

¶ From the mighty pen of Sanjay ¶



## LET US CLAIM OUR GOD-FATHERLY INHERITANCE



People celebrate the birthdays of their friends and relatives with great joy and jubilation. They consider it as an occasion of happiness and offer each other happy greetings. Even if the person was born in the night, they call it the 'Birthday Celebrations'.

Of all the births that have taken place or will take place, there is one birth which is unique, extraordinary, supernatural and divine. It does not have any parallel. It is mysterious and most wonderful. The exact time and date of that birth is not known to anyone, yet the event of that birth is recorded in one of the most famous and most sacred books. It is the birth of God, the Father of all mankind, mentioned in Shrimad Bhagwad Gita, in God's own words. It is the divine birth of the Incorporeal Supreme Soul. It is a divine birth, not like that of human beings – the birth in the form of an infant to certain parents. No, for God has no *Karmic* accounts that He should take a birth of this type or should take succour and sustenance from human beings in this way. It is the descent of Shiva, the Point-of-Light into the aged body of a man whom He now renames Prajapita Brahma. Since this birth takes place at the time of the height of darkness of irreligiousness and ignorance which is compared to 'Night', it is called 'Birth-Night' and has been celebrated year after year as 'Shivratri'. By incarnating, God Shiva transforms the Iron-Aged world of sorrow and suffering into the Golden-Aged world of hundred per cent purity, peace and prosperity and bestows upon all human souls—His beloved children—the inheritance of heavenly health, wealth and happiness. Not a single human being remains without a divine gift—either Liberation or Fruition. So, this is an occasion for extreme joy and jubilation, to all human souls, to whichever country or religion one may belong. This divine birth has taken place again, exactly as it did a Kalpa ago. We celebrate 'Shiv Jayanti' as Shiv Baba descended on the

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## 78<sup>th</sup> TRIMURTI SHIV JAYANTI (Maha Shivratri)

W e, the people of Bharat, have been celebrating Maha Shivratri year after year for centuries. On the path of *Bhakti*, the concept of simple faith has kept this festival alive to date. However, our self-introspection and subtle reflection compels us to ponder over the exactness or truth about this centuries-old devotional celebration. The Sanskrit scholars and great *pundits* could explain hundreds of interesting stories and mythological events to prove how fruitful it is to have faith and just offer a few leaves of Bel Patras to please Lord Shiva while seeking His blessings on the night of Maha Shivratri... It is further assured that this would reap positive results, and fulfill all materialistic or worldly wishes of becoming rich, experiencing health benefits and even freedom from the Cycle of Rebirth. However, it is a matter yet to be proved right. As per the divine law of cyclic order of this world, and as per God's own promise as enunciated in our scriptures of ancient Bharat, God Shiva descends but once in the cycle

of creation to enlighten human beings about His own true identity as well as the truth about His creation. On the basis of the personal experiences of Pitashri Prajapita Brahma in the year 1936 and thereafter, truth about God's existence and knowledge about His vast, vast creation have been found to be very unique and appealing, resulting in transformation of human outlook and inculcation of spiritual values and divine virtues. On the basis of this *Gyan*, a beautiful and loving relationship is established between each individual human soul and the Almighty God Shiva that helps divinize human consciousness.

When we celebrate the 78<sup>th</sup> Trimurti Shiva Jayanti on 28th February 2014, we would feel so proud and honoured in sharing the most invaluable secret with one and all: **this is the most opportune time to awaken spiritually, and empower ourselves so that we can visualize the self in our true star-like form, and experience divine knowledge and Godly powers as our spiritual inheritance from our**

**Eternal Spiritual Father God Shiva.** This simple but most effective way of spiritual communion or Meditation on the light-form of Shiva automatically bestows on us the boons and blessings of God's love, purity, virtues and power. This powerful form of spiritual meditation helps us reconnect with our original selves, so that we naturally cleanse the self of weaknesses/defects and settle karmic accounts in order to experience *Mukti* (Liberation from Negativity) and *Jeevan Mukti* (Salvation).

The best way to celebrate Maha Shivratri would be to know the difference between God Shiva and the Trimurti angelic creation of Brahma, Vishnu and Mahadev/Shankar. This would automatically dispel the confusion created by the mythological stories about Shankar-Parvati and the other angelic deities.

God Shiva is the Bestower of *Mukti* and *Jeevan Mukti* to all humankind. Those who are fortunate enough to have recognized, learnt and practised the same as per the direct revelations by Supreme Father God Shiva through divine visions as well as the spiritual teachings (*Murlis*), from 1936 to date, can appreciate the Truth, Beauty and Benevolence for which God Shiva is praised and remembered so fondly as

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**“Satyam - Shivam - Sundaram”.** Let us become soul-conscious as star-like beings of eternal spiritual light and might, and remember God Father Shiva, to be worthy of returning to *Paramdham* (Highest Abode of God) and then descending into

Golden Age (Satyug) as deities. The daily spiritual practice of re-affirming our personal relationship with our most beloved Supreme Father would bestow on us the fruit of freedom from Kaliyug’s bondages, and empower us with

purity and divinity to be worthy of receiving the inheritance of the Golden-Aged Deity Empire. May you receive God Shiva’s blessings of *Mukti-Jeevan Mukti* Sovereignty of the Golden Age!

### **BASANT PANCHAMI TO MAHA SHIVRATRI**

In the first week of February, the welcome change of weather from cold winter to sweet spring (*Basant*) knocked on our doors on the 4<sup>th</sup> of this month. I was intrigued by the little blue and brown sparrows flying around and singing melodious songs to entertain me. My attention was then drawn to the first beautiful red rose of the season, which welcomed me with a symbolic Namaste. I could not stop feeling appreciative of the beauty of this first red rose of the little garden between Mahadaani Cottage and Ever-Healthy Hospital (Shantivan Campus). The Neem trees have become golden-yellow and are ready to shed their old leaves before the shining new ones emerge in their glorious form. The warmth of the changing weather inspires us to feel anew, as the biting cold can no more spoil our moods. The flowers on the mango trees, and the singing of the *koyals* (cuckoo) paint a beautiful

image of bumper mango crop this year! As anywhere else, the spring season fills our minds and hearts with new hope and vigour. The fields all around look so picturesque, and bring to mind the image of ‘*Sarson ka Saag*’, a favourite North-Indian dish made of mustard leaves and spices, that is enjoyed with *Makki ki Roti* (roti of corn) with fresh butter applied generously...

Amidst this heart-warming ambience, we are very thankful to our big brother BK Ramesh N. Shahji for celebrating his 81<sup>st</sup> birthday (5th February 2014) on the Banas River bedside with music, greeting cards, a dance, a poem by BK Shweta, a song by Madhur-Vani Group, flowery speeches, big bouquets of roses and other variety of flowers, and the cake-cutting ceremony. This was followed by a sumptuous lunch and sweet dishes. Every moment of the celebration was in full praise of Ramesh bhaiji’s long journey of having

led a divine married-life, decorated with Godly service in multifarious fields all over the globe. The praise-worthy roles of Shanta Mata, Dr. Anilabenji, Ushabenji and others added to the beauty of the bouquet of events initiated, guided and chaired by Bro. Rameshji for glorifying the role of Supreme Father God Shiva and Brahma Baba in enlightening humanity at large. It was a very entertaining as well as enlightening programme.

We all wish Rameshbhai a very, very long life to continue his heroic role in spreading the message of God Shiva’s Re-incarnation for granting *Mukti* and *Jeevan Mukti* to humankind. As desired by Avyakt BapDada (31st January 2014), may our revered Brother bring us an invaluable gift in the form of a new plan for the final scenes of God’s Glorification. Let all of humanity soon say with joy, ‘*O Shiva, Yahi hai, Yahi hai* (This is the One)...!’

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**WE SHARE THE MAIN POINTS OF THE ELEVATED VERSIONS OF 31  
JANUARY FOR THE BENEFIT OF AND IMPLEMENTATION BY OUR  
ENTHUSIASTIC READERS:**

► Zeal and enthusiasm for world benefit is merged in each one's mind. This love of the meeting between Supreme Soul and souls is very lovely and unique. Where there is power, waste automatically gets finished there. The powerful Father and the powerful children – this powerful meeting between souls and the Supreme Soul is very lovely and unique and this meeting only takes place at the Confluence Age. A handful of souls out of multimillions experience this corporeal (sakar) meeting between the Supreme Soul and souls.

► At this time, BapDada wants you to give this experience of “My Baba” to other souls and enable them to claim a right to the inheritance. Today, sorrow, disquiet and temporary happiness are spread throughout the world. You must definitely give those souls at least a little experience of happiness and peace because you can give this experience only at this time. This time has the blessing of enabling souls to meet God. Out of the whole cycle, it is only at this time that souls have the meeting, introduction, relationship and inheritance of the Supreme Soul. Now, all the

children who have claimed a right should always feel mercy for those souls that none of the souls of this land or of the foreign lands remain deprived of. Your special task is not to leave out any area in any way so that they could complain that they did not receive the introduction. You are doing service everywhere, but no area nearby should be left out.

► Each one's fortune is his or her own, but it is the duty of you fortunate souls to give the message. Whether it is a small village, a big village or a city, it is the duty of you fortunate souls to give the message.

► This is your duty because any circumstances can suddenly come at any time. Fulfil your duty! No matter whomever you send, let there be no complaints remaining that they didn't even know. If it is someone else's area, then consult them. Do not do it without consulting them. Consult them and then fulfil this because anything can happen suddenly.

► Do not become tired in your efforts. If any small or big situation comes up, then take help. If you do not want to take anyone's help, then check it with the power of your yoga and find some or other solution to it.

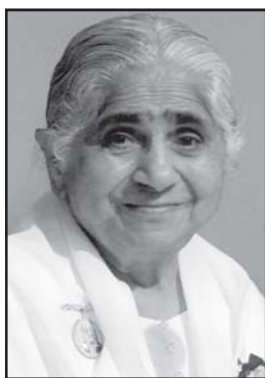
► If you do not have a happy temperament, then take help from those in whom you have faith and in whom you have that bhavna (feeling of love), because God the Father knows that trivial things can happen at any time. Therefore, it is your duty to keep yourself alert.

