

|| From the mighty pen of Sanjay ||

HAPPINESS AND HIGH STANDARD OF LIVING

Every human being has the right to live and, therefore, the right to find the wherewithal to feed, to clothe, and to house himself as well as his dependents. One has to fulfil some other needs besides these three, the aim being to avoid pain and to have a reasonably comfortable life. But, the trouble starts when one adopts that economic philosophy which states that multiplication and fulfilment of wants leads to higher standard of living and to greater happiness, and one, then sets to accumulate whatever and as much as one can by fair as well as foul means. This economic philosophy is erroneous and self-defeating and is the cause of many social, economic, political, and moral maladies of our times.

In the first instance, one has to bear in mind that happiness is not the same thing as pleasure. Happiness depends more on the mental state of a person than on the fulfilment of desires and the gratification of senses. A man who is fabulously rich may have all sorts of comforts and yet may remain worried. By no stretch of imagination such a man can be called a happy man. On the other hand, a person not living in luxury or even in comfort may be happy as well as contented. Therefore, there may be a man, whose hands are full but whose soul is empty.

It would be wrong to measure one's standard of living on the scale of luxury goods. It would also be wrong to dissociate this term from the intellectual, moral, and cultural aspects of a person. For instance, there may be a person with high moral character who leads a life of voluntary non-possession or minimum possessions. He may be an intellectual of a high order, contented in mind and refined in the cultural sense. It would be wrong to say that his 'standard of living' is not high.

Indeed the love for luxury and the identification of the

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

CONTENTS

▶ Happiness and High Standard of Living	3
▶ Aspiring Youth of India (Editorial)	4
▶ Making Our Mind Peaceful	7
▶ Utopia	8
▶ The Spirituality of Father Christmas	9
▶ Vidhi, Vidhata and Vidhan	11
▶ The Future of Power	13
▶ It's the Season	15
▶ The New Age Consciousness	16
▶ Women Security	18
▶ Tuning to Divinity with Fusion of Art and Culture!	20
▶ The New Era of Transformation	21
▶ The Dunce's Transformation	22
▶ Christmas: A time of Giving and Goodwill to all	23
▶ My Wonderful Experiences with Dadi Brij Indra	25
▶ Creativity – Music of Life	27
▶ Meditation Versus Relaxation	28
▶ What a Beautiful Bond!	30
▶ Let's Become the Change	31
▶ Karma or the Activity	32
▶ Beautiful Reality Awaits an Audience	34

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Shantivan-307510,**

Abu Road, Rajasthan, INDIA.

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ASPIRING YOUTH OF INDIA

The recent elections in the States of Rajasthan, Madhya Pradesh, Chhattisgarh, Delhi and Mizoram turned out to be tremendously interesting. The youth of Bharat, especially those who have just received their Voting Cards on reaching the mature age of 18 years, was very enthusiastic to cast their votes. In fact, it was a clear sign that Young India has undoubtedly awakened to be able to use their right of franchise for electing the right candidates. They have realized the importance of the occasion as it would not only affect the lives of people in these five States, but also set new trends for the next General Elections due within 6 months where new Parliamentarians will be elected.

Bharat has witnessed democracy for over 66 years, and elections have taken place more than a dozen times. The aspirations and hopes for a better future inspire people to use their right to vote, and elect Public Representatives

of their choice. The elected Parliamentarians or Assembly Members of States traditionally canvas in the name of 'serving the people'. The oldest parties have always been advocating removal of poverty, disease, and bestowing shelter to all. However, according to the latest Press Reports, the number of those below poverty line has only multiplied in a big way... This is evident from the fact that the Central Government had announced subsidized rates for food grains for 60% of the Indian population! On one side, the people of Bharat feel very proud because of development, urbanisation and industrialisation in significant parts of India, but on the other side the price rise of essential goods, especially food articles like tomatoes, onions, vegetables, eggs etc., has broken the back of the poor. Humanity always has and will continue to live on hope and this hope keeps motivating us to look for better rulers during

every election, be it the General Elections or State Elections.

There may be hundreds of elections taking place, and several expectations harboured in the newly elected representatives of the people. However, it is unfortunate that none of the political groups has ever touched upon the subject of '**Revival of Moral, Ethical and Spiritual Values Standards**'. We all know that the erosion of values has resulted in staggering numbers of heinous crimes in the recent past in all parts of Bharat. December will continue to remind Indians of the brutal and senseless tragedy that befell India's daughter, Nirbhaya of Delhi, in 2012. We continue to strive to sustain and empower our spiritual sisters to live fulfilling, safe and successful lives.

While the world has become a global village just like Bharat, the crime rate has multiplied indiscriminately, except in a few countries

which remain relatively free from economical and other offences. The magnifying glass exposes the stark reality that greed for power, money and other materialistic objects has become the main focus of a majority of the elected representatives. The survey on income levels of the previously elected representatives, especially Members of Government, Ministers etc. pathetically reveals how their assets have multiplied in manifold within 5 years... The reason behind this seems to be the political scenario of the present age, anywhere in Bharat or other parts of the world, where a deep-rooted, limited attitude makes these elected representatives think that they can receive benefits only for 5 years... Most of them forget that they were elected by the voters to serve their cause.

May wiser counsels prevail

upon these individuals to awaken their conscience, and lead the people they represent by their personal examples of being clean and upright with Moral, Ethical and Spiritual Values! By doing so they would automatically be looked upon to represent their respective Constituencies as and when the new elections take place. There is dire need for the *spirit of service* to emerge in the minds and hearts of all politicians irrespective of party denominations. With over 120-crore citizens in Bharat, a new vision in governance is essential to create a feeling of 'welfare state' in Bharat. There needs to be a new approach in education within all fields of human endeavour to make the people self-reliant instead of enslaving them to remain dependent on the State unendingly. Through Moral and Spiritual Value Education,

right from the early years of life, a very healthy atmosphere can be created in society to save energies from being wasted in confrontations, litigations, and unnecessary rituals and ceremonies. Children need to learn the value of positivity in thinking and behaviour, which would become the bedrock of their lives. When we educate our society, girl-child and boy-child alike, to think unselfishly and develop the power of inner peace, spiritual love, respect for all life, especially women, then our children would be able to enjoy real freedom and security in life, and breathe the fresh air of love and friendship all the time. Fearlessness arises when their lives are well-disciplined. Freedom has to be safe-guarded with discipline. Value-based discipline is the need of the hour.

HOLY HOLIDAY SEASON!!

Come the month of December every year, people brimming with Christmas spirit start planning their holidays with their children, parents and other near and dear ones. Christmas is indeed one of the most beautiful festivals to enjoy the feelings

of togetherness. The greetings shared on Christmas normally, though repeated for centuries, are heart-warming and all encompassing: **Wishing you a Merry Christmas and a Happy New Year!**

There are a few beautiful, deep and thoughtful lessons to

be learned from the story of Christmas:

One significant aspect that stands out every year is the ***Christmas Tree*** loaded with a variety of gifts and sparkling lights, symbolic of the fact that we are star-like souls who have been lighting up this Tree

of the World for ages. Though symbolically it is Santa Claus who distributes sweets, fruits and gifts to the children, it's in fact this Tree of the entire World Drama which bears fruits of love, peace, happiness, health, wealth and freedom. We the living lights are like birds of a variety of feathers playing our respective roles but as a big family. The Christmas Tree is like the Family Tree for us human souls. This Tree is ever-green as it never dies... the secret of this eternal tree once known to anyone would enlighten the human spirit symbolized as brilliantly sparkling stars.

The beauty of soul-consciousness in silence has the power to reveal the truths of this great understanding as 'gifts'. It is extraordinary to see how Christmas is so similar to the festival of Diwali, where we light several earthen lamps by lighting one lamp first and then subsequent lamps from the previous one, to spread light all around and remove the darkness. Religious festivals will long remain the most significant occasions and memorials of human beings awakening internally, so that **by observing**

the depths of one's inner wisdom and connecting with the original ever-lit Source of Spiritual Light and Might, we return to our original state of consciousness like our Supreme Father. This aspect of all festivals, though heralded in our scriptures, has never been highlighted in our day-to-day routine. Had we remained ever-awakened and enlightened we wouldn't have faltered and become slaves of ignorance and negativities; life would not have become filled with disease, stress and suffering. We have reached the most opportune time again at the end of the *Kalpa*, Cycle of Time, when we are receiving the age-old spiritual wisdom from the original source: "**May you be enlightened from now on by being naturally soul-conscious and realizing the most loving relationship with the Supreme Being!**" So let's take full benefit of this wisdom, by living by it and sharing it with one and all.

The following divine, elevated versions of the Divine give us clear directions of how to make accurate spiritual efforts:

► *Serve through your royal behaviour and make your*

intellects refined by following elevated directions of the Supreme.

► *The big mistake you made is to forget Me, your Supreme Father and Mother.*

► *Who is the One who has the most power? It is the Incorporeal Supreme Being, God, who comes and establishes the foremost deity religion.*

► *God says, I love gyani (knowledgeable) souls. Those who are gyani would surely also be yogi. You have yoga with the Supreme Father, Supreme Soul. Without yoga, there cannot be dharana (inculcation) because there will be a lot of body-consciousness. Change the devilish intellects into divine intellects.*

► *The mothers (sisters) have to be given a lot of regard. One is revealed through one's behaviour.*

► *Develop the experience of God's love in your life and no obstacle can stop you.*

Wishing our Readers and their loved ones a very special, love-filled Holiday Season!

– **B.K. Nirwair**

MAKING OUR MIND PEACEFUL

– Rajyogini Dadi Janki,
Chief of Brahma Kumaris

The main aspects of life are ‘Who am I’? And ‘To whom do I belong’? Peace is essential for life yet one cannot find it externally. If you let external things ‘inside’ then you will not feel peaceful. For life, peace, happiness and love are essential. Purity is the mother of peace. When one has peace inside, there will definitely be happiness. Then there will also be the feeling of love...

