

DADIJI'S AUSPICIOUS MESSAGE ON THE NEW YEAR

Dear divine brothers and sisters, esteemed readers and well-wishers of the spiritual family,



Hearty congratulations on the auspicious occasion of New Year, New World and the New Kalpa!

You are aware that Supreme Father Shiva, who is the Creator of the New World of Purity, Peace, Plenty and Happiness, initiated the process of world transformation through the corporeal medium of Brahma Baba in 1936.

As we are now standing on the confluence of the departing Kaliyuga and the threshold of new heavenly world, God Shiva brings us the good news that all our aspirations and hopes for a New, United, Peaceful and Prosperous World are going to be fulfilled very soon.

To welcome the righteous age of Satyuga, let us have these New Year Resolutions: to utilise each and every moment of this most auspicious Confluence Age in purifying ourselves and the world; have elevated thoughts, words and deeds; give regard to all, become merciful and sustain all with love and sincerity; see each other's specialty only; not be dependent on conveniences and comforts; instead we shall reveal the spiritual life through the practice of Soul-consciousness and God-consciousness, keeping our mind stable under all circumstances; experience deep and lasting peace through the power of concentration and spread the waves of peace in the world and bring transformation of attitudes in the world, through self-transformation.

Let's bid farewell to all our flaws and deficiencies and make the atmosphere of the world obstacle-free through powerful mind, by becoming Carefree Emperors, surrendering all our burdens to the Ocean of Love, Supreme Father God Shiva, and thus, become 'Victorious Jewels' through will power.

Our multi-million congratulations for the New Year and the New World!

**Your Divine Sister
B.K. Janki**

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AUSPICIOUS MONTH OF JANUARY



The month of January flags off the New Year with hope and enthusiasm across the entire world. New Year Eve celebrations instill newness in one's life, and prepare every individual for new beginnings. For the devout, this auspicious time of the first half of the month is considered to be optimal for one's devotional and emotionally-invigorating energies. As an old tradition, a good number of Hindus in particular observe very special, disciplined routines for their spiritual re-empowerment. Saints and *Tapasvis* of yore have advised one and all to observe chastity, and practise meditational devotion from 3.30 a.m. onwards every day for the first three weeks. Despite harsh weathers, many devotees also commit to taking daily dips in the revered Rivers of Northern India with the hopes of receiving *Mukti* (Liberation).

After early morning shower/wash, concentration and contemplation with or without specific *mantras* help

in disciplining and uplifting one's level of consciousness every morning, and when carried out for at least two hours continuously for three weeks proves to be a great, fulfilling experience. Some people prefer to visit temples and places of worship for their meditations, as said environment holds very powerful vibrations. These practices in different disciplines of the path of *Bhakti* have very deep connections with the path of *Gyan*, as enunciated by the Supreme Being directly. The most auspicious hours of the early morning during the month of January take one into the deep exploration of Self-Realisation and God-Realisation. This further enables practitioners to experience the real significance of inner purity in one's life. Inner purity undoubtedly and inevitably leads to sacred feelings of inner peace.

For the Brahma Kumaris and Brahma Kumars worldwide, January holds infinite

value as the Founding Father, Brahma Baba, reached his final cherished goal of spiritual life on 18th January 1969. The final teaching shared by Brahma Baba is summed up in three powerful words: '*Niraakari, Nirvikaari and Nirahankaari* (May you be **Incorporeal, Vice-less and Egoless!**)'. This *Maha-Mantra* bestowed to the members of the divine BK family in particular, and people of the world in general, acts as the most valuable blessing. Though not very easy to understand, Brahma Baba set an example for everyone to:

- ▶ **1) go within themselves and practise soul-consciousness in the spiritual companionship of the Supreme, and thereby free oneself fully from the karma of the previous 63 lives,**
- ▶ **2) reach one's angelic state of consciousness to be able to serve the Universe, and become 100% pure and divine again.**

The example of Brahma Baba is so inspiring for all of



us, it reveals how we human beings can connect with the Supreme Father, evolve and rejuvenate ourselves again to inculcate piety and divinity deep inside our consciousness and actions. Just as Brahma Baba transformed himself completely to lead humanity by his personal example of complete surrender unto the Supreme Being, and spiritual service of highest order, we too are encouraged to follow his footsteps. All we need to do is to keep courage, be constantly enthusiastic and follow a spiritually-disciplined routine. This would help revive our true inner nature, and fill us with the wisdom to lead a life of divinity based on spiritual truths as shared in the Shrimad Bhagwad Gita. By matching our thoughts and actions with the blueprint of God's teachings, we inspire everyone around us to explore the beauty of Spirituality and lead very happy, meaningful days, weeks, months and years till we reach our spiritual perfection.

Society in every corner of the world is searching for truth, inner peace, unconditional love within the family, and tension-free workplaces. The simple practice of spiritual awakening

and inner exploration is achieved by making the mind quiet by focusing on the eternal values and powers of the self, and then engage in the most peaceful, beautiful experience of remembering God. We are eternal spiritual beings, human souls who can always look up to and connect with the Supreme Being directly, and follow the great example of Brahma Baba in the areas of Self-Awakening, Self-Development, Self-Realisation and Self-Perfection before flying back to the Subtle Region as Angels...

With such wonderful experiences during the Meditative Month of January, we will not only be pursuing our own spiritual goals, but also motivate society to be introspective and explore their own universal goodness, which remains yet unknown. External, material abundance and comforts alone are not enough for anyone to feel real peace and happiness. A spiritually-orientated life of service unto others would prove to be the Master Key for accomplishing our cherished goals of truly happy lives.

May everyone receive blessings of the Supreme Father Shiva and Avyakt

Brahma (BapDada) to feel 'Wah! Wah!' all the time from now on! Wah Baba Wah! Wah Baba's Divine Family, Wah!

The following recent Divine Versions are shared with the faith that you will make this part of the foundation for your spiritual endeavours in January:

- ▶ Together with bidding farewell to the old year, have the determined thought to let go of any slightest weakness, even in your dreams, and as well as imbibing virtues with zeal and enthusiasm, remain constantly 'Wah, Wah!' (wonderful).
- ▶ Happiness is visibly sparkling on the forehead of each child. Seeing each happy child, the Father is also singing a song in His heart: Wah children! Wah! God, *Dilaram*, the Comforter of Hearts, is visible in each one's heart.
- ▶ Have all of you imbibed one or another speciality today and renounced being ordinary? Has each one of you thought of some newness in your *sanskars*?
- ▶ God wants to see the sparkle of Carefree Emperors on the faces of all the spiritual children. Let there be some special enthusiasm in your heart and constantly check

this enthusiasm: Did the enthusiasm remain as enthusiasm or did it change? The children's faces should have the enthusiasm of imbibing one or another virtue. If you imbibe a virtue, the defect will automatically then finish.

- ▶ At *Amritvela* in the morning, and after *Amritvela*, *check* your thought and have the determined thought in your heart and you will receive *extra* help from BapDada. Have this thought with a true heart. Do not just have the thought to test whether it happens or not.
- ▶ Do not become slack in your enthusiasm. Revise it every day. Give your weakness to the Father. Do not take back what you have already given.
- ▶ Remain happy and share that happiness. Remember: I am a Brahma Kumar or a Brahma Kumari. I am not ordinary. You know Father Brahma. Although you have not seen Father Brahma, you do know him, do you not? "My Baba". The more you have this consciousness of "mine" for the Father, "my Baba, my Baba", accordingly, your remembrance will become easy because whatever is 'mine' is never forgotten. So, make the Father 'mine' and

then don't forget what is 'mine'.

- ▶ Every morning, look at the face of your mind: Is it as God likes?
- ▶ Wake up in the morning and remember what type of child you are. I am a 'Wah Wah' child. You will remain constantly 'wah wah', will you not? Pay *attention* to this.
- ▶ No matter what scene of drama happens – it came and it went and so why are you holding onto it? Nothing ever remains all the time; it goes away. Why do you hold onto it? If you ever have an *offmood*, then remember the words 'Wah, Wah'.
- ▶ Just as God, your Father, is like a mountain of sweetness, you should remember the Sweet Father and Sweet Inheritance (of Paradise – complete purity, peace, health, wealth and happiness) and become most Sweet.
- ▶ By remembering the Sweet Father, you become the most elevated beings, and by inculcating the jewels of knowledge, you become multi-million times fortunate for the ensuing 21 births.
- ▶ The Sweet Father comes to transform the bitter old world into a sweet (pure) world. He makes the spiritual

children just like He is.

- ▶ See that no bodily being or physical possessions are remembered at the end. Continue to remember God with great love. 'O Sweet Baba, we have received everything from You. Dear Baba, You are making us so lovely...' Become as lovely and pure as God, the Father, is. There is no one as loving as Baba.
- ▶ There should be so much love for the Supreme Being who is making us worthy as diamonds. Remove all internal defects and become like a diamond. The main flaw/defect is that of body-consciousness, which troubles you a great deal. It is possible for you living diamonds to remove your defects. Remembrance of God should make you calm and cool.
- ▶ Jewels of Knowledge should always emerge from your lips. Bitter stones (harsh words) should not emerge...
- ▶ Remain as introverted as possible. Be peaceful. Speak as much as is necessary. Avoid spreading peacelessness. Do not make the intellect wander by being extroverted.
- ▶ Bind yourself in the bond of love for Spiritual Service.
Om Shanti

– B.K. Nirwair

¶ From the mighty pen of Sanjay ¶

BRAHMA BABA – FOUNDING FATHER OF NEW AGE

The day of Eighteenth January is the memorial of the completion of spiritual efforts of angelic illustrious spiritual Father-figure, who made his debut in the year 1937 in Hyderabad Sindh. In that year, at the age of about sixty years, he, by a call divine, became instrumental in giving to humankind, including himself, a system of revolutionary spiritual principles that seemed to challenge many decrepit and decadent beliefs and practices. In their content, the spiritual discourses that came from his lotus lips were so original and, in their impact, were so powerful that they caused a sensation and a stir.