► Today, the signal is to be ever ready in both service and yourself. There should be an atmosphere of contentment at every place. You are receiving this signal to be ready for “suddenly”. Do not say then that you didn't know. It has to happen and it will happen suddenly. The Father wants you to have such a stage in your thoughts, words, deeds, relationships and connections that you are able to face anything when it happens suddenly. **Internal power.** Let the soul always have that attention and always be an intense effort-maker.

► Now check, if anything were to happen suddenly, if there were an upheaval whether you have enough power to be able to save yourself, to create that impact on the atmosphere and to also become helpers of others.

Om Shanti  
– **B.K. Nirwair**

# REPEAT, REVISE, REALISE



– Rajyogini Dadi Janki

education that He has given. It is not a matter of putting it into words but experiencing it in our practical lives.

**G**od Shiva enables us to understand what our thoughts, words and actions should be like. To make dough, both water and flour are mixed together; you cannot just eat flour. Similarly, there has to be that deep love and connection with Shiv Baba, as we look at our thoughts, words and actions. Shiv Baba has so much love for each and every one of His children. He never says that He has less love or even less inheritance for anyone.

What is knowledge? It isn't about speaking about long and complicated things. Keep yourself free from all that. Shiv Baba has given us so much love and taught us so much and we have attained so much from the

There is nothing to worry about. My duty is just to remember. Whatever action we perform, we need to do the same whilst being detached from the body. Baba has kept this soul in the body and is keeping this body moving. The power of the Almighty Authority is making me move along. We have to guarantee that our final moments should be very good. Baba has said: My children must not have any weaknesses left in them. Baba cannot bear to see weaknesses of the children. I have the experience that God's versions are the only truth that one needs to know and experience. I ask myself: Do I have any weaknesses or defects? I have one weakness – I can't bear to see anyone in the Godly family having any weakness. Is that attachment or love? Baba has truly become a Detached Observer now and has made me

His companion.

There are three words: faith, trust and emotion. Baba has spoken in recent *Sakar Murlis* (Flute of Knowledge spoken by God Shiva) about faith: faith in the self, Baba and drama. When there's faith, there's love and then questions cease. Does Baba have any desire or hope for all of us? Whatever Baba has said has happened practically. How will Bharat become heaven? When all the souls scattered all over the world come together. Now, there's no time left to waste doing anything else.

When there's honesty and truthfulness in relationships, there's equality with the Supreme Father. It's my desire that everyone comes together with God's love – through that relationship with Almighty Authority God. Just as I become like Baba, everyone else can too. Dadi doesn't hesitate to share what Brahma Baba was like. Although the Incorporeal One is doing everything; He's doing it through Brahma Baba. It's been easy to follow the Incorporeal One, seeing this one doing it. We don't have to do anything else; we're completely free.

Shiv Baba advises us to become 'Carefree Emperor, as well as to be 'Bodiless, Egoless



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Vice-less'. Am I a carefree emperor? Ask yourself this question. Who can stay in this stage for an hour? I'm carefree because I'm accurate. Then be incorporeal, vice-less and egoless. One needs to sit in this stage for an hour and experience it. Faith is something for the intellect to work with but my emotion/feeling, which is for the whole world, is that it's already accomplished.

A teacher may have been an instrument for one but one must have love for Baba's Murli. Let go of any feeling of 'I or mine'. How did expansion take place in the world? It happened through feelings and emotions. People may not have heard much knowledge but on the basis of 'my' feeling, they are moving along. Then there's trust: knowing that it is destined to happen. Matter has given me so much cooperation. Because when there's honesty and love, there's faith. I see the body, knowing that Baba is the Companion. With matter there's also the question of feelings, nature, etc. – but I don't have a problem with these either. If people accept, fine; if they don't, it is OK too. Baba has made many souls belong to Him and made them cooperative. I say 'Wonderful Baba' and Baba says: 'It will

happen – it's not a big deal.' Baba will make it happen – it's His duty. An instrument has love, cooperation, and equal vision (not seeing any weakness in anyone). God's work of world transformation is already accomplished. Very little time remains. We move along happily like angels, according to how Baba makes us move. This is the wonder of honesty, love and cooperation. If anyone gets disheartened or arrogant, there is an inferiority or superiority complex. Instead of holding on to such nature, with love and cooperation, it must be finished then and there. You shouldn't see anyone's weakness. Then no one will see yours – this is a subtle *karmic* account.

**Baba says:** Have remembrance, such that all your sins are destroyed and no questions arise in your mind. Don't remember anything else. Then there will be no *karmic* accounts with anyone. Everyone is good. This is the stage of completion and perfection. Who else is going to achieve such a stage, if I don't? With the cooperation of love and honesty, completion and perfection can come. Open your heart and see. Let everyone feel that you are honest and truthful. God is the Truth. Knowledge of the drama makes

us truthful. With love, transformation takes place. When there's lack of love, there's no transformation. There's no hope of transformation in me, if I don't have hope for others.

When the child has courage, the Father helps. There are so many examples of this. God is present to help us. Dadi has not let go of courage. Courage – and Baba's company – have brought me here. The Lord is pleased with an honest heart. If the Lord is pleased, whatever we hope for becomes practical. The feeling is that it was meant to happen and it did. Baba is taking us even beyond thoughts now. Time cooperates, Baba helps. The divine activities of God are really wonderful. My feeling is that everyone should experience Baba's company. Keep the heart happy; let there be no trace of any feeling of being upset. To create such a stage, I have to have deep attention. Calamities are taking place around the world but Baba's children are safe. When you are clean, you are safe. So there's no worry about what's going to happen.

The other qualities a spiritual aspirant needs to inculcate are that of Renunciation (*Tyag*), Penance (*Tapasya*) and Service (*Seva*): That's the feeling of 'I

don't need anything'. When you have renunciation, you can have penance and only when you do penance, you can serve. A man of renunciation and asceticism serves like Baba, without getting caught up in the limitations of 'I and my'. I am Baba's child and a student. Godly study is my life and brings benefit. It's not just about reading or sharing the Murli; it's our practical life. We have to finish the ego and become soul-conscious. Some people do everything for regard and respect, and so also feel insulted. They don't even realise that they are seeking name and fame. The feeling of remaining honest will keep you free from being insulted. We have the example of Dadi Prakashmani. Everyone had so much regard for her yet she never had any desire for regard.

The ancestor souls show on their faces such deep faith in Baba. Their faces also show that they have faith in the self. Being an instrument of the Supreme Soul is about five things: 1) 100% purity then: 2) Truth automatically works. The Father is the Truth, knowledge is the truth and so I have to become truthful: 3) Total patience: thinking and speaking slowly, with care. 4) Humility and 5) Sweetness. One needs to go into the depth of each of these and see practically how one receives Baba's help. Then He'll be able to give so much help to others. Repeat, revise and realise these things internally. With realization, you'll be able to draw reality into yourself.

So, one must take full benefit of God's company at this time. He is here to help us. He is kind, compassionate, the Ocean of Forgiveness. Whatever is within, if you tell Him honestly about it, He will forgive, His grace will work within and you'll be able to really move forward.

Understand what the power of realization is and experience that. Keep the aim not just to pass but to pass with honour. Be quick to come into the flying stage and let others benefit from seeing that.

## CONNECT TO INNER RADIANCE

– **Abha Mittal, NOIDA, U.P.**

Like a kite cut off from its string,  
Like a flower bereft of its fragrant  
zing,  
Like the violin tune with broken  
strings,  
Fluttering are we with fractured  
wings.

Can you stand firm without a  
strong base?  
Can you glide in the air without  
any brace?  
Choices we make today will  
decide it all,  
Whether to stand erect or we want  
to fall.

When our hearts aren't taint-less  
and clear,  
When they are full of anger and  
fear,  
When our own voice we refuse to  
hear,  
There can only be cracks, pain  
and tears.

Through TV, mobile and internet  
invented by us,  
We connect to outside world  
without any fuss,  
When will we construct such an  
inner machine,  
To connect to and enjoy our inner  
wisdom's sheen?



# FACTUAL COGNITION



– BK Pooja, Chandigarh.

Our search for a true companion can be rewarded if we have the courage to make God our companion. How can we make God our companion? For this, we need to touch the truth from deep within. Today God has been conceptualised in different forms whereas the universal truth is that God is One. Besides, there are certain widely accepted truths about human beings. One of them is that we are metaphysical energies (souls) operating on this world drama stage, using the physical energies as the medium.

We are all radiant points of energy experiencing life through this body. We all know that anything that occupies space and has mass is called matter which in turn is made up of five elements viz. sky, air, fire, earth and water. Likewise, we, the points of light, are the essence of seven qualities, i.e., knowledge, purity, peace, love, happiness, bliss and power. Now the question is: If we are made up of these qualities, why do we need them? It is because we have polluted them and we

have lost our touch with them. How and when? Before we understand this, let's briefly mention about these original attributes.

- ▶ **1. Knowledge** – it consists of the knowledge of the Self, God, the World Cycle, *Karmic* Philosophy, i.e., the knowledge of right and wrong etc.
- ▶ **2. Purity** – it is a mental environment which is without any trace of impure or imperfect impressions or negativity. It is simply a state of original truth where there is no artificiality.
- ▶ **3. Peace** – it can be compared with serenity of a sea found at the deepest level which is without any disturbance or turbulence.
- ▶ **4. Love** – it consists of an unconditional acceptance of everyone and everything without any discrimination.
- ▶ **5. Happiness** – its basis is contentment. There ought to be no blockages. It's like an undaunted flow of underground river; a stage completely devoid of chaos.
- ▶ **6. Bliss** – When happiness gets to its extreme, it

becomes a state of ecstasy. This state of exhilaration becomes the foundation for getting power.

- ▶ **7. Power** – it is the capability of the soul to cope up with adversity, challenges, tragedy, stressful situations and all the problems of our lives.

The first six attributes enable the seventh, i.e., Power, to blossom to its fullest.

These seven attributes are the metaphysical energies of different frequencies and they manifest themselves through three faculties of the soul, viz., Mind, Intellect and Resolves (*sanskaras*). The seven attributes gradually emerge after the soul enters a physical body. Mind creates thoughts; the intellect decides between right and wrong and gives decisions which are implemented by the soul. *Sanskaras* are the records of our actions.