Peace of mind is what one aims to achieve. There is a story in India of a queen who lost her necklace. She searched for it everywhere. Someone then saw that she herself was wearing it... Everyone in the world is searching for peace. However, when they cannot find it, they just say ‘OK... I will live as I am’. They then experience sorrow. They neither experience happiness themselves nor can they give happiness to others. Happiness is a treasure... it nourishes the soul. However, how can I create happiness inside? When

someone experiences sorrow, he places his hand on his heart. Happiness, peace and love are also internal experiences. I have to purify my feelings now. When there is truth and trust, feelings become pure. It is time to create pure feelings within, based on truth, love and trust...

Dadi feels that she has never become disheartened. She cannot leave things half way either. Once one becomes disheartened, it takes a lot of time and effort to develop zeal and enthusiasm. At *Amritvela*, one can easily connect to the Supreme Soul and this brings a great deal of happiness and joy. The heart then says, ‘Don’t come into words’. To remain peaceful one needs power. Peace and power are connected. When I understand this I will realize that I do not want to become disquiet and lose power. Every hour, the song for peace and coolness is played in Madhuban and the centres all over the world. We have to become very cool now.

This is the time of change;

everything is reaching a climax. The end of corruption and sin is close... We have to create a world of truth and love. For this, we have to become detached from the world and be loved by God. Each one has his or her own part. If I compare or criticize, I shall be wasting my own time because I cannot change anyone’s part. So have positive thoughts for the self... Contemplate on what is good now. Take yourself into the state of meditation. Keep qualities of the soul in your mind. Think of God. If you keep God with you, you will never worry. Go into the depths of the knowledge you are hearing. God is the Ocean of Love – immerse yourself in that love and experience it. It is God’s love, which purifies the soul. I should keep an aim to become an example for people of the world... they should be inspired by looking at me. If I lose hope I can neither benefit myself nor can I bring benefit to others.

As soon as one says, ‘My Baba’, there generates a lot of peace inside. The Gita states that in order to see God, one needs the divine eye – the divine intellect. The future world is in our hands... Are you holding the globe in your hands? Sit now in meditation;

take power, light and might from God and donate it to the world. I am a bodiless soul. Take power from God. Spread that energy all around... the darkness is being dispelled and light is coming through enlightenment. I am only in this body to play my part. I have come from the highest abode to play my part... Now I have to free myself from the bondages of action and go home. The vices bring us into bondage; now I have to free myself. If I perform actions based on these vices then I bring myself into bondage. I am then not free and I cannot fly. Therefore, now I have to perform the type of actions God wants me to perform. I have to take the power from God to perform those actions. We have all performed wrong actions but now we know the difference between wrong and right, truth and falsehood. I can now free myself. I don't have to look at what others are doing. I have to do what I know to be right.

Our task is to do actions without waiting for any appreciation or praise. I have to remain alert and accurate and not get tired. I have to become a person who inspires others in their lives. I have to be ever ready for any type of task. If I get impatient or intolerant when in action, that action will become negative for me.

There are a number of points to pay attention to-

- 1) Courage of the child brings thousand-fold help from the Father. Do not see your physical situation, you may be sick or have little money, but keep courage and the Father will definitely help.
- 2) When we come together in unity, we can perform wonders. One finger alone can do little. All the fingers on a hand are different and have different tasks yet when they combine to become a hand, they can do wonders.
- 3) By following God's teachings, we receive protection. God protects me, the soul and I am protected from performing any wrong actions.
- 4) If I keep the aim of feeling great, my feelings will co-operate with me.
- 5) One needs to develop the habit of silence. One will then be able to take power from God and his feelings will become pure. This will then make one feel good...

UTOPIA

– Abha Mittal,
NOIDA, U.P.

Where the walls of 'you' and
'me' fall down
'We' become one
'Who is right' or 'who is wrong'
is irrelevant
'We become gentle and open
Where all divisions fade away
And the world becomes one
There isn't need anyway
For arms, missiles or guns

Where all are seen as revelation
of one God
There is no place for cheat,
deceit and fraud
No one looks for 'who has lost'
or 'who has won'
There all life is seen as in one
thread spun
People are not fixed at positions
'high or 'low'
There all are given enough
room to grow

Where all brains are given
ample space to bloom
There is no room for dullness,
distress or gloom
Where hatred dares not raise its
head
And Love is fostered and
everywhere spread
Oh Almighty God, take me to
that world

Where all souls sing and dance
in bliss and accord.

THE SPIRITUALITY OF FATHER CHRISTMAS

– Yogi Khem Jokhoo, Trinidad.

Christmas, as we know it today, signifies the end of an old year and ushers in a new one. This is a time when some people close up projects, settle accounts, do annual cleaning and look forward to a festive time. Others reflect on the real significance, which is the coming of Christ almost 2000 years ago. This event was so auspicious that even the calendar paused to show the change from before (BC) to after (AD) Christ. What a massive transformation and yet today, we make all the necessary physical arrangements to enjoy the celebration, and forgetfully ignore the true spiritual significance of Christmas.

Christ represented the conquest of virtues over vices. He brought love and his lifestyle demonstrated values and virtues reflecting the purity of a higher and more elevated civilization. Christ had absolute control over anger, greed, arrogance, lust

and attachment. He left a legacy that was transformed into a single formidable religion and now only to witness its innumerable branches. He must have been a very elevated soul to live that lotus-like life in a world where the vices were becoming fashionable. Christ taught the values of love, compassion and forgiveness and yet today, every corner of the globe is seething with the fire of anger, hate, distrust and jealousy that can lead to destruction and annihilation of this very planet. These problems exist in places even where Christianity reign supreme.



Christ lived a life of humility, yet today we are slowly drowning in the sea of arrogance. Our intellects have changed from one of diamond to that of stone. Where did we go wrong and when did we get derailed from the highway of heaven into the pot-holed, dirt tracks of hell?

Let us pause and reflect on the legend of 'Father Christmas' that we have now commercialized into 'Santa Claus'. The story says he comes dashing through the snow on a sleigh packed with gifts, drawn by Rudolph the red-nosed reindeer and eight others. He arrives at the darkest hour of the night and climbs down a blackened chimney to place gifts into stockings and under the Christmas tree. Then he sneaks out without being seen. Why would anyone bearing gifts of good tidings want to go through this torture only to be kind? Why would he not want to be seen? Some interpret this to mean that good old 'Father Christmas' is really God, the Supreme Father. The reason is that Rev 3.3 says that "no man knows what time and hour God would come to free His children from the bondage of the vices". The Gita says in Ch 4 v7 that God descends when irreligiousness and

lawlessness is rampant in the world. Rudolph's red-nose represents red light and many religions and cultures believe that God is Light (Ru as in Rudolph is the Urdu/Arabic word that means soul just as *Ruhani* means spiritual.). The eight other reindeer are symbolic of the instruments that assisted in purification of the world. The gifts that Father Xmas brought were nothing but the teachings of the divine values and virtues.

The Christmas tree represents the human world tree. Each branch represents a major religion and the twigs represent the breaking up of the major religion into its breakaway fractions. The leaves of the tree represent the population at the corresponding time in the cycle. The small-coloured lights represent the many religious leaders in different bodily costumes. The fewer bigger lights represents the elevated prophet souls that came from time to time to sprinkle divine knowledge that

simmered the barbarism and unrighteousness. The blackened soothed chimney describes the present condition of the world that is full of irreligiousness and unrighteousness, impurity and promiscuity, robbery and violence. A world that was once elevated has now become degraded. This is why it is said He, the God Father comes in the dark of night, for night represents darkness and immorality. It is at this time that He incarnates and descends onto earth to destroy the vices and purify His children by teaching them divine knowledge. Inculcation of these divine virtues creates armour against the vicious vices. These divine virtues are the gifts of good tidings He bestows on them. When the children wake up on Christmas morning to the flourish of the gifts, it signifies the glorification of the time of Golden Age, a new era, and transformation.

Let us this season practise the values and virtues that

Christ brought and taught and see if we can get caught in that spirit of giving and doing selfless service. Sacrifice the vices of anger, greed ego, lust and attachment on the cross of Christ and burn it in the sacrificial fire started at the fireplace under the soothed chimney. Remember that the Supreme Soul never gives His children crosses heavier than they can bear. Remember Abraham introduced spiritual law. Buddha demonstrated service and duty; Christ walked with love and Mohammed brought peace, but the Supreme Almighty Authority, the highest on High Father gave all His children the unlimited inheritance of peace and happiness in the Kingdom of Paradise. So far this Christmas, dance with the dance of spiritual knowledge and waltz with only one partner to the music of the Master.

Greetings of peace and love!
Best wishes! good tidings to all now and thereafter!

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(Contd. from November 2013 issue)

VIDHI, VIDHATA AND VIDHAN



– B.K. Anand M. Hans, Delhi

God, the VIDHATA, plays three roles in the process of changing the world – the roles of Supreme Father, the Supreme Teacher and the Supreme Guru. The only role of His which is presently known to the world is that of the Father, because we always remember Him as God Father or Supreme Father. Even that role is appreciated little because we have not given Him any separate identity believing Him to be present everywhere and in every body, living or non-living, so much so that we carry this belief to such ridiculous lengths when we say that God and the soul are the same beings.

In the role of the Father, God bestows the Brahmins with Love, and that too in abundance, and gives them the feel of it by ignoring their sins and wrongdoings in the past. His unconditional love and the unbounded happiness are the gifts He gives on meeting with them and the heaven He

creates is His inheritance or legacy, which He wills to them as a matter of their right since the children are the rightful owners of the property of their father.

