

¶ From the mighty pen of Sanjay ¶

UNIVERSAL HARMONY—

The Only Worthy Choice To Solve The Crux Of All Problems

A volume, published in the mid-eighties, under the aegis of the United Nations, mentioned more than six thousand major world problems but it did not mention even a single major factor that lies at the root of all those problems.

However, a penetrating look at these problems, most of which are interlinked, would show that the underlying causes, common to all of them, have invariably been some kind of disharmony – political, social, communal, racial, environmental etc. A study of the case-history of any of these problems would also show that if the policy, practice or solution, adopted to solve that problem, had been other than the one that aimed at restoring the harmony, it had not only failed but had also led to a bigger problem because it caused greater disharmony. Let us take an example from history.

In the period preceding the invasion of India by Alexander of Macedonia, there had been disharmony in the relations between various kingly states in India. This led each one of them to raise great armies. This, in turn, created fear and doubt in each neighbouring state and, instead of bringing a feeling of security, led to greater disharmony. The resulting disunity created resentment and ill-will and gave rise to the wish in the mind of almost every ruler that the other fellow be defeated, humiliated, and dispossessed of power by some other powerful ruler. This kind of situation then was a tempting invitation to the powerful foreign rulers. Similar events took place repeatedly, inviting Turks, Mughals and others. The British East India Company also took advantage of such a situation of disharmony and disunity. Thus, the devastating forces took a heavy toll of life and property every time they descended on this country, disturbed the stability, ravaged the social and religious life and economy of this country, and, as some of them settled here; they sowed the seeds for future disharmony.

Another thing that people hardly realise is that the cause of all social, political, and other upheavals is the inner disharmony.

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THE SEASON OF AVYAKT BAPDADA'S MEETINGS CONCLUDES

For over six months, Madhuban (Shantivan) had been buzzing non-stop with activities for BK divine sisters and brothers from all over India and 130 countries. On an average, there were over 18,000 participants visiting, for over 5-days at a time, to refresh themselves spiritually and to celebrate a spiritual meeting with the Divine in Diamond Hall, Shantivan.

The 15th March and the 30th March 2014 meetings were attended by over 25,000 participants each. Though many sisters and brothers watch the live transmission in their respective cities and countries via various mediums, the beauty and spiritual flavour of these personal meetings on the special land of Madhuban have their own unforgettable impact on every seeker of deep spiritual experiences.

Avyakt BapDada's interactive dialogues with the spiritual children-cum-students make everyone feel so elated, that they want to dance in super-sensuous joy! Some of the festive occasions with celebrations, candle-lighting, cake-cutting ceremony etc. bring back wonderful feelings of divine family-togetherness and oneness of spirit. The entire atmosphere in Diamond Hall, Conference Hall and other parts of Madhuban in particular, and of course at all Centres wherever the transmissions were being welcomed by gatherings of BK sisters and brothers, was indeed a global celebration of meeting with the universal great-great spiritual grandparents!

The good old days of Godly student life re-emerged in everyone's heart, and all were inspired to raise one's hands to be successful as No. 1 or one

amongst the first eight of the highest rosary of spiritual effort-makers whenever asked by BapDada to raise hands. The Divine Being is the Great Magician who can transform the consciousness of millions within seconds with His personal spiritual presence and words of wisdom. We, BKS feel very proud to experience the Supreme Father and Mother playing with and sharing infinite jewels of knowledge with us. The heart sings songs of being ever-ever-ever thankful to our beloved *Avyakt* BapDada for having bestowed these continuous inspirations for years and years.

Now, it's our turn to live up to BapDada's expectations, whether shared during *Sakar* Brahma Baba's time or during the *Avyakt* BapDada period. The whole divine family has definitely resolved to focus more and more on our cherished goals of spiritual life, and perform to the best of our abilities as desired by our Supreme Teacher.