God is also a soul but He is the Supreme Soul—Ocean of all the qualities and attributes, i.e., Ocean of Knowledge, Ocean of Purity, Ocean of Peace, Ocean of Love, etc. He remains full of these qualities through eternity. It is human souls that pass through the cycle of birth and rebirth and in the process deplete their powers and virtues by becoming body-conscious,  
(... *Contd. on page no. 34*)



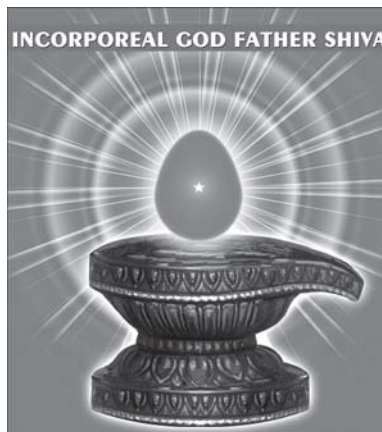
# DIVINE BIRTH OF GOD SHIVA

– BK Chanchal Gupta, Jalandhar

**S**hivratri or Shiva Jayanti is celebrated as a very important festival by devout Hindus throughout India and the world. It is celebrated as a memorial of divine incarnation of Incorporeal God Shiva in the present Confluence Age, i.e. the end of Kaliyuga and the beginning of Satyuga. Incorporeal God Shiva, who is a point of divine light, is described as the Ocean of Knowledge, Purity, Peace, Love, Joy, Bliss, Power etc. He is also known as “Trimurti” which depicts His role as the creator of the three subtle deities – Brahma, Vishnu and Shankar.

The present time is marked by extreme irreligiousness, lawlessness, disquiet, crimes, violence, terrorism etc. The crimes against women are on the rise. In other words, this is

the time of ignorance of true knowledge because of which the lives of human beings have become so much miserable. There is no joy or harmony in relations. The actions of most human beings are selfish and vicious. So, this is the same period which has been mentioned in Srimad Bhagwad Gita as “*dharma glani*”, i.e., irreligiousness or doomsday. So God’s reincarnation at such a time is a must, so as to bestow upon His children the most elevated Godly knowledge



and transform their lives from vicious to virtuous.

This is the time when God Shiva descends from the Supreme Abode or Incorporeal World, i.e., Paramdham and illuminates our lives by scattering His rays of love through the most elevated and esoteric knowledge. He uplifts us and sustains us with utmost love and care. That is why, every year in India, Mahashivratri, which is the memorial of God Shiva’s reincarnation on earth, is celebrated with unparalleled zeal, zest and devotion.

Shivaratri signifies the time to wake up from the night of ignorance, recognize God Shiva and forge all our relations with Him. The fact that only Shivratri is the festival which has the word ‘Ratri’ (night) in it, proves that the time when He reincarnates in Bharat is the time of ignorance, when all the souls are badly enslaved by five vices viz. Sex-Lust, Anger, Greed, Attachment and Ego. The Knowledge which He bestows on us through the medium of Dada Lekhraj whom He renames as Prajapita Brahma, elevates us from

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being vicious to vice-less and from being ordinary men and women to the deities like Shri Lakshmi and Shri Narayan.

Thus, the knowledge being imparted by Him is the real Gita and He is its true Sermoniser. God reincarnates in the present *Sangamyug* (Confluence Age) and teaches all of us to lead a pure and elevated life. His most elevated advice is called *shrimat*. The teachings imparted by God are the real “Gita” by which is established a new world order, a new religion called Adi Sanatan Devi Devata Dharm (The Original Eternal Deity Religion). Shivratri is not a festival for the Hindus only. If one studies ancient civilizations and cultures, it becomes clear that Shivratri is a festival for all souls of the world, as Supreme Soul, God, is the Father of all the souls, irrespective of their religion, caste, creed, gender etc.

In order to celebrate this festival in its true spirit, it is essential to know who God Shiva is and why Shivaratri (Shiva’s Night) is celebrated by the devotees. The image of Shiva is shown as a

Shivlinga, which indicates that He is Incorporeal; He does not have any male or female human form like the deities but He is a point of light. The three lines marked on the Shivalinga represent God Shiva’s three divine acts of Creation, Operation and Destruction through three deities—Brahma, Vishnu and Shankar. God is *Trikaldarshi* (the seer of the three aspects of time) and *Trilokinath* (the Lord of three worlds). Shiva is also known as Shambhu, i.e., He does not take birth in the physical sense, nor He has physical parents. That is why there is no mention about God Shiva’s parents in the scriptures.

The festival of Shivaratri is celebrated on Chaturdashi, i.e., the 14<sup>th</sup> day during *Krishna Paksha* in the month of Magha, representing the divine incarnation of God Shiva on this earth. The night indicates the moral degradation which takes place due to the ignorance of the knowledge of the self, the Supreme Soul, the world cycle etc. In fact, God Shiva is the Ocean of knowledge who alone guides humankind from the darkness of

ignorance to the light of true knowledge.

Thus, Mahashivratri is celebration of the most divine duty of God Shiva to liberate the human souls from five vices. In almost all the temples, we see that a pot of water is hung above the Shivlinga and there is a hole in that pot through which the water continuously drips on it. The pot can be compared to our intellect, water to the true spiritual knowledge and the drops which fall on Shivlinga symbolise a mental and intellectual link with God. A true fasting is to follow the bond of purity. It means to give up all the five vices and link our intellect with Ever Pure God Shiva and stay in His company. *Upvaas* (up+vaas) means to stay close to Shiva Baba. On this day, the devotees remain awakened throughout the night, which is symbolic of how God Shiva comes to awaken the souls from the slumber of ignorance and protect them from the evil influences of vices or negativities. This is the true *jagran* or awakening.

**Non-violence** is also a part of true fasting on this festival.

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Non violence is one of the basic human values. According to God Shiva, violence is of two types: one is through thoughts, words and actions for which we need to now sow the seeds of love and purity in our intellect. However, the more deadly violence about which all are unaware is of indulgence in sex-lust, i.e., impurity. This is the violence which has maligned the souls. So God Shiva tells us the *mantra* of ‘**Be Holy and Be Rajyogi**’, i.e., to remain pure/celebrate in this last birth of the *Kalpa* and to connect ourselves with Him and thus, lead a truly non-violent life.

Here is the most auspicious news that the same Gita Episode is being repeated now for the last 78 years, as God Shiva has been bestowing His most elevated Knowledge through Prajapita Brahma Baba. God enlightens and uplifts us, to liberate us from the vices, which have made this world a virtual hell. Thus, He gives souls the understanding of right and wrong, purifies and empowers them and reinstates Bharat to its pristine glory of “Golden Sparrow”.

Now, one needs to understand how and when God Shiva performs this divine function. It is Incorporeal God Shiva who executes triple functions – creation, sustenance and destruction at this confluence age—the age between the end of *Kaliyuga* and the beginning of *Satyuga*. He carries out the task of the renewal of old world into the new world, and creates a heavenly world of one religion, one culture, one language and

one kingdom.

Now is the time to experience the original qualities of the self or soul. God Shiva is teaching ancient *Rajyoga Meditation* in the present Confluence Age. At this very time He is playing multiple roles of a Mother, Father, Teacher and Preceptor, besides that of a Friend, Beloved, Brother, Consort or Companion. Thus, remembering Him with different relationship can change our lives by keeping our mind ultimately positive. Let us celebrate Shiva Jayanti festival in true sense by forging all relationships with Shiv Baba and attain from Him the God Fatherly birthright of Health, Wealth and Happiness for 21 births.

We wish the esteemed readers a Happy and Prosperous 78<sup>th</sup> Trimurti Shiv Jayanti! ●



Bliss !



– Aarzoo Mehek, Hyderabad

Wandering in the valley of love  
Listening to the rustling of autumn leaves  
Absorbing the occult dewdrops of solitude  
Singing along with the birds

Harkening to whispers of the deep woods  
Dancing to the psychedelic tunes of love  
In a wave of ecstasy, I am lost  
Lost in His loving intimacy

Sinking myself in the spiritual happiness  
Appeased by His love  
Experiencing marvels on my way  
Feeling the bliss of Paradise here on Earth  
I attain salvation from these worldly affairs.



# THE YEAR 1936:



## ***MARKED IN THE BIBLE?***

– BK Joseph, Laggere (Peenya) Bangalore

**T**his is to share with the esteemed readers that the Knowledge imparted by the Brahma Kumaris is not just someone's guesswork, but is highly authentic which finds support even from the Bible. Many Bible scholars knew about the significance of the year 1936, but they thought their calculation might have gone wrong. They never knew that it has happened with the BKs, all incognito. I came to know this because I have worked with a Bible Research Organization for about 20 years.

The year 1936 was a pivotal year for the *Brahma Kumaris*, because this was the year in which our Heavenly God Father Shiva blessed Brahma Baba with a vision of how and when this old world (hell) would be replaced with a new world (heaven).

Interestingly, Adventists, one of the dominant sections of the Christianity, from their study of the Bible, had been

expecting something similar to happen on the world scene early in the first half of the 20th century. For example, Jehovah's Witnesses (founded in the year 1876) believed 1914 as the year in which this world would enter into its last Days and God would plant the seed for the New World. Let us see how they arrived at that year.

The Bible declares that history passes through 4 stages, symbolized by 4 metals which are declining in quality—gold, brass, copper and iron—and God would destroy the Iron Age when it is at its darkest period and bring in Golden Age again. (Daniel 2:31-44) Another vision gave a little more detail. It showed God's rule as being symbolized by a tree; then it was being cut (meaning absence of God's rule for a period); and then it was shown as sprouting again after “seven times.” (Daniel 4:10-16). Jesus called this period as “the times of the nations.” (Luke

21:24) [“Times of the nations” means the period of history in which people live by fleshly tendencies or in body-consciousness which is characterized by “every kind of impurity,” and “greed.” – Ephesians 4:17-19]

How long is “seven times”? Other parts of the Bible say “seven times” is 2520 years. (Revelation 12:6, 14; Numbers 14:34; Ezekiel 4:6). And from where will the ‘seven times’ start and where will it end? Jehovah's Witnesses believed “seven times” would begin, according to their calculation, from 607 BC, when Jerusalem (where there was supposedly a theocracy) fell to the Babylonians. From 607 BC to 1 BC is 606 years. Since there is no zero year, from 1 BC to 1914 AD is 1914 years. Thus, 606 years + 1914 years = 2,520 years. (“Chronology” in *Insight on the Scriptures*, published by Jehovah's Witnesses).

