely. Seeing his behaviour, mannerism and politeness, a file opens up in your subconscious and you recollect that he is your childhood friend! You embrace each other with great joy and delight. Then you both get lost in those childhood memories. According to medical science, every cell of your body changes within 7 years’ time, except the brain cells, known as neurons. So, in 35 years’ time, all the cells of your body must have changed and you had been overhauled

over 5 times; so also his body cells must have changed for 5 times. In spite of that, just by the exchange of few words, you recognized him and he also recollected you. What a beautiful record of keeping and maintaining!

When we perform something new for the first time in our life, it is the first *sanskar* of doing that; and when we keep repeating that *sanskar*, it becomes a habit and the habit, over a period of time, becomes our personality trait.

Subsequently, we repeat that *sanskar* and master that skill. By repeating the *sanskar* again and again, we deepen the groove in the memory track and form our habits. When habit becomes deep-rooted, if it is bad, it is known as an addiction. However, if the habit is good, we can call it character-building.

If you plant a thought, you reap an action!

If you plant an action, you reap a habit.

If you plant a habit, you reap an addiction or develop the character.

If you plant character, you create your destiny.

Habits – It is said that habits seldom die. Habits are easy to

create, but they act, as it is said in computer language, “By default”. So, if the habit is bad, it will also work by default and we shall become a slave to such a habit and create lot of punishment or problems for ourselves, by becoming a slave to our addiction. So, one has to be careful before forming a habit, than repenting later. So, where did it all start? From our thoughts! So we have to be careful in creating thoughts. The quality of thoughts should be pure, positive, benevolent and elevated!

It is rightly said—

If you think the way you have always thought,

You will perform actions the way you have always done!

If you continue to perform (actions) the way you used to do,

You will continue to get what you always used to get!

So, if you always get stress, tension, worries; what do you do?

Simple – **check the starting point, change your thought process!**

Destiny is to be created. Destiny is not something that God has given to everyone packed separately. The actions (*Karma*) we perform give the fruit at their own time. But we may not necessarily get the fruit of all the actions performed by us in this very life. Such actions that are a waiting fruition are ‘Pending actions’. These pending actions will bear fruit in some other life. **The sum total of such pending actions of various lives is destiny!** Thus, it is we, who are the creators of our destiny. There is no point in blaming others, God or destiny. Let us accept the responsibility of our deeds and work on ourselves.

(.....to be continued)

(... Contd. from Page No. 20)

make promises to the self that it would not indulge in vices? But after getting out of the womb, does it forget the promises it made and yield to its old traits/ *sanskars*?

Baba used to say, “Sweet children, you are now mature, you can’t say that you have forgotten it. But still many of you forget the knowledge soon after you go out of the centre.”

Sukumar is yet to understand the ‘Murlis’ (the divine versions) fully. But he loves them. By churning the ‘Murli’ again and again, he is able to enjoy it more and more.

“To stop the increasing trend of the mountain-like body-consciousness, amongst the people, there is the necessity to take up a journey like Sage Agastya did. Many people have already travelled a long distance on this journey. Dadi Janki and other Dadis along with all senior brothers and sisters, B.K. Lata, B.K. Kunti, B.K. Kamini, B.K. Nilima, B.K. Jonali, B.K. Diganta, B.K. Baikuntha and many other characters in this novel, are also actively undertaking this journey. Sukumar also feels proud to be a traveller on this spiritual journey.

Actually this is a journey for self-realization, with a view to arrive at the highest peak of spiritual evolution. But the time is short! A very long distance is yet to be covered by him. What will he do now? He has to develop the strong will to work on himself tirelessly. He should become like a Light-House that spreads the light of knowledge

(...to be continued)

MERCY, COMPASSION, FORGIVENESS –

– Aruna Ladva, BK Publications, London

Mercy, compassion and forgiveness are terms that we use often on a spiritual path, but what do they really mean? We might think that ‘mercy’ means to show leniency towards a convict, or that it refers to the discretionary power of a judge or someone in authority to pardon someone. Compassion means that we are moved by another’s pain. It is only with a big heart that we can truly practise forgiveness. But surely these acts of mercy, compassion and forgiveness need to begin with the self.