We would like to share with our readers some jewels of the most elevated *Avyakt* Versions of 15th and 30th March 2014 respectively, to empower the intellect and fill the heart with enthusiasm for intense spiritual

effort-making:

BE HOLY (PURE) EVERY DAY OF YOUR LIFE AND SPREAD THE VIBRATIONS OF PURITY EVERYWHERE. LET THE PAST BE PAST AND PUT THE BLESSING OF SUCCESS INTO A PRACTICAL FORM

- ▶ The *Holiest* Father is giving every child greetings of Holi with deep love. You also know to what extent each of you children has become *holy* in your thoughts, words, deeds, relationships and connections and to what extent you have become pure because God loves the *holiest* children very much.
- ▶ Children, everyday, constantly continue to move forward with the same happiness and pleasure of this meeting. Just as this day is called Holi, in the same way, become *holy* every day of your life, that is, become pure and continue to spread the *vibrations* of purity everywhere.
- ▶ From today onwards, every day at *Amritvela*, accept blessings from the Supreme Father according to your efforts. The Supreme Being wants to see every child in

the form of an intense effort-maker. When any situation comes, it is the duty of the situation to come and the duty of you children is to claim blessings from the Father's heart.

- ▶ Throughout the day, experience BapDada with you as your Protector. Whatever the Father and the *Murli* that you listen to say there are blessings' also merged in it, along with love and remembrances. So, claim blessings everyday; continue to fly and make others fly.
- ▶ Therefore, to celebrate Holi means to make the past and the present constantly an embodiment of success. Success is your blessing since birth. With this awareness, remember the day again and again. Success is with every child because the Supreme Being is with you. You simply have to put it into the *practical* form. This awareness will change even failure into success.
- ▶ The special blessing for Holi is that you definitely have to become equal to Father Brahma and complete like him. *Follow father*. Father Brahma was in the

corporeal form and, even now, he is your helper. Therefore, *follow* Father Brahma. So, where success is your right, Maya is not a big deal. Continue to watch the games of Maya. It is Maya's duty to come, and your duty to gain victory. Always remember this. "I am a victorious jewel of success".

Seeing any type of atmosphere, continue to move forward with the Father's love and cooperation. Maintain zeal and enthusiasm in yourself for intense effort, and also give zeal and enthusiasm to your companions.

- ▶ To the extent that the children have love for BapDada, BapDada has even more love for each child. This love from the heart is making all the children move along according to their capacity.
- ▶ Are all of you moving forward with the sustenance of love? Or, if there is an obstacle in between, you do not stop. Do you? No matter how many situations come, the *majority* of you become fearless and move forward.
- ▶ When seeing one another, look at everyone's

specialities. Do not look at other things. While constantly bringing about a wave of intense effort in yourself, also bring about waves of intense efforts in others. Fill zeal and enthusiasm in them. Be co-operative.

▶ Do not come under the influence of those who do not make efforts, but instead put zeal and enthusiasm into them too. Every now and

then, some souls experience tiredness in their efforts. However, those who remain intense in their efforts also enable others to move forward in their efforts.

▶ No matter what the atmosphere becomes like, transform the atmosphere with your own atmosphere. Do not be influenced by the atmosphere. When the children maintain courage, God helps. Do not be slack

in making effort.

▶ So, everyday at *Amritvela, check*: Is the speed of my efforts intense, or am I just moving along, thinking, “I will reach there, it will happen?” You do not have such thoughts, do you? Become an intense effort-maker. Never leave this aim: I have to remain an intense effort-maker and also give my company to others.

HONORARY DOCTORATE DEGREE FOR B.K. DADI RATAN MOHINI, Joint Administrative Head of Brahma Kumaris Worldwide

BK sisters and brothers of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya feel proud to share the significant news of Revered

Dadi Ratan Mohiniji being conferred with an Honorary Doctorate Degree, in recognition of her contribution towards the spiritual, moral and

social empowerment of youth and women in particular, and society in general. It’s indeed a lifetime achievement award as Dadiji’s story goes back to 1936-37, when she had joined the Institution (then known as Om Mandli) in Hyderabad, Sindh at the tender age of 11. She pursued a life of spiritual learning and training as Spiritual Teacher for over 14 years up to 1952. It was in 1954 when the Founding Father, Pitashri Brahma Baba, encouraged her to go on Godly service to Japan as representative to participate in the World Peace Conference. From then on, it has been a fairytale-like spiritual life of travelling, adventure and teaching.



Rev. Dadi Ratan Mohiniji, Jt. Chief of Brahma Kumaris being conferred with the Honorary Doctorate degree by Prof. E.T Puttaiah, Vice Chancellor and Prof. Chandrakant Yatanoor, Registrar of Gulbarga University.