The place of the father in the set-up of a family is unique. He is not only the provider but also the very mainstay of the family. Besides being the father, He is also a friend, a confidant, an advisor and sometimes even a servant of his children. God plays all these parts as the supreme Father.

It is, however, God's role as the Supreme Teacher that is the most important of the three. It is also the sweetest because a teacher imparts education, which enables one to earn his or her livelihood. The omniscient God teaches His children knowledge about the soul, which we actually are, guides us back to our home where we came from and where we have to return to one day. He also tells us of the relationship we have with

Him and, above all, reveals to us how the world drama unfolds itself from the beginning to the end. He further tells us that we, the Brahmins were the gods and goddesses (deities) of the past having the seven attributes of Knowledge, Purity, Peace, Love, Happiness, Bliss and Power; and how, after passing through the cycle of births and deaths, we lost these attributes and are now under the rule of the five vices—Lust, Anger, Greed, Attachment and Ego, collectively called the *Maya*.

This is in nutshell the story of the world of gods and goddesses turning into the present demonic world. For the purpose of giving this knowledge, God has established through the medium of Brahma a spiritual university called the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya with its headquarters at Mount Abu, Rajasthan, India.

God says that the only way to bring back heaven on the earth is to uproot the five vices and regain the supremacy of our original attributes. God does not stop with that. Knowing that it is easier said than done, He tells the children the way out as how to stop committing further sins in this birth, to close and eliminate

our account of past and present sins and to open up a new *karmic* account of actions based on His teachings and directions, and be once again the proud deities of heaven.

God's teachings are so simple that even an ordinary illiterate person can easily comprehend. "O my sweet child", God exhorts us through the medium of Brahma, "You are a soul and your emancipation from this world of misery lies in forging your mental connection with me and always staying in remembrance of me, your home and the world drama. Always keep in your mind your original state of soul consciousness and remain in that state until the end."

The children whom God thus addresses are not supposed to be sitting idle and be mere mute spectators to what He does and silent listeners to what He says. He sets a living example in Brahma who not only acts as His medium but also adopts His teachings accurately both in letter and spirit, for the children to follow. Through the medium of Brahma, God tells the children of their shortcomings and gives practical solutions and

directions for solving their day-to-day problems, much like a teacher does. The children are expected in return to first put His teachings and directions into practice in dealing amongst themselves and with other souls, whether followers or non-followers, and then to spread His message of oneness with Him and the entire humanity, to all souls in the world irrespective of caste, creed, religion, gender, race and nationality.

The soul has grown very weak. It has lost its original powers of tolerance and cooperation, the power to judge and to decide and the power to face. It is in this context that God plays the role of the *Sat-Guru* (True Preceptor). As the *Satguru*, God bestows on us many blessings to give us strength to steel ourselves against the onslaught of the *Maya*, our greatest of enemy, to be able to follow His teachings and directions.

Though God is the Ocean of Love, in the role of the *Satguru* He always maintains a balance between Love and the Law. One can hope to go against the wishes of the father and the teacher with impunity but those who dare defy the

Guru cannot find any place of worth either in this world or in the heaven. A guru's command is the call of the Doomsday – it cannot be ignored. Therefore, He is as much lawful as He is loveful. Through combination of love and law God completes His mission of making us hundred percent pure and when we become so, it would mark the end of the world drama and time for souls to return home.

The world drama which is being staged on the earth, having no beginning or end, is like a three-dimensional movie. Its two dimensions are *VIDHAN* and *VIDHATA*. The three roles played by *VIDHATA* in accordance with His *VIDHAN* constitute the third dimension, which we call *VIDHI*. It is the divine design of God about which we say "God's ways are strange" or "*teri gat mat tu hi jaane*". You need a special kind of glasses for watching a three-dimensional movie. What you require for watching this movie is the third eye of knowledge – the divine glasses – which only *VIDHATA* as the Supreme Teacher has and which only He can provide.

(Concluded)

THE FUTURE OF POWER



[Nizar Juma is a Nairobi based businessman and industrialist. He holds a joint degree in Economics, Law and Accountancy from the University of Wales–Cardiff. Managing Director of Kasena International Limited and Orbit Sports Limited, he holds prestigious positions in a large number of multi-national companies including Adidas. Involved in various National development activities, he was awarded the Silver Star by the President of Kenya for outstanding services to the Nation. Nizar Juma has been associated with the Brahma Kumaris organization for about 20 years and is the initiator and host of 'The Future of Power' project. Here are excerpts from his address on 'Future of Power' programme. – EDITOR]

I am often asked what this program is about and what the 'FUTURE OF POWER' is about. So today I will, in short, describe what the future of power is. 'Power' you can imagine is of many different types – power of love, power of music, power of written word, there is also the power of the world or the world power. Until 2500 years ago, the world power was here in India, in Bharat as it was called. No other country in the world has enjoyed this power for that long. After that, the power shifted to many other countries, not necessarily in the order which I am going to tell you, but it went to China, it went to Egypt, it went to Greece, to Rome, to Spain, Great Britain, and now it is with the United States of America.

During this long journey, the status or the concept of power has also undergone a great deal of change. When power was in Bharat, it was what we called the 'Soft Power'. We were ruled here by benevolent kings and they ruled with love, they cared for their people and so they did everything they had to, not because they were forced to do it but because they wanted to do it and considered it their parental duty towards their subject. As power shifted, it became more corrosive what we call 'Hard Power' and today the definition of power is described by the number of guns and missiles a country has or at the individual level what is the status of my bank balance. This is what is regarded as 'Power' today, but that is Hard Power. As we have seen, there has been an

economic and financial melt-down since 2007, most countries in Europe are going through lot of trauma as they are faced with dearth. The growth rate has pushed them in minus territory and they are finding ways and means of getting out of this rot, but it has grown more and more difficult. On the other hand, lot of countries in the east are enjoying growth what may be considered very positive. In China, for example, the growth rate is 7 or 8 or 9%, even India has been growing in the region of 6 to 7%. So what is happening?

There is a shift again of power. It is coming back to the east I am convinced. Lots of other people are also of the opinion that this power is coming back to India i.e. Bharat. The question is, what

kind of 'Power' do we want in India? Do we want the same power that the world is now used to i.e. the corrosive power? Or can we bring back the old soft power?

India is the one of the very few countries that over the ages has adopted the philosophy of non-violence. It is also one of those few countries that still is very spiritual. There are more temples and places of worship today in India, than one practically finds anywhere else in the world. I am talking here more about Spirituality than Religion and the two are separate. Religion is that set of rituals and dogma which we have followed because we have been brought up to do that because our great grand fathers did it, our parents did it and they insisted that we follow their suit. So we also do it, whether we understand their significance and need or not.

Spirituality is about spirit, it is the part of knowledge and experience of 'who we really are'. And surely the answer to this lies inside us. Spirituality also means that it doesn't matter whether you follow a particular religion whether you are from a particular gender or a particular caste. Spirituality

is Universal and beyond any barriers created by man's material urge. So what we wish to do when that power comes back to Bharat. We want to combine and infuse spirituality into our everyday lives and that doesn't mean that throughout the day we have to sit somewhere in a secluded corner and start praying. It is not about that. Why do we think about people like Gandhi, Mandela or Mother Teresa? It is because they brought elevated spiritual action into their everyday lives. So that's what we need to do. We need to bring spirituality into what we do in our everyday lives. For example, if we decide that from tomorrow, I will not give sorrow to any one, that is bringing spirituality into my life. If I decide that, I want to bring integrity into my life then that is spirituality in my everyday life. That is what we are talking about and that is what we want to become more and more fashionable. Fashion to be a spiritual being deep down up to the core of my very existence. For this I don't need to be of a particular age nor does it require me to be mature to be a spiritual being. Gone are the days of misconception that spirituality is meant only

for old people or only for women.

Spirituality is for everyone. So we need to bring this into our life – our everyday life and that is what we call the soft power. What we do in our 'Future of Power' (FOP) dialogues is that we bring 40 or 50 people from 20 to 25 different professions, two from each one, from each state to the major cities. We sit together and we pose questions about whether we in India are ready to bring back the described type of 'Soft Power', because when power comes back, we will again have to be the custodians of power. Nobody holds power forever, but once we are custodians like we did before, we have to ask ourselves, "Can we again bring soft power?" That soft power also requires us to stop all kinds of things that we are trying to do. For example—legislation against corruption. Corruption will not happen. Corruption will be eliminated since no one will give and take bribe. But this will happen when we bring elevated spiritual action into our daily life. We discuss this in dialogue, which we start at 8 in the morning and talk about it until lunch time and we discuss various aspects of the

issue. Being together in one room not only the business people, but also political, economists as well as writers; we have musicians, sports people and all such groups that can wield power. The definition of power given by anyone will be patiently listened to. We consider that is the power, to give others an opportunity to express themselves.

That is what the power is about, and how we practise what is important. We have until today done this FOP dialogue in 19 cities all over India. We have also done it in Melbourne, Australia and during the next Indian season that is from October 2013 to March 2014, we plan to do these events in 15 other cities of India. It was our intention to do this program in 32 cities altogether in addition to what we do in other countries all over the world. For example, we plan to do it in Dubai and in Oxford, England and so on. In addition to having the dialogues, we also have what we call a follow-up program and where we invite lot of VIPs and also media and we have a debate in front of them. There we have 3 to 4 participants from the dialogue session. We sit, discuss and are interviewed also so that we can explain what decision and what action we have taken in this respect. Often such programmes are not conducted with all the participants but all these programmes are being constantly viewed and listened to and they are otherwise monitored also. We also have our website – www.futureofpower.org. One can go and look at the programs we have done, can post their opinion and so on. That is what the “FUTURE OF POWER” (FOP) is all about. I think it is time we all gave such an idea a serious thought and prepare for the coming events. Thank You.