Those who had deeply yearned for pristine purity, but had found themselves sliding deeper into the quagmire of vices, now found a new zest and a strong hope in these discourses. Those, who had keenly aspired for new, fresh and convincing knowledge but had reaped only disappointment, now felt that they had discovered the nectar.

They woke up from their deep slumber of ignorance, came out of the grave of their lethargy and began to race towards the high summits of spirituality. Those who had been earnestly seeking liberation from the shackles of cumbersome, costly and time-consuming rituals and chains of cultish custodians and gauche gurus and were sick of outdated and adulterated scriptures and painful pest of caste system, saw in it God's cordial invitation and sure formula for deliverance. Womenfolk who were virtually living as prisoners, felt that these discourses were like an irresistible call for emancipation from the horrific acts of male dominance and torture.

But the entrenched orthodoxy and the putrid priesthood considered it as an onslaught on their already cracking and crumbling fortresses. They formed an unholy alliance with the misinformed guardians, self-serving politicians and unimaginative bureaucracy so

as to safeguard their vested interests and, altogether, raised hue and cry and dust and din. But Brahma Baba stood well against all these social storms and came out as a valiant and a dauntless exponent of truth in the face of heavy odds. This was his first heroic success which is now highly eulogized by the priests, the pundits, the parents and the politicians who have seen the results of his crusade against man's slavery to the five major evils and humiliation and torture of women.

Brahma Baba was a great visionary who gave the people a fascinating new-world vision. He was indeed a Maharaja of his sense organs and a consummate yogi who was far ahead of others. Neither the unjustified criticism and vile opposition could dampen his high spirit, nor adoration or admiration of his audience could take away from him his humanity. He remained as an undisturbed, calm and graceful spiritual patriarch, who did not rest on his oars until the end, but

always helped spiritual seekers with love, care and compassion. He worked tirelessly as a great architect for the new age which he had envisioned and called the Golden Age. He gave a new definition of Purity and set new and high standards of private and public morality. He set new, high and clear goals before all. He paved a new path for the people to march on and generously offered his guidance.

He raised the status of spirituality from mere ritualism, scripture reading or rigid forms of worship to its proud place of purity and enlightenment that joined man to God and uplifted him to a worship-worthy state. He elevated spirituality from a confusing set of dogmas to a rationally valid set of simple and profound principles that could be experienced and placed before the circles of sophisticated thinkers and scientists in the world auditoria. He enhanced its sanctity by declaring it a gift of God to His beloved children. His style of presentation of this knowledge was unique. One felt it was like listening to the mellifluous notes of a flute or to melodious divine songs when one listened to him. The discourses came in such a vibrant way that one happily became divested of one's body-consciousness and felt a state of ethereal existence with a deep experience of peace and bliss.

In a world driven by selfishness

and avarice, Brahma Baba was the epitome of selfless service and spirit of renunciation. He occupies a far higher pedestal in the pantheon of spiritual figures. He has continued with this spiritual service from the silvery, luminous, subtle, angelic regions after attaining angelic state on 18th January, 1969, as Avyakt Brahma, the guiding and the guardian Angel. Our heartiest gratitude to him for continuing with his blessings and showers of imperishable gems of knowledge!

PAUSE AND REFLECT

— Hema Ravi, Chennai

Once there was a time of bounty and fullness;
World was filled with goodness

*Entrée "Man", "Man-made"! Without a thought
Continued to explore, incarcerate, exploit...
Earth's grandeur fading, getting scarcer
No contrivance to augment resources and wares.*

Earthquakes, floods on the rise;
Man begun to pay price
Ashen sky stares;
Air travel filled with nightmares.
Arctic ice melting, global warming;
Seasons erring, rising seas and storms unsettling

'Earth-friendly' stance — need of the hour;
Subsist and let exist, get out of ivory tower!
Oxygen and water becoming dear;
Wars may be on to seize, keep them near
Tigers, bears, many more on the verge of extinction
Save humankind from annihilation.....

BABA'S SUSTENANCE WAS SUPERB!

– Rajyogini Dadi Hriday Mohini



I was a child when I came into *Gyan* yet Brahma Baba looked after us with such love and care as if we were princes and princesses. It was my fortune that I came to Baba. My *lokik* mother known as Dadi All-rounder had intense love for Baba. My father did not know what yoga and knowledge were and what was happening. My mother had knowledge of the Gita and also used to do a lot of *Bhakti* i.e. devotional practices. Baba allowed little children to stay and study there as they would do in a *gurukul*.. I was one of the older children and as I was eight years old, I was put in the boarding house in Om Niwas. Our family was in Karachi and Baba opened the boarding hostel in Hyderabad.

Baba used to call us *thakurs* (idols)

Baba sustained little children with great care and love. In India, small idols of deities are kept at home on a *gaddi* (they make a *gaddi* especially to keep the idols on). The idols are made of gold and silver and people worship them. They're called *thakurs* in Sindhi. Baba used to say, "These are my living *thakurs*." We were told "You are a *thakur*; you were a deity and you will become a deity." Baba always filled us with intoxication, and we used to move along with the divine intoxication that we were Baba's *thakurs*.. Baba used to say that devotees offer the first fruits of the season to their favourite deity. "Those are non-living idols, but these are my living idols and so seasonal fruits should first be offered to them". In this way, Baba used to give a seasonal fruit first to us. Baba himself would cut the fruits and put them in a bucket. In boarding school, during the

interval, he would hold each of us and feed us in our mouth. Baba looked after us children with so much love.

Baba's Loving Care was Unparalleled

Baba would write lessons for us children, which were taught to us by our senior sisters, i.e., Dadis. He would write dialogue/little plays and we would enact them. He also used to write songs and poems and Dadi Mitthu would teach us through singing. Dadi Chandramani used to teach us drill (physical exercise) every day. Before the drill, we would sit on the bed and practise seeing the soul face-to-face, considering the self as a soul. Baba made this lesson of the soul firm. Everyday, after the drill, Baba and Mamma would come to the place where we had the drill, to wish us "Good Morning" by shaking hands.

We children used to live in a big hall where 80 beds were laid out. At night, a mother would make the beds and make us sit inside the mosquito net. She would check with a torch to see if there were any mosquitoes inside the net. Then she'd close the mosquito net like a curtain is closed in a temple in front of the idol. Later on Baba and Mamma would come to wish each of us "Good

Night.”

Are there any father and mother in the entire world who would go to their children to wish them good morning and good night in such a way? Not even in the Golden age!

Baba used to make us adopt three forms in a day

Along with the best care, Baba gave us knowledge. He would ask us to check our chart for three minutes after sitting inside the mosquito net on the bed. He taught us to check: “What did you do during the entire day?” Baba would give us the knowledge “Children, become Brahma, Vishnu and Shankar. When you wake up in the morning, create the vision of a beautiful world and become Brahma. Sustain this during the day and so become Vishnu. At night, become Shankar and destroy, finish and let go of the entire day’s shortcomings, if any.” We had a regular discipline to check our chart like this while the song was played. After that Baba and Mamma would come to wish us all ‘Good Night’.

Another song would be played when we sat contemplating ourselves as soul. At that time, we didn’t have much knowledge about God. We were only told about

soul-consciousness and were given the practice to be soul-conscious. This would be for three minutes when we would sit face-to-face and give each other the *Drishti* of soul-consciousness. After that we would go to sleep with the song ‘Sleep O princess...’ being played. All of us would go to sleep at once. That scene used to be worth seeing. We slept in such a way as if we were Baba’s *thakurs* and princesses.

The faith and intoxication which Baba gave us – “You are a soul, you are a *thakur*, and you are becoming a deity” – was very firm. The awareness that I am Brahma, Vishnu and Shankar was also very firm. We used to ask each other early in the morning, “Who are you now?” And we’d reply, “I’m Brahma.” During the day when asked we would say to each other, “I’m Vishnu”, when asked at night the answer would be, “I’m Shankar.”

We were taken for a walk after drill in the morning. A guru would hold his *satsang* in the garden where we used to walk. Baba composed a song for those who would go to the *satsang* and Mitthu Dadi taught us to sing it. We would go into that garden and sing: ‘A spider creates its own web,

makes its own household and gets trapped in it, so how can it free others?’ We, young children, would sing that song laughing and playing. It irritated them very much but they couldn’t do anything because we were children and so they kept quiet. In this way, Baba had Godly service done through us from childhood.

Baba taught us to give message and serve

Once, some Government officers visited us at Om Niwas. The building was very tall and Baba had devised ‘Om’ sign made with electric light bulbs and put on the top of it; so it could be seen from a distance, even from the railway station. When those officials came, Baba had us enact a short play. One child played Bhula Bhai and another, a Brahma Kumari. In the play, the Brahma Kumari asks Bhula Bhai, “Bhula Bhai, do you know who you are?” Bhulabhai says, “Can’t you see? I’m a human being.” The Brahma Kumari says, “Bhula Bhai, you are Bhola (innocent). You don’t know about your own self. You don’t even know who you are!” Those officers understood that it was for them. Then the Brahma Kumari explained to Bhula Bhai who ‘I am’ and

what 'my name is'. The officers listened and understood that it was indirectly for them. Baba always used to say that if young children explain knowledge to adults they won't feel bad about it, or take it as an insult. So Baba used to prepare dialogue as per the situation and time and had it enacted by the children.

Picketing

Since many of our family members and relatives were displeased with us for our joining the Om Mandali, they resorted to picketing. Once, we'd gone for a walk in the garden and when we got back, picketing was going on. People were camped on the steps up to Om Niwas. They said, "Children, all of you may go inside, but we won't let the adults in." Among the group were our maternal and paternal uncles and other relatives. When they asked us to go inside we said, "No. We won't go in unless you allow the elders to go too. We'll stand here." Two hours passed. They began to feel sorry for us as relatives of each child were in the group. They started offering us chocolates, sweets, etc. but we didn't take anything from them and just stood there. They came to us

repeatedly and said, "Eat this chocolate, eat that sweet, eat toffee." But we had so much divine intoxication that we told them, "You people are like monkeys. We don't take anything from monkeys." We threw the chocolates and everything away. Although we were small, we had the intoxication that we were God's children, hence like God.

