

|| From the mighty pen of Sanjay ||

AN ENLIGHTENING DIWALI

Diwali or Deepawali – the festival of lights – is very widely celebrated in India. There are a number of practices and observances that are usually associated with it. Let us assess spiritual and philosophical meanings and people's enthusiasm of these festivities.

A personality-portrait of Lakshmi

The word 'Lakshmi' is derived from the word 'Lakshya' or Lakshma. Both these mean: 'The goal'. So by semantic implication, Lakshmi represents 'the final goal' of life. The symbols associated with her and the rituals and practices followed on the day of Deepawali, all imply that she stands for the highest stage of perfection and development, which a human soul can reach.

The Sanskrit word 'Laksha' stands for hundred thousand (rupees or property worth this amount) so that a person possessing wealth of this amount is called Lakshpati, and Shri Narayana, the consort of Lakshmi is called Lakshmiapati. Because of phonetic closeness and similarity of meanings Lakshmi is considered 'goddess of wealth'. However, wealth is not the only possession of Lakshmi.

Symbols associated with Lakshmi

The Symbols, associated with Shri Lakshmi clearly bring out that she represents the goal of human endeavour or perfection of human life.:

(i) Her four arms or hands signify *Dharma, Arth, Kama* and *Mukti*, i.e. the stage of Fruition or Beatitude. There is nothing left to be achieved. Health, Wealth, Virtue and Happiness are all included in this. Her 'Abhaya Mudra' shows the pose of assurance and safety.

(ii) The hundred-petal Lotus on which she sits is symbolic of hundred percent purity and detachment or her perfectly

Sattwic stage. The hundred petal open lotus, which she holds in her right hand, is symbolic of full development. Then there are many lotus flowers shown floating in Kshira Sagar – the ocean of milk. These are symbolic of purity, peace and prosperity. Gold coins continually coming from the left hand signify un-

(...Contd. on page no. 34)

CONTENTS

- ▶ An Enlightening Diwali 3
- ▶ Celebrating Diwali: Becoming Deities(Editorial) 4
- ▶ Doing it with Dedication ... 7
- ▶ Baba's Call: "Be Humble, Generous and Insightful" .. 8
- ▶ Inner Power 12
- ▶ Power of Self-Transformation 14
- ▶ Ahura Mazda, Golden Age and Mayan Prophecy for 2012..... 17
- ▶ The Glory of Divine Presence...!!! 20
- ▶ The Art of Healthy Living .. 21
- ▶ There are No Cheap Flights to Heaven 23
- ▶ Problems and Solutions 27
- ▶ World Day of Remembrance for Road Traffic Victims .. 29
- ▶ Relationship - A Beautiful Aspect of Life 31
- ▶ Royalty 33

Rates of Subscription for The World Renewal

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

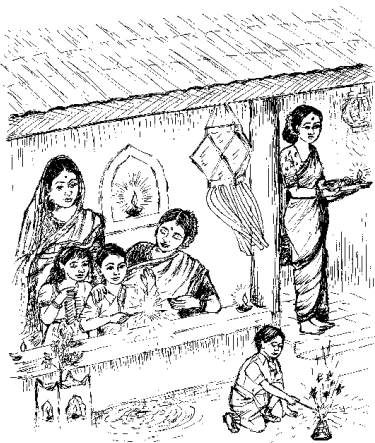
Subscriptions payable through Money Order/Cash or Demand Draft (*In the name of "The World Renewal"*) may be sent to: **Om Shanti Printing Press, Shantivan-307510, Abu Road, Rajasthan, INDIA.**

For further information regarding subscription, please contact:

Mobile: 09414006904, 09414154383

CELEBRATING DIWALI: BECOMING DEITIES

Every year we celebrate Diwali with devotion, pomp and gaiety. It is indeed a highly significant festive season for the young, old and children. It is the time when Indian families in Bharat or NRIs abroad come together at least once a year, in their best new attire and jewels, to feast and rejoice together with loved ones and their communities. Every home gets a polished look; many people choose Diwali to move into new premises duly decorated with colourful lighting and furnishing. Children and youth express their joy with crackers and other fireworks.



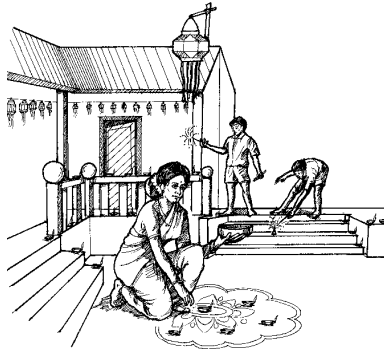
The festival of Diwali is considered as old as civilization itself, as mythological stories herald the beginning of the Golden Age of Shri Lakshmi and Shri Narayan, as well as the ceremony when Shri Sita and Shri Rama took to the throne centuries ago. Every household awaits and invokes the blessings of these Deity Rulers during Diwali celebrations very eagerly. With the passage of time, there is newness in the ways we celebrate the festival but some of the rituals (i.e. worship of Maha Lakshmi), and lighting of lamps and fireworks remain the same. As devout worshippers, the age-old customs and systems keep us connected with our past glory of the deities' rule, and virtuous lives of inner richness and external prosperity.

With present day political events, rallies, elections and the hollowness of human character, disillusionment and

dismay are alive and all around. With natural calamities (Hurricane Sandy and Cyclone Nilam) causing unheard of destruction, there has been an astonishingly huge loss of property incurred that shows human limitations against the fury of Mother Nature, be it the super-power America or upcoming power Bharat. This has caused so much sorrow, upheaval and inconvenience to millions in addition to loss of human lives, livestock and destruction of cities and rural population. Some people term this as the beginning of the 'end' – a global phenomenon which continues year after year. Many environmentalists call it the 'Wrath of Nature' due to global warming.

The Supreme Soul and Father, God Shiva, and Father of Humanity, Avyakt Brahma Baba, have been cautioning us repeatedly about future events stemming from the total disrespect of essential spiritual, human, moral and ethical values, and causing so much negativity in human behaviour. Spirited dance and music during festivals help people to detach and distance themselves from negative or wasteful behaviour temporarily. But

once the joy of festivities wanes, they again succumb to their old ways and weaknesses thereby causing much conflict, disease and untimely deaths. Our Supreme Parents have been advising us human souls to awaken our conscience and consciousness again, to inculcate moral and spiritual values in day-to-day living through God's direct teachings and Rajyoga meditation. The most elevated advice to all human souls is to **return to our original positive thinking, attitude, vision, behaviour and 'being' by inculcating divine virtues in daily practical life.** Merely holding elections, since the era, when we achieved freedom from foreigners, has not helped in elevating and divinizing human



behaviour. Rather, it has contributed towards deteriorating our value-system and causing a lot of inner spiritual damage. Multiplicity of party politics has divided and weakened the entire nation giving way to unwanted elements, from within and outside the country, who threaten to destabilize society and aggravate conflicts time and again.

Let's motivate ourselves to think well, positively, and selflessly with the goal to re-

establish goodness in society to the level where Bharat returns to its original glory of being the **Land of Deities** (Aryans). This can be achieved when we pledge to work together to accomplish that lofty goal of greatest transformation into the land of God-hood or deityism, and nothing short of deityism.

Let's be true to the song, "*When every household is the home of deities, and children are like Radha and Mohan (Shri Krishna) full of positive virtues, ever-healthy and ever-wealthy, that will be the re-awakening of Bharat into absolute Golden Age (Satyug/Heaven)...*"

Let's kindle the lights of new hope and lead our Bharat into an enlightened glorious future... — **B.K. Nirwair**

"YOU DID WELL! THE CALM AFTER THE STORM"

— **Sister Jenna, Director, Brahma Kumaris Meditation Museum, Maryland (Washington DC), USA**

I don't know about you, but do you get the feeling that we are growing up as a nation and people? I watched the news coverage on "Sandy," the superstorm that

devastated the East coast and from my observation, our government worked in cooperation and many citizens "listened."

I decided to leave our Brahma Kumaris Ashram in McLean because of

the many trees and constant break-down of electricity in the area when there is any kind of small storm, much less a Sandy! There was no way I was going to put our family and community

through devastation from the elements. Being spiritual means to also be practical and make solid decisions which help others to remain at peace.

Being at peace, while our brothers and sisters on the East coast, try to deal with a lack of power or an inability to move around as usual, is not full peace. There's a feeling that we are all in this together. Even though we might have electricity and we were not flooded by water, my brothers or sisters down the road were not as fortunate, so I want to be of help. When I awakened at 4 a.m. this morning, I sat with my mind connected to God, sharing love and sending light to everyone, who were affected by the storm, hoping that they will be well and safe.

I called and texted everyone I knew to see if they needed anything and how they were. What has

pleasantly struck me is the overwhelming humaneness on the part of politicians, emergency crews, utility workers and mostly the journalists who covered the storm. For the first time, I witnessed that this storm was not necessarily about the economy, it was about how we can help each other and keep our families safe. I heard politicians saying, "Thank you for the coverage," journalists saying to journalists, "Thank you and be careful," as they covered the storm from outside, conveying their appreciation for being on the front line.

Is it time to say, "You did well"? There is a calm after the storm. We are growing up folks. The aftermath revealed that we are in this together, and we have to do it together. The response from the administration was

speedy and swift, beyond bureaucratic jargon and focused on saving lives and keeping the American people safe and informed. It was very touching and inspiring! It was a sign of reinforcing faith in government, faith in God, faith in self and in others. As we become more experienced by enduring so many calamities, we just might become a civilization of ever-ready folks who are ready to live in the moment and the future, rather than in the past.

This historic storm has touched not only the lives of over 60 million people, but the world! Perhaps, it has shown the world that America is getting back on track and that resilience is one of our core values as a nation and a people. What can we learn from this spiritually? Maybe when we know ahead of time we handle realities with grace.

DOING IT WITH DEDICATION

– Hari Om Chawla, Rajouri Garden, New Delhi

There is a beautiful quote by Amie Gottlier that ‘It’s so hard when I have to and so easy when I want to.’ Most of us spend a major portion of our lives doing things that we have to do, following instructions, carrying out correct tasks asked by parents, teachers and society, cramming course books, proper home work, school-college trips, remunerative jobs etc., etc. Everything seems to be all right, in proper order. So, what is missing? The ‘want to’ element is missing!