IT'S THE SEASON

– by **Precious Pearl**

With palpable tension I see them parade,
Hauling matter that matters in this day and age.
Empty hearts go unnoticed, empty hands are
scoffed at,
No coffers to offer? How'd I prove love with that?
The gloss of the gadgets and gizmos hoodwinks,
Sedating the senses and prudence to think.
They dart and they dash hoarding bags with big
tags,
The special and swanky, those rich premium
brands!
Temptation assails, here's one buy with two free,
Consigned to oblivion, all smarts that could see.
The horrors of Santa with bare barren mitts?
Would harbor deep hurt, scarred for life, I'll admit!
En masse so we ride, protocols set to please,
Get gifts with receipts for those moments to
seize,
When the smile and surprise on that face will
attest
That they feel the love through the package we
dressed.
Now let's for a moment pretend and just try,
No pressures, procedures, pleasing to live by;
A site beyond the societal constructs,
Far off from all happiness hacks that destruct.
We celebrate rituals of friendship and love,
Not charters to barter your gear with my stuff.
Mine meaning in meetings where we dare to
bare,
Our tender and fragile hearts with those who
care.
And this festive season, let this be your home,
The place where you gather to nurture your own.
Give of yourself, gift the highest in you,
Cherish mystical moments, most fleeting and
few.
It's the season to hug, heal, reflect and restore,
Transcend the abyss of possess and procure.
Cast off all the humbug precepts that surround,
And let the true reason for season abound!

THE NEW AGE CONSCIOUSNESS

– B. K. Surendran, Bangalore

When we are body-conscious, we are influenced by people, events, things and developments in our surroundings; we are not able to be in control of ourselves. On the other hand, if we are soul-conscious; we influence the surroundings, man and matters. Soul-consciousness means to be in awareness of the self as a point of light, i.e., soul, a conscious entity having thoughts, feelings and emotions, judgement power and *sanskars*. In such a state, we interact with others, considering them also souls. We remain unaffected not only by outside forces of negativity but also by the inside forces of waste and vicious thoughts and feelings. We become totally in charge of ourselves. We start enjoying the freedom that belongs to us. The Supreme Soul, who is teaching us to attain our original state of purity, reiterates constantly that the first lesson that we should learn and practise is soul-consciousness.

As soul took birth after

birth, it got trapped in the attractive shapes, colours, curves and attraction of body because of long time association with the body. Instead of looking at the soul that resides between the eyebrows as a star, we slipped into the organic mass of blood, flesh and bones covered beautifully in shape with a shining skin in different colours and contours. Today, people are running after the (living) corpse to satiate the animal instincts. They forget that this body is just an abysmal deadly trap. It does not mean that body has no importance in human life. Body is the base. Physical presence is what makes us what we are. Physical health is also important. Body is the medium or instrument through which the soul expresses itself and experiences life. Let the instrument remain as instrument only.

We must understand the sermons of the Supreme who advises us to look at soul—the shining star in the centre of the forehead, while looking at others and interacting with

them. It is the soul which makes the body to smile, talk, walk and speak. We seldom look at the ‘real’ person who is in the forehead shining brightly, but we look at the seat – the body of the person. We generally say ‘he is tall, he is fair, she is beautiful and fair and so on’ and based on such understanding, we act and interact, treat and mistreat others. If we are in body consciousness, we can never be stable because we will always be hooked up with someone and something, thus making our mind waves constantly.

Analysis of soul-consciousness

The soul is different from the body. The soul is essence of seven main qualities – Knowledge, purity, peace, love, joy, bliss and power. It has three subtle faculties called mind, intellect, and resolves.

The mind

The mind is the thinking faculty of the soul. From birth to death, whatever actions we have performed, are recorded in the form of resolves. The resolves even contain the record of actions done in previous births. Thoughts constantly flow in our mind; we cannot stop them naturally and easily. The habit of emerging waste, negative and

vicious thoughts in the mind has been there without any check, which is identified to be a passive mode of the mind. We may be able to stop our activity of the mind for a minute, but the next minute because of the past resolves, body-conscious thoughts emerge in the mind. In order to stop and turn the thoughts of the past, we have to use the active mode and creative mode. We have to create new thoughts through the power of imagination. 'I am a soul' is a thought, which I create to experience it. The mind has created the thought and the intellect is going to visualize it.

Intellect

Firstly, the intellect decides whether a thought is good or bad, to accept it or reject it. If the soul is pure, the decision that the intellect takes is strong, accurate and powerful. If the thought that arises in the mind is a physical or gross one, the intellect will create an image of it in the eye of the mind. If the thought is subtle, the intellect will experience it as a feeling.

Sanskars – Resolves.

Thoughts are the record of the soul's past experiences and actions and these include habits, beliefs, personality traits, values and systems etc. Every action as well as

experience either creates a new *sanskar* (impression) or reinforces an old one. When we change our thoughts, say, 'I am a beautiful sparkling point of energy; I am a pure soul,' then I also change my actions and tendencies and in turn transform the *sanskars*. This can be done by practicing soul consciousness through Rajyoga meditation.

While meditating, first of all, we must stop the eruption of the mind and resolve. This can be understood when we sit in meditation. When we start meditating, then a thought comes to our mind that we must finish a particular job, which was not relevant for that particular moment. This is eruption of the mind. Here, we can give instructions to the mind that we can meet that person or complete the task after the meditation session. After this kind of self-talk, the intellect will come to accept pure thoughts. This process will close the door of the eruption of mind and resolve and the intellect will soon become powerful so as to accept relevant thoughts only. Consequently, the mind and intellect will work together on one pure thought at a time. To ascertain the continuity of it, we must maintain a chart of our inner state during

meditation.

Chart to maintain Soul-Consciousness

When we speak to people and interact with them, we must also watch ourselves whether we look at the soul – the star in the forehead of the person and speak to them in soul-consciousness. We must keep a diary and note for how much time we were in a state of soul-consciousness. Initially, the result may not be encouraging. There may be ten per cent success when we meet the first person and it keeps on reducing when we meet the fifth person. However, our efforts should be kept up and continued. This process should be continued up to the point where we see only the shining sparkling star. The star will emerge before us as and when we look at a person. We will come to naturally look at the real person, the soul and deal and interact with people accordingly. In order to experience super-sensuous joy, experience the subtle region, the incorporeal world and the powers of the Supreme, this practice is a must. Soul-consciousness will naturally help us in remembering God. Through this method, we will also be able to practise Rajyoga meditation with perfect concentration and joy.

WOMEN SECURITY



– B. K. Bose Basava,
Auckland (New Zealand)

Women are embodiments of tolerance and patience, for which even our planet earth is called Mother Earth. Women play a vital role to create a heavenly home filled with social, moral and spiritual values. In one word women are guardian angels to a family and to our society. Therefore, if angels' lives are at risk, our families and community are also at a great risk. It is very painful to realize that security of our guardian angels is one of the burning issues in the modern times. The security of human race is at stake especially of women who are vulnerable to be victims easily.

Notwithstanding study and research has been/is being done in so many dimensions to find out the reasons of rising crimes against women and strict laws have been and are being enacted to improve the conditions, this problem is going to be a grave crisis. The occurrence of more and more such cases makes us feel that

there is no proper and complete solution for this.

The present situation relating to the security of women consists of a big list of issues. And why it is happening, again consists of another big list of issues and how to stop it also comprises a big list of puzzles. The consequences of more and more such cases are insecurity, i.e. mental, physical, economic etc.

However, the one plus point we have to understand that every puzzle has a solution. Sometimes solving one puzzle might provide solution to other puzzles. Let's keep the season of our hopes green and make efforts to solve the main puzzle which can pave the way to solve other puzzles too. The best solution to this burning problem is to bring unity in the whole human race. Everyone must treat this world as a family. The more we are united, the less is the chance for problem. Now, the question arises how it can be

done.

It is said that unity is strength. Unity comes from value based living. Once upon a time we had joint families; thus, security was a joint issue and the issue was dealt jointly and there was a great rate of success. In present modern times, due to degradation of human and family values, joint families have been dispersed and security has become an individual issue and it has been a compulsion for individuals and families to depend on external support. External support means that we have to rely on the sources which also contain people who may cause harm. So the chances of being secured are very less. If we are not united as a family, at least we need to be united as a society or community. Even at the societal level, communities are divided on basis of caste, creed, gender, wealth, colour...etc. The same situation reflects at country level and global level. So what we can expect at each level has been confined.

The best shield of protection to anyone is his/her 'Character'. Creating awareness among all, especially among women, about the importance of character, sows the seed of realization to bring a positive

change in their lives. All questions, concerns and problems in the world are because of slackness in our character. Good character is the best answer to all security problems. It brings economic security by checking the extra-expenses because of bad habits, thereby, bringing physical security through keeping good company and complete mental security through self-confidence and real freedom of mind. Awareness is a great tool in bringing positive change. In the first instance, it might fail but as we move forward, the seed of awareness in our mind keeps developing into a plant slowly. We come across so many incidents or even experience such incidents which make us realize 'Yes it is time for me to change'. Character automatically keeps us with right people and at right places at all times where there are no security fears. It is very important for us to contemplate on how to bring a positive change in ourselves and focus on upgrading ourselves.

Someone may question if it is possible to create awareness and make efforts to bring a positive change in the world at its current state. For this, we need to motivate ourselves to

go ahead and do this which could be hard but not impossible. We water plants in their roots and not in their stems or leaves, so at all levels – home, school, college, governments ... etc. everywhere we need to stress the importance of building character than anything else. A plant can be bent easily and not a tree, thus, from childhood itself; it's essential to focus on holistic health. This effort might not completely remove the security fears but it will drastically reduce the problems and even if some of the problems persist, they may be curbed by enforcing strict laws.