Over the decades, Dadiji's experiences and wisdom have earned her the distinction of being Head of Brahma Kumaris Teachers' Training Programmes, while fulfilling duties as Joint Administrative Head and Member of the Governing Board of Brahma Kumaris.

The award was conferred upon Dadiji by Professor E.T Puttaiah, Vice Chancellor, and Professor Chandrakant Yatanoor, the Registrar of Gulbarga University, on 20th February, 2014 at the 32nd Convocation Ceremony of the University.

The Chief Guest, who delivered the Convocation Address, was none other than world renowned scientist,

Padma Bhushan Dr. R. Chidambaram, Principal Scientific Advisor to the Government of India. Twelve eminent personalities from different fields who received the Honorary Doctorate Degree included Rahul Dravid, Former Indian Cricket Captain, Shri H.K Muniappa, Union Minister of State for Micro, Small and Medium Enterprises, Janab Shri Qamarul-Islam, Cabinet Minister of Karnataka and Shri Mohan Manghnani, renowned Industrialist, Educationist and Philanthropist from Bangalore among others.

The recipients of the Honorary Doctorate Degree along with the Chief Guest, Vice Chancellor, Registrar, Minister, Deans of various

faculties of the University, Administrative Staff, Academic Council Syndicate members and other dignitaries were taken out together in a procession, with the band-set playing in the background. The group was greeted with a huge round of applause as they stepped on the stage.

The University also awarded Doctorate/M. Phil/ Bachelor degrees to the students of Law, Science, Arts, Commerce, Philosophy, Languages etc, with about 3000 participants in the Convocation Ceremony. The entire event was beautifully organized, and covered by different TV Channels, print media and other media personalities, and telecast live through Brahma Kumaris' Peace of Mind Channel.

Dadi Ratan Mohini ji was the only woman leader among other 12 recipients of the Honorary Doctorate Degree. This is another unique step in the glorification of Godly services. We offer our heart-felt congratulations to revered and beloved Dadiji for a healthy life so that she continues to inspire humanity, and guide us on the path of world transformation.

Om Shanti,

– *B.K. Nirwair*



Rev. Dadi Ratan Mohiniji, Jt. Chief of Brahma Kumaris with Mr. Qumarulislam, Minister of Minicipal Administration, Govt. of Karnataka and Dr. R. Chidambaram, Scientific Principal Secretary, Govt. of India.

THIS IS TRUE HAPPINESS...

– Rajyogini Dadi Janki, Shantivan



Wonderful is our sweet Baba and wonderful is this Drama. As happiness is the most valuable treasure of a spiritual aspirant, let us ask ourselves: am I happy? When we experience happiness, it runs from the top of the head to the tip of the toes. The soul is so tiny, yet there is such an internal happiness with the yoga of the intellect, which works through the body. Ask again: Who am I and to whom do I belong? This brings great happiness.

Shiv Baba is so wonderful and brings so much happiness. We are indeed lucky as we have a golden opportunity to meet Him. We are making our efforts to make each moment valuable. Wonderful Baba, wonderful kitchen, and wonderful servers! We can all celebrate happiness. Taking care of this happiness, let us dance. How will we dance in the golden age? We will meet and greet with true happiness.

We visit Madhuban for

meeting Bapdada and it brings such benefit. Wherever we stay, Baba alone makes us move along. If anyone asks us, 'How are you'? We tell him that we have Baba's blessings on us. What is this....God is my companion and I am His. Living in the household, we hold a spiritual attitude, which is so beautiful and makes everything easy. It is not necessary to count the beads of the rosary on this path. Internally, just remember the Father with deep recognition and hold the faith.

Whoever comes to meet Baba is a fortunate soul because it is the special quality of a soul to be able to recognise and understand God and His divine acts. Baba, the Bestower, is bestowing. Souls will not get tired if they can be free from wasteful thinking. Whatever scenes are passing by, they are in the drama. When we sit on this seat of drama, we enjoy ourselves and can see the scenes and understand that drama is very good. When we

are tired, we must remind ourselves that drama is very good and the tiredness will vanish. Practising 'Om Shanti' thrice at a time is also very good.

Remember Baba, Drama, the Confluence Age, the time (to return Home) and the *Yagya*, the sacrificial fire. Now we are preparing to go Home and to come to Heaven.