Whenever I see a student’s book and peruse some pages, it seems to be so interesting that I want to go through the whole book. But, years ago, in my own school days, these books did not appear to be interesting. Although I used to secure very good marks, almost at the top of the class, yet I did not know the subject. It was just dutifully doing the right things, like regular home work and putting up the

texts to memory during class tests and annual examinations. I don’t recall much about what I had read in school and college days, except for some interesting short stories and poems.

Immediately after schooling, I had the opportunity to read complete works of Swami Vivekananda, one of our greatest spiritual masters. This was done with keen interest and admiration. I may not remember his exact words on any topic, but I came to acquire the essence of his teachings, which remains still in my mind.

We must all choose our profession and do things which really interest us, towards which we have an inner inclination and not follow the routine trends prevalent in the society.

Whatever we do, we must first convert ‘have to’ into

‘want to’ and then do the thing. Given a chance, I would like to carry out all the old deeds again, with full interest. But we cannot go back in time.

But we can change from this very moment; carry out each task with full awareness and mindfulness, not because it is the correct thing to do, but because I like to do it, I want to do it. We have before us the most pertinent example of Prajapita Brahma, the human medium of Incorporeal God Shiva. Right from the very establishment of this spiritual organisation, Brahma Baba performed elevated deeds wholeheartedly. Even at a very advanced age, he remained active and fully dedicated to the divine task of universal transformation of this world. His whole-hearted approach towards life and utmost dedication for the service of mankind inspired millions of people worldwide, who are even now following the foot-steps of Brahma Baba. We really get inspiration from these travellers of the spiritual path.

Strike while the iron is hot.
Seize a good opportunity as quickly as possible.

(Contd. from October, 2012)

BABA'S CALL:

“BE HUMBLE, GENEROUS AND INSIGHTFUL”



An Interview with Brother B.K. Steve Naraine, former Vice President of the Republic of Guyana and High Commissioner of Guyana to India, Rtd.

– Interviewed by B.K.Ranjit Fuliya, Associate Editor

[The first diplomat to follow the divine knowledge imparted by Incorporeal God Shiva through the corporeal medium of Prajapita Brahma, Bro. B.K. Steve Naraine, former Vice President of the Republic of Guyana and High Commissioner of Guyana to India, Rtd., shared in September 2012 issue some of his personal experiences as to how he came in contact with the BKs, his subsequent advancement on spiritual path, visits to Mount Abu and practical application of Rajyoga meditation. In this issue he shares his love for learning, elevating interactions with dadis and senior B.K.brothers, and positive changes in one's attitude through this gyan. He was interviewed by B.K.Ranjit Fuliya, Associate Editor, at the Brahmakumaris International Headquarters complex, Shantivan, Abu Road, Rajasthan in March 2005; telephonically updated on 25th August 2012. Herein he also shares with our esteemed readers the strategy to bring self-change, and attain success in administration through implementation of values. – Editor]

Q.: Tell us about your interactions with senior B.K. Brothers.

Ans.: The first senior brother I had close contact with was Brother Jagdish Chander, and this was during my first visit to Madhuban in August 1976. Dadi Prakashmani asked Brother Jagdish to take me into a quiet classroom, as I wanted to discuss some deep points of knowledge. The first point I asked Brother Jagdish to clarify for me was about destruction. On hearing my question, he looked at me and said: "You have no faith in what Baba is saying in that destruction will take place?" I replied: "Well, you must look at my position.

When I go back to Guyana and someone asks me about destruction, what should I tell them?" This exchange started a dialogue which went on and on for many hours. During this time I gained very deep insights into Brother Jagdish's mastery of spiritual knowledge. Over the years, as I interacted with him in service projects, I always felt that he was fair and impartial in his dealings with others. He was always forward-looking. He embodied everything that Baba was teaching, and because of his rapid pace of making elevated efforts, he always seemed to be way ahead of everyone else with his far-reaching intellect.

Brother Nirwair is always accommodating, and he looks after the spiritual needs of the souls. Because of our regular visits to Madhuban, Brother Nirwair embraced my *lokik* family with a lot of love and he cared for them as a big brother would. Once Brother Nirwair was around, there was nothing to worry about, for I knew that everything would be taken care of with great detail.

Brother Ramesh upholds the system of the *Yagya* with a lot of integrity. As a professional, he is serious about the high standards of accounting in the *Yagya*. When it comes to the Institution's policies of financing, he deals with the

centers, and not individuals. He is constantly walking the fine line of maintaining interpersonal spiritual relationships, while holding centers to financial accountability. His is a very interesting role indeed!

Brother Brij Mohan always gives you love. He makes everything into a little joke. I get so much spiritual nourishment just from being in his company. I remember once we were travelling together by train from Mount Abu to Delhi and I asked him what he thought was Baba's current advice in the Murli. He replied: "When someone praises us, it is natural for us to be humble and tolerant, but when someone defames us or blames us and we are still humble, that is the real humility." He said this lightly, almost jokingly, but it really brought home the true meaning of humility to me. Now that I am not able to travel to Madhuban, Brother Brij Mohan came twice to see me in Toronto. Sitting by my bed, relating so many entertaining anecdotes, he managed to uplift me with spiritual elation. I am nourished by his presence.

Q. *You were in Delhi for quite a long time. Please tell us about your experiences in Delhi.*

Ans.: The office of the High Commission of Guyana was

very near to South Extension.

So because of proximity, we began attending classes at the South Extension center and we became close to Dada Gopal and his family, who were instruments at this particular center. The centre at South Extension was in a rented building, and when they got notice from the landlord, I was happy to work with Dada Gopal and to help find a solution to the problem. In fact, Dada Gopal did not take any action without consulting with Dadi Prakashmani and taking advice from her. Because I was also instrumental in finding a more spacious place for the center, I became an integral part of the process and learned how the centers worked with Dadi Prakashmani on very practical matters.

It was very inspiring to witness the courage of Sister Shanti and Sister Geeta when Gopal Dada left his body, as it was at that same time that a very spacious building for the centre was constructed at Siri Fort.

I always enjoy visiting the Siri Fort centre because of our personal involvement in the development of it, and working very closely with the sisters. It felt like an accomplishment at the end of my tenure as High

Commissioner.

My son, Krishna was doing his PhD in engineering at IIT at that time. So most of my family members were with me in Delhi and each one remained involved in their own way in Baba's service.

When we came to Delhi, there were no more than twenty centres and by the time we left there were about 40 centres, and now the number may have gone up to 100 and continuing.

We used to also visit centers at Pandav Bhawan at Karol Bagh, Rajouri Garden, and Malviya Nagar, among others, and we attended and participated in many of the major programs all over India. Our days in Delhi with the divine family were very happy days, and I thank everyone for what they have done in making us so much part of this very special family.

Q. *When did you retire from public service and how do you utilize your time for self-development and Godly services now?*

Ans.: I retired from active work after I left India in 1990.

But I am not actually retired as both my sons, Ravi and Krishna, are qualified engineers, and we had the idea of doing something together. They did not want to work with the government,

though, they preferred to be in private consultancy. So we formed an Engineering Consultancy Company and I spent seven years developing that company, getting it on a sound footing, and my younger son Krishna now heads this company. My retirement was actually from 1997 when I came to live in Toronto. In Guyana, we were always busy in doing Godly service, and we used to have daily contact with the centre.

Now I am in Toronto, and it is a bit difficult to go regularly to the center because of the distance. We have in our home a Baba's room and we do *Amritvela*, read Murli and inspire our relatives and friends to visit the centre. Sister Mohini keeps me involved in one or the other service projects. One such service project was the researching and writing of the book *The Story of Immortality: A Return to Self Sovereignty*.

This book is based on research of Baba's Murlis from 1999 to 2004. We also continue to arrange events for our *lokik* family, who lives in Toronto. There are about 150 members of our *lokik* family and I want to continue serving them, so that they may be exposed more and more to spirituality. They seem very much interested in it and

many of them want to come to Mount Abu. My hope is that one day they will be able to visit Madhuban.

Q.: *According to Baba's directions, what transformation do we have to bring in the self?*

Ans.: Baba has been telling us that the message of God's advent on earth has to be conveyed to all the souls of the world. I feel that this has not been done by the BK family, particularly in the foreign countries. For Baba's revelation to happen, we should pay attention to self-improvement and refinement of applied spirituality in our daily lives. In fact the phrase "every person" means a collective endeavor on the part of the spiritual children. Whether at home or at work, or at the center, every person should evolve to such an extent that he/she becomes the spiritual magnet to attract people to Baba. When people are attracted to our pure spirituality, they are attracted to Baba.

Baba talks about exalted attitude and this is very important because the way we look at people—the body language, the words, the feelings, even the way we listen – all these aspects of our way of being are very important in

this task that Baba is asking us to do. It must be accomplished and it has to happen!

Q. *On the basis of your personal experience, tell us how Baba's knowledge can help others in their professional lives?*

Ans.: There are two things in particular that I would like to mention:

▶ 1. Because of the nature of my work I would never go to bed before 12 midnight, but then I would sleep for upto six or seven hours and would get up at 7:00 in the morning and get ready for work. I was a Minister in the government and had a lot of responsibilities and I had no control over the time it would take me to fulfill these.

After coming into *Gyan* I tried to go to bed as early as possible but still it used to be around 10 or 11 p.m. before I managed to sleep. However, I made a commitment to get up at 4:00 a.m. and do *Amritvela*, and listen to Baba's Murli everyday.

I found that the strength I drew from that commitment motivated me to make efforts. I was energized to such an extent that I was able to accomplish so much more in less time. I never felt a loss of energy and this was something that my colleagues observed and commented on often saying:

what is it that makes your energy so high while doing your work?

▶ 2. The other thing I would like to mention is that my attitude to the people and to work had changed. This change in attitude was noticed by the President who told me: "Look Steve, (he always called me by this name), since you started studying this knowledge and following a spiritual path, you are not reaching out to the people with force; you are not driving fear in them." I told him that I could not use any method that would drive fear in people; the reason being that when I am there, they will perform out of fear. But when I am not there, they are not afraid and they will not perform. What I would like to do is to use a method that sustains and empowers them, that lets them do what they love doing. I can explain things to them in a way that they can understand and I can encourage them to perform on the basis of their own merits, so that they will perform all the time. I do not have to be there to drive fear in them, and I do not have to threaten them all the time! I was surprised at the response of the President. After that, the President became very appreciative of this new method that I was applying, as there was a higher level of performance by the people and a higher level of productivity in terms of output.