Though it is everyone's responsibility to treat women with respect and support them at every step, yet more responsibility lies in the hands of women themselves. It is truly said, 'Self is the enemy of the self; Self is the friend of the self'. Therefore, one must not degrade oneself but upgrade oneself. Now is the time for every woman to rise, awake, step up and take things into their own hands rather than leaving it to time and others. Fortunately, woman has a major role to play in building a child's character. Problems are everywhere but best solution lies within us;

this is why it is said that 'self transformation leads to world transformation'. Soul is our real self, knowing who we really are and stabilizing ourselves in this consciousness, is called soul-consciousness which helps us create a positive image for ourselves with true self respect, confidence and self-restraint. On the other hand, the main reason of degradation of the real 'self' is forgetting the self and inculcation of body-consciousness through which we enter the clutches of ego, low self-esteem, compulsions, addictions, lack of control over senses and unhappiness because of unfulfilled desires. Self-realization builds Self Respect, Self Esteem, and Self Confidence, which gives the soul strength to look after the self independently.

Until and unless we realize that our character is our destiny, we'll remain surrounded by fears of various sorts. So now is the time for us to awake and stop until we mould ourselves into a worthy soul otherwise it would be too late with no chance left for us to make efforts. Protect yourself and protect our women angels, who play a major part in character building of every child.

TUNING TO DIVINITY WITH FUSION OF ART AND CULTURE!



– Prof G.H. Hannerdmath, B.G. Road, Bangalore

Never once in the long past history of humanity, did we face the diversified global crisis eclipsed with the weaponry and artilleries of advanced scientific findings, wherein man has become just a machine tool, instead of being an illumined spiritual super-personality in reconstruction and rejuvenation of the safest and coolest future of mankind on the firm basis of ART and CULTURE.

Once the time was so fine and fragrant, wherein every cuckoo was singing on the wings and winds of living nature; and the peacocks had the loveliest dance with opened feathers of freedom and delight.

To our extreme surprise, the same nature of love, breeze and brilliance has become malicious and imbalanced in its ecological texture, wherein the exploitation and rampage of the weaker sections of living beings and that of the loveliest pastures of this globe, have brought the modern environment on the threshold of turmoil and uncertainty.

Now we certainly are reaping the fruit of our negligence, greed, and gluttony.

Of course, there was a time, when rains and seasons had their timetable fixed, with the sanely sunlight and balmy-cold winters in perfect equilibrium of breeze and brilliance; well in time and all in rhythm; and life itself was a poem of love written by the Master Almighty and the Poet Eternal. The same epoch is appreciated as the Golden Age, the age of Art and Culture in perfect harmony with time, space and energy.

The perfect craftsman is “He” (i.e. Incorporeal God Shiva) who knows every dream and draft of time and epoch which is known as the Universal Clock or “*Kalpa Tree*” the eternal tree of World History.

Wherefrom the kings and vassals came and enjoyed the royal tributes of precious poetry, paintings, literature, music, sculpture, drama, dance etc; which were the main media wings of eternal truth in those days. But then onwards the deep crevices

were bitterly opened between God-made and man-made creativity of creative arts, and soon afterwards we were thrown to the dust and mist of compartmentalization, diversifications and even commercialization of divine goods of goodness and godliness in the form of religion, caste, creed, land, language and humanity, and the main track of truth, love and justice was derailed and tumbled down!

Now it is our heartfelt urgent task to bring again and reconstruct our days and deeds in perfect harmony of spiritual-socio-cultural consciousness through the teachings of Supreme Soul, God Shiva. If our creative genius is blended with Spiritual Knowledge and wisdom, there shall be the best result of a cultural and moral uplift in an artistic perfection, through which we shall aim at the world-transformation on the conscious platform of non-violence and universal brotherhood.

Thus we meet in sweetness and sunrise under the canopy of “His” inspiration and guidance, to re-build the New Age and the New World of illumined and industrious Art and Culture. So, let there be again fresh dew-drops on the petals of flowers and good words on the lips of our lovely sisters and brothers.

THE NEW ERA OF TRANSFORMATION



– B.K. Jegasothi, Jaffna, Sri Lanka

Many have characterised this century, as a period of increasing mental tension and psychosomatic diseases. This is the period of rising crime, cruelty, corruption and untimely death. And is the period of slide down towards man-made catastrophes. It is the century of anger, aggression, wars, frustration, greed and exploitation. In this period of *Kaliyuga*, impurity and enmity, vengeance and lawlessness, selfishness and competition; illusion and fanaticism, anger and intolerance, extremism and violence are at its climax. This period can be called the darkest period of human existence.

Every one of us feels that there is something lacking in us, even though we may be rich in worldly possession. When we ponder over it, certainly we all say, ‘we want peace’ irrespective of age, sex or religion. Why do we feel so? We may say that we have lost something that we enjoyed a long time ago. As a result of it, our inner being is searching for it. Now the question is whether

we can find it? where can we find it? or How can we get it? Is it possible or impossible? At this point of time; at this juncture of culmination, we criticize others, be it the government, the education system or the lifestyle of the people. People across the world are lost in sufferings and worries. Because of their pain, fears and worries, they have lost all hope and cannot experience peace and happiness. The mindless pursuit of power and possessions had led people to give more priority to their self-interests even if it comes at the cost of values. There is lack of love, compassion and understanding. The relationships within the communities, families and nations have become increasingly fragmented and fragile. There is a sense of hollowness within so much that many of us fail to smile at each other—a simple gesture that acknowledges the dignity and value of each individual on this earth. We need to understand that man is a social animal and for his sustenance a good

relationship has to be fostered with fellow human beings – be it with his mother, spouse, child, father, friend, teacher, colleague, subordinate, boss or social contacts of any sorts. Every relationship has a set of separate code of conduct and style of interaction but the spiritual rule remains the same. There should be loyalty, honesty, trust and respect in any relationship you have with others. Not jealousy, disrespect, selfishness and anger. However, what we witness are closed hearts. People show that they are very friendly even though there is ill-feeling, hatred and vengeance within. This mask must be removed. The pot holes must be filled. Artificiality must vanish. We must learn to enjoy the happiness of simple living, pure thoughts, truth, purity and sincere love. Today there seems to be two faces of inter-relationship. Instead of ‘Unity in diversity’; it is the other way around. People are tied into forced relationships, where there exists no willingness to cooperate or compromise, resulting in clash of interests. These forced relationships result in conflicts, war, terrorism and extremism. Everyone wants to have rights and freedom, with no responsibility towards oneself or towards other human beings or towards the world.

What we need today is to open our minds and open our hearts and allow the love within us to flow out and around us. We need to accept others and be enchanted and enlightened by the diversity of human life. Instead of criticism, anger, hate or jumping to judgements or conclusions, we need to exhibit eternal values that help to govern healthy relationship – values of faith, love, trust, respect and regard, honesty, co-operation, compassion, responsibility and mutual understanding.

A person with values moves by the spirit but not by the letters of law. He sees the motive and not the action. He sees the heart and not the words. He offers solution but not judgment. He is a friend to all because he understands.

The slogan: “When we change, the world changes” will be the first step towards our transformation, which along with positive thinking towards one and all as well as towards self will result in healing and transformation of this world.

CRISPY STORY CORNER

THE DUNCE'S TRANSFORMATION

– B. K. Subalekha, BK Colony, Shantivan

Once, a dunce lived beside a forest. His name was Bonkaa. One day, he saw an Orangutan and began to think himself as an Orangutan out of absurdity. His manner of coxing, speaking, sleeping, including gait and habits everything was transformed completely as an ape.

On a beautiful evening, Bonkaa noticed an Orangutan jumping from tree to tree. He also tried to do precisely as the Orangutan did. As an aftermath, Bonkaa fell down from the tree and broke his leg. The incident made an immense impact on his mind. He thought “If I were a monkey, I could have jumped but I couldn’t as I am not an Orangutan. Who am I, then? I am a human; Am I not? Yes, I am a human.” It was a big turning point in his life. He got the power of realization; Bonkaa started to realize himself as a human being at once and his vision, words, behaviour and attitude got changed accordingly. This is the magic of the power of realization.

Focus on:

Analogously, the same fact happens in our life. When the soul thinks itself as a body, it is utter foolishness. The moment it identifies itself as a body, it does everything topsy turvy as Bonkaa did. Out of absurdity, it becomes a slave to all the vices such as anger, ego, lust, attachment, greed etc. thus generating fear, worries, anxiety, arrogance, hatred etc. and ultimately resulting in conflicts and wars.

However, when the soul gets self-realization then this power of realization brings ultimate transformation in habits, speech, vision, actions, attitude and behaviour and one is filled with virtues such as love, harmony, sympathy, purity, mercy, feeling of brotherhood, humility, happiness, courage, confidence, agility, peace, patience, perseverance, kindness, tolerance, sweetness, honesty, bliss, confidence and what not. Self-Realization generates from Self-Understanding, Self-Understanding is cakewalk when you get to know who you really are.

CHRISTMAS: A TIME OF GIVING AND GOODWILL TO ALL



– B. K. David, Paignton, England

Today, the spirituality of Christmas seems to have been replaced by the spirits of alcohol and in serving the self, rather than others. The spirit of Christmas that has at its heart the message of giving has been radically amended and adapted to suit the people of today with the message that says: ‘only give to yourself and your family and it is quite OK if you become self-indulgent, self-centred and self-obsessed’.