Baba Empowered ordinary women

Baba would inspire and uplift us by saying, "You are God's children. You are the masters even of God, because a child is both a child and a master." We children forgot the entire world – our mother, father, maternal and paternal uncles and aunts, everybody – because of this intoxication. We felt right from our divine birth that Baba is our *lokik* and *alokik* mother and father. We never remembered our *lokik* mother or father. In the beginning, I remembered my grandmother just once because she would feed me tasty morsels of food while I kept running here and there. She used to run after me and very lovingly fed me in my mouth. But here we would be given a big plate to eat from. I missed my grandmother just once

because of this, and one day when I peeped outside and saw no one there, I went home, stayed for a while, met my grandmother and came back again.

Baba got us intoxicated to such an extent that the feet of our intellect didn't touch the ground. We always felt that we were up above in the sky. Besides, there was the role of trance-visions then. Baba would come and give *drishti* and the entire class would go into trance. Someone would be dancing, someone would be running around, or calling out for Krishna; it was a very wonderful part.

A warrant in my name

Our formal education began in Karachi and Baba would write songs and poems as well as daily lectures for us. He would come personally and tell us the song. Baba filled us with divine intoxication and reared us with great love and care. The lesson of 'soul' was so firm that we never forgot it. Sometimes, when we children sat in solitude, we would see each other as a soul; we never had any other knowledge.

Along with our education, some disruption also started pouring in. The children, who were under-age, got a warrant from the authorities and Baba

asked them to go home. A warrant had come in my name also so I went home and stayed there for a year. After a year, one day when everyone in my family was sleeping, my mother and I crept out and went to Om Niwas by cart. She left me there and went back home. After that she didn't return to take me and I stayed on.

Visions:

When I was eight- years old, my part of divine visions began. Baba had come to my *lokik* mother for a *Satsang* in Karachi. She took me along and went to attend the *S* but whilst sitting in the *Satsang*, I went into trance. At that time there was no name for the subtle region at all. All those who had visions, had those only of heaven. I came and grew up in the *yagya* just playing. Trance and visions happened before that.

GENTLENESS

To be of real help without taking root in someone else's mind requires great gentleness. See and understand without either wilfully interfering or creating dependence. Gentleness is not lack of strength but a quality which doesn't disturb, doesn't push, yet it knows its own power.

Bestower of Fortune – BRAHMA BABA

– **B.K. Yogesh Kumar,**
BK Colony, Shantivan

You're Bestower of Fortune; an apostle of Excellence;
Divine acts – a source of Inspiration and Brilliance. An ocean of infinite Renunciation, penance and service;
Performed Thoughts, words, deeds as per Godly advice.

An ardent devotee of Shri Narayan – so faithful and loyal;
Being a famous diamond merchant, yet conduct so royal.
With divine visions of world destruction and Golden Age;
Got infinite disinterest from worldly possession and race.

Became Lucky Chariot of God for World Transformation;
Bestowed the women their due status with clear destination.
Through your lotus mouth, God Shiva spoke nectar of wisdom;
As a spiritual guide, liberated them from shackles of cruel customs.

Under Godly directions, you created a trust comprising women;
Sacrificed mind, body and wealth to bestow the Godly acumen.
Called Brahma Kumars-Kumaris when adopted by God through you;
Following you in thought-word-deed, they become God's heir true.

You sustained one and all with motherly love and affection;
Following Godly advice truly, attained the state of perfection.
On 18th January 1969, you ascended to the angelic region;
With God Shiva, you still enabling us Godly communion;

Following Baba's footsteps – the real observance of this day;
Let's sustain the brethren with spiritual love in full sway.
Let inculcation of his life be our foremost priority;
Like Brahma, let's distribute virtues without disparity.



GOD HAS SHOWN ME HOW TO LIVE A GOOD LIFE...



– Rajyogini Dadi Janki

Every person needs peace, love, happiness, and power in order to experience a good life. But, how can human beings attain these? Purity is the mother of peace. Non-violence is our original religion. It is the most elevated religion. Non-violence means there should not be any negative or evil thoughts for the self or for others. There should be unity in what we say and what we practise.

How can a soul receive peace and love? By surrendering everything to God; considering that nothing is mine. This awareness makes the intellect virtuous and the soul starts moving towards its *satoguni* stage. One has to look only at others' virtues and certainly one's gaze, i.e. *drishti* will be spiritual and pure. Besides, I need to have the attitude to uplift everyone. If I practise what I preach, others will naturally be inspired by me.

Since the establishment of this *Yagya* in 1937, it is the powers of purity and yoga, which have enabled such a great

expansion to take place. I need to ask myself, 'What and who is in my heart'? God has uplifted me and has shown me what a good life is. I should do the same for others.

How should I live and how should I die? In fact, God has taught us how to live and how to die. I have to become the destroyer of attachment. I have to live a good life by being detached and loving like a lotus flower. I have to be detached from my own body and from bodily relationships. There should not be any arrogance, body-consciousness or ego.

We have to live our lives whilst following Brahma Baba. He looked at Shiv Baba only and lived his life according to Shiv Baba's directions. Shiv Baba established this *Yagya* through Brahma Baba. The weak souls need power; everyone now needs the power to tolerate. Everyone now needs a spiritual support.

This is the path to establish peace in the world. This is the path which takes us to the land of liberation. We have

understood the five main vices viz Lust, Anger, Greed, Ego and Attachment but Jealousy also sometimes raises its head. Therefore, I need a great deal of power in my mind; enough power that when I see anyone's weakness, it's as if I don't see it. I must remember that world-transformation takes place through self-transformation.

I am the child of the Master. He has three main forms – Supreme Father, Supreme Teacher and Supreme Preceptor, i.e. *Satguru*. He teaches me and is making me worthy to go back home along with Himself. People think that there is eternal liberation but no one can exist without playing a part except Shiv Baba Himself.

Who is my companion? It is God. My friend, my master, my true guide is God. Every person must think that they have to live in the home and family as an observer whilst making Him their companion. If one has such feeling, he will then receive so much power that he will move forward. He will do a great deal of service. My Father is *Karan-karavanhar*. In order to become an instrument, one has to be pure, humble, sincere, obedient and faithful. Such an effort-maker will then receive constant support from the One who is the Intellect of the Wise.

Stop asking 'HOW' but say 'NOW'!

EVER-HAPPY GREETINGS AND HAPPINESS UNDER A MICROSCOPE

– BK Jagdish Chander

“Wish you a very happy new year” – these are generally the words one hears one’s friends and relatives greeting each other with. Though a sign of goodwill and good relationship, and also pleasant to hear, these words have been losing their realisable (if not real) value with the passing of every year, due to the rising wave of sufferings and sorrow, even as our currency has been losing its real value because of spurt in prices every year. As Buddha or Nanak said, this world is full of sufferings and, if a friend wishes one a happy new year, one feels that he has some well-wishing friends after all who wish for his well-being and happiness. But, as is the nature of things of this world, happiness in this Iron-Aged or *Kaliyugi* world is a fleeting phenomenon. It vanishes as quickly as camphor and is moth-eaten too.

This is, however, not to deny that happiness is the

birthright of every soul, but have we had that birth by virtue of which it becomes our right? Man’s *physical* birth, when it took place, had an accompaniment of pain and, as the saying goes, every ‘normal’ child in this world is born weeping and weeping, we all know, is the very antithesis of happiness.

Furthermore, when man is fully grown, decay sets in and, ultimately, man dies, leaving many of those friends weeping who wished him a ‘Happy New Year’. In fact, one’s father and mother to whom one is born as a child are mortal and cannot bless the child with ever-lasting happiness by virtue of his birth to them as they bless him with some physical property.

Ever-happy Greetings



It is God alone who is

eternally and perfectly peaceful and who has the might to ward off everything that gives sufferings. If one is ‘born to Him’ then only can one have ever-lasting peace and happiness. So, one has to be ‘spiritually re-born’ to God as one’s Mother-Father, to deserve and inherit the Property (qualities) of God and to have from Him the birthright of Purity, Peace and Prosperity in the Golden-Age or *Satyugi* New World. It is for such an ever-happy, ever-healthy, ever-holy new life for 2500 years that we greet one and all on the eve of the New Year.

Such a world is being re-established and is in the making. So, from this point of view, God is wishing you all ‘A Very Happy New Year as well as Happy New Golden Age World’.



HOW MAGNANIMOUS WERE THOSE DAYS

(**Rajyogini Dadi Sarlamani** is one of the prime jewels of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, i.e. erstwhile Om Mandali, established by Incorporeal God Shiva through the medium of Dada Lekhraj, renamed by the former as Prajapita Brahma. She dedicated her life at the time God descended on Brahma Baba in 1936. Dadi Sarlamani, popularly known as Dadi Sarla, is now based in Bangalore on Godly Service. Dadi Sarlamani went to the spiritual gathering along with her sister Kalavathi. Following is her experience with Brahma Baba, as narrated to **B.K. Surendran, Bangalore**, on the occasion of Brahma Baba's 45th Remembrance Day.) – Editor

I was hardly 7 years old, when I was sent to the boarding school opened by Brahma Baba during 1937 for giving formal education to the children who came to Brahma Baba when Shiv Baba descended on him. There were nearly 400 people in the spiritual gathering, majority of them being women. There were about 60 children who had come with their mothers or parents to meet Baba and remained there. There were different standards for the children according to their age. Dadi Prakashmani, Dadi Chandramani, Dadi Shantamani, Dadi Mithu and Dadi Kala were the teachers. Each of them was made in charge of 10 children.