And this was all due to a change in my attitude! My friends might have thought that fear is a motivator but I think love, respect, and understanding are the real motivators. The more the people relate to these spiritual values, the better their capacity to perform.

Q.: *What message would you like to give to B.K. Brothers and Sisters?*

Ans.: We have to set the date! We must unite as a divine family and become spiritual magnets to attract souls to God.

We must obey Baba's shrimat and practise what Baba says and be the protectors of the *Yagya*. We have to fulfill all the hopes of Baba.

We have to provide our progress report to Baba and receive the certificate for '*Mansa Seva*'. Serving with the mind is the most elevated and the subtlest form of service; and it helps to mould and shape the soul to a complete and perfect stage.

(Concluded)

ETERNAL LAWS

Whatever is new must become old. Everything passes through this process.

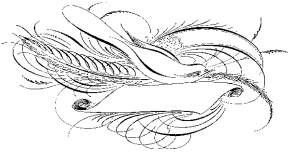
I look back into time. In a second or less, my thoughts take me to a place far away both in time and space; for a moment I relive the scenes of the past, and then I come back to the present, with a smile on my face. The smile quickly changes, and I sigh when I realise how different the present is. "What has happened? Why couldn't it be like that still?"

There is a simple law, which states, "Whatever is new must become old". It is always good to know the laws. I may not think that they make much sense, I may even disagree with them; but some laws just cannot be changed. So, I need to learn to live with them and follow them. There is no point in asking questions as to why, how, when, where and what. It doesn't matter. The point is that I should understand the laws of living and take benefit from them. Here are three such laws that never change and are worth remembering:

- 1. Whatever I sow, I will reap.**
- 2. Whatever is new will become old.**
- 3. Whatever I don't use, I will lose.**

– From a Book
"JUST A MOMENT"

INNER POWER



'It's Time©' by Aruna Ladva,
B.K. Publications, London

Many today, are consumed in the race for power; breaking records or surpassing limits, even if it means breaking their backs and fracturing their families in order to be the most famous, richest or smartest! To be power-hungry in this way could be likened to being an addict. Because once the drug of fame or riches wears off, reality brings you crashing down.

What is power? In everyday sense, power is that which “moves” us. Petroleum and pedalling power, for example, transport us from location A to B. Food, water and sleep replenish our physical strength so that we perform better and faster. Muscle power allows us to ‘throw our weight around!’ Political power moves a nation. Solar power operates gadgets and so on.

There is also positional power Vs relational power. In positional power, one has power and influence over others while they are in the seat, but once that seat is taken from them or it has

to be forsaken, they can no longer exert authority. Relationships we learn are an investment. And, therefore, relational power is built over time, nurtured and more long lasting. People you have supported with love and care are more likely to help you at a time of need than those whom you have used and abused during your term of power.

In times of ill health, the first thing one needs to do is to build immunity; building inner capacity to deal with the virus or ailment. Otherwise, one could be taking the best medicine available yet the body won't be able to assimilate it or it will be ineffective. When the stamina is built up, and strength is restored, one is able to finish the malady.

So, from where does one go to fuel up the soul? From where are we to get the energy needed to alter our moods and emotions, to shift our dislikes to likes, weaknesses to strength, and sorrows to joy? Mood swings can indeed be a good thing, only if you are swinging

between the right moods!

Spiritual strength comes from building immunity in the soul. Immunity is built by creating powerful thoughts; in other words positively strong thoughts. One can create a strong thought ‘NOT to have cancer’, and one may still develop those cancer cells. Because the mind cannot process a negative command or statement, so the adjective ‘positive’ has to be attached to the thought. Every powerful thought I create has the ability to wipe out weak thoughts. The gas behind these thoughts has to be the will-power. I need to want it; will it enough and then only I will put my all into accomplishing it.

The mind generates a powerful thought and the intellect has to exercise its authority to sanction that thought. So, both have to work in tandem to be strong and resilient. If the mind has a thought to climb the Mount Everest and the intellect cannot endorse that thought, then it's all air and no gas, i.e. all talk and no action.

There is no point having a Ferrari that can go 300 Km/hr and not be able to brake when needed. Thus, we can have a great mind that is prolific in generating thoughts and yet we need an intellect that can apply

that brake when needed. Sometimes, instead of a full stop, we put an exclamation mark, i.e. we are surprised or shocked about a situation and start questioning it, or apply a comma, meaning we continue to allow useless thoughts to run around in our own heads.

Power is the ability to start when needed and to stop when I command. Otherwise, unruly thoughts will turn into negative words and deeds, and once these are 'let out' they are hard to take back.

In order to build inner resilience, one needs to stay within a clean, positive and powerful atmosphere. Atmosphere has been defined as the sphere around the atom or *Atma* (soul). Whatever is the quality of the soul, it will create its surroundings accordingly. And the surroundings in turn will affect the soul – it just depends which is the stronger component.

Happiness and contentment play a major role in achieving homeostasis – equilibrium between soul and body. The ability to remain happy is the ability to refrain from feeling unhappy over any given situation. There again, I need the intellect to filter that which is for my benefit from that which is detrimental to the soul – it's something like choosing fruits from junk food.

The main difference between a powerful soul and a weak soul is in their thinking. A change in my thinking brings a change in my perception. And the location of the 'petrol pump' is the inner recess of my mind, where all my powers and treasures have been buried (all this time!). Some also take the highway to God and fuel up at the Source. However, this requires a little more concentration and perseverance.

It's time... to take charge of your thoughts – to create pure, peaceful, positive, powerful and purposeful thoughts. Whenever you get a moment, go deep inside and 'fill up' the soul. Learn to apply the three dots: I the soul am zero, a dot, God is also a point, a soul with no physical image and I put a stop to thoughts about the past. Then your 'Ferrari' will drive you to your destination safely!

SMILE PLEASE

- ▲ Life is short but a smile takes barely a second.
- ▲ Every tear has a smile behind it.
- ▲ A smile is a curve that sets everything straight.
- ▲ A good neighbour is a fellow who smiles at you over the back fence, but doesn't climb over it.
- ▲ If you see a friend without a smile, give him one of yours.
- ▲ A smile starts on the lips; a grin spreads to the eyes; a chuckle comes from the belly. But a good laugh bursts forth from the soul, overflows, and bubbles all around; because of your smile, you make life more beautiful.
- ▲ Too often, we underestimate the power of a smile, which has the potential to turn a life around.
- ▲ Smile is the language of love. The real man smiles in trouble, gathers strength from distress, and grows brave by reflection.
- ▲ A smile is an inexpensive way to change your looks.
- ▲ All people smile in the same language. Children smile on an average 400 times/day; adults: 15 times/day. Ever wondered why?
- ▲ A warm smile is the universal language of kindness.
- ▲ If I thought that a smile of mine might linger the whole day through and lighten some heart with a heavier part, I'd not withhold it – Would you?
- ▲ Smile, not because it costs you or not, but because you can make someone smile and make their day.
- ▲ A smile is the light in your window that tells others that there is a caring & sharing person inside.
- ▲ So smile please ...

POWER OF SELF-TRANSFORMATION

– B.K. Surendran, Bangalore

It is said that constant change is the nature of the world. But, who is behind all these changes? It is primarily human beings. In fact, no specific effort is needed for negative transformation. Even though the modern world boasts of many achievements in the physical field, life in general carries on in turmoil and turbulence. We all know that the emotional lives of many are in doldrums; interpersonal relationship is strained. The ability to engage in Conflict Management is weak. So ultimately, negative changes are on the rise resulting in violence, corrupt practices, nepotism, red tape, and irreligious/unrighteous tendencies. There is an unprecedented crisis of character. It is well said that if character is lost everything is lost. We are all exposed directly to the horrible and shocking tales of misdemeanour amongst people in high positions and the elders in society. Sound moral character cannot be divorced from spirituality.

Even though a human being is a 'thinking species', people in general are not very bothered

about whether one thinks negative or positive. They are of the impression that it is natural to think positive, negative, waste and ordinary thoughts and so, negative thinking and doing are not purposely done but have become a trend in the changing times. It is necessary to enforce the power of positive transformation in present times. We are not simply just saying that self-transformation leads to world-transformation but we are aiming to make it a reality.

Good character, sound morality and positive thinking are rooted in spirituality. Spiritual empowerment reinforces the power of transformation. Therefore, it is necessary for us to list out the personal areas wherein we should start working for quick self-transformation:

Transformation in thoughts and reflection

Primarily, it is necessary for us to change our thinking and reflection process. We should start thinking on positive lines. Positive thinking is part of our

innate nature. Since everything starts with a thought, if there is a change in the thought process then our words and actions will follow suit. While a majority of our thoughts can be wasteful and negative today, we need to make efforts to continuously sustain positive, pure, and elevated thoughts. This is made possible if we are soul-conscious and God-conscious.

Transformation in character

Since there is a weakening in the quality of thoughts due to the influence of vices, individuals have come to develop defects in character. The vices of sex-lust, anger, greed, attachment and ego have a great impact on our thought processes and emotions. When our *smriti* (awareness) is transformed from body-consciousness to soul consciousness, our thoughts become elevated that further create good character. Knowledge of the vices has brought home to us the deleterious effect of the same.

Transformation in our interactions and dealings

The third area we should transform is the way we interact and deal with people, events and situations. At times, it so happens that we ourselves dislike the way we respond and handle people and scenes of life and yet cannot help ourselves. It is necessary for us to

examine and re-examine ourselves. Keep the aim of having interactions and dealings that are compassionate, yet assertive, as the time demands. We cannot be rough and tough all the time since our dealings should benefit ourselves and others too.

Transformation in our nature

Be introspective about one's habits and present nature. Sometimes, our nature and habits influence our decisions and interactions without our consent. Such situations can be awkward and embarrassing. Good habits and manners create an amicable nature. Re-emerge one's eternal virtues often so that they sustain and empower you. Aim to live by and share the eternal virtues of peace, love, purity, truth, honesty, non-violence and so on.