However, the world did not witness anything positive taking place in the year 1914, but instead witnessed a World War (1914-1918), which ended sowing seeds for a Second World War (1939-1945). Hence the first half of the 20th century saw the beginning of the climax of

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moral decline—a time that would attract God’s attention for His incarnation, as promised in Gita 4:7.

From what has been experienced, we can say that God’s incarnation was in a different sense. He did not take birth from any woman’s womb. Rather God Almighty simply borrowed physical frame of a worthy person. In the year 1936, God, the Supreme Soul, entered into the body of a 60-year old spiritual magnet named Dada Lekh Raj, gave him six visions, one of which showed how this old world would be transformed into Golden Age, and then commissioned him to herald this good news to the whole world. God renamed him, by his character, as *Brahma* (great mind, the one who treats God as his Father and others as his brothers and sisters) and called those who got adopted by Him through the medium of *Brahma* as *Brahma Kumaris* and *Brahma Kumars*. (Compare Mathew 21:43; 23:9) And from 1936 onward, God has been teaching them Golden-Aged life, using His medium.

In other words, God, the Supreme Seed, has been appearing at regular intervals.

Through His teachings, He laid foundation of a new tree. This is in conformity with what we observe in the nature—out of the old tree comes the foundation of the new tree. Those who are the leaves of the old tree, the souls of Iron Age (*Kaliyug*), experience transformation and become the foundation for the Golden-Aged tree, or the New World. This comes about through developing a great mind, or bringing about a change in consciousness—from being body-consciousness to soul-consciousness, and then a change in *sanskaras* (the unique personality traits). Interestingly, Jewish and other Christian scholars had been saying Jerusalem fell to the Babylonians in the year 586 BC (not in 607 BC).

If one goes by the year 586 BC, he is really in for a surprise! Adding 585 years of BC and 1935 years of AD make 2520 years. That means God’s planting of the seed of the Golden Aged tree would happen after the year 1935. And it did happen in the very next year, in 1936, as shown in the first paragraph!

Interestingly, The Bible provides more information on the identity of Golden-Aged

people. They will renounce all kinds of lust (Mathew 25:1-13) and will have their headquarters on a mount where they will receive spiritual feeding program from their Heavenly Father. —Isaiah 2:2-4.

Anyone who knows about the *Brahma Kumaris* will readily realize that they live a life of purity; and their headquarters is situated on a literal mount (Mount Abu, Rajasthan, India) where people come from ‘all the nations stream’. (Isaiah 2:2). A group of around 20,000 to 30,000 people from all over the world come here on rotation, stay and take advance spiritual feeding program.

And FIGURATIVELY also, these people are on an exalted mountain because of their high moral standards and purity. (Compare Psalm 73:1; Mathew 5:8, 9). The prophecy also speaks of their practice of non-violence as another identifying mark. (Isaiah 2:4). They neither kill any being nor support killing as they follow a strict vegetarian diet cooked in loving remembrance of God. — Genesis 1:29; Matthew 9:13; Contrast Philipians 3:19.



The people with keen insight have been benefiting from these spiritual minded people called *Brahma Kumaris*. They know that the present world is like an old tree that must give way to the new. So, on one hand, they see the decayed old tree that is no longer able to continue, and on the other the foundation of the new tree already being laid by the Supreme. The destruction of the old world tree occurs in different ways. It goes through great upheaval due to natural calamities—earthquakes, floods, and great violence in nature. The animosity amongst human beings leads to anarchy and civil strife, signs of which are already apparent. Even the so-called developed countries are witnessing frequent unrest due to their mishandling of economic policies and their huge debt of unimaginable proportion. At the end of the world-cycle, the tree will be finally destroyed with the power of all the stock-piles of arms that man has manufactured. Once the old tree is destroyed, the new sapling, which has already been sown, begins to bloom. A recreation, a new world, a Golden age, a new tree, begins again. —Compare Genesis 1:27-31; 2 Peter 3:13; Revelation 21:1.



## FAR FROM THE MADDENING CROWD



– B.K. NEENA, E. Delhi

Far from the maddening crowd, while I travel inside  
Through the hut of my forehead,  
I find an inner calm, tranquillity, safeguarding me  
From the illusion and delusion of MAYA ahead

I reside and revel within the hut,  
Feel the ripples of the invincible MAYA here and there...  
Be it wrath, ego, angst or furore  
Thereby, I invoke God for support and succour

Sometimes I flounder and falter  
Do reckon, I am still a Godly student,  
A spiritual warrior...on the altar

When the going gets tough,  
With the aplomb and stoic dignity  
I embark upon my forward journey;  
Unmindful of the mundane tidings,  
Barbs and sting of foes or friends alike  
In the entire tourney

As long as I have the testimony  
From my beloved SHIV BABA – the Almighty Authority,  
To vouch for my deeds,  
Do not have to worry about bouquets  
Or brickbats indeed

The fleeting scenes, the perilous fate, the meandering trails  
The miasma of life's sorrows and woes,  
Juxtaposed with the joys and goodies of life;

I entreat SHIV BABA, when lonely, lost and forlorn,  
For I know, one step of courage  
And His thousands, going ahead along

Drinking the nectar called Murli  
Every day, every night  
I make BABA my constant companion  
Denouncing and renouncing every opinion.

As a detached observer, I view every scene of life,  
With equipoise—unruffled, unfazed, easy and geared  
Nothing more than paper tiger,  
The storms of MAYA then appear  
Assuaging of course my fears.



# BIRTHDAY OF THE SERMONISER OF THE GITA

– B.K. Apperna S., Chennai

**T**he Gita is a spiritual text that is read and revered by all the Hindus. It has been debated by many scholars and each one has given his interpretation. There are people who start their day by reading a chapter or few verses of the Gita. It is a practice in the Indian court of justice that those on trial, have to take an oath on the Gita and state that all they are going to tell is nothing but the truth. This shows the importance that has been attributed to this great scripture in our country and in our lives. Given this, it is essential to understand who the real sermonizer of the Gita is.

Some people are of the opinion that the *Vedas* were discoursed to Brahma by God. They also opine that the knowledge of the Gita was imparted to Brahma when Vishnu was elated in meditating this knowledge. This shows that people don't

have knowledge of who actually sermonised the Gita. Furthermore, we find various commentaries on this great scripture by various scholars and sages by the names, 'Gandhi Gita', 'Tilak Gita', 'Shankaracharya's commentaries' etc. Besides this, the number of verses contained in the Gita also varies. Some hold that there are 700 verses. The Mahabharata says that there are 745 verses. There is a Kashmiri translation, which even today, has 745 verses, and this is considered to be very ancient – more ancient than the Mahabharata. But the discussions between Arjuna, Krishna and Sanjay are different. It was on *this* Gita that Adi Shankaracharya wrote commentaries. Moreover, the Gita had been present in an oral form for a long time even before the Mahabharata.

This now leads us to believe that the Gita existed even

before the Mahabharata. Hence, the sermoniser of the Gita is someone other than Shri Krishna, as is popularly believed. Similarly, Arjuna requests Shri Krishna to repeat the Gita before returning to Dwaraka. Krishna then says that it is not possible to repeat it. If he had sermonised it, why would he have said so? He also could have asked him to read the version that Vyas was writing, or would write in the future.

According to one verse in the Gita, it is said:

*"Yada yada hi dharmasya  
glanirbhavati bharatah  
Abhyutthanamadharma  
tadatmaanam srijamyaham  
Parithraanaaya saadhunaam  
vinaasaayascha dushkritaam  
Dharma*

*samsthaapanaarthaaya  
sambhavaami yuge yuge"*  
(Shrimad Bhagavad Gita,  
Chapter IV, Verse 7.)

This means whenever unrighteousness prevails in the world, God incarnates to destroy the vices and to re-establish Dharma. According to the cycles of time, there are four main ages or epochs viz. *Satyuga*, *Tretayuga*, *Dwaparyuga* and then *Kaliyuga*.

It is believed that Shri Krishna sermonised the Gita in the *Dwaparyuga*. The question

now arises: if Shri Krishna sermonised the Gita in the Dwaparyuga to establish righteousness, how did Kaliyuga follow? It is well known that Kaliyuga is full of unrighteousness and vices. In such a case, should Satyuga not have followed Dwaparyuga? Doesn't it become logical to believe that the Gita was sermonised at the end of Kaliyuga and the beginning of Satyuga (the period known as Confluence Age)? Satyuga is a period which is depicted as an age of health, wealth, prosperity and righteousness, and is Heaven on the earth. So it is more logical to think that God would incarnate during the Confluence Age and sermonise the Gita to remove unrighteousness and to establish dharma.

The next important point to be noted is that the God of the Gita has preached complete Non-Violence. How then did He convince Arjuna to wage a war against his own brothers, for which He Himself became a charioteer? How did Arjuna accept such an undignified service from God?

Here we need to understand the real identity of "GOD". Some call Him

Ishwar; others call Him Jehovah or Allah. But God and His form remain the same.

God is one who is accepted by all. God is the Supreme. God is beyond all bondages of action. God is omniscient. God is boundless – unlimited in all His attributes.

God is the Father, Mother, Friend, Preceptor, Teacher, and Protector of all the souls. He is the only one who has none above Him, no parents, no guide, no teacher and no protector.

Unlike human souls, God doesn't come into the cycle of birth and death. Hence, He is called 'Ajanma' (One who doesn't take birth). It is said in the Gita that God is 'Mahakaal (the Great Death) and death can never touch Him.

Upon taking birth, humans are bound to act and get the fruit of their actions. God, however, is 'Akarta' (one who

does not perform any action) and 'Abhokta' (one who doesn't experience the result of any action).

He is said to be 'Trikaladarshi' (one who knows the three aspects of time – the past, present and future) and *Trilokinath* or Lord of the three worlds.

**He is also described as 'Trinetri' or one with 'three eyes'. He bestows the knowledge of the third eye on humans.**

**God Shiva is referred to as *Paramatma* (*Param* – *Supreme*, *atma* – *soul*), while all the other gods and goddesses in the Hindu pantheon are called *Devis*, *Devatas* – or deities. That is why the prayer, "*Brahma devaaya namah, Vishnu devaaya namah, Shankar devaaya namah...*, ends with *Shiv Paramatmaya namah.*"**

The Supreme Soul never takes birth as humans do. He, however, takes a divine birth to salvage humanity. Divine birth means that He does not come into the womb of a mother; He enters the body of a human being whom He names Prajapita Brahma. He uses the organ of the mouth of this individual, called Brahma, to give the divine knowledge to all human souls and create



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the new world or *Satyuga*.