Baba has created this *yagya* according to the Drama Plan, and there has been such huge expansion. In the beginning, many would have visions sitting at home. Many were in bondage...*I would be often asked whether I was reading the Gita or the knowledge from Dada Lekhraj and I would just say the Gita for namesake.*

People should now wonder who we are and what we are doing. Are all those who have come to Madhuban for the first

time, happy? When we have courage, Baba helps us. For every step we follow Baba's *Shrimat* (Godly Advice), zeros can be added to highlight its true impact.

We don't say that we 'have' to put a point (i.e. dot)...we just follow Baba's directions and the point automatically happens. Question marks create great difficulty. The song says: Oh bird, fly now for this is a foreign land – Baba once called me a wondering yogi – we are the ones who churn the Ocean of Knowledge and create happiness. I never had the thought of worrying for anything. I remember how Baba used to do everything and simply follow this. Shiv Baba speaks through the mouth of Brahma and as this touches our heart, we won't remember anything else. Make the past the past and do not see this old world as living...it is changing all the time.

I have seen only the plays of Krishna. I have never been to the cinema. Baba gives very good directions and as we follow these, we receive blessings and others follow us. We need to pay a lot of attention to what we think and say. If we wish to stay always happy, there should be Baba in our thoughts and words and power in our actions.

WORLD PEACE

– **BK Indu Mahawar**, Alwar

Ah....the plight of human race!
Tension, anxiety, stress on every face.
Furious are mother earth and nature;
Oh, how fearful is every creature.

Politician, Religious Gurus, UN – all clueless,
Brainstorming to make earth a paradise afresh.
Activists are doing their own revolution,
Seeking others to change to better the nation.

Signing of treaties and pacts for World Peace,
Experiment of nuclear weapons on significant increase.
They cry World peace, World peace, World peace,
The entire gamut is full of cheats and deceits.

It is when one day God incarnates,
The true meaning of peace He dictates.
A being of peace, we are separate from body,
The five vices have made us rowdy.

He gives us knowledge – accurate and refine,
We restore lost peace, connecting with Divine.
He makes us Angels of Peace, Power and Purity,
Taking us beyond the consciousness of body.

Soul-Consciousness is the right mode,
To make this earth a heavenly abode,
We create for each other a brotherly vision,
All Pacts and Treaties now need revision.

Listen, my Soul Brothers everywhere across the Globe,
Only Godly Knowledge could harmonize our heart's
Lobe.

One Kingdom, One religion would then be established,
Sovereignty of five vices would completely be finished.



FESTIVAL OF NAVRATRI



– **B.K. Surendran**, Bangalore

Festivals in India are celebrated with a lot of zest and fervour. However, the true significance of these festivals is often relegated to the background. People indulge in mundane celebrations, which involve decorations with lights, lamps etc., dance, drama, music, wearing new clothes, preparing and eating variety of dishes and so on. But, they fail to understand the spiritual significance of these festivals which often carry important message of knowledge and a higher life.

Navratri is one of such important festivals, which we celebrate in India during March-April and October every year. During this month, from *Shukla Paksha* to *Navami*, the festival is celebrated with great reverence and devotional fervour. At the beginning of this festival, people install a '*Kalash*' – a pot and light a lamp which constantly burns for nine days and nights. During these days, people worship virgins, observe

strict discipline of purity, stay awake during night, perform fast and worship of Durga, Kali, Saraswati and so on.

There are many mythological stories which bear some metaphorical representation of the festival:

- ▶ A. In the last phase of the four epochs, it is said that two demons – Madhu and Kaitabh had imprisoned all the deities. At that time, Sri Narayan was sleeping under the spell of an illusion. Then Brahma through his powers created a virgin known as *Adi Kanya* who woke up Sri Narayan. Sri Narayan, then, got all the deities released from the grip of these demons.
- ▶ B. It is said that demon '*Mahishasur*' defeated all the deities of the heaven. Then '*Adi Shakti*' appeared through the powers of trinity – Brahma, Vishnu and Shankar. The *Adi Shakti* was armoured with all kinds of weapons. She had the third eye and eight hands. She

killed *Mahishasur* and released all the deities.