As with all principles on a spiritual path, we need to apply them to ourselves first. It is only when we have self-value and self-love that we can forgive ourselves. Self-love is having compassion for the self, and mercy means that I always act in my own best interests, not selfishly, but with the wisdom that knows what is really good for me.

To seek mercy means to be in a place of weakness. I may not be begging for mercy from a cruel oppressor, but I may be

waiting for someone else to make a first move, to make a decision or to behave in a certain way. In this case I need to examine my perceptions: have I just handed over responsibility for my own actions, to others? Am I allowing them to rule my life because I don’t have the self-respect to rule my own? We hope that some person would call us. We feel disappointed because he doesn’t call; it means that I am acting mercilessly as I am handing over responsibility for my feelings, and then I blame that person for hurting me!

Likewise, if we are seeking forgiveness from others, it can often mean we do not have enough self-love and self-value. How and why? Because when I have enough self-love and self-value, I take responsibility for my behaviour; for my thoughts, words and deeds and choose only the best. Eventually, I may arrive at a situation where I never need to ask for mercy because I have not done anything wrong that

needs forgiving. Yes, we may make a small mistake now and then and have to say ‘please forgive me’, but a person with self respect will be able to say this easily and without feelings of self-blame and guilt.

Let’s try experimenting with mercy and compassion on ourselves at every moment, and we won’t need to be at the mercy of others. If I am continually at the ‘mercy of people’ then I need to examine myself. What patterns am I repeating that constantly make me feel small and unworthy, and for which I find myself apologising for and seeking forgiveness.

In fact it is not a healthy state to be in, to continually make mistakes and ask for forgiveness. It depletes the soul of its power, makes it lose confidence and as a result can make one hopeless and depressed over time.

By contrast, mercy for the self has to be the ultimate catalyst for self-healing. It’s when I truly realize that the old patterns of behaviour or indulgences just aren’t working for me; in fact they are causing more pain, suffering and hardship. It is then that I need to exercise mercy on myself and to make a shift in a positive direction. This is where *efsplahnia* the Greek word for

mercy; which means to bring about the best from my heart, enriches our understanding.

In all faiths, God is known as the 'Most Merciful' or the 'Compassionate One' – in Islam, '*Al-Rahman*' and '*Al-Rahim*', in Hinduism as '*Karuna*' and in Asia '*Kwan Yin*', the *bodhisattva*, is the icon of mercy and compassion.

Why is it that every soul on earth remembers God when in distress? Perhaps it is because there is the understanding in the soul that only God can truly forgive me and I can then become whole again. God's heart is pure, untainted, and like an ocean is able to embrace every soul, despite their misdeeds! God's forgiveness is the ultimate forgiveness. No wonder, when there is a deep-seated feeling that God is happy with me, I need not worry about others!

To the extent I am close to God in my good qualities, that I am pure in my intentions and carry a clean conscience, to that extent I am able to have mercy for others. If the judge himself is guilty, how can his mercy work? He too is a slave to his own actions and has no right to judge. Thus, as I become a master over myself, by taking responsibility for myself and listening to my conscience, I am

able to clean up my act and feel mercy for others.

We should not confuse mercy with pity and make others feel doomed and worthless. Mercy should inspire and empower. When it comes to demonstrating mercy and compassion for others, we must be careful not to be premature and hasty. Sometimes we judge early and show false mercy, not allowing time and space for others to develop. Here is an example of what I mean. There was a man who tried to help a caterpillar open its cocoon faster so it would come out quicker, only to later find out that once the butterfly was 'born', it could not flap its wings. The very act of forcing open the cocoon from inside strengthens the wings of the butterfly. So in the name of mercy, we often try to help others, but in the process deprive them of their growth.

Small mercies are also small blessings. Look for those small things that happen in your life, that prevent the bigger awful things from happening. Don't just take for granted the simple things in life.

Real mercy and compassion

mean to live my truth and to share the truth. If I am constantly refraining from speaking out for fear of the repercussions, then I need to ask myself if I truly feel compassion for another. In real friendships, we need to be honest because we don't want our friends getting hurt.