Since His birth is divine and spiritual, God is the One who does not have parents. That's why the word '*Shambhu*' is suffixed to Shiva. '*Shambhu*' is short form of '*Swayambhu*' – the One who is self-created. It is said that Lord Rama himself made and worshipped a Shiva lingam at Rameshwaram before waging the Great War against Ravan. Sri Krishna worshipped the Shiva lingam at Gopeshwar, and prior to the war, all the five Pandavas and Krishna worshipped Lord Shiva as *Sthaneshwar* (Lord of the living beings) to gain powers. Here it would also be appropriate to understand that Shri Krishna, who is supposed to have sermonised the Gita, was born from the womb of Devaki and had all worldly pleasures. He got his education from Guru Sandipani. So it suffices to prove that Shri Krishna's birth cannot be considered divine.

We see the pictures depicting Shankar, meditating in front of a *Shivalingam*. It means that deity **Shankar and Shiva are two separate entities**. Shankar has a subtle body whereas Shiva is Incorporeal, meaning, He does not have a bodily form.

Mahadev Shankar is not worshipped in the form of a lingam; the Lingam is called Shiva lingam not Shankar lingam. Shankar is shown wearing a crescent moon, a snake around his neck, and river Ganges flowing from his head; whereas, God Shiva is only a point of light.

**The conclusion that can be drawn here is that Sri Rama, Sri Krishna, and Shankar are deities whereas Shiva is the Supreme Soul.**

God Shiva is incorporeal; He is a Point of Light. For the convenience of worship, devotees use a Shiva-lingam, as it may not be easy for all to worship a luminescent point of light, which is Shiva's true form.

The Supreme Soul, God Father Shiva, is the Creator of the *Trimurti* – Brahma, Vishnu, and Mahadev Shankar. God Shiva creates the New World through Brahma, sustains that world through Vishnu, and carries out destruction of the Iron Aged world through Shankar.

**God is described as Satyam, Shivam, Sundaram, that is, the TRUTH, the BENEFactor, and the BEAUTIFUL.**

**If the spiritual secrets behind the festival of**

**Shivratri are understood in the truest sense then world transformation will take place easily. Shivratri is not a festival for just Shaivites. If one studies ancient civilizations and cultures, it becomes apparent that Shivratri is a festival for all the souls of the world.**

For example, in the Mahabharata it's written – "When this world plunged into clutches of darkness and vicious proliferation, an egg-like form of light descended and established a new world order. The light uttered a few words and gave divine birth to Prajapita Brahma."

In the *Manu Smriti*, it is mentioned that in the very beginning of creation, a point of light manifested itself, and its brilliance was like that of a thousand suns.

Likewise, in the Dharma Samhita part of Shivpuran, it is stated that at the end of Kaliyuga, during the time of destruction, a magnificent light (*Jyotirling*) revealed itself and it was blindingly luminous and radiant.

Further, it is said that the light was eternal and it never decreased or increased in size, and that the world was created through this light.

*(....to be continued)*

# **UNDER THE CANOPY OF GOD'S LOVE**



**—B.K. Divya Sharma, Nagpur**

**I**n our journey of life, each day takes us a little forward to our final destination. And yet the final destination is nothing but a quest, an unseen land, and an unknown objective. We walk towards it every day but don't even know or haven't ever pondered what or where the final destination would be.

Every day, every moment of this life, we are on a journey, a quest to reach somewhere. Some of us know where we are headed and some are still in search of the purpose. Every path leads to a new experience, a fresh perspective of humanity or a chance encountered that leaves memories to treasure. While awareness of our destination gives us direction, the journey itself is so beautiful! And while the destination is important, it's the journey towards it which makes all the difference.

Since my childhood, I had an unshakeable belief in God and always thought it would be ideal if there was one

religion, one language and one caste. I believed in introducing myself as an Indian rather than calling myself a Sikh, Muslim or a Christian.

This dream of mine was fulfilled when I joined the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. Life is a roller coaster ride and I rode along with firm faith in God. Many ups and downs and unprecedented events took place in my life, but I remained undeterred because I was sure that God was with me and I also experienced His benevolent grace on many occasions.

Presently, devotion is at its peak in the world, but its meaning has changed. People have started to consider God as a means rather than as someone whom we are to seek. We believe in God but don't believe in what He says, and we believe in religion but not in what religion tells.

In today's ever-changing world, people blindly walk on the path of devotion. There is

so much paraphernalia: you go to temples and offer sweets, flowers and money; you chant prayers the meaning of which is seldom known to you. You believe God to have a human form and yet consider Him to be above all! Isn't that blind faith?

Today, at the most auspicious *Sangamyug* or Confluence Age, we are in dire need of true knowledge and Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya shows the true path of enlightenment.

God is not omnipresent. God is one and He resides in Soul World or the Supreme Abode, which is above this universe, beyond time, beyond space. He is Shiva—the ocean of virtues—love, peace, happiness, purity, bliss, knowledge. God Shiva is incorporeal, vice-less and egoless. He is a tiny point of light—a soul and yet manifests within Himself limitless powers. He is the Father of all of us. We souls are His children and like Him we too are tiny points of light. We are souls who have taken the human costume and are playing our parts in this eternal world drama. By staying in the awareness of being a soul and not this body, we seek true peace. We attain salvation for 21 births. God's remembrance



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begets remembrance because a father remembers all His children equally. Shiva is the epitome of love, peace, selflessness and greatness! He is the Supreme Soul and His part too is fixed in this world drama.

This is the beautiful and deep knowledge that the Brahma Kumaris teach us and open our eyes to a whole new perspective of the world, of people and of relationships!

Here, we have got the true introduction of God, soul and the time cycle. It is for us to accumulate as much as we can. This chance to earn an income for several forthcoming births will not come again. The One, whom we have been searching in every atom, is now present in front of us. He is teaching us the lessons of world welfare through the welfare of the self. Just by thinking of the Supreme Soul, all our sins are washed away and this attainment is priceless indeed. If we follow His Will, we will never go astray, nor will we fail or feel tired. In the present times, house holders have also played a big role in the success of this institution. Their dedication is visible in all the programmes that are being organised by the organisation.

There is a misconception

among some people that by joining this institution, one has to renounce his home and hearth, family and relatives. Whereas this is not true, we find that by joining this institution we learn to deal with all relationships in a better manner. I learnt the true art of living after I gained such deep, profound knowledge of God, the Time Cycle and how we souls play our parts in this Cosmic Drama. Now no question remains unanswered. I have learnt that there is a solution for each and every problem and doubt. Daily in the morning, we are awakened by the Supreme Soul and our questions are answered in some way and He lets us sleep in His lap like a mother during the night. Once there is complete dedication, He is in front of us anytime. If there is complete faith in God, we can have some wonderful experiences in our life.

I would like to narrate an incident that took place after I gained Godly knowledge. As a gift of this knowledge, I got the opportunity to visit Mount Abu, the International Headquarters of the BKs where I experienced the special love and care of the Supreme Soul. On my return journey, I had to go to Gwalior, via Delhi. Delhi was a totally new city to me.

The train was to reach Old Delhi Railway Station around 4.00 a.m., from where I had to board the train to Gwalior from New Delhi Railway Station. I was not happy with the idea of travelling this distance in the darkness of the early morning hours.

I laid the problem in front of Shiv Baba and lo and behold, my problem was solved. My co-passenger from Mount Abu, Brother Ranjit Fuliya, Associate Editor, The World Renewal, was kind enough to get off at Old Delhi Railway Station though that was not where he had to alight. He not only took me in an auto to New Delhi station, but also saw that I was seated properly in the train along with my luggage. He was kind enough to extend all possible help to me to ensure that I had no difficulty in my onward journey. He had fulfilled his responsibility as a Brahma Kumar brother, in the true sense.

Dear readers, my divine brothers and sisters, this incident has further strengthened my belief in God and I am sure you will also be able to have such wonderful experiences if you just place your hands in the hands of the Supreme and everything will be as easy as possible.

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# *NO AGE LIMIT*

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– Jissy Thomas, Baroda

Teaching is my profession and I love it. I feel that this profession has given me ample opportunity to improve my skills. I try to make learning an interesting experience. Sometimes, my students ask so many questions that they test my patience and knowledge too but it's such a pleasure when they go to another section, meet me in the corridor of the school and tell me that they still remember how well I had taught them.

Over the years, I have learnt that a good teacher is always a good learner also. Two recent instances strengthened my belief that there's still a lot more to learn.

I had accompanied my students to a picnic spot, a health resort in the city. There was a rope bridge. Its height was lower than usual so that even little students could climb. Although the bridge's height was low, there was a possibility of getting injured while climbing or getting down. Many students started climbing under the watchful eyes of the teachers. I was amazed to see how agile some of the students

were! Then came the toughest part; one student insisted that I must also climb that bridge. I told her that I'd surely climb but after all the students had climbed. When it was my turn, I was very nervous because my pulse rate was very high and my hands trembled a lot. I thought if I had to hold the rope of the bridge with trembling hands, how would I be able to cross over to the other side? But then I saw my students looking at me with the hope that I would keep the promise of climbing the bridge. So I said a small prayer and climbed the rope ladder.

As I reached the bridge and took the first few steps, the students started cheering me. Then I lost my balance as the bridge leaned towards the right side. I thought that was the end of it. Then I heard one of the students say "Ma'am, keep your leg in the centre of the bridge. Then you won't fall." I said to myself "How foolish of me to put my leg on one side! How on earth could I forget the simple principle of science that I learnt in school—that of equal distribution of body weight on both the sides?" I followed that

student's advice and reached the other side of the bridge and climbed down. The students were happy to see their teacher perform a great feat and the teacher was happy that she was able to fulfill the promise made.

The second instance too happened in school. During the Sports Day, the Principal assigned the duty of making announcements to me. I had never undertaken that duty before; so I didn't know how to do it. I thought I must give it a try. I took suggestions from the other teachers who had done this duty before. On the day of the event, I was a bit scared because the Principal was sitting in the opposite lane and she could see all my movements. What if I committed a mistake! As the event progressed, though, I regained my confidence, I was able to make some impromptu comments also which were liked by everyone. After the programme got over, the Principal appreciated my efforts. I was happy.