Transformation in our relationship

Interpersonal relationships have touched an all-time low due to ego, selfishness, greed and attachment. Therefore, relationships are no longer satisfying or fulfilling. Rather, they are more of a bondage. Soul-to-soul relationships are genuinely harmonious and loving. Even though we may understand we are souls with a physical presence in the world,

we do not always live by our natural stage of love, compassion and sense of giving. Hence, determined effort and attention are required to bring about this shift in attitude and perception.

Transformation in our stage, vision and attitude

We all know the importance of powerful *smriti* (awareness), *stithi* (mental stage), *vritti* (attitude), and *drishti* (vision) for success in life. Our transformation starts from the memory track level or *chitt*. Once we create a strong and pure *smriti*, it will have a positive influence on our *vritti* and *drishti*. *Smriti* is the trigger point. Even though we create a powerful stage, the other three aspects can alter it if we are not cautious. Therefore, our efforts should be to keep these aspects positive at all times so as to bring about the transformation we desire.

We now see clearly how the above listed six areas of transformation are interconnected and interrelated. Therefore, when we begin efforts to transform one aspect, all the other aspects receive a positive effect. As we are passing through the auspicious Confluence Age, transformation can be easily and quickly acquired due to the following

plus points in our favour:

- ▶ 1. Light and might of Godly knowledge creates in ourselves the awareness and need for self transformation. Godly knowledge provides all kinds of solutions for removing obstacles in the process of transformation. When we start to constantly apply spiritual knowledge in life, knowledge matures into wisdom. It provides enlightenment for quick transformation.
- ▶ 2. The power of Rajyoga Meditation is again helping us transform our nature and build good character. We are endowed with a lot of will-power which helps change our stubborn *sanskars* into divine nature. Yoga power is superior to all kinds of powers, and so self-transformation is made easy.
- ▶ 3. Our efforts to inculcate divine virtues and godly code of conduct are a great safety mechanism.
- ▶ 4. We are in the gathering of spiritual people who have pure feelings and good wishes for us. We are in *satsang* – the *company of God* – every day which colours us with spiritual love and power. The daily elevated directions of God are a powerful catalyst of transformation.

- ▶ 5. The spiritually-charged atmosphere and systems of the Rajayoga Centres is optimal for spiritual progress. Neat and clean setting, lighting arrangements, soft spiritual music, sweet fragrance of incense sticks and holy sweet offering i.e., *toli* etc. have a positive, nurturing impact on the soul.
- ▶ 6. Ontological(*Satvik*), pure food is a major contributor to transformation. As is the food, so is the mind. Pure food creates purity in body, mind and intellect and helps us to think positively. We develop sound physical health, which enhances our spiritual well-being too.
- ▶ 7. Godly service is a means for self-transformation. When we start sharing with others about knowledge, yoga, godly codes of conduct, the benefits we are deriving from spiritual lifestyle, then the process of self-transformation is influenced in a big way. We learn to walk the talk, which is a blessing in disguise.
- ▶ 8. The life of senior spiritual leaders and inspirational figures like Brahma Baba, Mamma and others continue to support us in an unseen way.
- ▶ 9. Our experiences of many years in spiritual life pave the way for fast-transformation. Experience is a great power. Determination for total transformation is strengthened by gaining experiences that are fulfilling and elevating.
- ▶ 10. The present time, the auspicious Confluence Age, is most conducive for transformation. We should take advantage of the time to transform ourselves. A little effort now will yield great results in the future.
- ▶ 11. Above all, God is with us. His presence and guidance gives us natural inspiration, motivation and spiritual power for self transformation. We are the most blessed and luckiest souls in the world. We should remind ourselves about His golden versions, 'If you take one step of courage, I will take 1000 steps to help you'.

God's golden versions are truth personified, so let us not regret or repent over our inaction or laziness in spiritual endeavours. Keep the faith and take steps towards good spiritual efforts and good fortune. It is now or never.

Dadi Prakashmani's Golden Rules:

ATTITUDES ARE MORE IMPORTANT THAN FACTS

- ▲ In order to develop a good attitude, take charge first thing in the morning.
- ▲ Do you say, "Good morning, Lord" or "Good Lord, morning?"
- ▲ It is your Attitude at the beginning of a task more than anything else that will determine your success or failure.
- ▲ It is your Attitude towards life that will determine life's attitude towards you. Despite many people's belief to the contrary, life pays no favourites.
- ▲ You control your Attitude. If you are negative, it is because you have decided to be negative and not because of other people or circumstances.
- ▲ Act as if you have a good Attitude. Remember, actions trigger feelings just as feelings trigger actions.
- ▲ Before a person can achieve the kind of results he wants, he must first become that person. He must then think, walk, talk, act and conduct himself in all of his affairs, as would the person he wishes to become.
- ▲ Treat everybody as the most important person in the world.
- ▲ Attitudes are based on assumptions. In order to change Attitudes, one must first change one's assumptions.
- ▲ Develop the Attitude that there are more reasons why you should succeed than reasons why you should fail.
- ▲ When you are faced with a problem, adopt the Attitude that you can and will solve it.
- ▲ We become what we think about. Control your thoughts and you will control your life.
- ▲ Radiate the Attitude of confidence, of well being, of a person who knows where he is going. You will then find good things happening to you right away.

AHURA MAZDA, GOLDEN AGE AND MAYAN PROPHECY FOR 2012

– Dr. Dilip V. Kaundinya, MD (Path. & Bact.),
Ex-Professor & Head, Dept. of Microbiology,
Sir J. J. Hospital), Colaba, Mumbai

Ancient Indian scriptures describe four eras in a Time-Cycle (Kalpa) – Golden, Silver, Copper and Iron ages. Present era is *Kaliyug* or Iron Age. We have now come to know about the existence of a novel 5th era – the Era of Confluence (*Sangam Yug*) in which a total World-transformation takes place. Incorporeal Supreme Soul, Shiv Baba chose to give the purest form of knowledge through a human medium, Dada Lekhraj, an internationally renowned diamond merchant, via mystical experiences (*Sakshatkar*). Subsequently, Dada Lekhraj became known as **Brahma**, the god of Wisdom. Sangam Yug is a narrow but extremely **beneficial window in total Time-Cycle (Drama) in which an extensive spiritual effort (Tivra Purusharth) by the human beings ensures for them an ever-healthy, ever wealthy and ever-happy state in life. It can raise them to a deity-like status. The life shall then be devoid of tensions, quarrels, fear, turmoil and trepidation. This literally means**

that there shall be **paradise** on this Earth.

Mayan prophecy of a cataclysmic end to life on Earth has been mentioned in **different ways** with varying spans of time, in Hinduism, Zoroastrianism, and in Egyptian, Greek and Roman Philosophies. All paint a gloom and doom-picture. But, the ever Loving, Shiv Baba does not give the exact date. He tells us that only our intense spiritual effort to achieve the *Karmateet* stage, shall ensure the exact date of cataclysm. All of the philosophies describe a **Golden Age** in which humanity shall consist of happy, healthy and princely people, **The Golden Race**. Shiv Baba assures us that every human being can achieve this Paradise – like life by a regular practice of a technique called **Rajyoga meditation**. This meditation is easy, quick in results and can be done any time. Even a continuous Yogic state (*Nirantar Dhyana*) can be achieved and the technique is very precise as God Himself has descended on this planet

Earth to tell about it. So, at the end of *Kali-Yug*, Rajayoga transforms the prevalent *Tamasik-Rajasik* consciousness into a powerful and pure *satvik* consciousness, similar to those of deities.

Different philosophies – **Hinduism, Zoroastrianism, Egyptian, Greek and Roman** philosophies, at different time-slots, also describe a **Golden Age** in different ways. But none has the precision of BK-concepts. After all, this knowledge is from the Supreme Soul (*Param-Atma*), who is timeless, ageless, birthless, deathless and infallible. One may ask: if annihilation takes place, how an Earth devoid of all life shall transform into Golden Age, a paradise on Earth? Golden Age is described as an era in which the humanity shall consist of princely people with *Kanchan Kaya* (Future-body or Rainbow Body). All the Philosophies and Astrology traditions describe the year 2012 as “**The Window**” in which major changes have been predicted to take place. India becoming a super power in 2015 also has been predicted. BK-concepts tell us that India is indestructible because this is where God, Shiv Baba, Himself descends on Earth. The present times are significant to the Spiritualists, mystiques and

believers, many of whom prognosticate that “**The Messiah**” appears only at this time. Hinduism predicts the appearance of “**Kalki Avataar**”, who is supposed to develop **eight “Super Human powers”**. BK-Rajyoga promises developing eight super powers by regular practice – Power of decision, differentiation, challenging, co-operation, condensation or brevity, accommodation, withdrawal and that of tolerance. Surely, these are super-duper powers in today’s World of Rage syndrome, wrong decisions and non-co-operation. Even very trivial matters provoke violence, murder or riots. Hinduism further tells about a terrible “**Samavartak Fire**” that leads to new creation on Earth – the Golden age.

Two different ancient cultures in a Time-Cycle (*kalpa*) tell about the Golden Age. But, the words are different and require some imaginative interpretation. One is an ancient **Egyptian document**, not more recent than 400 BC., called “**Asclepius’s lament**”. It tells as follows – There will come a time when “the Gods” from this earth (Is this **Advance party by BK-concept?**) shall return to Heaven. O’ Egypt, of thy religion shall remain nothing but

an “Empty tale”. Men will be weary of life. They shall cease to think that the Universe is worthy of worship. So, the religion (Dharma, a value-based way of life), the greatest of all blessings shall be threatened. Men will think it as a burden. As for the “**Soul**” and the belief that it is “**Immortal**” and the hope to attain immortality- all this they shall mock and even “**Persuade**” themselves that it is false. The gods will depart from the mankind. Only “**Evil Angels**”!(**Maya, Ravana, Shaitan in BK-concepts**) will remain who will drive the “**Poor men**” in all manners of reckless crime, wars, robberies and the frauds- all the things that are hostile to “**The nature of the soul**”. All voices of gods (people with *Satvik*-consciousness in BK-concepts) shall be forced into silence. The fruits of Earth shall rot. The soil shall turn barren and the very air will sicken with stagnation. All things shall be disordered. All good will disappear. Then the God, “**The Creator of all things**” will call back to the “**Right path**” those who have gone astray. “He” will cleanse the world of evil – washing it away with floods, burning it out with fiercest fire and expelling it with wars and pestilence. He will bring His World to its former

aspect so that the “**Cosmos**” will once more be deemed as worthy of worship and wondering reverence. Such is the “**New Birth of Cosmos**”. It is making again of all things good. It wrought inside the process of “**Time**” by the eternal Will of the Creator, (*Sangam-Yug?*).