When it comes to forgiveness, I need to first forgive myself. Fore means first and then I give to myself. Give what? Give back the power to myself that I had given away! Always remember that it's healthy to forgive others and to then move on. To not forgive means I am holding onto the past and that will forever be like a ball and chain, holding me back and not allowing ME to move on.

It's Time... to ignite mercy – the ultimate expression of self-love. As we operate out of love and compassion, we struggle less in our relationships. Look out for the small mercies in your life, which are the blessings that oil the wheels of your life. Have a heart as clean as God's and, like God, you will have a compassionate heart overflowing with mercy!

THE WEAK CAN NEVER FORGIVE.
FORGIVENESS IS THE ATTRIBUTE OF THE
STRONG. – Mahatma Gandhi

RAJYOGA BRINGS PEACE IN FAMILY

I was born in a spiritual family. In our childhood, we were taught by our parents that God is omnipresent. During my middle age, I came across the Brahma Kumaris many times. But, I never realized that God wanted me to join them. About six times I came across the Brahma Kumaris sisters but somehow I never learnt what their concept was. It was only later in life that I actually got into Brahma Kumaris, after being inspired by the speeches of B.K. sister Shivani. Earlier, I believed that God is omnipresent. There were a lot of doubts that were clarified by the concepts of Brahma Kumaris. Earlier I had tried various *gurus*, concepts, meditation techniques etc., but I never felt satisfied. My search for the spiritual knowledge ended here.

The knowledge that I am a soul and Paramatma, the Almighty is the father of all souls' inspired me.

The fact that there is no idol worship in the Brahma Kumaris attracted me. Their concept of universal brotherhood and belief in the ensuing Satyuga are unique and inspiring.

With the practice of Rajyoga, I started experiencing peace and bliss in and around me, and everything started to go positive

– B. K. Chandini, Coimbatore after becoming a Brahma Kumari. The principles and beliefs taught by the Brahma Kumaris like **“I am a powerful soul”, “I am Master Almighty Authority” and “I am the creator of my own destiny”** made me take the responsibility of whatever happens in my life, and helped me accept everything as ‘World Drama’.

I aim to do service and remain pure, to the extent possible, in thought, word and deed. God has gifted me good memory and I take keen interest in sharing the Godly message with friends, family members and the people in general. The sound knowledge of three languages (Tamil, Hindi and English), is my God-gifted talent that I use to help others understand the original *mahavakyas* or divine versions.

I feel myself blessed by Baba as I succeeded in inspiring my husband, two daughters, grand daughter and son-in-law to attend the Seven-Day course. I have shared the knowledge with my siblings too. They are yet to undergo the classes. Life has become more beautiful with positive vibrations all over the house. We have traffic control equipment at home, and all of us

follow it systematically. At definite intervals, Baba’s songs are played which provide mental peace, increase concentration and help us in meditation. And we watch Peace of Mind TV, together. We read *Murlis*, i.e., Godly versions and the other spiritual literature together.

The following Sanskrit *shloka* rightly describes the Brahma Kumaris philosophy:-

**Trees laden with fruits bow
with modesty**

**Clouds filled with water come
closer to earth**

**Noble people who are
prosperous, cooperate with
others**

**Such is the nature of service-
oriented people**

– Nitya Neeti, 25.

I would like to make a small suggestion to sisters and brothers who share the divine knowledge with the aspirants. Before giving theoretical knowledge through pictures, first the foundation should be laid with classes like positive thinking, anger management, contentment, etc., so as to prepare the individual to get maximum benefit.

Undoubtedly I did the right thing by becoming a Brahma Kumari and I know I am on the right track. I have resolved to use my physical, mental and intellectual capabilities in the spiritual service of mankind, on the path shown by Incorporeal God Shiva. Let us continue to work towards a peaceful world.

BEAUTY AND PAIN: INCOGNITO TWINS

(Life Can Be A Gift, If You Know How To Open And Live It With Care And Wisdom And Always Put The Horse Before The Cart)

– B.K. David, Paignton, England

Wherever you see beauty today, you will not have to look far to see pain also. We live in a world where beauty and pain are inseparable; you cannot escape either one, no matter how hard you try. Life truly has become one big gamble in which nothing is guaranteed or sacred. No one is safe today and no one has seen tomorrow. The rich may not survive the day and the wise may not have done enough with a pure heart and clever head to be able to see tomorrow in all its glory. The greatest sight and prize can be had only today, in hell, in present day world.