Christmas and its problem: let’s get drunk and have a good time

The Christmas festivity and worship of God has been reduced to a party and celebration for drinking where people get drunk to feel happy within themselves and with their life. I am sure they get drunk out of frustration with their lives that are fraught with daily problems and stress. The people at this time of year try to step aside and forget their problematic lives by endeavouring to drink, eat and

dance their way out of them.

Drinking that can make your problems grow

They forget that drinking and dancing will not undo the past problems nor will they ever give an answer to the present day problems. However, people must be really desperate to think that drinking can actually make their problems go away. The only impact drinking will have on a problem is to make it worse. Has drinking alcohol ever solved anything? No; is the simple answer. Drinking will only put a problem on a shelf for a time being as it allows you to forget. Alcohol only pollutes your brain and body and fools you into feeling carefree for a while. If alcohol were to be a solution to

problems, then we would be living in a problem free society right now. Ignorance and burying one’s head in the sand does not make a problem go away; it only makes it grow.

Alcohol is a known depressant and so it follows that drinking it to excess will only lead to excessive depression, making you feel more dejected, low and disillusioned with life. Eating to excess due to a celebration, frustration, habit or boredom in one’s life has much the same result as what drinking too much does with the brain.

Giving yourself a hammer for Christmas to hit yourself

Christmas is a time for giving but most end up only giving themselves extra fat and poor health to deal with and to carry around in the New Year, along with added stress and a hangover. Most people forget what Christmas is all about i.e. being more loving and benevolent to mankind – and to themselves! Instead of making people happier and



spiritually more aware during the Christmas period, many become increasingly unhappy and more body-conscious. Instead of using Christmas as a time to give goodness to others in excess, we turn this whole festive period upside down and give everything to ourselves that will make us feel sorrowful and sick to excess.

Favourite music tunes or singing God's praise?

On Christmas morning, we seem to easily ignore or forget Father Santa Claus in favour of the presents at the base of the tree that He placed there for us. Should we not thank the One who gave us the gifts before we hurriedly race to open them? They often say: happiness lies not in the gift but more importantly, it is the thought that counts, and in the giving. Yet in the greater picture of life and its gifts and the giving, this is not the case. It is not the gifts but who is actually giving the gift: all gifts in life both directly and indirectly, come from God.

Happiness of the Roller-coaster

It is one thing to get a gift from a wife/husband or the loved one, but quite another to get a gift from God. We as humans only have the capacity

to give that is worth a puddle to a fellow human being in comparison with God who has the capacity, wisdom and love to give the ocean. God has the ability and power to allow us to swim forever in happiness whilst another person normally gives us happiness that lasts only for a few hours. Most of the happiness we receive from others is a short burst of excitement similar to a Roller-coaster ride. The so called happiness we gain from others arrives on such a roller-coaster as it takes us up feeling good in one second and drops us down in sorrow, and tears the next moment. That is as much happiness as you will find snow in your fridge. Can there be real fun in a ride, which is more of continual sorrow with only fleeting moments of happiness? The rides that human beings put us on as a gift, gives us 95% sorrow interspersed with only 5% happiness. Is their gift really a gift or a curse? Would it not be wise to step off such a ride at the earliest opportunity?

Christmas should not be a time for mass marketing, mass production, mass media or mass hysteria. Christmas is the time for spiritual mass or communion with God, when

we should be thinking and thanking God for His wonder, virtues, love and gift of life, which we all take too easily and for granted. Christmas time, even Christ would be lost in thoughts of God, and not himself. When it comes to God, we are all like small fishes swimming and trying to live in this vast ocean of poison, which is life today. Everything becomes miniscule when put besides the splendour of God. The only thing that can compare to God is His reflection and with it, His endless virtues and love. God has come with His gift that is the ocean of love for us to swim in and enjoy.

This Christmas, will you fly high or end up on the floor?

Christmas may come once a year but if celebrated incorrectly, its hangover can last all year long as it can leave you feeling faithless, hopeless and without a meaning to life. Religion and spiritual paths give their followers hope and the power to focus on God for a time but if they let such a festivity slip through their fingers like many do at Christmas, they can be left afterwards with a feeling of emptiness in both mind and

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

MY WONDERFUL EXPERIENCES WITH DADI BRIJ INDRA

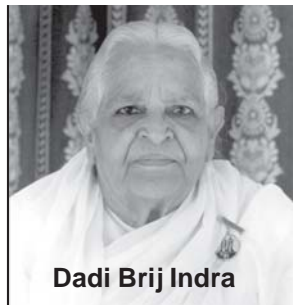
– B.K. Dr. Nityanand Nair, BK Colony, Shantivan

[Dadi Brij Indra was not only one of the prime jewels of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya established by Incorporeal God Shiva through the medium of Prajapita Brahma, but also the eldest daughter-in-law of Dada Lekhraj, who was later renamed as Prajapita Brahma by God Shiva. She was in fact the one who witnessed the incarnation of Incorporeal God in Brahma. Dadi ji became a mine of virtues through constant remembrance of God Shiva. She was assigned the responsibility of Sion Centre, Mumbai. She sustained the brothers and sisters of the centre with divine love like a mother. She left her mortal coil on 1st January 1990. The following is writer's wonderful experience with revered Dadi Brij Indra ji.]

I was introduced to the Godly knowledge of Brahma Kumaris in July 1980, while I was working as a Veterinary Officer in Central Cattle Breeding Farm (CCBF), Suratgarh, Rajasthan.

In October 1981, as per the benevolent Drama, I was posted to Mumbai, as Animal Quarantine Officer by Govt. of India. As my official accommodation was not yet allotted, we had to stay with a relation very near the Sion Centre where Dadi Brij Indra was staying.

In November 1981, I was blessed with opportunity to meet BapDada personally with the help of Shanta Didi of Bikaner. This meeting is the most memorable experience



Dadi Brij Indra

in my life. The Godly versions (Murli) were so inspiring and empowering that questions and doubts in my mind were answered and cleared, and helped me to become detached from the bondages of the worldly family.

MY WONDERFUL EXPERIENCES WITH BRIJ INDRA DADIJI:

► I started going to Sion Centre in May 1982. After the class was over, Dadiji enquired about my worldly family and asked whether my

wife and children followed the Godly knowledge. I informed that they used to follow Baba and visited Madhuban for the Rajyoga Camp, but because of the influence of misinformation fed to her by her family and friends, Usha (my lokik wife) had become anti B.K. and she did not want to see the face of any Brahma Kumari. **Dadiji smiled and asked me to tell Usha that Dadiji wanted to meet her, and she would come. Empowered with this assurance from Dadiji, I told Usha about Dadiji's wish, and she readily agreed to meet Dadiji. Usha and my children visited Dadiji the very next day in the afternoon and the magic of Dadiji's drishti (gaze) lifted**

the veil of Maya from Usha's face. Usha had the vision of Brahma Baba in place of Dadiji. Dadiji enquired about the welfare of children and herself and also informed her about the special class for mothers. Dadiji offered *to*li and asked Usha if she would attend special class for mothers to which she replied, "yes Dadiji". Thus, an estranged soul was brought back to the divine family by Dadiji's powerful *Drish*ti and Baba's magic vision.

► Sitting in the corner seat in the back, Dadiji used to observe keenly every student while attending to Murli and the interaction of brothers and sisters after the class. She was very strict about divine code of conduct and gave directions to the students who took an about turn after the Murli to listen to Dadiji's class on the essence of Murli.

► Under the administration of Dadiji, every student had to give a written pledge about the observance of celibacy before tying *Rakhi*. Accordingly, I and Usha also made our pledge, but our monitor stopped us and asked to wait. He then consulted Dadiji whether the new students should be allowed to have *Rakhi* tied.

Dadiji then said that let them have it if I was confident.

► There were about a dozen families with all their children attending Murli class. Dadiji used to give special sustenance to the children and trained them for group activities like dance and drama through B.K. sister Mala. These children used to compete during annual Children Camps in Madhuban and win prizes. These activities also helped our children to get stabilized in Godly knowledge and the B.K. culture.

► Our Centre-In-Charge, B.K. Sis. Santosh (present in-charge of Maharashtra & A.P. Zones) earlier refused permission for arranging Baba's exhibition during Shiv Ratri festival in a Shiva temple near Central Government Service (CGS) Colony in Antop Hill saying that the locality was not good. Later, on the direction from Madhuban that on Shiv Ratri festival, programmes could be arranged by Baba's families without direct involvement of the Centre, Dadiji permitted us to arrange the exhibition on the temple ground on top of the hill. The required pictures were provided by the centre. I and two other brothers

contacted Tillu Seth who controlled the temple. By Baba's grace, Sethji generously offered to provide all facilities like *pandal*, mike and lighting. On the festival day, thousands of devotees lined up from early morning to offer prayers and receive *Prasad*. All of them visited the exhibition, which was explained by B.K. guides. Because of the overwhelming response from the public, Dadiji permitted to continue the exhibition beyond 8 p.m. and she herself visited it and distributed sweets to the temple management personnel. A lot of B.K. literature was sold and many people registered their name for the One-Week Course. Usha had very good personal experience and this inspired her to resolve to construct a house on her property in Kerala for the purpose of Baba's service. Her resolve took shape in Ambalapuzha Tehsil in Allepy district of Kerala. Through the blessings of BapDada and Dadiji, one Gita Pathshala started functioning in this building (Shiva Smriti) from 20th September 1990.

► Dadiji used to allot specific areas/institutions to

serviceable souls for Godly service. I was allotted Sion Medical College located near the centre. Another brother was to assist me in this task. After several visits, As a result, we were given permission to arrange a lecture by B.K. Dr. Girish Patel in the college auditorium. After listening to Dr. Patel, ten professors agreed to visit Mount Abu for a Medical Conference. After attending the conference, these professors visited Sion Centre and narrated their wonderful experiences.