The prophecy about floods, famine and wars has already come true. Here, it is noteworthy that the prophecy does not say that “**Every thing**” shall be destroyed. It points to a World in which gods (people with deity-like consciousness) no longer exist on this Earth. Another curious thing is that the transformation wrought inside process of time. It also says that the changes which we are now going through shall pave the way for the birth of a new Cosmos.

The great nineteenth century Indian scholar, Bal Gangadhar Tilak says that “**Zoroastrian Vendidad**” is the most ancient scripture. Zoroaster is the Greek pronunciation of the word Zarathushtra, who allegedly made contact with Ahura mazda, the God of Parsees. Zoroastrianism says that each thing, animate or inanimate, possesses its own indwelling “**Force**” or “**Spirit**”. **Ahura Mazda** created the spirits first and then clothed

them in material form. Over a time, they degrade. By the end of the “Time” they shall return to their original “**Perfection**”, with “**The Blessed**” returning to the kingdom of Ahura Mazda, the righteous Creator of the corporeal World, **in the “Ideal” form of the souls.** The souls then shall be clad in an unblemished body (*Kanchan kaya*) called as “Future body”. The humanity then shall be ushered into a Paradise, inhabited by the souls of the “Blessed” (souls achieving *Karmateet* stage by spiritual effort in BK-concepts). All these are curious choices of words.

The “**Future Body**” is known as – “Most sacred body” **in Sufism**, “Diamond Body” to **Taoists**, “Body of Bliss” to **Patanjali**, “Super conductive body” **in Vedanta**, and “Akh, Karast or Luminous Body” to **Egyptians**. **Tibetan Buddhism** calls it as “Rainbow Body”. Tibetan wisdom says that highly elevated, enlightened and pure beings achieve a transformation into a “Rainbow Body”. In this process, the material body is transformed into their “**Pure Essence**” as **five colours – white, red, blue, green and golden yellow.** Russian invention – Kirlian Body Aura photography,

supports this contention. There is a Tibetan legend about a monk- Khempo A-chos who died in 1998. He was renowned for his purity in life. Several witnesses reported seeing a “Rainbow” over his hut, few days before his death. BK Dr. Chandrashekhara Tiwari’s Psycho-Neurobics uses the same “Pure essence colours” individually for healing different organs.

Today, **the signs of God’s descent to Earth** have become known even to the Science. **NASA Studies**– Earthquake activity has increased by 386%. Earth temperature is highest since last 1000 years. Snow cover has decreased by 10%. Since 1950, some 6,00,000 plant species became extinct. **Galactic rays’** intensity has increased by 19%. It heralds mass physical, mental, emotional and spiritual evolution. **John Sepkoski** showed that fast transformation of DNA coincides with increased galactic rays. **Dr. Peter Gariaev** converted a salamander egg into frog embryo by sending a laser beam through frog’s eggs onto salamander eggs, thus proving a **complete fast-processing mutation without conventional gene-splicing** under the effect of rays.

Wisconsin researcher, John Hawks found that human evolution is moving with superfast speed to a **higher level of consciousness.** Almost 1,800 human genes have transformed. **Flynn** found that I.Q. scores are dramatically increasing, changing the psychiatry-scales for determination of I.Q. Shockingly, a person who scored the best 100%; hundred years ago, would now be in weakest 5%. **People with genius level scores** has increased 20 times. A study in 2009 indicated that placebos have become 20 to 200 times stronger than the drugs. **This is big trouble for big Pharma companies.** Osiris Therapeutics had to suspend trials for a Crohn’s disease pill. Eli Lilly had to abandon a new drug for schizophrenia as there was 200% more response to placebos. **Brahma kumaris ongoing Abu Healthy heart Trial**-series of nearly 6,000 cardiac patients, a 100% disappearance of blocks happened by practising Rajayoga. This work has been published in Indian Heart Journal, 2011. Even then, even the Indian Cardiologists still consider it as “**Pseudo-science**” as is with any Alternative therapy. Harrison’s

recent edition has devoted full chapter to Complimentary Alternative Therapies (C.A.M.). In a study involving 52 countries which included several developing countries, **Happiness Quotient** was found to be increasing amazingly in spite of the poor life conditions.

Let **Doubting Minds** continue in the queue of questions and waste valuable time in scientific experimentation for finding whether **God's descent has really happened**. Meanwhile, We, **the Spiritualist Minds**, functioning on easy method of "**Experiences**" (**Anubhav**) shall continue to do intense spiritual effort (**Purusharth**) for becoming the first one to enter the Golden Age.

Acknowledgement

The author is indebted to **Mr. David Wilcock** for allowing to use information from his wonderful book "**The Source-Field investigations**", **A Dutton publication**. This rare book is an exhaustive treatise on how scientific research, especially in Russia, is proclaiming the impending arrival of Golden Age. Pyramid power and Pineal gland in this book are stupendously mind-boggling or more precisely mind-clearing.

THE GLORY OF DIVINE PRESENCE...!!!

– **Aarzo Mehek**, Hyderabad

Don't waste time perfecting imperfections of life
Understanding life removes veil of doubt from eyes
Acceptance of reality should be essence of life
Adjust to all adversities and walk with pride

Wise are those who make the best and move with time
Not regretting later when one reaches life's prime
It's always best to approach the divine presence
Instead of living the life in false pretense

Growing in the shadows of knowledge so divine
Seeking solace in the company of souls sublime
Covering our delicate self with the Armour of Meditation
Cleansing impurities, layer by layer, and getting Salvation

Let God's love filter confusion; let your life flow
Let your eyes glint with joy, let your person glow
Let your dreams and desires take new wings
Surely make it happen amidst life's swings.

THE ART OF HEALTHY LIVING

“How long you live is alright, but how well you live definitely matters. What you eat definitely matters, but what is eating you matters much more!”

– BK Dr. Nishi, Jabalpur

Swasth (Health) refers to *Swa* (Atma i.e. Soul) + *Asth* (*sthit*), means performing all deeds in soul-conscious stage. It is the key to be healthy. Generally, human consciousness is associated with body, body-related persons, objects and luxuries. This body-consciousness is the root cause of all vices, conflicts, unhappiness and dis-ease. The uneasiness is due to forgetting our original identity. As is one’s consciousness, so are his thoughts and accordingly will be his vision, attitude, actions and tendencies. Nowadays the pressure to do rather than be is very great. The aim of life is to work hard in order to produce more and consume more. Half of the life people are busy in earning money at the cost of losing health, and then in the other half they try to earn health losing that money.

Health is not just absence of disease but it is a state of wellness in which a person

enjoys physical, mental, social and spiritual health. Rajyoga meditation promotes health in all these areas of life.

Our mind has a tremendous influence on our physical health

A clean and pure mind is a prerequisite for healthy life and it enables the use of time, energy and resources in the best way. Mind can make one sick or speed up the healing process. This most ancient truth is now being accepted by the doctors of modern medicine.

The subtle energy spread by human thoughts also influences the elements of nature. Dr. Emoto in Japan experimented on effect of thoughts on water crystallization. Positive thoughts produced symmetrical and aesthetically pleasing intricate water crystals while negative thoughts produced deformed water crystals.

Experiments prove that even plants are sensitive to human emotions. Negative thoughts have been shown to have adverse effect on plant growth. Thoughts are like seeds from which our feelings, words, actions and habits grow. Thoughts can make or break us. Hence, Rajyoga Meditation is a scientific technique of channelizing one’s mind and helps in several ways to transform our mental processes.

Meditation as Medicine

Meditation definitely helps to overcome the root cause of most of the physical diseases, which is in the sub-conscious.. Mediation regulates the physical responses of the body by eliminating stress and stimulating the secretion of ‘healthy’ hormones such as endorphins and encephalin, which help in detaching oneself from various kinds of pains. It alters the physiological and psychological response of the body remarkably. Reduction in heart and respiratory rate, and drop in blood pressure suggest reduction in the level of sympathetic activity. Brain wave recordings of Rajyogis have shown alpha and theta waves even while they performed various mental and intellectual tasks.

The benefits of Rajyoga go beyond relaxation response.

Holistic healing addresses the root cause of disease, which is the feeling of dis-ease in the mind due to absence of pure feelings. A number of studies have critically investigated Rajyoga mediation for effective treatment of hypertension, diabetes, peptic ulcer, bronchial asthma, headache, anxiety, depression, heart disease and even cancer. It has been well documented that Rajyoga mediation can be very effective in overcoming smoking, alcohol, drug-abuse and other addictions.

Neither give sorrow nor take sorrow

We very well know that it is not good to hurt anyone and most of us are cautious about it. But we are careless while taking hurt. When someone gives sorrow it is up to us to take it or ignore it. If anyone gives a rotten fruit, we won't take it. So why take sorrow? When we refuse to take the bad things someone is giving us, they will soon lose the habit of giving them.

Developing a contented positive attitude towards life

We must learn to establish and sustain a constant contented attitude towards life. We have to shift from automated way of thinking to consciously choosing a new thought. To change any habit or thought pattern and for

inculcation of virtues, both knowledge and power are needed. Rajyoga Meditation refers to intellectual communion with the Supreme Being, and receiving powerful, positive vibrations of peace, love.... to heal our blockages. Learning and letting go of the past provide real protection for the self. One should develop a habit of picking up pearls (virtues/strengths/positivity) like a swan. Morning meditation silences the conscious mind and implants the seeds of new habits in the subconscious mind, thus making transformation natural and easy. A minute of reflection after every hour is then necessary to check the quality of thoughts.

Understanding Karma

Karma is a universal law encapsulated in the statement "as you sow, so shall you reap". But the seed of good actions is pure feelings and thoughts; hence, we have to make a conscious choice to nurture only pure thoughts. Everything that we suffer through our body is a debt of bad *karma* that the soul is paying off. To enjoy good

health we have to accumulate a stock of good *karma* by sharing the qualities of peace, love and joy in every thought, word and action.