- ▶ C. Again it is said that, in the Sun dynasty, two demons – *Shumbh* and *Nishumbh* took birth. Their minister was *Rakta Bindu*; the name of the Army chief was *Dhoomralochan* and they had two aids who were *Chand* and *Mund*. As they were causing problems in the world, Lord Shiva created '*Adi Kumari*' and through her *Kali* appeared. *Adi Kumari* killed *Chand* and *Mund* and *Kali* killed *Dhoomralochan*. It is said that *Adi Shakti* killed *Rakta Bindu* in such a way that not even a single drop of blood fell on the earth because in case, a drop of blood fell on the earth, another demon would take birth from that.

All these events pertain to the existing situations of the world prevalent at the end of *Kaliyuga*. In fact, the correct meaning and import of these metaphorical representations is that at the end of Iron Age, all the deity souls are overtaken by the spell of illusion, *Maya*, or vices such as sex-lust, anger, greed, attachment, ego, sloth, jealousy and slumber. Presently, at the end of Iron Age, the influence of vices has come to the climax. These vices in various forms are projected as demons, such as

Madhu, Kaitabh, Shumbh, Nishumbh, Chand and Mund, Dhoomralochan, Rakta Bindu etc.

The Real Significance and Meaning of Navratri

The soul of Sri Narayan also comes under the spell of illusion – vices as it reaches the end of Iron Age. At this time, God Father Shiva comes and imparts Godly Knowledge, i.e. Rajyoga to the *Shaktis* which enables the souls to attain all divine virtues. They are blessed with the third eye of wisdom and 8 powers. These powers are metaphorically shown as their 8 hands and weapons. Because of these powers, they are called *Adi Shaktis* or *Shiva Shaktis*. These *Shaktis* or *Kumaris* bestow Godly Knowledge and teach Rajyoga to the men and women of Bharat as well as to the entire world. They are empowering these men and women to rise to their original level of deity-hood. It is to commemorate the event of imparting of Godly knowledge that even today at the beginning of Navratri, a ‘Kalash’ a pot is installed. Because of the great service rendered by these *Shaktis*, they are worshipped in Bharat as Durga, Saraswati, Kali and Lakshmi. People pray to these goddesses to bestow

them with better wisdom and to drive away ignorance.

We must understand that this is the ‘true’ period of Navratri. God is practically empowering



the *Shaktis* with the power of knowledge and power of yoga – so as to annihilate the devils, which are nothing but our inner vices. In fact, we must enlighten the self with the power of knowledge and yoga, which is the real act of lighting the lamp to celebrate Navratri in real terms.

Here the ‘Ratri’ – night does not indicate the routine night, but this night is, otherwise, known as Shivaratri also. Golden and Silver Ages are known as ‘Brahma’s day’ because life on

the earth during those days was pleasant, happy and peaceful. Copper and Iron Ages are known as Brahma’s night because life on the earth in these two epochs is filled with ignorance and hence ridden in darkness. God Father Shiva transforms the Iron Age into Golden Age through the mothers and sisters who are Brahma-charinis (those whose conduct is like that of Brahma), Shiva Shaktis, *Tapaswinis* (practitioners of Penance) and *Yoginis* (who are the embodiments of meditation/austerity or Godly remembrance).

Presently, we are in Confluence Age. It is time for all of us to remember God Father Shiva to absolve ourselves of all sins and to elevate ourselves to the level of deity-hood. In fact, every moment of the auspicious Confluence Age is Navratri for us. During Navratri, we must guard against the vices – otherwise called the demons, regain our kingdom of self sovereignty and world sovereignty by being alert and conscious, and maintain constantly the flame of the lamp of remembrance.

**A kind and compassionate approach to life
keeps the mind clear and focused**

INNER PEACE AND INNER POWER

– Khem Jokhoo, Trinidad

Peace is a state of quietude, tranquility and spiritual contentment; it is freedom from disturbance, agitation anxiety etc. Everybody wishes today that their country should progress, it should be safe from the enemies, and that there should be constant peace and happiness. In order to attain the fruit of these wishes, it is first necessary to know that the key to progression and regression is the mind.