Brahma Baba did not expose us to the outside world. We did not come in contact with anybody else. We came to Karachi during 1938. We

were given education on worldly knowledge and spiritual subjects, while, we were also assigned different duties, like pressing clothes, cleaning vessels, cars and buses, cooking, security, constructing huts, preparing cow dung balls mixing with charcoal etc. Baba and Mamma used to guide us in attending to these duties. Baba also used to take us to the beach and would ask us to sit in meditation. When we were assigned with security duty, we were often told that we were the embodiment of power. I liked Godly Knowledge and Godly Services very much. I had come to accept Baba as my real mother and father. Therefore, I had no confusion. When Shiv Baba observed my life, He named me 'Sarlamani' i.e. 'Jewel of Simplicity'.

Unique Specialities of Brahma Baba

Baba used to do everything



from cleaning vessels to giving a speech and that set a trend for all of us. He loved everybody alike, selflessly and nursed us with pure love. Baba was a unique well wisher, and a carefree emperor, who liked solitude while he was himself a socialite earlier. He would remind us that we are all in a race but not competing against each other. He was against telling lies. Similarly, Baba was particular that Godly Code of Conduct must be strictly followed. He was against familiarity, i.e. physical

attraction towards any person. Baba taught us to look at Shiv Baba only and follow His directions. He taught us that everything belongs to Shiv Baba.

My effort-making

As Brahma Baba felt himself as an instrument of God, I also did the same thing. I placed my life at the disposal of God who could use me in any way He wanted. Besides, I focused my attention on God for self transformation so as get rid of my own weaknesses. Baba taught us never to criticise anyone or to make any comments about others. I also followed him and felt that wherever I'm, I'm a Godly Student and a Godly Servant. It's because of his teachings that I have never developed any attachment for any particular place. I feel that all kinds of service connected with the *Yagya* are Godly Services. It is the mental attitude with which we are rendering Godly Service that counts. His divine love and sustenance has made me follow directions of BapDada very sincerely. One day when Baba came to the class, he found that there was nobody at the security post. He looked at all those who were sitting in the class and then directed me to go to the security post. I

felt that it was an honour showered by Baba. Even now I cherish those moments. Subsequently, Baba had directed me to attend to various services at different points of time.

After shifting to Mount Abu, the test paper for the inmates started. Almost 50% of us fell sick due to change in climate conditions. I was directed by Baba to look after those who were unwell. I thus became a nurse. During night time, Baba used to visit the patients and give powerful *drishti* – vibrations. Then those who were undergoing severe pain would get relief. I did not feel even a pinch of hardship during those trying times. I felt that it was easy for us to make intense effort since Baba was our role model. I grew up with the institution and have been a witness to the changes in the lives of millions of people and also on world situations. I feel that those, who do not follow Baba's directions, will repent one day when Baba's directions start materialising.

Qualities of Baba – My Inspirations

▶ 1. Baba has made me synonym with my name, i.e. very flexible and mouldable. Ever since I became Baba's child, I can adjust myself

with anybody and any situation.

▶ 2. I always try to be a pleasant person with a smiling face just like Brahma Baba. As he never discriminated between rich and poor, educated and uneducated, highly placed or otherwise, I too follow his footsteps.

▶ 3. Baba has filled us with the resolves of Godly service. He promoted everybody in his/her own way to progress in spiritual life, which I also keep trying.

▶ 4. The humility and simplicity of Brahma Baba are incomparable. Baba never required any formalities, nor did he ask for any kind of protocol facilities.

▶ 5. Taking example from his exemplary life, I also take complete interest in solitude and meditation, thus I staying in Godly remembrance. This helps those in my contact to experience a state of silence.

▶ 6. Baba also taught us never to discuss anyone's weaknesses. Therefore, I hold no ill will towards anybody.

▶ 7. Last but not the least, he always inspired us to be friendly at all times, extending solace and succour to one and all.

BESTOWER OF FORTUNE – BRAHMA BABA



– B.K. Atam Prakash, (Editor)
'Gyanamrit' and 'The World Renewal', Shantivan

I feel myself a multimillion fortunate soul to have received and experienced the divine sustenance of Brahma Baba, the corporeal medium of Incorporeal God Shiva. Whenever I think about the life of Brahma Baba, I feel that in every moment and every breath, he just bestowed and bestowed to one and all, and, thus, performed an unparalleled world service. Whoever came in contact with him, he gave his/her the fragrance of sandal- like life of himself and, thus, turned them from stone to platinum. He was not only a great soul himself but also let the others experience the same greatness.

An Embodiment of Virtues

It was only such divinity, greatness, purity and excellence of his personality that pulled souls magnetically towards the one, the Supreme Soul. When the souls, who had got tired of the old habits of

superstition, idol-worship, worship of guru, tendency of selfishness etc. adopted in the path of devotion, would receive the logical knowledge of Soul, the Supreme Soul, all the three aspects of time, three worlds, Karma Philosophy etc. through the medium of Baba, then, they would instantly get attracted towards this Godly knowledge. This was the wonder of Incorporeal God Shiva, i.e. Shiv Baba's wonderful education only that Brahma Baba was never attached to any soul, but would get other's mind and intellect connected to Shiv Baba and, thus, showed him/her the way of attaining liberation and fruition from the latter only. Like any faithful and loyal wife, who always remains engrossed in the remembrance of one only; Brahma Baba, too, while performing every action and fulfilling every duty, would get immersed in love and remembrance of one Shiv

Baba only and, would keep inspiring the children to remain in such an un-adulterous remembrance.

Baba's Unique Personality and Sweet Teachings

When I came to Madhuban (Pandav Bhawan) for the first time, I saw a very overwhelming scene that at the age of 80, Baba was playing Badminton with Dada Vishwa Ratan in the Cricket ground. I was amazed to see the face of Baba shining with freshness of spirituality and wanted to capture it in my camera so as to keep it with myself forever as fond memory, but before I could click the camera, Baba spoke, "Child, this camera will not be able to take the photo of Shiv Baba (as He is incorporeal). This body is mortal; so what is the advantage of taking the photo of it?" In other words, sweet and lovely Baba was not interested in the photos of body. He always taught, "We should always remain beyond the body and this physical



world, and should remember the one God Shiva, who is Himself bodiless and get immersed only in the contemplation of His qualities.” Whether it is the body of an ordinary being or of a great soul, one cannot get imperishable attainment from the remembrance thereof, as it is mortal. We always learnt from his life that the true and imperishable earning is possible only through the remembrance of One—true and imperishable Godfather. This is true that picture of someone reminds us of his character, but we can get the power to inculcate the same into our life only when we practise being a bodiless soul and get our mind and intellect connected to Incorporeal God Shiva.

Baba had neither the temptation of respect name and fame, nor had any other desire. ‘We have attained what we had to; there is nothing more to be attained now’, this song kept on playing continuously in his mind. He was a living example of simplicity and renunciation. Once when he came to Patiala (Punjab), we tried to felicitate him with the garland of flowers, but he refused to accept them saying that as the

body was impure, it didn’t deserve them. The garland should be presented to Mateshwari Saraswati instead, as she was celibate. Thus, keeping himself as backbone, he kept Mateshwari at the forefront in every matter; first in giving and last in receiving was the main *mantra* of his life.

Bodiless or soul-conscious state had become easy and natural for Brahma Baba. He used to say, “Child, the true friendship lies in reminding one-another of soul and Supreme Soul.” If on some special occasion, any B.K. brother or sister would recite a song or poem, Baba would listen to the same as long as it was in the praise of Shiv Baba. However, as soon as there was any praise of Brahma Baba, he would immediately ask them to stop it and would say, “Child, there is glory of one Shiv Baba only; so, remember Him alone because I also remember only Him.”

Brahma Baba would first give the visitors a powerful spiritual gaze, i.e. *drishti*, and then would ask them, “Child, whom are you meeting? Do you recognise Him? Do you remember that I’m a soul? Child, meet Shiv Baba through this body (Brahma’s body) as

He has incarnated into this body. If you take the lap of Brahma without remembering Shiv Baba, it will be a sin.” Thus, he would always be engaged in revealing the name of Shiv Baba and giving others His introduction.

Ever-Engrossed in Godly Remembrance

He would always inspire one and all to remember the resident of Incorporeal World – point of light Incorporeal God Shiva. Like a true lover, whose mind and eyes always get immersed in the thoughts of his beloved; Brahma Baba, too, would never get separated from the remembrance of Shiv Baba, even for a moment.

Brahma Baba would always say, “Child, always emerge the scene of Incorporeal World in one eye and the forthcoming Golden Aged World, i.e. Paradise, in the other. This body is about to vanish. While seeing this perishable body, remain devoid of its consciousness. This body is born out of Sex-Lust; it is like an old shoe; therefore, never ever have attachment with it. If you have attachment with it, you will lose your fortune of God Fatherly birthright of Paradise.” Hence, we should

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BABA ACKNOWLEDGES GOOD DEEDS

– B.K. Lego, Kolkata

I would like to narrate an amazing incident, which took place recently in my life and made a spurt in my belief and faith in God Shiva, i.e. Shiv Baba.

Recently, I went on a campaign to Sundarvan as part of ‘Youth Cycle Yatra for glorious Bharat’ initiated by the Youth Wing of Brahma Kumaris. During the course of the *Yatra*, we had to move extensively on cycle for many kilometres and interact with numerous people. I saw closely as how life of people is so distressed and depressed these days. They have lost all hope and enthusiasm in life. We made our best efforts to help people regain their hope in life and have faith in Baba so as to attain peace of mind through values such as Purity, Peace, Love, Compassion etc.