Lifestyle is another critical determinant of health

Clean drinking water, fresh food, fresh air and optimum sleep have important place in maintaining good health. It is advisable to eat only when hungry, eat freshly-cooked food in a quiet relaxed atmosphere. Don't eat when you are upset. A wholesome, vegetarian, balanced diet eaten at the right time will keep lot of diseases at bay. People who practise celibacy and engage themselves in noble socio-spiritual activities experience a boost in their overall well being.

In nutshell, by making small positive changes in the way we think, eat, sleep, work and treat each other, we can gain a life full of health and happiness.

"When the mind learns how to sustain peace, and the heart knows love and happiness, healing takes place."

DETERMINATION
Determination is an unbroken line, a backbone.
Without determination, life becomes scattered.
Determination makes you sit up straight and love everything.

THERE ARE NO CHEAP FLIGHTS TO HEAVEN

(Make Your Mind A Hive Of Activity Preparing The Road To Heaven So Others Can Walk It. It Is Not Easy But The Alternative Is To Allow Your Mind To Become A Devil's Workshop)



– B.K. David, Paignton, England

God's Travel Shop Is Not Found On Any High Street But In A Secret Location.

You can buy anything today at a cheap or reduced price, be it a chocolate bar, bread, milk, shampoo or a settee. Yet look as hard as you like but you'll never see an offer, advert or sign saying 'REDUCED AIR FARE TO HEAVEN', or, '50% OF FLIGHTS TO HEAVEN', or 'BUY ONE SEAT, GET THE OTHER SEAT FREE'.

God's Travel Agent

You'll never get a reduction on a plane ticket to heaven, as the only way to get to heaven is to earn your passage through honest effort. In order to get to heaven, you'll need give 100% effort. You can only book your flight to heaven through God's Travel Agent and in order to walk through His shop door, you'll need to have true and honest shoes on.

You'll need a sincere heart and real desire for peace and love in your life to find this special shop. It is open 24 hours a day but is always closed to those who are not genuine in their desires and are body-conscious and shallow in their outlook. Do you know where God's Shop is located? Answer this one important question and you could well end up on the last plane to heaven and leaving hell in the distance without you even realising it.

The Invisible Passport, Invisible Visa And Invisible Plane Which Arrives On Time To A Very Visible Destination - Heaven.

If you're on that last Godly plane to heaven, it means you'll have earned your seat and no one on it will have had a reduced or cheap ticket either. To be on God's plane is no small thing, as setting foot in heaven is also no small thing and will have been well deserved.

Ticket To Ride

The only way to have ever paid for your Godly ticket will have been through the currency of 'effort done for God'. No effort, no passport. Without a Godly visa stamp in your passport of purity and effort, the only place you are going to travel to in the near future is to the doctor, supermarket and toilet. Heaven is of course a special place that requires special effort and documents in order to travel there.

Now's The Only Time To Get Your Passport Stamped.

Missing any one paper (quality, attribute, power, virtue) will delay you getting to heaven and limit your time spent there. If you are full, you'll spend a full time there. If you are half full, then you'll spend only half your time there and will have missed half of the party. It's one thing to arrive late one hour to your birthday party, quite another to arrive a thousand

years late in heaven. If you miss your chance now to become worthy to step aboard God's plane, you won't get the chance ever again. People are even now preparing to board whilst most are busy chatting on the phone, shopping for bargains or busy making themselves just look pretty. God sees us only on the inside and what is going on in our minds, and thinks most look pretty ugly. Better to be beautiful on the inside and a bit ugly or a mess on the outside.

If You Want To Swim In The Water, Then You Know You Must Get Wet.

Heaven is not like this world where can give 50% effort and can possibly expect 90% in return. To walk into heaven is not as easy as walking into your local discount store. The only thing you really need to be able to walk into your discount store is some money. Yet what do you need to walk into heaven? You need purity and perfection. As heaven is a very pure world and is perfect in every way, it stands to reason that the people living in heaven would also need to be heavenly and perfect.

**Is Your Mind Your Best Friend And Someone You'd Like To Meet Everyday?
Or is Your Mind Your Worst Enemy Or Someone You Simply Do Not Like?**

If those living in heaven had bad habits or even had bad thoughts, it wouldn't take long for that heaven to start to become degraded, far from a heaven. In time, with the increase of people and bad habits and wrongdoings, that heaven would become hell. If you slowly pour black ink each day into a bowl of clear water, what colour would the water be after six months? How many people do you know who take a shower with their clothes on? How many people do you know who are perfect today, worthy of going to heaven? Do you think heaven would have any bad people in it?

The Sun's Rays Make Your Food And Hair Grow

If people start to notice other people doing bad things, and seemingly enjoying themselves without repercussions, just laughter, it wouldn't take long for that influence to affect many other people, who in turn would colour and infect the whole population, as what a cold or disease can infect a family. This simple knock-on effect has turned a once divine heaven into a sinister hell. Call it the knock-on effect, infection or virus, it is all the same thing. Through just a few doing bad, it affects others, until the whole world becomes infected. The sun

affects everyone who stands under it. Is there anyone who can block out the power of the sun and remain beyond its rays?

The Car Park Scenario

If one person parks his car incorrectly, so this will cause the next person to park his car awkwardly also, who in turn effects the next one. This scenario is the story of life, humanity and its downfall. When a friend or family member or even person in the street does wrong and acts or says something rudely, it will, if not careful, affect anyone who sees or hears it.

The Only Road To Heaven Is A Road Called Effort

The only road to heaven is a long one, and all too often, rather bumpy, painful and precarious. You'll need throw away not only all your rubbish along this road on your journey to heaven, but also your valued possessions. Anything that pulls you away from your aim must be got rid of overboard, jettisoned, like a cherished photo or your false leg or diamonds; if it will help you in your hot air balloon clear the mountain range of vice ahead, then it must be thrown overboard.

This is a path of effort that requires effort. Of course, rubbish and bad habits are no

good to anyone, but even what you may term as good, such as pride, attachment, power, position, wealth and assertiveness are all aspects which can pull you away from simplicity and your goal - setting foot in heaven.

The Way That Leads To The Mountain Range Will Make You Ill.

God's path will only ever make you double light, whilst man's way will make you double heavy and be very difficult, if not impossible, to conquer and clear the mountain range ahead of you. Do not underestimate the importance and danger of that mountain range as it will be the downfall of all humanity and life as we know it today.

The Balloon of Sensual Pleasure

If you attach yourself to this balloon (body and mind) of sensual pleasure and of life today that can all too easy go up and down with the slightest of breezes (moods), then be prepared for a very bumpy ride that will at best just about get off the ground as so heavy, and for sure, will never reach the height necessary to achieve anything of lasting value or importance, especially in having the power to clear any obstacle that life throws at you.

The Mountain of Vice And Sorrow That Needs to Be Cleared and Conquered

In order to clear the impending mountain range of vice that now exists in all four directions, you'll need to become light, and the only way to become light, is to take might from the Almighty. People's lights have all but gone out today and they have no might at all. There is no might in people's lives and they are for sure, if they do not radically change their ways soon, going to hit the mountain of vice and sorrow that will cause their balloons to burst into flames and crash.

Just Because Some People Wear Two Hearing Aids, Doesn't Mean They Can Hear God.

It takes a clear mind to hear God talk to you, and not just acute hearing or clear ears or hearing aids. A religious uniform or a crucifix are also not instruments to help one hear God either. You can go to church everyday and sit at the front near the altar and still not qualify to hear God. If you want to hear God talking to you, you must alter your perception of yourself, life - and God. You are the soul, not the body.

Life today is a life spent walking round in hell and God, as not human, as not

omnipresent, does not wait in a Church, Mosque or Temple to listen to you when you kneel down and pray, but resides in a spiritual dimension that is open to all when they become just the soul, soul-conscious, seeing from the spirit. Only when we become the soul can we become truly God-conscious.

Logic says: If you want to go underwater, you need to hold your breath. You take your clothes off to shower. If you want to talk to God and for Him to hear you or for Him to talk to you, then you'll have to tune in to His radio station which is called 'Soul-Consciousness'. People have the habit today of only ever listening to man's constant radio station of body consciousness and sorrow. It is up to you who you tune in to today and listen to. You need God's frequency (connection, power and wisdom) if you are to overcome man's frequent sorrow.

Has Your Heart Been Stamped With Goodness? Or Is Your Passport Still In The Post?

If you want to visit God and talk with Him, you'll need to become truly spiritual. If you want to visit America, you need a passport and visa. If you want to visit God, you need to be spiritual and have purity stamped

on the first page of your mind. No passport or visa, then you'll have to be content with just plodding round hell all your life.

This World Of.....

This is a world of: tripping over, pain, bullets, blood, tears, roller coasters, blazes, starvation, poison, pollution, greed, artificiality, mistrust, glamour, tumours, disease and the occasional cake. To what ends and goal will you work towards today? What did you do yesterday of note? What miracles will you perform today? What will you do tomorrow that is so wonderful and worthy that God will have to keep His eye on you? Or will He simply pass you by to look at those who walk with splendour and peace?

If You Wish To Set Foot In Heaven, Then You Must Get To Know The Person Who Makes The Shoes That Will Walk Under Its Trees.

If you really want to know God, then you're really going to have to get know yourself as well. It's like if you want shoes, then you've got to go into a shoe shop. If you want a shower, you take off your clothes. If you want to walk in heaven, then you must meet and make friends with the One who creates that heaven. In order to get to know

Him, then you really have to get to know yourself as you truly are - the soul.

Are You Getting To Know Your Perfect Self? Or Are You Content To Just Keep Knowing Your Degraded Self?

Not only must you get to know yourself if you are to meet God, but you must get to know your 'perfect self'. After all, what is the use of knowing a rubbish, degraded, body conscious self? There is no benefit at all in knowing your degraded self, other than you may realise that you have become degraded and that fact may inspire you to become perfect. It is only when you know you have become like a dustbin that you can start to clear yourself out. Otherwise, even if a dustbin was to paint itself gold, it does not make it a king, only a clean dustbin with no rubbish inside could only aspire, think about and have any chance of becoming a king. Then it would have to work hard everyday to make sure it did not collect anymore rubbish in its pursuit for perfection.

There Is Nothing On Earth Like God's Sweetness.