Become Master of the Mind

If our mind is peaceful and contented, the world appears to be peaceful. In order to attain peaceful disposition, first of all, one has to become the **master** of one's mind for which one needs to follow the directions of the Supreme Soul. By the constant connection with and remembrance of God, the original powers of the soul are reactivated and mind and intellect are in harmony. If the mind is healthy and it obeys the orders of the intellect, then the body will also be healthy and all

the tensions or weaknesses of the mind will disappear.

Determination and Concentration

One of the first steps to achieve peace is to develop the power of concentration. Concentration is to focus and steady the mind to obey your orders. This sounds as an easy plan but the power of courage and determination is difficult to attain. This is where the 'determined thought' to become peaceful is important. By combining spirituality and authority, a person will develop both 'controlling and ruling power' through accurate 'judgmental power'. With this determination, there will always be success. Determination is the key to success. **This is not the best method; this is the only method.**

Greed for Power

There was a time when the entire world was a place of peace, purity and prosperity. Now we witness chaos and confusion, stress and strain, disunity and discord

everywhere. A brother is fighting against his brother for wealth and one religion is at war with the other. History shows that the majority of wars in the world have been fought for religion. Greed for power has made politics a gamble for throne. Today, the seat of secular power is nothing short of a throne of thorns. **Mental tension has become the mother of all diseases as well as untimely death and insolvency.** On the other hand, industry has created problems that have led to lockouts, strikes and unemployment. Law courts cannot cope with piles of lawsuits. Science has provided many facilities for man, but political misbehaviour has turned science into a big genie ready to destroy the very comforts that it has created. Bombs have been stockpiled to annihilate the very abode of man. **Who has now been left to give peace except God Himself?**

The Bestower of Peace

Who can establish peace in the troubled world of today? This has engaged the attention of everyone. In almost every part of the world, peace and religious conferences are being held. Many schemes have been launched to remove the cause of disquiet. Learned *pundits* deliver long speeches and



accuse each other for disruption. But, self-centered people cannot bring peace to the tormented world. The Supreme Soul, who has an inexhaustible treasure of peace, knowledge, bliss and love, can alone bestow real peace. It is important now for each one to examine themselves and remove all the bitterness and hatred rather than to look for blame in others. If there is going to be world transformation, then there must first be self-transformation.

Peace and Purity of the Soul

The establishment of peace is neither a dream nor a magical phenomenon. The Creator with the powers of divine knowledge gets all the souls liberated from the hold of vices that have made them miserable and disquiet. Due to the vices, the body that a soul wears like an apparel has become old and dirty, and the Supreme Soul acts as a 'laundryman' to remove their dirt through austerity. The soul was originally completely viceless like pure gold, but with the passage of time got impure due to vices, and is leading a life of sin. The master removes the impurity and restores the soul to its original state of purity. The tranquil stage inculcates the innate powers to act with contentment, discrimination,

conciseness and all-round perfection. Vitamins increase the bodily strength, but, what are the vitamins for the soul? It needs power of peace and purity for its progress. **A baby lion herded together with lambs would behave like a lamb, but a contact with a lion would remind the cub of its original nature and activity.** Similarly, a soul lost in vices and body-consciousness needs just a reminder "I am the child of the Supreme Soul, the Ocean of Peace and Happiness, and this is sometimes enough to change our attitudes and activity and to experience the divine attributes and powers.

Peace is a natural quality of the Soul

The soul possesses three powers or faculties—Mind, Intellect and Sanskars or the Sub-Conscious. The natural habitat of the soul is peaceful silence, solitude and quietude. Deep within us is peace. The basic qualities and attributes of the soul are peace and silence.

Free the Soul from Distractions

When a soul is beyond the attraction of sound and away from the influence of the elements, the soul is very powerful. It has all the original powers and innate virtues. Once the soul is under the influence

of the body, some of its intuitive powers, are then, attenuated and it becomes weak and follows the dictates of the senses and body-consciousness. Peace of mind is disturbed by the vices—anger, greed, ego, lust and attachment. To regain your peace, you have to overcome the five vices.

Mind over Matter: Peace is a sovereign power. This problematic world is full of prejudices and disturbances. Various kinds of spiritual, scientific and *tantric* forces are working to set them right. But, knowledge, virtues and power are the requisite forces. The prevailing times witness a lot of information, knowledge and learning, but there is a lack of virtuous living and spirituality. Everybody realizes the power of wealth yet the society has not gained virtues.