- ▶ Through Dadiji's blessings & inspirations, a lot of service could be done of these professors, offered to do service for the patients and their relations with the help of audio visual aids.
- ▶ Now Dadiji gave me opportunity to conduct 7-day course for the doctors and scientists, who used to demand scientific explanation of the Godly knowledge.
- ▶ Once Dadiji asked me to accompany a group of over 60 aged mothers to Madhuban. This trip was a challenging task, but with Baba's help everything went smoothly.
- ▶ I was posted back to Krishi Bhavan, New Delhi in January 1988 as Assistant Commissioner in the Department of Animal Husbandry. Before my departure, Dadiji called me to her chamber after the class and gave special guidance to keep my wife and children as Baba's children. She said that Baba had given this responsibility to me.

With the blessings of BapDada, Dadiji and best wishes of the entire B.K. family I have been successful in fulfilling this responsibility.

CREATIVITY – THE MUSIC OF LIFE

– Poonam Singh, Delhi

At times when we feel crest-fallen, all alone
As if in an infinite abyss fiercely thrown
One spark of creativity in our heart as it crops
Can take our mood to the highest mountain tops.

The regime of Creativity is very broad
It can take us wherever we want to plod
You are welcomed here with an open mind
Freely express yourself without grind.

It's a blessing when you are feeling down
A companion when nobody is around
It can make you sing, dance or paint
It will not let music of your life to faint.

Without it Life becomes colourless and bland
It remains stagnant unable to expand
Only Creativity gives you strength
It takes you to greater breadth and length.

As a true friend it never leaves
Most subtle mysteries it perceives
It gives you confidence, adds new gems
And gives your life, Fruits and stems.

It's the best way of approaching your Lord
By doing your duties, unwinding twisted cords
Creativity never binds you in any trap
But always puts something fruitful in your lap....

MEDITATION VERSUS RELAXATION



– B.K. Dr. Dilip V. Kaundinya, MD,
Mumbai

Ancient Indian spiritual wisdom [Bhagavad Gita, Patanjali Sutra and Charak Sanhita] defines ‘Consciousness’ and makes everything very easy and precise. Consciousness is a cosmic energy [Source-field or universal electromagnetic energy], which is unique in having “Awareness.” [Chaitanyamaya Shakti]. Sir Arabindo, the last of the Yoga-siddhas [yogi with siddhi or supernatural powers], classified Consciousness into Supreme Consciousness, Supra-mental consciousness and limited human consciousness also termed as “Microcosm” by Dr. Deepak Chopra. Samadhi [Kaivalya] is when the human consciousness is stabilized in an elevated and empowered “*Satvik*” or Soul-consciousness. There are eight levels of *Samadhi*. The highest and the purest Brahma type consciousness described in Charak sanhita is the nearest

and dearest to the Supreme Consciousness which has been termed as ‘Supreme Soul’ [*Param-atma*] by the Brahma Kumaris concepts given by “Shiva” the Supreme through the mystical experiences [*Sakshatkars*] to a human conduit, Dada Lekhraj an internationally renowned diamond merchant. He became known as Brahma Baba after this enlightenment. The story is very much similar to that of the great messenger of God or Allah, the Supreme, famous as **Mohammad Paigamber**. The teachings of God Shiva have been recorded in word-form and are known as ‘Murlis’ or celestial messages. Every day, at pre-fixed timings, Murlis are read in around 8500 BK-Yog-centres in around 135 countries in the whole world; the ‘Murlis’ are the divine guidance of the Supreme Soul to the common man for deliverance from the clutches of the Devil [Shaitan] and from

the pain and sufferings by a technique of “Single-pointed laser beam focus” on Supreme Consciousness and on His Divine words. This elevation to the 4th level of *Samadhi* gives supra-natural powers or *Siddhi*.

Rajyoga as taught by Brahma Kumaris is actually a ‘Multi-component Capsule’, which comes with the instruction to take it till the last breath. The five components act synergistically to give a magical empowerment, enlightenment and elevation in such a way that the boundless ‘Energy, Enthusiasm and Happiness’ [EEH-value] becomes an automatic and natural component of daily life. Modern medicine calls this as “Quality of Life” [QOL].

The five ingredients in the multi-component Rajyoga Capsule are -1 (*Amritvela* remembrance) between 4 a.m. to 5 a.m., 2 (Traffic control – Remembrance for just “One minute”) every one hour, 3(*Satvik*) Vegetarian food prepared and eaten while being in Godly remembrance, 4. Pure thoughts and 5. Attending “Murlis” for Divine guidance daily at the nearest centre. Just within three months of the practice of this technique one gets

empowerment. A soul experiences such enchantment which the words cannot describe to the fullest.

The sixth component, Service [*Seva*], comes into picture when a soul attains a particular level of spiritual stature. Till that time even if the soul gives Godly knowledge to others, it creates no effect because of the tainted consciousness. The *Seva* now begins by words, deeds, speeches, articles and through the proper use of wealth and resources. Further on, the *Seva* happens through “Features” which shows “The Future”, i.e. the Golden age of health, wealth and happiness. The atmosphere around such elevated souls becomes so powerful that it could transform not only the Nature but also the tainted consciousness of the people around. Russian thought experiments have proved that these magical effects happen due to the powerful thought vibrations emanating from such souls. The picture of thoroughly domesticated wild animals around the sages depicts this effect.

Global Consciousness Project:-

A unique research paper in the ‘Journal of offenders’

rehabilitation’ in 2001, shows the power of our thoughts, when the mind is in *Satvik* or Soul-consciousness. A group of meditators in USA regularly met once a week to meditate ‘Single-pointed focus’ upon the thoughts of global peace and of love for the whole mankind. Within three years of this novel enterprise, the incidence of “Rape, murder, thefts, violence and riots” in Washington DC came down by a phenomenal 72 per cent. Then the meditators’ group broke. The practice became discontinued. The crime rate, then, rose to a very high level within just three months. Several other research papers of this kind within the next five years replicated these findings. In consequence, Twyman’s ‘Global Consciousness Project’ was launched. Group prayers have been organized in different regions under this project. This is quite similar to ‘The Yagna’ described in ancient Indian scriptures. Brahma Kumaris is carrying out such ‘Global Spiritual Yagna’ through its 8500 Rajyoga-centres in 135 countries.

Micro-cosmic Consciousness Effect:-

Another magical report is about Dr. Hew Len’s

modification of Mexican Ho’oponopono or wishing well for other souls. Dr. Len was posted in a difficult psychiatric ward which was full of inmates who had to be kept heavily chained or in deep sedation. Staff was overworked. The turnover of medical persons was rapid. Dr. Len began his novel therapy. Every day, after the ward rounds, he would sit in his chamber, take each patient’s file and would address it for few minutes with just two powerful sentences. “I am very sorry. I love you very much.” Within few months, a miracle happened. The heavy chains were removed. The heavy medication discontinued. Patients were allowed to move freely. An indescribable happiness pervaded the atmosphere. Soon the staff outnumbered the patients. Today the ward has been closed.

Science, the infant, in the words of Albert Einstein, is as yet unable to give a logical reason for these phenomena or to demonstrate the ‘Energy-chakras’ in the body that distributes the Universal or Cosmic energy through different organs. A novel ‘Radionics or Vibrionics’ therapy removes the blocks in

the flow of energy and brings about impossible cures – impossible for the advanced modern medical science. In frustration and with “Ego” modern medicine declares ‘Vibrionics’ as a pseudoscience.

Transpersonal psychologists have classified different forms of meditation into two categories 1] Concentrative type and 2] Mindfulness or “Mental Silence” type. The concentrative meditation focuses on some external object, Mantra, chanting a particular name or word or breath, which gives relaxation but not self-transformation and mind-empowerment. The devotional prayers in Christianity – Orison and Philokalia are also considered as meditation. Dr. Herbert Benson, American cardiologist and the founder of the first Institute of Mind-Body Medicine in USA, has proved by his experiments that “Relaxation” happens even by chanting “One, One, and One” repeatedly. However, Mindfulness meditation gives “*Antar-mauna*” [Inner silence] of devilish thoughts [Vicious Thought, Vice, Sex-Lust and *Vikshepa*]. The tainted and weak consciousness becomes pure and very powerful. The relaxation comes as an automatic and natural by-product. Cure of the incurable happens. The Impossible starts proving that it by itself is saying “I am Possible.” Consciousness develops a “Single point focus” [Ekagra Chitta].

S.P.A.R.C. and medical wing of Brahma kumaris have a very fine instrument-”The Thought-graph machine”. A Computer’s screen shows a fish in deep Blue Ocean. It starts moving forward with deepening stages of meditation. It turns into a mermaid, then a man walking on the land. A mountain comes across. The man develops wings and a sign flashes on the screen “Congratulations. You have become an angel.”

At the end the choice of selection remains with you. Right choice shall make you “Mahaveer” Arjuna. The wrong choice shall make you the unfortunate Abhimanyu trapped in the vicious circle of sufferings.

WHAT A BEAUTIFUL BOND!

– D. Brinda Srinivas,
Melpattampakkam, Cuddalore.

Digital natives are we
With all technologies from birth
Experiencing all boon from the cradle
Blessed are we to have all facilities

Varieties of mobiles
Computers of new version
T.V’s cars and iPods
Kitchen home appliances

A.C. for cozy sleep
Geyser for warm bath
Oven for quick food
Tablet for easy carrying book

All classrooms digitally equipped
Feather touch mobiles
All time listening music in iPods
Theatres in home

Fruits in bottles
Geo locations, navigators
Technology serving man
All boon is only one side of the coin
Invisible as the other side of moon

Can we combine it with flight of mind?
Bridging the gaps, uniting mankind
Let’s re-kindle love, pristine memories
fond
Even Creator may think: What a
beautiful bond!