If you keep your eyes and ears open, you can learn a lot from others. There's a saying that you can't teach new tricks to an old dog. But I don't agree. Age is in the mind. As long as you feel young, you are young. And yes, you can always revise the chapters that you learnt in school, as life progresses.

# WHO IS THE SERMONIZER OF THE GEETA?



– B.K. Rajbala Singh, Powai (Mumbai)

**S**hrimad Bhagwat Geeta is privileged to enjoy imperishable glory as the highest read and revered scripture of the world. It is widely discussed and debated with intense interest and enthusiasm and its verses are often quoted by the scholars to prove the authenticity of their statements. It is so much relevant even in the present scenario that it has been translated into many languages of the world. The Geeta holds a paramount position for enlightening and awakening mankind into excellence and exuberance. Even our Indian judiciary has recognised it as the most authentic scripture to swear on, which is a strong evidence to prove its significance, among the superabundance of Hindu scriptures.

It will not be an exaggeration to state that the Geeta is the greatest scripture, ever existed on this planet, uttered by God, the Incorporeal Supreme Soul, addressed to the incorporeal souls as the divine knowledge related to the elimination of Maya or five notorious vices i.e.

Lust, Anger, Arrogance, Attachment and Greed. It provides great inspiration for imbibing the virtues like Purity, Peace, Compassion, Love, Tolerance and so on.

The admirable teachings of the Geeta, pertinent to almost all the aspects of human life and having the capacity to lead any person across all castes, communities and countries to a virtuous life, may not be addressed so narrowly to Arjun alone. The fact of the matter is that God is the Supreme Father of the whole creation who wishes for the welfare and well being of all; hence it is He, the Ocean of love, who can guide every seeker whosoever is inquisitive to learn and thereby illuminate their life through the divine teachings of the Geeta.

As is believed the Geeta contains the dialogues especially between Shri Krishna and Arjun on the battlefield of Kurukshetra when the Pandavas and the Kauravas with their respective armies were well arrayed on the battlefield, confronting each other. It is said that after

watching all his kith and kin among the enemies, Arjun pales and numbs at the very thought of killing them, that too for petty material gains. Overpowered by utter despondency so terribly, Arjun is reluctant to raise his bow at any cost. At that moment, Shri Krishna, who was Arjun's charioteer, his friend, mentor and guide, counsels him to perform his religious duty, without caring for its outcome, in order to save the dignity and honour of being a Kshatriya. The noticeable issue here is that with each dialogue, the name of the speaker is mentioned like 'Sanjay uvach', 'Arjun uvach' but with Krishna's dialogues the words are 'Shri Bhagwan uvach'. In order to reach an acceptable conclusion about whether Shri Krishna is entitled to be called God, let's analyse some of the predominant attributes defining and describing God, the Almighty.

- ▶ 1. God is light.
- ▶ 2. He is the Supreme Energy (for the sake of convenience I am using 'He', though God has no gender.)
- ▶ 3. He is above the cycle of birth and death, hence not bound by the Law of *karma*.
- ▶ 4. He transcends the barriers of time and space.
- ▶ 5. He resides in Paramdham.
- ▶ 6. He is incorporeal.
- ▶ 7. He is above all the



dualities; male-female, day-night, joy-sorrow, young-old etc.

- ▶ 8. He has no father, no mother.
- ▶ 9. He manifests Himself or descends when He wills, as decided by Him.
- ▶ 10. We are the souls and He is the Supreme Soul; so He is our father and salvages us from sufferings as promised by Him in the verse – “*yada yada hi dharmasya.....*”

Now, with all due regards, if we evaluate Shri Krishna on the basis of the above referred criteria, it may be concluded that he is Satyug’s first deity endowed with all the divine accomplishments, is born of parents, and goes through the cycle of birth and death. Hence, he can be called a deity but not God.

In the Geeta, *Bhagwanuvach* (to Arjun), ‘you cannot see me with your physical eyes’. This also implies for Incorporeal Supreme Soul and not for Shri Krishna because he was very much visible through his majestically beautiful body.

Most of the people, who are theists, refer to God as their Supreme Father. They believe that He is impersonalized and that He is light, an energy. It is only the Hindus, that too not unanimously, regard Shri Krishna as God incarnate but

the world in general can never reach a consensus about accepting Shri Krishna as God. God, the Omnipotent, is called the bestower of all happiness and the eliminator of all the sufferings so it is He alone who is addressed as the Liberator, which can never be the attribute of anyone except the Almighty.

The verse “*Yada yada hi dharmasya.....*” occurs in the fourth chapter of the Geeta and is oft-quoted as an evidence for God’s assurance to descend on this earth when the world order falls into the bottomless pit of degradation, when there is lassitude, lewdness and lasciviousness all around. He then establishes a new world-order called Satyuga by annihilating the vicious and by protecting the upright. Satyug is an era existing on this earth itself when all the inhabitants are hundred percent soul-conscious, where purity and divinity pervades not only each person but also each element of the environment. Those residing in this epoch are called deities.

Shri Krishna, being the most virtuous, adorned with all the sixteen celestial degrees, occupies the top-most position among the deities of Satyuga. In the hierarchy of social order, Satyuga ranks number one while Kaliyuga, number four

because the soul, which is in its purest form in the Golden Age or Satyuga, keeps descending on the ladder of the chronicle order, crossing Tretayuga, Dwaparyuga and finally reaches Kaliyuga, the Iron Age, which is an era of complete chaos, commotion, culpable cruelty, cunningness and corruption in its worst form and where ethics and morality are butchered to pieces. Unfortunately we are living through this phase. The heinous and harrowing incidents of day-to-day life have become the order of the day and seem to have shuddered and shattered our spirits. This is the apt time for the advent of God, so as to salvage the mankind from the cruel clutches of the worst possible times. Lo! He has already come to keep His promise and has been redeeming us by washing off our vices which are the cause of our varied sorrows and sufferings. He is laying the foundation of a Golden Era i.e., Satyuga, by purifying souls from the evils and simultaneously infusing them with virtues, powers and knowledge. He has established Prajapita Brahma Kumari Vishwa Vidyalaya for this purpose.

We may wonder when God is Almighty and above the

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bondage of life and death then how He salvages souls to usher in new era? As God doesn't possess physical organs, He descends on the soul of Shri Krishna in his last and 84<sup>th</sup> role in the body of a diamond merchant named Dada Lekhraj. Even in his last birth on this earth, Dada Lekhraj or Brahma Baba was still extraordinarily gifted with human attributes like religiosity, kindness, compassion, and uprightness. God makes him His instrument for disseminating knowledge to purify people in order to make them worthy of entering the Golden Era.

The basic, unavoidable principle is that no impure soul can enter Satyuga and no pure soul can step in Kaliyuga so Shri Krishna who is the purest soul and the first prince of Satyuga, can never put his foot on the earth in the vicious times of Kaliyuga. God is the Supreme Father of the whole existence whose divine role is to create a progeny of pure souls through the mouth of His human medium whom He renames Prajapita Brahma, which is descriptive of the duty He is performing at His behest. We are required to know the fact that the divine act of transforming Kaliyuga into Satyuga falls within the ambit of God only.

After going through the significant facts stated above, we may reach the conclusion that the battle of Mahabharata was never fought physically, rather it is a metaphor to bring home to us the war waging between the opposite forces in our mind i.e., right and wrong, positivity and negativity. In these dark times when Kaliyuga has reached its fag end, the demonic tendencies are gathering momentum day by day, trying to outdo the divine which are represented through the Kauravas who are hundred and the Pandavas who are five, so less in ratio. This is the apt time for God to come in order to transform the den of demons into the paradise of the pious by teaching Rajyoga.

God prepares an incognito army of sisters, mothers and brothers known as Shivshakti and Pandav Sena respectively, to nullify the evil altogether and lays down the foundation for the sovereign kingdom of Golden era implicitly. Since He is our Father, the Ocean of Compassion, how can He ask His one child to kill another child? So it must be clear now that Mahabharata is all about non-violent war. Moreover, if we scan the Geeta, there are eighteen chapters in it; leaving the chapter number one, there is no reference to armies,

soldiers or fighting. From number second to eighteenth, all the chapters deal with either different types of yoga or three modes of material nature, *sato, rajo and tamo*, renunciation, surrender to the Supreme Soul and enlightenment. Is it not enough to prove that Mahabharata is not about violent battle? In fact, it represents the current period of Kaliyuga we are passing through.

***Although the people including the scholars and the laymen, are convinced by these stirring logical revelations that-***

- ▶ 1. God is the sermoniser of the Geeta.
- ▶ 2. It is all about the battle going on in the mind of man, particularly in Kaliyuga;

Yet they dare not challenge the scriptures, which are embedded in their psyche irrevocably.

If we somehow manage to prepare a consensus regarding these two facts, it will bring an unprecedented revolution because God is one and the Geeta spoken by Him will gain the status of the scripture of the whole world which will help bring the whole world under the banner, 'One God, One World Family'.



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(...contd. from Jan. 2014)

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## 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 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 Takeoff To Heaven. Can Your Chimney Point To God Or Only to The Stars And the Moon?)**

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– B.K. David. Paignton. England

Only those with immense wisdom will walk down this mountain, as they'll be wearing the mountain boots of wisdom and holding in each hand the sticks of 'care and attention. These few wise souls will arrive at the base of the mountain in one piece and with a smile. Many will be at the foot of this mountain in a state with many broken bones, head complaints and needing either heart resuscitation, brain surgery or an Undertaker. The wise will realize the problem at hand, will recognize their good fortune, count their blessings and quickly set about helping those less fortunate. At such a time (like today), would it be wise to be bothered about your hair or cleaning your dirty car or ironing a shirt? When the world is crying out in such distress as it is today, what should you be concerned about

and doing? Vacuuming? Buying a new shawl or pair of shoes? Weeding your garden and cutting the lawn? Your bank account? Having a haircut? Think about it: the world is in such a big mess and some are more concerned about the fact that their hair or garden looks a mess or just needs cutting. I'd sooner have a dirty car and clean mind, than dirty mind and a clean car.

It requires far more luck and care than what people possess to avoid the many sharp rocks of bad *karma* on this mountain that stand proud above the snow; and all need to be avoided if you are to survive the climb down and reach base camp safely. Many are now not climbing but falling down this perilous mountain out of control, wondering what is happening and how to stop the self as they have truly had enough hurt and pain on this

journey down.