When you've travelled the world in search of gold, fame and money, read every book and magazine and taken every photograph under the sun and painted every masterpiece and spoke to every interesting person on the street and in every library, museum and university, when there's nothing else left but yourself and nothing but yourself, then you'll have the answer and solution staring you in the face. You are the solution - you are also the problem. You are the devil - you are also the angel. You are the listener of rubbish and rubbish collector - you are also the listener of God. You walk in the shadows - you also walk with a halo. You walk with a fist - you also walk with a torch. You walk with a frown - you also walk with a smile. You are sour - you are also so sweet. You are a noise that's best avoided and a pain to everyone's ears - you are also music to them. You are crippled - you are also perfect. You are..... what you think.

"The possibility of stepping into a higher plane is quite real for everyone. It requires no force or effort or sacrifice. It involves little more than changing our ideas about what is normal."
- Dr. Deepak Chopra

PROBLEMS AND SOLUTIONS

– BK Surya Prasad, HUDA, Hyderabad

In our day-to-day life, we all face certain problems, due to which we lose temper and controlling ourselves at that particular moment becomes difficult. Later we may repent on what we did, thinking that we should have had a bit more patience. But we forget that every problem comes with a solution along with it. The only thing required is that we have to concentrate on solution more than the problem. For this, one has to be in the present situation than brooding over future or past. When we forget the present, and worry about past and future, we lose balance and behave in an erratic manner. This is illustrated very clearly in the following story “THIS TOO SHALL PASS”, which really has inspired many souls and given a new direction to their lives.

Once a king called upon all his wise men and asked them, **“Is there a mantra or suggestion which works in every situation, in every circumstance, at every place**

and at every time, in every joy, sorrow, defeat and victory? I want only one answer for all the questions, something, which can help me when none of you is available to advise me. Tell me is there any mantra?”

All the wise men were puzzled at the King’s question. They thought and thought. After a lengthy discussion, an old man suggested something, which appealed to all of them. **They went to the king and gave him something written on paper, with a condition that the king was not to see it out of curiosity. Only in some extreme difficulty, when the King finds himself alone and there seems to be no way, he should see it.**

The King put the paper under his diamond ring

Sometime later, the neighbours attacked the Kingdom. The king and his army fought bravely but lost the battle. **The King had to**

flee on his horse. The enemies were following him, getting closer and closer. Suddenly, the King found himself standing at the end of the road; it was the dead end. Underneath there was a rocky valley thousands feet deep. If he jumped into it, he would meet his end. And he could not turn because it was a narrow road. The sound of enemy’s horses was approaching fast. The King became restless. There seemed to be no way out.

Then, suddenly, he saw the diamond in his ring shining in the Sun, and he remembered the message kept hidden in the ring. He opened the diamond and read the message. The message was – **“THIS TOO SHALL PASS”**

The King read it again and again. Suddenly something struck him- Yes! This too will pass. **Only a few days ago, I was enjoying my kingdom. I was the mightiest of all the Kings. Yet today, the Kingdom and all its pleasures have gone. I am here trying to escape from enemies. Like those days of luxuries, which have gone, this day of danger, too, will pass. A soothing calm prevailed on his face. He kept standing there. The place where he was standing**

was full of natural beauty. He had never known that such a beautiful place was also a part of his kingdom.

The revelation of the message had a positive effect on him. He relaxed and forgot about those following him. After a few minutes, he realized that the sound of the horses and the enemy coming was receding. They seemed to have moved to some other part of the mountains and were nowhere near him.

The King was very brave. He reorganized his army and fought again. He defeated the enemy and regained his empire. When he returned to his empire after victory, he was received with much fanfare. The whole capital rejoiced in the victory.

Everyone was in a festive mood. Flowers were being showered on the King from every house, from every corner. People were dancing and singing. For a moment, the King said to himself.

“I am one of the bravest and greatest Kings. It is not easy to defeat me. With all the reception and celebration, he saw ego emerging in him. Suddenly, the Diamond of his ring flashed in the sunlight and

reminded him of the message. He opened it and read it again: “THIS TOO SHALL PASS”.

He became silent. *His face went through a total change* — from the egoist he moved to a state of utter humbleness. If this too is going to pass, it is not yours. The defeat was not yours; the victory too is not yours. You are just an onlooker. Everything passes by. We are witness of all this. We are the perceivers. Life comes and goes. Happiness comes and goes. Sorrow comes and goes.

Now, as you have read this story, **just sit silently and evaluate your own life.** This too will pass. Think of the moments of joy and victory in your life. Think of the moment of sorrow and defeat. **Are**

they permanent? They all come and pass away.

Life just passes away. **There is nothing permanent in this world.** Everything changes, except the law of change. Think over it from your own perspective. You have seen all the changes. You have survived all setbacks, all defeats and all sorrows. All have passed away. The problems in the present, too, will pass away, because nothing remains forever. Joy and sorrow are the two faces of the same coin. They both will pass away.

You are just a witness of change. Experience it, understand it, and enjoy the present moment. **“THIS TOO SHALL PASS”.**

Honest Heart

An honest heart is an open heart. If we are dishonest in any way with ourselves or with others, it means we are in hiding. There is a wall, a barrier behind which we conceal something of ourselves. Subtle tension will be our companion, and while most of us learn to live with it, it drains our energy and tightens our muscles. On the other hand, don't be too honest with others - feel their pulse - sometimes others are not ready to hear what's in your heart. But know that when you are honest, you will experience a level of inner relaxation, that you had forgotten, was even possible.



WORLD DAY OF REMEMBRANCE FOR ROAD TRAFFIC VICTIMS



– BK Divya, Mumbai

Birth is the only time in life when you cry and your mother smiles, someone has so appropriately stated the feelings of the creator towards her creation. The baby may perceive physical separation from the womb while actually the mother is eagerly waiting to take the little angel in her arms.

Every human being in this world drama has such a unique and powerful role. As conscious, aware entities on this planet, each individual constantly makes choices in life that decide and influence the flow of the whole drama on this planet. With our thoughts and actions, we are constantly creating the stories of our life, our families, communities and the world. Every life is valuable; every life has a divine purpose.

Each family, too, has its own journey brimming with dreams, aspirations, consistent efforts, relationships with their happy ‘ups’ and challenging ‘downs’ and if suddenly, the brakes are slammed on this journey – news of a member of the family finished in a road accident! The reality seems too

harsh to grasp for everyone connected to that beautiful being.

Most of us may have experienced the shock of losing a relative or a friend in a road accident. Road crashes today are one of the leading causes of death across the globe. In every six seconds, there is an injury; every 25 seconds one death occurs by this cause; 60 to 80 % victims are pedestrians, motorcyclists and those riding slow moving vehicles e.g. bicycles. Hence, most vulnerable are youth, children, and those from middle and low-income groups. In India, 70% of the casualties are in the age group of 15 to 44 years. With shock, grief, disability, medical burdens and loss of bread-earner or young members of the family, the emotional, mental, physical and economical burdens of a road accident are very high. A study in India and Bangladesh found that at least 50% of families affected by road accidents slip below the poverty line due to such losses.

The human world is gradually

waking up to the reality that something needs to be seriously done about this malaise. Road crashes happen more often with a non-criminal intent. Our modern lifestyle marked with high competition and material ambitions, fast pace, availability of high-speed gadgets, stress and substance – abuse, has collectively created this offspring of road crashes. Today, the harsh reality stares back at us through the faces of orphaned children, bereaved parents, physically challenged survivors and lonely spouses. The sirens are ringing “IT’S TIME FOR ACTION”.

Considering the gravity of the issue and the need for global action, the United Nations Road Safety Collaboration (UNRSC) in co-ordination with the World Health Organisation declared this decade 2011-2020 as the Decade of Action for Road Safety. The Brahma Kumaris are also implementing a special project on Road Safety in commemoration of this Decade. One of the activities under this project is contributing the power of positive thoughts and pure feelings through meditation to the victims and survivors of road crashes. **A powerful way of doing this will be witnessed on the third Sunday of November (18th Nov. 2012) with the observance of the World Day of Remembrance for Road**

Traffic Victims. This day declared by the UNRSC coincides with the International Meditation Hour practised by the Brahma Kumaris on the third Sunday of every month. During this hour, lakhs of students at the Brahma Kumaris worldwide collectively meditate for world peace from 6.30 to 7.30 p.m. in their respective time zones.

On 18th Nov., students of Brahma Kumaris centres worldwide will collectively meditate specially for Road Traffic victims. Many centres would organize local level events wherein any individual or groups interested in joining this endeavour can participate. They will be oriented on how to practise such meditation and at least 30 to 60 minutes of collective meditation will be done.

At the Brahma Kumaris, we understand that 'Actions' for Road Safety need to be empowered by elevated 'Awareness'. Awareness could be understood here, as a state where the mind is in the present moment, aware of the inside and outside world and hence there is clarity, calmness and control. We are helping people become aware of the value of their lives, the methods to enhance concentration and calm whilst travelling/driving,

and significance of rules and our potential of making road journeys safer. While we take action for a safer future, let us also remember the lives of lovely people lost in road crashes.

Thoughts and feelings are the fundamental level of communication among human beings. They are subtle ultra-vibrations that touch other beings and constantly influence matter too. Our loved ones, who have passed away in road accidents leaving their current bodies and roles, are now on a new journey. In a state of inner calm, we can feel their eternal presence and give them the best gift of vibrations of peace, love, courage and positivity. Those, who have been injured in road accidents and face physical challenges, also need the support of our vibrations of hope and courage. The survivors, victims and their families will be benefited by this support from their world family.

There are some additional purposes too, for observing this World Day of Remembrance (WDR).

▶ The UN Secretary General stated in his message, "On this day, let us mobilize all possible contributions to improving

road safety – from city planners to vehicle designers, from policy makers to road users. Let us honour those who have lost their lives on the world's roads by acting to save the lives of others."

▶ This observance will enhance sensitivity and seriousness that are needed in responding to and improving services for the bereaved and injured and to reduce danger for all who use the world's roads.

▶ It will also acknowledge the courageous efforts of emergency service-providers like the medical, fire, ambulance and other services and also citizens who have courageously saved lives of those involved of those involved in road crashes.

Let us mark this day, make up our minds and begin to contribute our positive thoughts, words and actions for this cause. Let's share peace, spread the word and bring the world family closer on the World Day of Remembrance for Road Traffic Victims – 18th Nov. 2012.