As we had to toil hard moving on cycle the entire day, we used to get very tired and all our energy seemed to be drained out at the end of the day. But with the power of Baba, we used to start afresh

each day. On one of these days, in Baruipur, I was extremely tired at the end of the day and just sat at a place without being aware of my belongings. Tiredness seemed to have taken a toll on me that day. We went to Canning from there and I suddenly noticed that I had left my bag with all the valuables like money, mobile phone, bank debit cards etc. at some place. I was in a fix on how to get them back. I rushed back to the earlier place in no time and enquired about the bag at the stalls and shops on our way. All my efforts went in vain, so I returned to Canning and gave up any hope of getting my valuables back. I wondered why such an incident happened to me when I was part of such a noble cause. I questioned Baba why He didn’t come to my rescue for my good deeds and divine faith in Him. With the same

thoughts, I kept on contemplating the entire night and was very sad and felt like crying as I had no money to carry on further. The next morning, I got up early and instantly decided to go back in search of my bag once again. I went to the earlier place again and to my immense surprise, I found the bag at a shop run by an old woman. I asked for the bag and found all my belongings intact in it as I had kept. To my further surprise, I hadn’t lost a single penny. The woman told me that her shop was shut for lunch the previous day when I went in search of my bag. Her son had found the bag on the roadside and had kept it with her. I was stunned to see that in today’s greedy world nothing was missing from the bag. I wondered who came to my rescue and instantly realized it was Baba Himself. I thanked the old woman and Baba sincerely from the core of my heart.

The incident had a great impact in strengthening my faith and belief in Baba, “Baba helps those who help themselves and others”.

DRAMA: On the stage of life, one needs to be both actor and audience. Detaching yourself from the roles you play will help you get in touch with the part of you that is not an act.

EIGHT JEWELS OF BRAHMA BABA'S PERSONALITY

– B.K. Rajbala, Mumbai

Brahma Baba, the epitome of peace, love, compassion, devotion, dedication, purity, perseverance, royalty and austerity, has set a perfect paradigm for the Brahma Kumaris and Brahma Kumars to proceed tirelessly on the path of perfection. The world may wonder how a mortal being on this earth, a flesh and blood, could elevate himself to the angelic and '*Karmateet*' state, how could he shed off human flaws and frailties. He possessed exceptional, unusual attributes that is why the Almighty chose him as His medium to carry out His divine plans to lay the foundation of Satyug by preparing a hidden salvation army. Let us sum up the predominant characteristics of Brahma Baba which proved to be the credentials to transform Dada Lekhraj, a diamond merchant into Brahma Baba, an '*Aloukik*' father to the huge progeny of the Brahmins the world over, the would be deities of the Satyug.

SOUL-CONSCIOUS

When GOD, our beloved Shiv Baba, descended on Brahma Baba's soul, the very first lesson that He taught him was to always remain in soul consciousness. But it is easy said than done. Having lived sixty three lives in body-consciousness, it is so fixedly engraved in human psyche that it is not easy to get it done in one day only but Brahma Baba, like Arjun in Geeta, who assured Krishna I will abide by you, followed each stricture laid down by Shiv Baba in full obeisance and filled diaries after diaries in writing down repeatedly against the name of each person in his life--I am a soul, Yashoda is a soul, Narayan is a soul, so on and so forth so that by practising again and again, the old impressions might be eliminated from his mind and new ones could be created and ultimately succeeded like success to be oblivious of body and conscious of soul and thus won the attribute '*Nirvikari*'.

ABSOLUTE DEDICATION

When Shiv Baba showed Brahma Baba the glimpses of world destruction and also the re-creation of new era, the Golden Age, he got astounded but the Almighty explained to him the greater cause of world transformation and thus gradually the point was brought home to him. Shiv Baba elaborated the duties entrusted to him to instrument the process of world-renewal and that was the day when Brahma Baba surrendered himself to the will of GOD by ensuring himself physically, mentally and also monetarily and founded '*Om Mandli*' which later on grew into '*Prajapita Brahma Kumari Ishwariya Vishwa Vidyalaya*'. He was the man who had a happy family, a prosperous business and a well recognised social life and was hitherto living a luxurious life amidst almost a palatial comforts but the moment he was convinced that it was GOD who was demanding something from him, he took no time to divest himself of all these material bondages as easily as the dust from the clothes with one jerk only. He wound up his lavish business, and not only he but his whole family also renounced the luxurious life and devoted themselves to the

cause of God.

EMBODIMENT OF PARENTAL LOVE

The rarest of the rare adornments of Brahma Baba's personality is his boundless, spontaneous love for all. Initially, there were almost three hundred and fifty aspirants comprising young, old and children and some of them are, by God's grace, alive even today to oblige us with their spiritual guidance and protection. I have heard many of them giving quite emotional account of their memoirs which is simply overwhelming. I carefully noticed one common thread running through their account i.e., the unforgettable, unfathomable love and affection that Baba showered on them unconditionally without any discrimination. Recently on 'Peace of Mind channel', I heard respected B.K. Brother Brij Mohan who not only once or twice but several times during his lecture was moved to tears while relating his experiences with Brahma Baba. I am not very old in this mission, hence did not know much about Brahma Baba but after listening to the Dadis and other BK brothers and sisters about heart-moving emotional reminiscences, I have also

developed fondness for Baba. I am a mother but I do feel that the pious love that Baba imparted to all was much above the sort of love provided by any parent on this earth. Whosoever visited him, his spontaneous reaction was "Aao bachche" and embraced them and they immediately underwent a super-sensuous experience which they could never forget. Such was the impact of Baba's divine touch. That is why he was rightly called by Shiv Baba, '*Badi Maa*' (a senior mother). He was really a marvellous blend of motherly and fatherly love. It is the gravitational love that the Dadis and other BKs received from Brahma Baba that has kept them glued to this mission inseparably and they are busy day-in and day-out to do every bit as good as possible to fulfil the objective of the mission.

BEGGARY PART

Baba, a millionaire, spent each penny of his huge empire on this mission and ran it smoothly for almost 14 years but no treasure on this earth is imperishable if you keep on spending it and the day arrived when there was left nothing while Baba had the responsibility to look after 350 spiritual children but the creditable thing about Baba

was that his faith in Shiv Baba was not shaken even in such hard and testing times. It is hard to imagine that this phase was so painful that sometimes not even a single grain was left to offer to Shiv Baba as 'bhog' but look at the rock-like faith of Brahma Baba. When someone informed Baba about it, he was perturbed not the least, rather solaced them to wait till 10 a.m. and to our great surprise at 10 a.m. the postman would come with the money order which was spent to buy the basic needful items and the demand of the situation was met. Along with others, Baba's family members, who were used to royal life so far were also among them passing through these ordeals but Baba, before embarking on this spiritual journey, had submitted himself to the will of Shiv Baba, taking for granted that it was Shiv Baba's mission and he was only an instrument. Anyway, this phase also passed away successfully, proving Brahma Baba victorious and a living example of '*Befikr Badshah*'.

A KARMA YOGI

Brahma Baba was a *karma yogi* in the true spirit of the term. He was a living paradigm of 'work is worship' by doing even the menial domestic chores of the *yagya*

with dignity. No work was inferior for him and thus taught the children that any work, done in the remembrance of Shiv Baba, becomes a *karma yoga*. He did not mind even brooming or washing dishes. Imagine someone of Baba's stature condescending to such chores which are thought usually low. *Yagya* was above all for him and he sacrificed his all in the service of the *yagya* like Rishi Dadhichi who offered even his bones for a great cause. He performed each of his duties religiously till the last moments of his life. Even on the night of 18th Jan. 1969, he conducted Murli class, bade goodbye to the children and went into the room and to the shock of all breathed his last.

A TAPASVI

Brahma Baba who once lived a royal life, underwent austere discipline to be a genuine yogi. Initially the '*Amrit vela*' to wake up at 4'0 clock for meditation was not practised. One day Baba sent the Sandeshi to '*vatan*.' She informed Baba that she saw Brahma Baba in '*Sukshma Vatan*' but he was much more radiant than the real Baba. From that day onwards, Baba started getting up at 4 a.m. to sit for mediation regularly. After sometime, Baba again

sent her to *vatan* and again after the trance, she informed him that though there was not much difference yet the subtle Baba in the *Sukshma vatan* was more radiant. Now, Baba took it as motivator and started meditation from 2:30 a.m. and went on refining himself more and more and ultimately achieved *karmateet avastha* i.e., contained and restrained, modified and refined himself so much that he transcended the bondage of *Karmic* law and became a virtual angel.

NIRHANKARI (EGOLESS)

Baba lived the attribute 'Nirhankari', absolute humbleness, modesty and geniality. He was a perfect example of selflessness and did not believe in centralising powers. He always took care to credit achievement to the children instead of taking pride in himself. Today masters of different fields from all over the world visit Prajapita Brahma Kumari Iswariya Vishwavidyalaya and get wonderstruck to see the management, the administration here which is the outcome of 100% dedication of Baba's children, working so devotedly in different capacities with the positive attitude that no work is high or low rather it is the

mentality, the belief system which makes something high or low. On 18th January 1969, he held the hand of Dadi Prakashmani in his hands, as if handing over his responsibilities to her, and heaved last breath of eternal peace

NASHTOMOHA (DETACHED AND DISPASSIONATE)

Baba was a wonderful and amazing blend of love and detachment. He loved one and all unconditionally and cared for them more than a parent can, yet he was untouched by attachment with anyone or anything, but this did not happen overnight. He practised it with perseverance and eventually reached the *karmateet* stage. He strictly followed Shiv Baba's warning '*Ant-mati so gati*' i.e., a man is bound to get the thing or the person, his mind is stuck in while dying. Baba's mind was 100% detached from the world. The only thing that lingered in his mind was Shiv Baba and the inheritance.

Let us follow Brahma Baba in order to be worthy of our entitlement to the kingdom of heaven. Also give up the sloth and accelerate our efforts to purify ourselves and our surroundings and glorify the saying 'The Son shows the Father'.

PURPOSE OF LIFE— YOU CAN FIND OUT YOURSELF!

— T.D. Joseph, Bangalore

Barack Obama, the President of a war-weary America, recently said it is better we try for friendly neighbours rather than fighting wars in the Middle East. He was only repeating the age-old wisdom that a friendly neighbour is a better security than a costly war or a sophisticated war-machinery.