**If You Are Remembering  
Your Food And Hunger,  
And Not The Pilots, You  
Will Not Be Seen And  
Rescued.**

It is only by remembering God that He can rescue anyone in His helicopter of spirituality and righteousness. The two pilots in God's helicopter are experienced experts in rescuing souls. The prerequisite to being rescued is that you need to send up the blazing flare that can only be lit by having constant remembrance of the main pilot. Only this alone will capture both pilots' attention, gain their assistance and effort necessary for them to lower down their ladder to rescue you.

This helicopter can only rescue those who have enough spiritual strength, love and wisdom to grab the ladder and stamina to keep hold of it. Plus,

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in order to be rescued, you need endless dedication and a powerful desire to meet God and to live a spiritual life; and to be one who truly repents his old ways and can wear the fluorescent jacket of repentance and put his hand up and say they were wrong. It is time to repent our sins or stay lost in today's turbulent ocean of vice.

### **Avalanche**

This world is caught up in the avalanche of sorrow and suffering. Everyone is sliding down in this avalanche of wrong doings. They are being tossed, turned upside down, cut, broken, buried alive and being hurled to a very uncertain ending. Hardly anyone will survive and only a few souls at the bottom shall be rescued by the emergency team of 'Bapdada Wing' when they lower down the ladder of remembrance in response to the distress calls received saying "They regret their past and want to change, and have changed". It will only be the sincere last minute calls that will be heard and answered. Only those who really repent and sincerely regret their past with a true heart will be given the chance to climb free from certain death that awaits all those out of control and caught

up in all the sorrow below.

God's rescue helicopter at this time shall be limited as it does not have unlimited room and there will be only a few empty seats available by that time. Virtually every seat onboard will already be occupied so the last few that He picks up will be very lucky. Those already sitting onboard will have completely changed their ways and be living regret free. Those left below will have to carry on choking on man's 'airborne pollution' (vice) whilst the rescued up above will breathe in God's airborne 'solution of purity'. The difference is that of drinking deadly snake venom and mango juice; of being walked upon by an ant (tickled) or elephant.

### **You Shall Have A Long Wait If You Are Waiting For Your Chimney To Start Its Launch Sequence To Take off To Heaven.**

If you think happiness is just going to appear from nowhere – transform your life from darkness to light; from total misery to total happiness; from despair to achievement and from ignorance to enlightenment whilst you are at home asleep in front of the fire, think again. There is as much chance of your getting happiness

without effort as there is of your chimney sprouting wings today and taking off to the moon. Yet it's more likely for that flight to happen than the world's people to find true and lasting happiness today or in the future. They can sit on the sofa, in a rocket, in a cave, on a train, in a court, in Presidential, Prime Ministerial or Holy man's waiting room and will on leaving, feel deep down in their hearts, still empty having achieved almost nothing.

The void left by the lack of truth in one's life can only ever be filled and satisfied with truth and no matter how much rubbish you try and throw in it, it will always remain and feel empty. People really desire a lasting truth and happiness yet no matter where they go and what they do, if there is no truth in either, only receive a cream cake (sweet talk) which is satisfying for only a minute. No matter how plush the office and its door, how high the position and important the person, it can be difficult to find truth behind any of them. If you want truth, then only by knocking on God's door will you find it. You can knock a million doors (falsehood) and only ever walk in to darkness every time. There has ever been light and

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truth behind one door in all history and that door belongs to God and until recently, was invisible. This door has always been very illusive and impossible to open by man as you need to press the doorbell, which is also invisible as it's in the shape of an invisible third eye, in order to get God's attention to open it.

**Are You In Control  
Walking Down The  
Mountain Or Falling Down  
It? Do You Know How To  
Call Up God Without Using  
Your Mobile?**

The world is nearing the bottom of this mountain of 'Bad Karma' and for those who've escaped the rocks and being buried alive, reaching the bottom will still only spell certain death. Their lives have clearly written their ending in the snow on the way down; which caused the avalanche in the first place. Too many bad deeds written by too many people caused the avalanche to start and to make those responsible eat their words (suffering) on the way down. Keep placing your groceries (heavy, bad thoughts) on a table and eventually the table will break. You may not think one item (thought) is that heavy or bad, yet when you put them all together from one day's shop in the same basket (your mind) and

unpack them on the table of life they spell D I S A S T E R.

The world is in a win-win situation. If you believe in God and what He says, then you can sit back and smile and wait and feel content. If you believe in man and his monkey ideas or your own dictates, you will also probably sit down occasionally, feel content and smile (especially at those trusting and believing in God). Only one lot and their ideas, beliefs and understanding are going to be right at the end and left standing – with a smile.

**Life: It's Just Not Like  
Cricket Anymore.**

Whatever you choose to follow in life, be that God or man, the monkey, yourself or fashion, is as important a decision to you as you deciding to breathe in and out all day today. It's God or man, which equates to either breathing or not breathing. It is time for you to declare whose side you are on before the final whistle blows. The wise see that only God has a whistle and that man only carries round a rattle. It's because of man constantly rattling (sorrowful complaining) that God has to come to blow the final whistle. For whose team are you going to step out for on the field and bat? Or like most of the people,

are you only going to sit and watch the game with a beer in your hand and cheer on just your own self and family?

**What Will You Put In Your  
Pocket (Mind) Today?  
Pebbles or God? Heaviness  
or Lightness? Truth or  
Falsehood? The Future or  
The Past? Happiness or  
Sorrow? Tears or  
Laughter? Hope or  
Despair? Money or Good  
Wishes?**

There really is nothing in between: you either choose man or God. There are two choices: spirituality and developing peace, or going to the moon to collect rocks and digging up the earth in search of bones and broken pots.

**Ape or God? Vote Today.**

Many persons favour the notion of the dinosaur, Darwinism and his relations, the ape, over God. It really is a question as to whom you think you are related? Is your distant father an ape or God? Who are you going to vote for? God and heaven? Man, rockets, history and science books and test tubes? Do you want to vote for the monkey swinging through the trees stopping only to eat? At least monkeys have the sense to be almost vegetarian and eat many bananas – and not slip on them. **(Concluded)**

# THE END STAGE BATTLE

– Dr. Dilip V. Kaundinya, Mumbai

World-famous game of chess is a formidable test of one's determination, dedication and self-discipline. It also tests the mental endurance and will-power to maintain equanimity under any situation on the chess board. Here the immense mind-power is used for clever moves to win an insignificant battle on the chessboard. Life is also like a game of chess – unpredictable and forcing us to make different moves. In fact, it is a much more complicated affair as the mankind faces perpetual and lifelong battles with pain, suffering and diseases. Today man suffers from an **Abhimanyu syndrome** which ensures an early death due to ongoing battles of a novel kind. The foe is one—Maya, Ravana, Satan or Devil with various forms of negativity—stress, tension, anxiety, fear, frustration, lust, anger, greed, ego, jealousy and hatred. As **Deadline after Deadline**

**syndrome (DLDL syndrome)** saps the life-force, chronic fatigue and sleeplessness begin to take over. God-given neurotransmitters (Feel Good Hormones) get exhausted resulting in depression. If acute suicide ends the story; overeating or eating Amitabh-certified Cadbury chocolates and drinking Aamir Khan-advertised cola result into obesity. This overweight soon gets translated into arthritis, diabetes and heart attacks. The modern Abhimanyu goes on taking muffled, unnoticed steps to his certain grave in a life full of pain and sufferings. Pill power provides temporary solace while will-power goes on diminishing. Swallowing a chunk of tablets on the slightest pretext becomes a way of life. This form of scenario is one kind of end stage battle in life.

Another kind of end stage battle is one in which a person is in a purposeless and useless

existence either in an old-age home or in the hospital, in deep coma. People often misinterpret these situations and say, “What a great will power! This person is fighting the Death itself.” Holy Quran provides a very logical answer to such situation. It says, “Allah, the Merciful, gives innumerable chances to the human beings to come to Sirat al mustaqim or ‘The Straight Path’. Hinduism calls it as the ‘Path of Shreyas’”. It is said that Allah the Supreme, sends one lakh twenty four thousand Wahi, God’s Messengers to provide a living example for the humanity to follow. In spite of this, when men in the grip of Satan turn a deaf ear to Divine teachings, then Merciful Allah becomes a ruthless judge at the time of doomsday. He revives the dead from their tombs, shows them the proofs of various misdeeds. Then the punishment comes for each and every bad act in proportion to the magnitude of the crime at this end stage battle. One of the Brahma Kumaris concepts, received through mystical experiences of a human conduit, tells that God Shiva, the Supreme Soul descends on the planet earth at the end of this Kalyug and teaches us the

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technique of Rajyoga (connection with the Supreme) which burns out the Bad *Karmic* Load (BKL) and liberates us from the pain and sufferings on account of this load.

There is a third category of people going through hell in life before death liberates them. A battery of investigations using art equipments in the most advanced hospitals show a state of being “Absolute Disease-less” but the person continues to suffer extreme weakness of body or limbs or inexplicable pain in one half of the body or myriads of such symptoms which are not described in medical texts. Specialists become bamboozled. Even the psychiatrists fail to discover anything abnormal. But all of them advise to develop will-power or Mind power. However, they fail to take into account the *Karmic* accounts of the soul.

The burning out of Bad *Karmic* Load helps in the empowerment of soul and resultant emancipation from suffering. This is possible only through Meditation. A practitioner of Meditation gets a life full of health, happiness,

harmony, peace, prosperity and success till the last breath. It logically becomes a proof that the person has burnt out all of his Bad *Karmic* Account. Everyone desires to breathe his/her last peacefully and painlessly and in such death nobody suffers—neither the goers nor the watchers.

Various forms of meditation are derived from Indian Integral Yoga of Sage Patanjali which has eight components—*Yama*, *Niyama*, *Asana*, *Pranayam*, *Dhyan*, *Dharana*, *Pratyahar* and *Samadhi*. *Samadhi* is also of eight levels. *Yama* means what should always be practised throughout life, e.g., *Satya* (Truth), *Ahinsa* (Non-violence), *Asteya* (non-stealing), *Aparigraha* (conquest over avarice and desires) and Brahmacharya (celibacy at gross level and purity of thoughts). *Niyama*-practice forms the daily routine. It includes *Shauch* (External and internal cleanliness), *Swadhyaya* (Self-study or accentuation), *Tapas* (intense meditation for self-purification), *Santosha* (contentment) and *Ishwer-pranidhan* (Total surrender of self to God). Mere practice of *Yama* and *Niyama* is said to

give *Sankalpa siddhi* and *Vaacha-siddhi* (Thoughts and words becoming a reality). *Asana* gives flexibility of joints and suppleness of muscles. *Pranayam* detoxifies the “Terror Molecules” called Free Radicals formed due to stress. *Dhyan* and *Dharana* have been termed as “Mindfulness or mental Silence type of Meditation by American psychiatrists. Researches held in this field show that this is the most powerful technique for self-purification and mind-empowerment. A state of spiritual equilibrium ensues, which enables one to remain calm, happy and peaceful under any provocation by persons, circumstances or temptations. Devil offers tempting, transient and materialistic gains which take the souls in their grip and make them leave straight Path (*Shrimat*) laid down by the Supreme.