For Tomorrow Never Comes, As They Say

The greatest wisdom of all is: To live for today, work for today and try and enjoy today to the greatest extent you can with as much love, peace and honesty as you can cram into your life. Tomorrow may be too late for you to do anything to benefit yourself and others: for tomorrow never comes, as they say.

The House Of Karma Has Many Rooms — Some

Good, Some Bad. We Have To Open Our Front Door When Karma Rings Our Bell, Even If You're In The Shower, Watching TV Or In Bed.

Beauty can bowl you over in one minute and at the next, you can be crippled with pain on the floor on your back or knees. At that time it is too late to be on your knees and praying to God for help or forgiveness. The *karma* bell has rung and the door opened and if you are ready or not, the contents of the 'house of *karma*' will fall on top of you. If it crushes or tickles you is a matter of your past and yesterday and how you have lived your life. If you've 'always' lived well with truth and love and honesty, then you may well have a good time when the contents of this house fall on your head. Yet if your life has been interspersed with dishonesty and not full of truth in your thoughts and actions, then the roof of *karma* and its contents may prove heavy and hazardous when it falls in on you.

Karma Only Does Things In Full

You only need to open your front door half an inch and for half a second to have let *karma* and its army into your house (life). You can close the door quickly afterwards—but it's too late, she's in, and she is here to give you everything that you truly deserve and what you have earned up until that moment—in full. *Karma* cannot do things by half measures or is ever hesitant in what it gives out. *Karma* has an intelligence all of its own and knows exactly how much to give, when to give and to whom to give. You would be the biggest fool ever to put yourself above *karma* (your actions and their impact). *Karma* has never once made a mistake in its long history; *karma* is perfect in its reasoning and distribution.

Your Suffering Of Karma Effects More Than Just You

The big difference in the reality of *karma* and its perception and easy-to-follow philosophy, is when people have amassed a whole load of bad *karma* for themselves and then have to experience the punishment for those wrong doings. Then the philosophy becomes more than just talk and some pages in a book and becomes the most 'important reality' and philosophy in the world as it has stopped you from

living your comfortable life. It is your own actions, of course, that has stopped you from living and *karma* is just reacting and doing its job of paying you back what it is you owe. What we owe turns into the “Oh” of pain when we start having to repay it back and settle that account.

Is Your Invisible Suitcase Of Karma Heavy Or Light?

When we are suffering or those we know and love are in pain, then it seems life is very unfair and the concept of there being a God often goes out of the window as “How can there possibly be a God when he allows so much suffering to go on in the world, especially to good people”, is often the only reasoning and comment people can muster up in the defence of their own suffering and obviously poor lives, actions and thinking. Our present state of mind and body has a direct connection to our past. Anyone’s pain is associated and related to his/her past. We are the walking end results of our actions performed in life. We are the moving models created by ourselves, albeit unknowingly. Our past has a direct link to our present and all our bad *karmas* performed in the past can simply be transferred to the present day not only ‘can’ be transferred, but ‘is’ transferred. You are walking round carrying *karma*’s invisible

suitcase wherever you go. Feel tired, exhausted, in pain? Check to see what you are carrying in your suitcase (your past).

So all the suffering you see about you, including your own, has its specific origins and causes. You can deny or accept these causes but it is in your interest to accept them, as you can then set about changing them, reducing them, and making sure you do not repeat them again.

Did You Know Karma Works 24 Hours A Day And Follows You Secretly About?

Karma is the strictest judge you can ever meet and it shows no mercy when it is at work and following you, and it works 24 hours a day. To *karma*, if it has its repayment book out, then repayment it will take; it will not matter if you have done some good in life, for it will repay you for that in good time also. *Karma* can repay both goodness and badness just as easily but as most people today live in complete ignorance, *karma* is now mostly busy in repaying people’s bad actions and negative thinking and lazy, ignorant ways.