What he said means even more. It has something to do with the purpose of life—man learns from his own experiences or from that of others. Why should a student learn the folly of diversion through his own experiences when he can see the same in the experiences of millions of former students who regret now? Again, look for some more experiences with regard to our habits! When moderation is adopted in sleeping, eating, working, entertainment and thinking, one's body responds pleasantly otherwise body's vital organs malfunction, and may even simply shut down! All these go to show that body is designed to serve a purpose.

We can drive it towards comfort or calamity—it all depends on the choices we make.

Now turn to experiences with regard to subtle aspects of our existence! There are three things – AWARENESS, CREATIVITY and RELATIONSHIP – that we all have in common. In other words, we are aware of ourselves and others; have creativity to produce thoughts, ideas, concepts and feelings and can express them; and have relationships, or the exchange of energy of love with others. Hence the purpose of our life is nothing more than living life itself. One can better enjoy his life if he uses the above wisely. We are AWARE of ourselves and others, but this awareness is incomplete if we are not aware of our real self and our real spiritual Father. Life gets a real meaning when we know – 'who we really are' and 'who we belong to'.

As we see ourselves as souls, it is easy to relate to one Father – the Supreme Soul, God Shiva. No wonder the most important sentence in the Bible is: "Don't

call anyone on earth 'Father,' because you have only One Father, the One in heaven." (Mathew 23:9) When you live in awareness that God is your real Father and all others as His children hence our brothers, you will have pure motive in your dealing with others, the result of which is peace and contentment. See what a shift in attitude is brought forth—PURITY, PEACE and CONTENTMENT—which were already inherent in your *swa* (soul).

History, religions and epics all show that as man loses self-awareness or forgets that he is *swa* (soul) and goes materialistic, thinking that he is this body, he gets influenced by vices. This makes him feel separated from his innate self. He views his desires more important than those of others; the more he concentrates on his desire, the stronger it becomes and it is called lust. Lust, if obstructed, turns into anger; and if fulfilled, it becomes greed. See what a shift in attitude brought forth—"LUST, ANGER and GREED" which are typical of *nar* (man), hence called "three gates of *nark* (hell). (Gita 16:21)

Depending upon the degree of forgetfulness, people become more and more selfish [egoistic], bringing in more and more lust, anger, greed, and

attachment, all of which further reinforce one's ego. This is the time when we should revert to wisdom, to our original nature—purity, peace and contentment—the qualities of the souls. Today, as we humans face the consequences of our imperfections, it is the Supreme who has to intervene and help us in our soul-recovery. This recovery and transformation process is happening right now.

However, it began in the year 1936, when the first half of the 20th century showed unmistakably the beginning of peak of selfishness and moral decline. This is when the Heavenly Father turned His attention on the earth; He saw a spiritual magnet, who was exhibiting a GREAT MIND, treating God as our Heavenly Father and all human beings as His children. God blessed him

with a vision of the future— showed him how this Age of NIGHT will end with civil wars, world wars, and natural calamities, and how a New World (DAY) will begin. God renamed him, for his character, *Brahma* (meaning GREAT MIND), and made him an instrument to spread this news to everyone on the earth. Those who followed him as his figurative children are called Brahma Kumaris and Brahma Kumars. In due course, God gave more revelations, which showed that history would repeat itself, every *Kalpa* (cycle of 5000 years)— comprising a DAY [of 2500 years] and a NIGHT [of 2500 years], which will be followed by similar cycles of DAY and NIGHT into indefinite future, an idea that is vaguely found in the Bible also. (Compare Proverbs 4:18, 19; Ecclesiastes

1:4, 9; 3:15).

Put it simply, history is a drama of two collective characters: FREE-WILL and DESTINY. Once an action is CHOSEN, its result is determined. No action is without its effect; and no effect without a cause whether the cause is visible /perceptible or not. A cause always precedes the effect. Hence when you choose to act in a certain way, you are, in effect, choosing the appropriate results. Once an action is chosen, appropriate destiny follows. If you choose to live in the Golden Age called DAY, you can—you just need to do the works of the DAY. What does that involve? You may contact a Rajyoga Centre of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya near your place. One hour study for seven days will equip you to live a life of Golden Age.

AN INSPIRATIONAL STORY

There was once an earnest gardener who loved his work and his produce. One day he was walking through his delightful garden and happened to notice a weed. The gardener was particularly tired so he decided to leave it. The next day he had to leave to visit his relatives in another country for two weeks. When he came back, the backyard was covered in weeds and all his produce was dead!

Likewise, if we allow just one bad thought in our head and fail to remove it, it will sprout and instead of having to pick one weed, we will have too much to control. If we destroy our negative thoughts, by allowing positive ones to grow, they will display in our personality like a beautiful garden. That's the power of positive thought. We are what our thoughts are. We should always entertain only good and positive thoughts in our mind and never give way for anything negative! Be alert and conscious of your thoughts and pick out the weeds of your negative thoughts consciously and quickly, at the right moment.

WAITING FOR HAPPINESS IS LIKE WAITING FOR THE CHIMNEY ON YOUR ROOF TO GROW

(Do You Eat Bananas Or Slip On Them? Are You Waiting To Fly To The Moon Or Heaven? Are You Wearing A Child's Plastic Size 3 Shoe On One Foot And A Size 13 Wellington Boot On The Other? Can You Walk Straight Or Are You Having Difficulty And Walking Round In Circles? Is Yours A Florescent Regret? Hope You Are Not Waiting For Your Chimney To Develop Wings And Take off To Heaven. Can Your Chimney Point To God Or Only The Stars And Moon?)

– B.K. David, Paignton, England

The World Is Consumed In Chasing And Catching 10 Minutes Happiness

It truly is a crazy world we find ourselves living in with many unhappy, lonely, disturbed people around. They all have one thing very much in common, and that goes for both the abnormal and ultra-normal in life; like the scientists, doctors, politicians and religious people, and that is they all strive and search for true and lasting peace and happiness. After all, what good is the happiness that lasts only for 10 minutes when you then spend the rest of the 23 hours and 50 minutes in your life in complete sorrow, misery or utter boredom? Is it wise to chase after 10 minutes happiness? In their chasing and desires of happiness, they become totally engrossed in suffering misery for most of the day. Our searching for peace is like letting a dog out for a walk in the park for 10

minutes, only to be followed by 23 hours 50 minutes spent later under the stairs in the dark barking like mad at nothing waiting to be let out again.

Can You See People Chasing After Sticks Of Happiness In The Park (World)?

All are in search of peace and happiness but do not know the method to achieve them. So they wander round slowly getting more confused, unhappy and lonely each day. In people's search they only walk forever further away from the happiness they so desperately crave for.

The Only Shoes In The Shoe Shop Of Heaven – Are The Shoes Of Happiness And Peace.

Peace and happiness were once the only shoes people knew and which they wore every day without fail. There were no other shoes available or ever made in the world other than these beautiful shoes of

comfort that everyone wore. Everyone went about their lives in a state of peace wearing such happy shoes. Slowly these shoes were worn out and so they had to eventually change them for shoes that caused them to feel unhappy and uncomfortable. Others took off their happy shoes and later could not find them to put them on again. They had lost their comfortable shoes and then had to put on the nearest shoes to hand which were shoes that made them feel three feet tall and as if they had glass in them. These were the new shoes of falsehood that started to be worn thousands of years ago and are still worn today and are most fashionable with everyone.

Many others took off their shoes and then put on someone else's (influenced) shoes, almost by accident. At first all these different shoes (thoughts, ways, habits) just

felt rather tight and strange yet slowly became more and more uncomfortable until eventually they became crippling to wear. This discomfort makes us feel and do one thing, which then later makes us have to do another thing, both of which are the wrong things.

**Wearing Odd Shoes
Makes You Odd (Sad).**

We start off with a thought, a notion, an idea, a direction and aim, but due to wearing these shoes which numbs our awareness and leaves false footprints, we start to veer off course and end up going all over the place and far away from where we originally wanted to go. This is what happens when we follow other people. Some have managed to keep one of their original shoes on and have put someone else's shoe (thoughts, ideas) on their other foot. For this, they end up paying by having to continually walk round in circles.

**Shoes Without A Sole
(Soul) Make For Painful
Walking.**

Once we have swapped our shoes of comfort and peace for a different pair (body consciousness), we can easily head in the wrong direction and feel bad in the process. Our original shoes of truth

only knew of one direction to walk, and that was forward; as those being the shoes of truth, you wouldn't expect them to go backwards. Once you have put on your plastic shoes of falsehood, then you can end up anywhere as these shoes simply do not know where to go. These shoes without a sole (soul) also do not know where they came from or who made them. These delicate shoes easily wear out and let in water. Shoes of truth are 'fake proof' whilst fake shoes are 'truth proof'. Fake shoes cannot, however hard they try, and where they look, find truth, experience truth, know or comprehend truth. Everyone wears such body conscious shoes today that make them totally truth-proof. It is easy to lose your way wearing false shoes and get lost. False shoes pinch you at every step and can in time, make you a cripple. Ignorance and falsehood are by far the biggest crippling factors within life that causes ill-health.

**The Banana Skin of
Karma (Hip, Trip And
Double Shock).**

Some may feel it was extremely unlucky that they fell on a banana skin and broke their arm, but it was his/her

karma that placed it there, and as you create your own *karma*, you may well say that you placed the banana skin (created the cause) there yourself. It was also your *karma* that stopped you from seeing it on the floor; such are the intricacies and depths of karma's workings. You can only ever blame yourself for what happens to you in life; even when someone drops a box on your foot and breaks it, or hands you a box with a million pounds in it.