Currently there are only five evidence-based meditations for health, happiness and peace viz 1. *Preksha Dhyan* of Jainism 2. *Vipassana* of Buddhism 3. Japanese *Zen* 4. Brahma Kumaris (BK) *Rajyoga* and 5. Art of Living. **BK-*Rajyoga* is multi-**



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**component capsule** dispensed free of cost through its 9000 centres in more than 140 countries. It is an easy method, which helps in total relaxation of mind and body. The health benefits and self-transformation happen within a short period of regular practice. It is tailor-made for the 'Extremely Busy' persons of today who do not have time for themselves as it can be done anywhere, any time and for any length of time. The Brahma Kumaris' seven-day Foundation course trains the aspirants in all the components of Rajyoga.

Holy Quran tells- "Believers shall survive and thrive. The non-believers shall perish. Kufra i.e. ignorance about Allah, the Supreme, and denying His existence or worshipping a body form even if that of a Wahi (God's Messenger), is the greatest sin. A day will come when the whole mankind shall get disenchanted with multiple religions which came into existence because of greed and avarice of the self-centred persons. Allah, the Merciful, then shall give Divine knowledge to a chosen few

who shall be selfless and elevated souls (*Wahi*). A new and single religion shall then get established." Srimad Bhagwat Gita says that God will descend at the time of extreme irreligiousness and will re-establish true religion. The idea of a beautiful Paradise, a New World order, is recorded in both Eastern and western prophecies. In fact, this is the time—of extreme degradation and intolerable sufferings—when the Supreme Soul, God imparts true knowledge through the corporeal medium of Prajapita Brahma. Rajyoga taught by God Shiva Himself, helps the souls to regain their original, pure state and re-establish Paradise on Earth. A remarkable process is going on; it's our history in the making. But are we ready to believe? It is rightly said, **'Believers shall survive and thrive'!**

## CHANGE OF PERSPECTIVE

– **Precious Pearl**

To Love, at times, was hard to do,  
What I now know, 'wish' then I knew...  
That the path of Love requires a 'must',  
To confer and convey, I must love me first!

To Forgive, at times, was hard to do,  
When I couldn't or wouldn't, I wish I knew...  
That the child within was hurting and pained,  
From years of neglect, though them I did blame!

To Accept, at times, was hard to do  
The disputes and dissent, wish then I knew...  
Stemmed from fears unresolved, entombed within,  
Thick layers of dust, much to my chagrin!

Let me hold you today, my dear little child  
And give you the love that you were denied.  
Forgive me for hurts that cry to be healed,  
For misuse and miscues from which I couldn't shield!

# SPIRITUAL JOURNEY: PRINCIPLES AND RULES

– Pavan Patale, FINLAND

When kids are asked what they want to become in life, each one answers or basically expresses interests of his or her aim. Parents and Teachers help the kids achieve their aim with short/long term objectives.

Like goals and objectives in professional life, spiritual life is bound by principles and rules by using which everyone needs to carve out their own journey.

Let us have an example to illustrate the above stated point. In principle, nobody wants an accident while driving on the road. So, rules are made to bring people closer to achieving this principle. These rules are made taking into account the perceivable reality of the individual nations. The reality is the sum of historical/ cultural/ scientific/ environmental aspects of those nations.

Bending a rule would be a mistake. But, bending a rule to break the principle would

be a blunder.

Like the example of the road journey, on a spiritual journey, one needs to distinguish between a principle and a rule. If this understanding is not clear, one ends up as either a confused devotee or a fundamentalist.

Rules need to be made by oneself based on the circumstances to get closer to principles, e.g.: I do not buy food with a credit card; I use either cash or debit card. This is just a rule I have made for myself to align with one of the spiritual belief system or principle. This rule might work with others or not, it is up to each one to decide.

This combination of rules and principles form the building blocks in the journey.

Let us take an example of the path mentioned below, 'Z' being the final destination.

**X Y Z**

There are two approaches to get to 'Z'.

First approach would be considering 'Z' directly as a principle and make 'X', 'Y' as rules. Second approach would be making 'X' as a principle and set x1, x2, x3 rules to achieve it. These x1, x2, x3 should be made according to your situation in life. These situations could be your family, work, physical strength, etc. After a certain period of practice, you will find that X has become a natural part of your life. Now move towards Y and make y1, y2, y3 rules. Next would be 'Z'.

From my current understanding, coupled with previous experiences and observations, I try to depict the overall spiritual journey using a simple flow-chart:

## **In the flow chart:**

- ▶ 'Hexagon' represents 'Preparation process'
- ▶ 'Rectangle' represents 'Stage'
- ▶ 'Curved Rectangle' represents 'Way of Life'
- ▶ 'Rhombus' represents 'Decision Making' Explore Create Parallel Effort Parallel Effort Constant Yogi Conquer Ego Join Tremendous

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Long-Term Effort leaves the body

### **THESE THREE STAGES HAPPEN WITHIN COUPLE OF SECONDS**

**Being Realistic:** Look around at the physical aspects which affect the start of journey. These physical aspects could be food, timetable, cleanliness etc.

**Mental Discipline:** Spend a couple of minutes to sit in silence, watch your thoughts and practise self-introspection.

**Fulfill responsibilities:** Fulfill your day-to-day responsibilities. It does not make sense to leave everything.

**Sense of Trusteeship:** Whilst fulfilling day-to-day responsibilities, have a sense of trusteeship.

**Yogic Lifestyle:** With the above 4 preparation process, make the yogic lifestyle as a way of life.

**Understand Mind and Intellect:** Right food for the mind and stable work for the intellect ensures that the mind and intellect are in sync. The more they are in sync, the easier it is to understand the behaviour and vice-versa.

**Rajyogi:** 'Raja' means King. Once the mind and intellect are in sync, the day-

to-day psychological struggles are minimized. Interacting with them is as easy as borrowing a book from the library. Mind becomes the library, intellect the librarian and consciousness requesting the book.

**Karma Yogi:** This stage is achieved by rationalizing the actions with the above understanding of mind and intellect. This stage forms the first step towards practising soul-consciousness whilst performing actions. It is like breaking all the iron chains and freeing oneself from the bondage. At this stage, the soul exhibits a good amount of confidence, both in-terms of physical and mental strengths. Physical strength does not mean muscle power, but the translation of mental strength into determined behaviour. This combination allows the soul to reach a wider audience and quench their thirst. Most of the spiritual gurus/yogis are at this stage.

**Nirantar (Constant) Yogi:** Moving ahead on the *karma* yogi stage forms the most crucial part of the spiritual journey. It is most tedious as the soul needs to break itself from the name, fame and golden chains created by the

self after achieving the *karma* yogi stage. Complete physical and mental detachments are the most important practices, which are required at this stage. This is an important phase where physical body and metaphysical mind are almost in sync. The emotions, the nature of outside world has very less impact on the mind. The soul still uses physical language to communicate with physical world.

**Detached Stage:** Some schools of thought call this stage Angelic (*Farishta*) stage. At this stage, meta-physical qualities of the mind are visible on the physical body and physical environment. Scriptures describe these qualities in terms of light or energy around the person. The physical language or communication stops at this stage.

**Seed Stage:** The soul experiences itself in its totality and leaves the body with that experience and certainty.

**Enlightenment:** The physical world describes the above two states with the term en(light)enment as they have viewed the light or experienced energy.

– HAPPY JOURNEY–

(...Contd. from Page No. 3)

body of Prajapita Brahma in the year 1937 to bless all the souls. So, Ever-happy Greetings, to all!

Shiva, the World's Father-

cum-Teacher-cum-Preceptor has descended on the body of Prajapita Brahma exactly as He had done 5,000 years ago. You can take your God-Fatherly inheritance from

Him. But how much of this inheritance you take as your 'birth-right' depends on your faith and efforts. Of course it is 'Now or Never!'

## A CHILD'S WISH

— Vidushi Bansal, VIII Class, New Delhi



I want a world where  
Dust and acid  
Become breezy wind  
Trees dance and flowers sing.

I want a world where  
Anger and jealousy are shot  
out,  
Anxiety, fear and tension  
Go outside the universe,  
And ball of diseases is thrown  
out

I want a world where  
Every single child is noble;  
Respect of elders is most  
important,  
And all lives are based on  
moral

I want a world where  
Priority given on height of mind.  
Where people are rich also at  
heart,  
And the word 'poor' is expelled  
from the dictionary of mankind

I want a world where  
Name and fame are stupefied  
By calm, soothing, generous  
heart  
All adversities taken in one's  
stride.

I want a world where  
Superstitions cannot beam  
Where bad traditions are burnt;  
Backwardness has lost its way,  
In the crystal clear water of  
stream

I want a world where  
People don't know what terror  
is,  
Where all creatures live freely  
Like fairy tales, they get  
leisure;  
Abundance, serenity in full  
measure.

I want a world where  
Country comes first,  
With minds playful and  
healthy,  
All are holy and virtuous  
In divine ways wealthy.

In such a world India will be  
Land of Fairies and Angels  
Each human becomes a deity;  
Faces glowing with pure  
charm,  
Radiating warmth and purity

I want a world where  
Black becomes white  
War becomes peace,  
And our message flies like a  
kite.

(... Contd. from page no. 10)

i.e., when they start identifying and associating themselves with the physical body. As we lose our power and purity, we feel the need to heal and restore ourselves back to our original and divine state. For this we need to turn to God, the Almighty, the Merciful and the Compassionate Companion. God's love cleanses us and renews our consciousness. Let's ask ourselves: Do we really want Him as our companion and have the courage to maintain that relationship, always? Because He is ready to accept us as we are.

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