It is worth highlighting, people’s poor actions and thinking is done whilst under the blanket of ignorance, but not, repeat not, in their absence. We are all responsible for everything we do and think in life and

nothing you ever do can be blamed on your neighbour (someone else). You are your own manager and big boss in life and if something goes wrong or something is not right in your life, you need to point the finger of blame to the manager and one ultimately in charge of your life – you!

What Would You Call Someone Who Shouted At A Door?

If your neighbour came round and blamed you for dropping and smashing his favourite cup on the floor, what would you say? Could you blame your neighbour for you not having any sugar in your cupboard? Can you ever really blame your neighbour if you’ve not got any firewood (love) in your house? Can you blame the person over the road if you drop something on your foot which then takes away your feeling of peace? If you do not look where you are going in life and bang your head on a door, do you blame the door? What would you call someone who shouted at the door after they had walked into it? Who is to blame if they banged their head? Is the door to blame or the person who walked into it?

Well Why Not – Let’s Blame The Cat Over The Road For Your Endless Suffering

Are you responsible for your life and what happens in it or is

the person out walking his dog in the park responsible for your life? Are you responsible for the pain in your life or is the door? Is your ignorance to blame for your suffering or is some remote terrorist, country or ice cap melting to blame? One thing is for sure, we are all responsible for the shoes we wear in life. No one is responsible for the shoes you put on (what you think and do) each morning. Where we go in our shoes is our responsibility, not the sales girl who sold the shoes to you. Or is she responsible for getting your shoes dirty? Is the sales girl to blame that you trod in some dog mess?

Walking Through A Garden Of Flowers And Fruit

It's our duty, and yours, to turn any mess in our lives into a garden of well-ordered beauty. It's wise and very profitable to now view your role in life to plant as many fragrant flowers (develop virtue) for people to enjoy as they pass your garden

(life). Let the fragrance in your garden give pleasure to all, which leaves a powerful feeling of sweetness in their hearts and wonder in their minds ("How did they become so sweet?"). Dig out any weeds (vices), be they evident on show or hidden, and let your garden become an orchard of giving, giving and more giving. Let no one labour or want anything whilst walking in your orchard. Let sweetness and wonder be filled in the air and the sunlight of wisdom filter through the trees and land on their foreheads.

Six everlasting seeds that fall as flowers to earth

There is nothing as powerful in life as giving, love, sweetness, truth, wonder and wisdom. These six everlasting seeds should be attended, cultivated, watered and nurtured everyday in your garden so that they grow into fragrant flowers and given as a gift to everyone you meet. These flowers contain the essence of what life is about;

have the unique fragrance of wonder that can only originate from God. God's Garden and Shop is full of wonderful flowers which He drops from up above all the time. The door (Heart) to God's flower shop is always open. **The question is:** Are your mind and arms open enough, and wise enough, to catch these Godly flowers? Is your vision clear enough and strong enough to be able to see into God's shop? Is God's open shop always just in front of you or sometimes so distant that you cannot see it? God's shop has always the 'OPEN' sign in its window. Yet soon, He is to turn the sign round to 'CLOSED' and it will be too late to catch any more of His flowers as this world is to finish. The only outstretched arms soon will be those pressing the buttons that fire the bombs of destruction. The world has the countless arms of weapons and the children of God have Godly arms of giving.

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— (... Contd. from Page No. 3) —
love, harmony, peace and prosperity when people share, with each other the bounties of nature and care for each other, they now long for an era of health, wealth and happiness when people are near and dear to each other and are divine or sublime in their thought, speech and action. Many of them know and many of them don't know that such an era is called the Golden Age or *Satyuga*. It is about this Age that people say that lion and goat will sip water from the same pond and there will be no wickedness, lawlessness or violence but righteousness and purity at their climax. Such an Age has been mentioned in almost all old scriptures and traditions. But people do not know that this can and this will become a living fact in the near future. They see and they believe that the darkest hour is before the dawn but still it is hard for them to believe that the world will soon be entering into Golden Age!

Clear Picture Of The Future

No doubt, there has been frequent mention of values during the past some decades. There is talk of value-based education, principled politics, ethics of economics and so on. But people do not have a clear and composite picture of the future when these values will be just natural life of everyone.