LET'S BECOME THE CHANGE



– Apperna S., Chennai

The birthday of Mahatma Gandhi, “The Father of the Nation” and one of the most influential persons of the twentieth century, is celebrated as the International Day of Non-Violence by the U.N. A befitting honour indeed, to the great soul who lived his teachings.

Gandhi was not just a political leader; he was a social reformer and a spiritual person too. He lived his teachings in the true sense. His life includes some really valuable teachings like the principles of honesty, nonviolence, punctuality and simplicity. An honest person is true to himself and to the world. Where there is honesty, there is truth. His actions are pure. He can never think of doing anything dishonest or of lying.

Gandhi was the greatest advocate of Non-violence, and he proved that it is Non-violence that pays, by getting us our much needed freedom

using non-violent means. His words “*There are many causes that I am prepared to die for, but no cause that I am prepared to kill for*” bring out how much he valued non-violence. He also believed, “*An eye for an eye will only make the world blind.*” So he never believed in taking revenge by waging wars of bloodshed. He was a true votary of multi-religious identity. As per him, “*Even as a tree has a single trunk, but many branches and leaves, there is one religion- Human religion- but many numbers of faiths.*” He further said, “*The essence of all religions is one, only their approaches are different.*” Though he drew inspiration from *The Gita*, and remained a devout Hindu, he was open to influences of all religions. He said, “*I want the cultures of all lands to blow about my house freely as possible, but I refuse to be blown off my feet by any.*”

His teachings are highly relevant in today’s world,

which is filled with vices, hatred, corruption, intolerance, violence, and is with a total degradation of the society in all means. Religious intolerance is the root cause for violence and hatred in today’s world. If everyone understood that there is only one religion and start to perceive every person as his Divine sibling, hatred would get wiped off completely.

Patience and endurance had always been part of Gandhi’s life, and in his struggle for freedom. We find that these days patience is considered to be a trait of a loser. But as the saying goes, “Patience is bitter, but its fruits are Sweet”, a patient man will find success eventually. Of course, it doesn’t mean one should put up with atrocities in the act of being patient. But where there is patience and tolerance, endurance and perseverance come by easily and help in accomplishing even the toughest of tasks.

Another important teaching of Mahatma Gandhi is, “*We must become the change we want to see in the world.*” While he advocated simplicity, honesty, punctuality, tolerance, perseverance and much more, he lived it, and didn’t just leave it for others

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

KARMA OR THE ACTIVITY

– B.K. Vijay Bhasker, Bhubaneswar

The Physical World is known as *Karma Bhoomi*, the land of action. Nothing in this world can exist without performing any action. Each and every living being has to perform its due activity. Taking birth and ending with death, in itself, is an activity or *Karma*.

Normally Actions are performed in 3 (three) ways.

- 1. Mental** – Thoughts which are unseen.
- 2. Verbal** – Speech with/ without sound that can be heard or seen.
- 3. Physical** – Acts performed by the body with its organs. This can be seen with the eyes.

Thoughts pertain to subtle actions. Thoughts influence our feelings, attitudes and our behaviour. If our thoughts, feelings, words and actions are right, then the world that we create will also be beautiful. It is said ‘as you sow so shall you reap’. Whatever we have sowed into the universe, through our thoughts, actions, attitudes

and intentions, we will have to pay for it. When we understand this law, we are able to use it to better our lives. We are not affected by the negativity around us but we become conscious and aware of self and monitor the quality of each thought, word and act emerging through us. Nothing disturbs us but everything is seen as an opportunity or as teachers to better ourselves.

We should follow the laws of nature while performing actions. Nature is a great teacher. It teaches us valuable values of humility it being selfless and always giving without expecting anything in return.

Watch closely as how nature performs its duty silently, helping the living creatures and the whole mankind in the world, without aspiring for the fruits of its actions in return. Just observe – some trees yield flowers and fruits for human beings and animals to enjoy. Many plants are useful in making

medicines. Trees give shade and shelter for all. Its branches are used as fuel. The trunk is useful for making doors, windows and beautiful furniture for the comforts of human beings – mountain rocks, sand and soil serve as building materials. Water from rain or river quenches the thirst of all and is useful for many domestic purposes; earth helps in cultivation, for digging wells and for the development of townships for the people’s survival. Similarly, the moment roads are formed out of wastelands or forests; they start serving the mankind, for the smooth transportation of men and materials. Varieties of furniture, carved out of wood or metal, render comfortable living to the humanity at large. We should also follow the example of nature by giving everything to everyone without any partiality. By performing the righteous actions selflessly, the Soul remains free from the bondages of *Sanskars* and becomes pure and holy. When we perform action with understanding, it results in elevated *karma* but when our actions are tainted with ignorance and vices, they result in vicious *Karma*.

All our Actions or Karmas fall under three categories:

- i. **Neutral Karma**
- ii. **Elevated Karma**
- iii. **Misdeed/Vicious Karma**

ELEVATED KARMA: It is the best, supreme or the most elevated among all types of *Karmas* performed by a Soul. It is called **elevated Karma** because while performing, the Soul is totally detached, impartial, selfless and neutral. It performs in absolute desireless state. It does not claim any credit for the success of its actions (*karma*). However, **Elevated Karma** is applicable only if good and beneficial actions are performed in a soul-conscious stage and for the welfare of the world at large. The soul performs these actions with dedication, love and in constant memory of the Supreme Soul, God Shiva.

There is a saying in Hindi, “*Neki Kar Dariya may Daal*”. That means our duty is to do good sincerely and forget the fact that we did it, so that we will not have ego in us. In this way, the soul ever remains pure and holy and becomes free from any Sanskars. It attains deityhood. Such souls are born in Satyuga (Golden Age) as deities.

NEUTRAL KARMA:- involve routine tasks, which do not affect others like doing household work, washing dishes etc. these actions are not dictated by negative or positive consciousness and do not cause a negative or positive result.

WRONG OR BAD DEEDS: These are also termed as sinful acts. These acts are not beneficial to the world. They are harmful and damaging. They always cause pain and sorrow to all. Wrong deeds are influenced by anger, ego, fear, rage, revenge, lust, attachment, greed, laziness, jealousy etc. Today, we witness most of the actions being dictated by a negative consciousness. We find that the souls have generally become selfish. They are not bothered for the welfare of others. At present, the human society has got buried under burden of sinful deeds. Souls are bound by the shackles of their misdeeds and the world is now, full of chaos and confusion, fear and frustration, and suffering.

Under such circumstances, no human soul is capable of showing the way out or bringing peace and prosperity again on this earth. In fact, it is only God Shiva the all Merciful, the Ocean of Pure Love and

Compassion, who gives us the wisdom and understanding of laws of *Karma*. When we perform actions with the power of purity, peace and positivity, they are good actions but when we forget the qualities of soul, it results in *vikarmas* or wrong deeds. The Supreme Father has given us knowledge to decide our destiny. But it remains to be seen which souls, will follow this directions to perform elevated *Karma* and cooperate in bringing the Golden Age once again on this earth.

It is all upto us, the human souls, to decide whether we wish to be in the fore-front in establishing the New World with the God Shiva. Of course, it has to be Now or Never.

– (... *Contd. from page no. 31*) –
to practise. Instead of expecting others to change, if each one of us changed ourselves, we can bring about peace both within ourselves and in the world. Gandhi’s teachings are not for a particular period but for eternity and will always have relevance. As parents and teachers, we should see that our children are taught Gandhi’s life and teachings so as to make them grow into good and responsible citizens.

– (... *Contd. from page no. 3*) –
‘standard of living’ with possession of material goods does harm to the individuals, the nations and the international community. The wrong sense of values, makes people run madly after material things, throwing moral norms to the winds and losing peace in the process. Then those, who succeed in the rat race, consume more things at the cost of majority of the people who, in the present age, are poor. Further, means of production, which, in every country are limited, are set up or transferred to produce goods that satisfy the wants of these materially affluent people, and lesser and lesser commodities which are consumed by the poor are produced because it is more profitable to cater to the demands of the ‘over rich’. All this multiplies the misery manifold.

Hence, it can safely be concluded that, beyond a limit, the multiplication of wants and their satisfaction do not promote happiness and certainly not in that proportion.

– (... *Contd. from page no. 24*) –
spirit. We need to make the most of this Christmas and every Christmas to come, and let it enrich our lives with its sense of retreat, reflection and rejuvenation that it offers. If we do not make the most of these religious festive holidays to recharge our souls, we shall only become more deflated later on and feel like a balloon on the floor instead of flying high.

So celebrate this Christmas with great love by shoving drink and food to the very back of your mind so it is out of sight. Even if you do not drink, smoke, listen to loud music, eat turkey or party all night, you can still give yourself a gift this Christmas by renouncing greed, selfishness, anger, jealousy, laziness, body consciousness and self-indulgence and throw all of them out of your mind’s cupboard.

If we were to enjoy Christmas the way it is supposed to be enjoyed, and with a true sense of spirituality and occasion, then on this Christmas, we will have a truly great time filled with peace and good will to all.

Beautiful Reality Awaits an Audience

– B.K. Kristina, USA

No Push, No Pull
No Rise, No Fall
Exacting in the Middle
Balance and Being
Like Body and Breathing
Slow Down, Feel the Feeling
Presence is Protection
No Force in Detection
Can’t rush Eternal Perfection
Ssshh, can you hear it?
The beat of your Heart
Unfolding of your Part
And feel that Sweet Soft Smile?
God, Time, and Nature Beckons...and
Beautiful Reality Awaits an Audience

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, B.K. Ranjit Fuliya, Delhi and B.K. Ved Guliani, Hisar.

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