**It's Not Possible To Fall
Down A Mountain Slowly.**

Everyone's poor health starts off from his/her poor thoughts, and our thoughts start off and are triggered and influenced from our awareness from what we see about us. Our awareness comes to us and is developed mainly from what we see, and what everyone sees and thinks today is that they are a body. Most people's awareness and experience of the soul is almost nil. Everything poor you have in life initially started from your poor awareness and understanding of who you are. If you get 'who you are' wrong, then everything thereafter in your life will also be wrong. Once you have started 'falling down' the snow

covered mountain of **‘Seeing and Thinking Wrongly**, anything can happen – and at a great speed. In life, on this slippery mountain, anything can happen, and it will, without warning. As the sun does not tell you it is going behind a cloud, so trouble will not forewarn you that it is coming but will arrive unannounced into your life.

Can You Hide From The Sun?

Just as no one can hide from the sun, so no one is ever exempt and able to hide from trouble when it arrives. Only the person clever enough to hide from the sun all his/her life will be able to hide from the world’s present and impending troubles that lay ahead waiting to pounce. No one has such a wise head as to be able to avoid these future world troubles and events. Even if your ‘head and wisdom’ is the size of a family car, you cannot escape the effects soon to be unleashed in the world. It would not matter if you were Einstein, Buddha, Lennin or are now super rich, super poor or a Guru with a million followers, no one will be immune to the storms that are coming to hit this world; just as no one can escape the rain, seagull or dog mess, or

noise and feeling hungry. Or have you reached such a high state of mind that you can go beyond the feeling of dire thirst?

The Mountain Of ‘Settling Karma’ Is Very High And Very Slippery And Very Dangerous.

Some will slip on a banana skin and hurt their knee and some will slip and fall right from the top of this mountain (be crippled or die) of life all the way to its bottom. You can only imagine the result and state of those who fall down such a huge and rocky mountain. They would not have the power, knowledge or wisdom to stop falling nor would there be the time for them to somehow stop and enjoy themselves whilst falling down such a mountain. Few have learnt in life to truly enjoy it or make the time and have the wisdom to enjoy the pleasures of a good snowball fight or in building a snowman. After all, this is the mountain called **‘Settling Karma’** with a peak of **‘wrongdoings’** and slopes called **‘suffering’** and base camp called **‘settled’**; so what one can expect, other than to witness people’s endless suffering in life as he/she falls helplessly down its slopes.

When The Alarm Clock Of Karma Goes Off, It Is Then The Time To Start Suffering.

We have wound up the Alarm clock of *karma* with our bad actions throughout our many lives, so we must not be surprised when eventually this alarm clock goes off and gives us a shock and causes us endless daily alarm and pain. We do wrongdoings at the start of life (at the top of the mountain) and then suffer all the way down due to our actions. At the end of our many lives, having suffered so much, after having fallen all the way down life’s unforgiving mountain to its base, most end up either dead or crying in much pain. This is not a mountain of smiling but crying. The plastic shoes (body consciousness) worn by most do not offer any grip at all and are in fact, the main cause for people slipping. The boots of wisdom although look boring and are not really fashionable on this mountain, do have a tremendous grip and can save your life. Only those who wear these boots can save their own life and walk in happiness: the rest of humanity will slide down in sheer terror.

(..to be continued)

AN EXPERIENCE – *LOUKIK TO ALOUKIK* SPIRITUAL LIFE

– B.K. Kabita Dash,
Global Hospital, Mount Abu



I was born in a religious family. In my childhood, I was an ardent devotee of Lord Jagannath as well as Shri Krishna. My father was a narrator of Hindu scriptures, i.e., Gita and Bhagwat; therefore, I would also go with him to listen to Geeta. As I come from a Brahmin family, there would be regular reading of Bhagwat in our home. When I had just learnt our Odiya letters in the 1st standard, my mother asked me to read scriptures of Sri Krishna Leela and would give an incentive of 5 paisa per day on reading it.

When I was in 12th class in 1991, I had heard about Brahma Kumaris Organisation run by white saree-clad sisters. However, due to my busy schedule, it slipped from my attention. In 1996, I came to New Delhi and joined a Company. One day, while returning from my office, I came across a Brahma Kumaris Centre, which

immediately caught my attention. I joined the 7-Day Rajyoga Course there. In the chapter – ‘Three worlds’ and Three Deities, it was explained in detail about Brahma – the spiritual significance of water vessel (*kamandalu*), about his four faces and the beard. The vessel refers to the deep knowledge, which God teaches us through him; the four faces signify that he has the knowledge of all four ages and his beard connotes his vast experience of devotional path and divine life. From the first day, it was made clear to me that the body is the costume of the soul. But no one told me that our Father, The Supreme Soul has already descended on the earth and has been bestowing knowledge to us to become pure. That is why I did not develop much interest in reading Murli, even though I used to go to the centre regularly and listened to Murli whether I understood it or not.

Thus, I passed the first few

years of my spiritual life. Sometime later I got shifted to Surya Nagar, Vivek Vihar. The sister-in-charge explained to me how Bapdada, i.e. Incorporeal God Shiva with Angel Brahma Baba reincarnates through the chariot of Dadi Gulzar in Madhuban, i.e. in the International headquarters of the B.K. Organisation at Mount Abu. She invited me to accompany her to Madhuban. I got ready to go there immediately. There, I got the golden chance to experience such a wonderful meeting with God Himself. When we were seated in the Diamond Hall, before the arrival of the Chariot of God, Dadi Gulzar, our sister asked me to receive *Drishti* from BapDada in subtle and to surrender my weaknesses to Him.

Meeting BapDada changed me completely and I started taking keen interest in *Murli*. Also, whatever doubts or questions crept up in my mind, the same were clarified in the

next *Murlis*.

Sometimes, certain doubts did creep in my mind – whether the Supreme Soul really descends through the medium of Dadi Gulzar. However, these questions were also got sorted out automatically. In the past also, I had heard about certain instances when evil souls entered others' body. So, if evil and ordinary souls can enter a body, why cannot the Almighty Authority, the Father of all souls, descend on this earth through a human medium and that too for a divine and sublime service?

Soon, the spiritual significance of Janmashtami, Ram Navami, Holi, Shiv Jayanti, Raksha Bandhan, Dussehra and many other Indian festivals also became clear to me through Baba's *Murlis*. Besides, Shiv Baba also clarified the significance of many mythological stories explained in various scriptures.

There came a period of trial from my *lokik* family. Actually, I was the only person in our family following the path of Rajyoga. My father is a retired High School Head Master and lives in our native village in Odisha. One of my elder sisters has been following Maharshi Mahesh

Yogi's Transcendental Meditation and she is unmarried. So when I also decided not to marry, my father became very angry. He even regretted giving us good education. On the other hand, my sister tried to convince me that celibate life is not so easy, for a woman faces a lot of problems in male dominated society. My father explained the social criticism that he had been facing in the village. He was being blamed for his inability to find suitable match for his daughters.

But I replied in the typical language of the Gita that even though he gave birth to us but our fortune would be determined by us. My mother also told him that he should allow me to follow the way I had chosen. Somehow, my father also realized that he should not force me to follow the life as per his will. Thus, he allowed me to follow this spiritual path.

I was working with National Insurance Company Limited as an insurance advisor when I met Bro. Ranjit Singh Fuliya who inspired me to harness my writing skills. I knew Odia language and always wanted to use it in Godly service. Soon an opportunity came my way when Brahma Kumaris

decided to start some Value Based Programme through the channel E-TV Odiya, which was proposed to be telecast from Hyderabad. I agreed to come and give my services there for video-editing and typing of other related matter.

It was at that time that a service opportunity at Global Hospital and Research Centre came my way. I talked to respected Brother Rajyogi Nirwair ji about my desire to provide my services through T.V. Luckily, he gave permission and I became an instrument for this Godly service through media. Thus, for the last six years I have been doing double service through media-TV as well as for GHRC. Though I also suffered some health problems but *Murli* has always encouraged me to do Godly service like 'Dadhichi Rishi'. Now I am surrendered at Global Hospital. In addition to this service for GHRC, I am also doing my little bit for media – be it audio, video, print media, or multimedia so as to give Baba's message to people across the world.

Since I belong to a Brahmin family in *lokik* life, it is always said that the Brahmins should never violate the (...*Contd. on page no. 32*)

IS GOD OMNIPRESENT?



– Neena, New Delhi

We, quite casually, off-guardedly utter, “*Kann-kann mei bhagwan hai.*” or, ‘*Aatma sou Parmatma*’, ‘each soul is Supreme Soul’. Alas, little do we realize that by saying so, we are abusing God. Are we not insulting Him by making Him reside in every particle, every living organism in the atmosphere, lithosphere, hydrosphere and the like...? No matter, even if it means that a criminal, a crocodile, a snake, or a dirty animal like pig, all are manifestations of God. How ridiculous!

Yet, there are many people who think that God is omnipresent or that all beings are different manifestations of one God! Now, the question arises, “If God, the giver of health and happiness, is omnipresent, why should a person be diseased at all or why should he pray to God for relieving him of pain?” **Also why is there a need to go to the temples, if he is dwelling within each human being? Likewise, if God, the Ocean of Purity, Peace and Bliss dwells in the**

heart of all beings, why are we searching for purity, peace and bliss? Why does a person die, if he/she has God dwelling in him/her? Can God die? Do these facts not vouch for the fact that God has His own separate identity and abode? He does not dwell in all.

Otherwise, how would you explain or attribute the stabbing of a man by another man or the aspiration of the vision of God by a Yogi? Does it not show that God has His existence different from that of individual souls? **Let us understand it clearly that God is the Supreme Soul in *Brahmaloka*, i.e. the Soul World. He is the one whose vision the yogis or the most obedient, beloved children of God aspire for.**

It is a point worthy of consideration that, if God were omnipresent or if all beings were manifestations of God, there would be no sense in withdrawing our mind from all directions and focussing it on God. In that case, one would let one’s mind wander in all directions to look for pleasure

or happiness or bliss since God were in all directions and everywhere. All these refute the belief that the self is God or that God is omnipresent.

Some people concentrate on the tip of their nose or on a point between eyebrows or on a candle-flame which are only material objects. One should in fact concentrate on God, who is a point of light residing in the Soul World (The abode of peace, where all souls live...or go at the end of the world cycle of Eternal World Drama of 5000 years, after their part/role in the World drama is over).