They do not have a clear vision of society in which private and public life, political sovereignty and administration, education and entertainment and all other aspects of life would have inherent divine values, blooming as fragrant flowers. Now people are, no doubt, talking of family values and values for tension-free life, better management, women empowerment and so on but they do not have a complete and integrated picture of what the world and the life would be like when these values have been fully internalized.

Clarity About Methodology And Time-frame

Also, people do not know how these values can be so internalized that they become our very nature. People have also not thought it deeply as to how much time we have for this before the grave problems of poverty, over-population, environmental pollution, nuclear weapons and communal and national feuds cause catastrophes.

Ushering In The Golden Age

Again, the majority of the people are not aware that they are, in fact talking of the necessary preparation for entering the Golden Age because, if every segment of society acts according to ethics, then the world-scenario would naturally change. They vaguely

talk of ushering in the Golden Era or preparing for Satyuga without knowing the rational basis, what kind of era we are heading for and what kind of preparation is necessary to enter the new era. They do not have any cogent, consistent and integrated picture of the coming Age which will definitely be the Golden Age.

About 'Spiritual Empowerment'

The process of spiritual empowerment may be defined as the process of re-energizing the human soul by practice of Rajyoga Meditation, i.e., by linking the self to God, the Being of Light, who is the Ocean of Peace, Bliss and Might. It is a process of spiritual enlightenment and of inculcating divine virtues in the self and giving up negativities and impurities. It greatly enhances our will power and self-confidence. It is not synonymous with religious empowerment and is based on the fundamental tenet that the whole humankind is a spiritual family for we all are souls and the incorporeal Supreme Being is our Supreme Mother-Father and we must, therefore, have love and harmony, keep in mind the original human dignity and divinity and share with, and care for, each other.

Pre-requisite For Spiritual Empowerment

The effort for empowerment

is based on the belief that, in our original nature, we all are peaceful and pure and, originally, the world was in Golden Age but identification of self with the body and the prevalence of five major evils led to gradual degeneration in values and that finally brought us to the present plight. The climax of all-round degeneration has reached and we all must now work for self-transformation and for bringing about the Golden Age. We are now at the most critical juncture in history when environmental pollution, poverty, over-population, nuclear weapons, etc. pose a very grave and real threat to our very survival. So, joint efforts brook no more delay and the Spiritual Empowerment is the way to re-establish and enter the Golden Age, i.e., Satyuga.

Aims And Features To Be Worthy Inheritors Of God

At a point of time when most people only criticize the present-day governments or fellow citizens for the mess we are in and at this juncture of culmination of the critical phase when people are afraid of the coming grave world-catastrophes as prophesized by various scriptures or have lost

all hope of transformation of the world from the darkest to the brightest etc.; we think that it is the duty of those who have been blessed with revelations about the coming Golden Age to share their knowledge and experience with those who do not know and are groping in the dark, so that they also become worthy inheritors of God Father's divine endowment now and in the coming most wonderful and excellent era.

Another aim is to share experiences also of blissful contacts and tete-a-tete with God, for here are persons who have had the most beautiful vision of Him, enlightening and captivating conversations with Him and enrapturing and empowering communion with Him. It is the most opportune time in world history when anyone craving divine experience and God's blessings can be in intimate contact and communication with Him by not too difficult a method because God Himself is the infallible Guide and Most illustrious and Beloved Master.

Sharing Our Visions Of A Better World

In order to achieve these aims of creating awareness among the people of the signs

of time and the coming of the Golden Age and sharing with them the values that He has taught for ushering in absolutely a new Age and giving them God-experience, the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya has constantly been trying to bring about a positive and fundamental change. Various wings of this organization devoted to the service of different segments of society are, in various ways, presenting to the people, especially their own segment, as to what will be the form and features or role and responsibility and place and performance of their own profession, age-group or gender in Golden Age when all the values have, to the maximum degree, been internalized by the human souls. For example, they explain what the form and function of the Government, Administration, Education, Science & Technology, etc.; will be in that Age. More emphasis is laid to display the life-style, the culture, the family life and the behaviour of the people, for these form the core of it all.

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