Note: BK centres that wish to organize an event on WDR 2012 may contact the project office for resources through the website:

www.bkroadsafety.org

RELATIONSHIP – A BEAUTIFUL ASPECT OF LIFE

– **B.K. R.K. Langar Lt. Col.(Retd.)**, Noida

Relationships are a beautiful aspect of life. It is expressed in doing, speaking, and most importantly, thinking about others. We all belong to one God and there is one World Family and hence we are related to one another. It is also said that no one is a stranger in the world. Good relationship with others can only be formed on the basis of your inner beauty and virtues, which should be expressed in your conduct with others. Body may attract a relationship in the beginning but it is one's personality anchored on one's inner virtues, which really sustains a good relationship. Modesty is the key for a successful relationship. Self-management is another factor, which not only sustains a relationship but also ensures that the relationship is not spoiled.

Self-management in relationship

Your first relationship is with your own self. What does that imply? Accept yourself as you

are. Unless you do that, you cannot accept others as they are. Accepting yourself means that you understand yourself, know your worth and are aware of your moral and spiritual qualities. If you are lacking in virtues like love, loyalty and , faithfulness etc., then you must acquire these by bringing the desired transformation in yourself. Manage your insecurities if any. Forgive those who may have been unjust to you. Do not nurse your hurt. Do not surrender your values for nourishing a relationship.

Expectations spoil relationship

One, who is spiritual, develops a loving and affectionate relationship with all as he considers others as an extension of his own self. Such a person focuses only on the goodness and beauty of others as he himself has developed an eye to see only good of others. But sometimes, our relationship gets spoiled since we have

expectations from others. Expectation from others creates dependency and when others fail to satisfy our expectations, we feel frustrated. Expectation is the mother of all problems. The worst type of expectation is emotional expectation, which makes you emotionally ill. Nurture your relationship with others on the basis of your inner qualities or virtues. Accept others as they are. Do not expect people to live up to your expectations.

Giving life to relationship

Bad relationship is the cause of stress. Always look for good qualities and you will invariably find them in others. With words, appreciate the good qualities, which you see in others. Using your communication skills, express the sweetness. Be always a giver in relationship. Give love, show concern, sincerity, honesty, maturity and respect in your relationship with others. Friendship is the basis of all relationship. Be friendly, fair, frank and flexible in maintaining the relationship. Give transparency to your relationship. Have the conviction that you can speak with love with others even if they may not speak with love to you. Relationship should never be taken for granted.

Our greatest power or asset is our spiritual energy. When you are spiritually elevated, you develop a loving and affectionate relationship with all, as others are extension of your own self. Relationship based on good feelings is reflected through your eyes, smile and open heart.

Relationship – Problems and Solutions

Your relationships with others do get spoiled sometimes and you get a feeling of being hurt and blame others for it. This is your belief, which has affected you only and not the other person. Now, who will decide that he or she has hurt you or you have hurt him or her. If you have allowed yourself to be hurt by others, it is because of your expectation from the other due to your selfish desire. Another way to look at your hurt feelings is that your life is not fully under your control and you are at the mercy of external situations and circumstances. That should never happen in the case of a spiritually elevated person. Outer conditions should not affect you. It is your inner growth that should dictate the outer conditions.

The best solution to the

relationship problems is to allow people to be what they want to be. Accept others as they are and continue to transmit positive vibrations to those who hurt you. There should be a free flow of energy in relationship. If there is bitterness, it shows that you are not properly connected with others. Secondly when you operate out of love and compassion with others, you may not have to struggle much in maintaining cordial relationship with others. **The golden rule is that you have to make yourself strong from inside. Make yourself more virtuous and beautiful. The Gita says that God loves those, who are not troubled by the world.**

Relationship with God

Your most important relationship is with Almighty God. This is the primary relationship. All other relationships are secondary. God is your Father, Mother, your spiritual Guide and most importantly, your Friend. Talk to God, share your problems

with Him and you will invariably find a solution. Every act, which you perform, should be offered to God and you will ever remain protected.

Conclusion

Harmonious relationship is one of the important aspects of a happy life. Healthy mind helps us to form good relationship with others. Friendship is a trustworthy relation and a tool to cure dislike for others and promote peace. Be a giver in relationship always and forever. Be like a sun in relationship, which gives sunshine to all—good or bad. Nature does not differentiate between one person and another while giving. Be like a tree, which gives shade to all irrespective of man's inner qualities. Be like a river, which gives water to all. Lastly, show compassion in relationship, which is love for a person more than what he deserves. Change conflict into harmony with patience for a relationship to run smoothly.

POWER OF SILENCE

**In order to remain constantly happy,
transform bad things into something good
with the power of silence.**

ROYALTY

– Sis. Aarti, Mumbai

The word Royalty brings to mind a picture of power and control – one who is obeyed and respected by the people around; one who is not slave to anyone and has no obligation whatsoever. In individual life of a human soul renunciation of vices leads to such a state of power, control, authority, and of course simplicity. The fruit of this renunciation is seen as royalty. Hence, a simple person with least demands and desires is the most royal.

The lion is said to be the king of the jungle. When I rule the jungle of obstacles and situations in the physical world, I climb towards royalty. However in this war, I can only be called royal, when I am not a slave to myself. My sense organs, my conditionings, my intellect and my desires, together should serve me. Sovereignty of the self is the first step to conquering the physical. I become the master who enthrones the body and the mind, intellect and traits become my counsels. I have complete control over what I do and I am independent of any influences, conditionings and distorted self-images; this is the stepping stone towards royalty.

When I vow to master royalty as a virtue, God alone tends my mind. He manages my intellect and takes each one of my behavioural traits as His property and purifies them. I cannot hand over myself to God for my own benefit, as long as I do not realize the truth of being a ‘trustee’ to myself.

Royalty can be attained only when there is supreme detachment from the physical world. The physical body, physical role and physical nature do not cling to me. I am totally free internally. When I observe my role in a detached manner and allow God to decide my choices and my priorities, I trust Him. I am able to surrender myself to Him for my benefit. Externally it may appear as if I am in control. But it is the Lord of the Tree that rules; His choice, His word, His liking and His love gain control. All I do is just to sit on the throne of my intellect and follow His commands and thus be the ruler.

In order to be able to cultivate a detachment of this kind, there has to be supreme love, respect and acceptance of what God wants to give. Not what I want for myself, not what people think is good for

me but above all what the Supreme Sovereign wants for me. This balance between detachment from my role, and love for God, can only bring royalty. I renounce to God, the right to rule myself. Hence, royalty becomes my specialty. When I rule, I may at times get stuck but when He rules through me, I am seen as the king. Royalty starts with simplicity. ‘Myself’ is cut down and limited to a point of spiritual light, (a point of energy). Hence, my needs become simple. I am simple in my thoughts, words and deeds. As I renounce the control of viciousness, I become a joy for everyone. I become what I actually am. I touch my purest higher self.

Royalty denotes a relaxed state. I am relaxed, not due to laziness, but due to my love and control. Nothing pulls me. I am in no hurry for anything. Things come to me; I don’t run after them. I am assured in my supreme self-respect that things will happen as I choose for them to happen. Hence, I am dignified, completely in control over any problem, obstacle, situation or test. My royalty becomes a mirror to others.

When I am an instrument in God’s hands, all I do is just to relax comfortably and royally on the ocean of drama situations that come my way. The drama serves me and enthrones me as the “**loved monarch**” of all.

— (... Contd. from Page No. 3) —

ending material prosperity.

An interesting feature of her portraits is that, in all pictures of Shri Lakshmi, four elephants are shown pouring water on her. Four Elephants, in Indian tradition, are symbolic of the four directions-East, West, North and South. Moreover, elephant is an emblem of strength, wisdom and faithfulness to the master. It is a sign of grace and majesty. Thus, four elephants constantly pouring water, from the golden vessels, on Lakshmi – are signs of the faithfulness of all her subjects and of constant affluence. It shows her unchallenged sovereignty.

Invoking Shri Lakshmi on a pitch-dark night (Amavasya) 'by lighting lamps and candles, is symbolic of enlightenment of the souls (when complete ignorance of Knowledge prevails in the world) so as to attain the stage of perfection or the three- fold goal of life-purity, peace and prosperity. Complete cleaning of houses and business houses in advance is indicative of the observance of complete purity. The use of four elephants, each holding a lamp on it, is symbolic of keeping in mind the goal of complete victory over the self so as to attain world sovereignty or Chakravarti Rajya in the world of *sattwa*, i.e. Golden Age.

Keeping the door open all night is to let knowledge, virtue and fulfilment of goal be achieved. But the pity is that people worship only Mammon on this day, forgetting God and lakshya or the goal of life. They remember Nakad Narayana (cash or money), not Shri Narayana—the goal of life. They keep the doors and windows of the house open (even running the risk of a thief coming instead of Shri Lakshmi) but they have the doors of knowledge shut!

THE AFTER EFFECTS OF ANGER

If realized deeply, it's all right to conclude that anger destroys. If it doesn't destroy our physical body (that too it manages to do in the long term), it definitely destroys our capacity to be creative. And after all, the very purpose of our life – is to be creative. So in short, anger deviates us from reaching our very purpose of life. **Anger is never every good for health – mental or physical, never ever positive or empowering and never ever allowable or justified.** Many authors of self-development books, philosophers, psychologists and experts on the human nature have argued that anger is a natural, biological and psychological response, which is an integral part of human *sanskar* and life. While this can be respected as a point of view, it is not at all true.

From a spiritual perspective, which means a view based on the absolute truth because the word 'spiritual' means that which is the truth; anger is never ever natural or beneficial. While we are all used to getting angry, each one of us to different extents on a little introspection, we will realize that **it drains us out and is counter-productive.** Anger is an absolutely unwanted emotion if we want to live a peaceful, contented and blissful life. **It totally destroys the ability to create meaningful and deep relationships based on trust and respect and brings the efficiency of our actions, performed at the workplace, at home or anywhere else, down.** If we believe in the necessity of conquering anger, we need to stop for a while and reflect deeply and see if we can see how it is a huge obstacle to our own contentment and fulfilment, and how it negatively influences the contentment and fulfilment of those around us.

– From *Awakening With Brahma Kumaris*

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

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

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

Ph. 0091 (02974) 228125 e-mail : omshantipress@bkivv.org worldrenewal@bkivv.org