There is evidence to show that there was a time, however in the remote past, when people of almost **every major religion in the world believed God to be *Jyoti-Bindu* – an eternal Self-luminous point – like entity. The convention, the ancient lore, the sacred monuments and some scriptural texts refer to this radiant form of God. Christ also said God is kindly light. Even today, some Buddhists in Japan practise concentration on this form. Sikhs also believe that God is light, as they chant: ‘*Ek Omkar*’. Muslims also believe God as a point of light. In Mecca, the sacred-most pilgrimage of Muslims, there is symbolic black stone having an**

oval- shaped form and among the Mohammedans, there is the custom to touch or kiss it from a distance to signify their love and reverence for God. All these facts point out that once upon a time, the founders and the followers of almost every religion believed that God was of this form. In India, the SHIVALING at Amarnath made of snow, takes the oval form as that of a flame of light, every year. Even Shri Krishna, the famous deity revered God Shiva as the divine Light-point, the Supreme Being. Again Shri Rama, widely worshipped as the *PURUSHOTAM PURUSH*, is believed to have paid homage to Shiva at Rameshwaram and the temple there, is a testimony to this fact.

Let us tell one and all that God, the Supreme Soul does exist; but, not in Mosques, Temples or Gurudwaras or Churches or human/living forms. We look out for God in religious founders or worship Him in the form of deities. We forget that God, the Supreme Soul, is Incorporeal and non-physical while the religious founders or deities have a corporeal body of their own. In fact, they were worship-worthy (deities) 5000 years back; when peace, happiness,

prosperity, longevity and eternal bliss did prevail. Unfortunately, we, through our vicious actions, denigrated and degraded ourselves by performing sinful acts and became worshippers. It is high time we ascend to our original higher/elevated stage by imbibing divine virtues and follow our Incorporeal Father. Yoga is the way for that extra-sensory experience or God realization. The communion means focussing the mind on God, the transcendental, micro star-like conscient verity, who is related to us as our spiritual Mother-Father. He is our Saviour, Mentor, Guide, Teacher, Friend and Preceptor. You can make Him your child, caring tenderly for Him, make Him your constant companion while moving, eating, drinking or keep Him beside in your day-to-day activities. **This linking of our mind with God will bring us bliss, peace and might. This is the universal truth about God that only He is beyond the cycle of birth and death. He is Incorporeal, vice less, egoless (as He does not take any bodily form), therefore, is not maligned by the vices of lust, ego, anger, greed or attachment.**

Other leaders or founders of

different religions incarnated to establish their religions at different point of time in the history of the world. **But the point to be noted is that all these religious leaders/founders were ‘Dharmatmas’ (Founders of different religions), not ‘Paramaatma’ (The Supreme), who is the One, the Supreme Soul, beyond the cycle of birth and death. Similarly, we say, ‘Punya Atma’, ‘Mahan Atma’, meaning ‘Virtuous soul/charitable soul’, ‘Great soul’, but since all of these souls come into the cycle of birth and death, they cannot be called *Parmaatma* or The Almighty Authority (Supreme Soul, Shiva, Allah or God). The Supreme Soul is beyond the cycle of birth and death, hence Supreme or Shiva – ‘Sada Shiv’.**

An Ocean of Purity, Peace, Bliss, Wisdom, Knowledge, ...God is known as the Father of the world not because He created the souls or the matter but because it is He , who brings liberation to souls from the bondage of five vices which are the causes of all sufferings, thus bringing about a spiritual revolution. **In other words, God is not omnipresent but, his remembrance can be omnipresent.** All the same, He

is omniscient and omnipotent. We all remember Him, though mostly in the hours of need; no matter whether it is a small child remembering Him during his exams, praying for securing good marks or an old man remembering Him in order to be relieved of his physical problems or; for that matter, a youth remembering Him for success, love, peace, prosperity and the like...

Thus, it would not be wrong to say, "GOD IS NOT OMNIPRESENT, but, HIS REMEMBRANCE CAN BE OMNIPRESENT!"

(...Contd. from page no. 29)

sanctity of their sacred thread. However, the real meaning of 'Brahmin' is explained by the Supreme Father Himself. The real Brahmin is the one who performs elevated deeds (*karma*). There is a *shloka* in sanskrit "*Brahmin Devtaye Namah*", which means in the next age they will take birth in Deity World. Naturally, one needs to develop these virtues and qualities in this life so as to easily claim the status of being a deity in the new world.

FROM GLOOMY TO CHEERFULNESS

– Rajyogini Dadi Janki

❖ Don't engage too many thoughts on the 'reasons' behind situations;

Work on the solutions.

❖ Maintain elevated good feelings for the family. The nature of others should not change your *resolves*.

❖ Use the course of realization to end yours and others' weaknesses.

❖ **The Murlis hold all the answers...**

❖ My cheerful face will end the sorrow of others and spread peace. Cheerfulness is the result of diving into knowledge.

My face can bloom when I maintain an *avyakt* stage and spiritual outlook.

❖ Look closely at your personality: remember whose child you are.

The nourishment of happiness makes us strong on the service field.

I can share only when my treasure-trove of happiness is full.

❖ Do not accept even a 'pinch of sorrow' from people or situations.

❖ **Follow Baba's elevated teachings and you will never have to lower your head.**

Inner stability means neither arrogance nor low self-esteem.

❖ Visualise the world through your Third Eye and as Knower of Three aspects of Time.

Earn an income naturally by valuing all the attainments received through *Sakar Brahma Baba, Avyakt BapDada* and the *Yagya*.



SELF- CONTEMPLATION: “EVERYONE NEEDS SPACE”



– B.K. Sis. Padmapriya, Los Angeles, USA

There is work space, home space, storage space, parking space and many others. We allocate space for physical materials and tasks in our life.

But do we give space to a person? In other words, do I give space to other person's thoughts, feelings, ideas, opinions, wishes? Which means do I accept people as they are or am I always critical or judgemental about others?

Do I allow them to be what they are?

We all are actors and each one of us has a role to play. Good or bad, we all have a script. Each script is unique and the whole life revolves around this script. When I tend to interfere in or get annoyed at someone's script i.e. their behaviour, then I am not giving them space to play their script. Script covers one's habits, personality traits, recorded patterns, nature, behaviour, attitude, idea, opinion and belief system.

Example: A carpenter needs his space to create something

with his logs of wood and tools. If he is not given his space, he will still work but his work will not be efficient.

Giving Space for One's Task

Say, you have to bake a cake, you found your recipe and your work is in progress. Your script is set on baking now. But if people around you are constantly commenting on the way you bake, giving you corrections and ideas, will you be able to finish your baking? No, and even if you do so, you would feel that you didn't get your space to work and next time you make sure that there is no one in the house when you bake the cake. We expect our space; similarly I should also give space and not interfere/comment/push other.

Each tree takes its own time to grow. A rose plant might grow quicker than a coconut tree. Likewise, one can take longer time to finish a task than the other. I should just learn to give them their space rather than getting annoyed or irritated or trying to be bossy.

Giving Space for One's behaviour

People play their roles according to their own beliefs and understanding. They write their own script. Our job is to focus on our roles rather than being caught up in others' scripts. However, that is hardly the case. As we interact with people, there is a background judgement going on in our head. This is called interference. I not only question but get affected by others' roles and blame the person and their script. The moment I think “why this person is talking to me like this”, “how can he cut me off in the freeway”, “why didn't she smile at me”, “how can they treat me like this”, “I deserve respect”, “I always end up waiting in the bank, the officers are not efficient”, “I helped so much but she didn't even care”, “he is so mean”, “she is always late”...I am trying to control the other person's script. For me the right way is the way I wanted it to be.

I have to understand that people behave according to their judgement and feelings. I can only change and control my script and not that of others. Rather than raising questions and getting disturbed, I can accept them as they are and tune myself

accordingly. Say, I am driving and when I see a stone in my way, I just turn my car in other direction. I do not stop the car and ask why the stone is here, who put it. Similarly, I work on myself to adjust myself with the person who is troubling me instead of blaming or becoming a victim.

I have the power to create and change. I can improvise on my role and be completely easy, cool, light, accepting and focused.

We have been living so far in our automatic mode i.e. there is no control on our emotions; they come and go as they wish. Rajyoga helps us to switch to manual mode where you can erase, write, develop and modify your script. Effort and attention is required in manual mode. I am consciously thinking and creating positive thoughts, teaching myself to distinguish good from bad. Once this process is completed, I can put myself in automatic mode of being peaceful, loving and happy without any effort.

As you read this, you may wish to rewrite not only your script but also change the way you play it out. Whenever I understand and realize something deeply, I get the power to do it. Didn't Baba tell us that each one of us is a master creator?

GOD IS NOT OMNIPRESENT

– B.K Sapna, ORC, Gurgaon

Omnipresent is not He
Though His Purity, Love and Peace be so.
His abode is of Silence Supreme;
From Him do love and care flow.

He's Ever-Loving and Ever-Pure
And beyond the limits of name and fame
Yielding knowledge to humankind
Through meditation making their claim

First Actor of the Drama Grand
Playing deftly His beautiful part
Lord of all with highest stand
Water, Air, Fire, Sky fill the chart

Lives in human heart and soul;
Memories enshrine the Ever-Divine
Not in idols His unique role,
But for souls to chisel and refine

(...Contd. from page no. 18)

also remain detached from all physical relations and, thus, be ready for our return journey to Incorporeal World.

Moreover, from the point of view of performing Godly service in the manner God wants us to do; we should use only those pictures which are related to Godly service. Keeping ourselves away from the pictures which give rise to body-consciousness and attachment, if we invest our time, thought and breath in building our character for our present and future and doing World Welfare, then, not only all our past misdeeds will be burnt in Godly remembrance, but we'll also get the heart-throne of Shiv Baba and will attain the higher status in the forthcoming New World.

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