Spiritual Power is the Key to Inner Peace

To claim the power of peace, embrace the fundamental principle of spirituality. Look inwards in order to look outward with courage, purpose and meaning. Examine your thoughts, feelings and motives, carefully and honestly. Avoid wasteful and negative thoughts especially gossip which spreads disquiet as well as anger. Today

(Contd. on page no. 28)

INNER ORGANIZATION MANAGES THE EXTERNAL

– **BK Vijayanti**, Delhi

George Bernard Shaw in one of his famous quotes has said, “Progress is impossible without change and those who cannot change their minds cannot change anything”.

In this age of uncertainty and global competitiveness, we are trying to find a safe passage of life. Everything is uncertain in this world. It may be environment, laws, Government policies, personal life, one’s future, social, economic and political situations. If we allow these factors to influence us, negativity in the form of vices like anger, greed, hatred and ego will prevail.

To cope up with complexities in our lives, it is essential to build up internal personal resources. All forms of negativity in this world originated from negativity manifested in human-consciousness. When true identity is forgotten and comparisons are there with material assets, roles, negativity originates. The challenge is to redefine, reinvent and reorient

ourselves for the future. In this pretext, Henri Bergson remarked “To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly”

A burdened mind may provide some moments of pleasure but it cannot give true happiness. Our own value system is the only source to provide us a firm foundation. Self-management in today’s scenario is vital to maintain a balanced lifestyle. To survive in this competition, great mental presence, an alert state of mind and intuition to act at the right time are required. Hence, we have to take responsibility for our actions. We cannot blame others to change their behaviour. Uncertainty, disruptive and social transition, revolutionary changes, increasing complexity are making difficult for people and organization to cope with and adapt to the changing environment. Hence, self-management is ongoing, which cannot be achieved by changing only once or occasionally.

Different mental perspectives towards thinking, planning and working are required to succeed. Similarly, personal mission, vision and values have to be clear to contribute to the achievement of the organizational mission and vision. Success means understanding of planning, perspective, purpose and productivity. Use of actual purpose only gives benefit and contentment.

One always wants to manage others but always forgets to manage the self within. If one cannot manage self, how can one hope to manage others? There is a beautiful saying “Tongue has no bones but it can break bones if not managed properly”

Realize the power of “Now” to improve the quality of life. Normally a person willingly takes up the responsibility of the family and is fully committed to them also because the heart is attached there. There is a feeling of belonging but people are unwilling to take up responsibilities at the workplace because their heart is not there.

The practical solution today is:

- ▶ 1. to part with complete information
- ▶ 2. to delegate work with power/ authority which will



- create a self managed team.
- ▶ 3. to use resources in a manner that best accomplishes the unit’s objective.
 - ▶ 4. to start each day with positive thoughts.

Now in this rapidly changing times, challenge is to provide a framework to people to understand their journey through change so that the best can be contributed to the organization. Constant empowerment of oneself is needed to survive. One cannot change unpredictable situations, circumstances or Government policies but by managing oneself, one can be successful. Hence, through self-transformation, one can become more confident and powerful.

The word ‘stress’ is now common and effecting each and everyone in a big way. In today’s complex scenario some of the below mentioned attitudes are required for managing the inner self:

‘Leadership is coping with new problems and new opportunities’ (John F. Kennedy.)

- ▶ **1. Power to listen** – The first ability is the listening ability. The greater the ability to detach from the influences and the ability to remain

stable in any condition, the greater is the ability to manage paradox. For this, patience is needed. Therefore, it is very important for a person to withdraw and be a detached observer in order to hear others.

- ▶ **2. Availability** – This means to present oneself whenever, wherever needed. Availability means always being ready, physically as well as mentally.
- ▶ **3. Tolerance** – All the uncertainties, complexities and contradiction require a lot of tolerance. It means strength or inner power. With power of tolerance, one can work even in a very demanding situation.
- ▶ **4. Ability to adapt** – Power to adjust is the strength which helps one to reach his goals. Flexibility helps one to adjust in different situations.
- ▶ **5. Team spirit** – Ability to create team spirit is needed to achieve goals. Creating team spirit means to get people committed to take up the responsibility collectively in a team.

Inspiration may be taken from the image of Lord Ganesha, who is also known as lord of wisdom:

1. Ears show him to be a good

- listener
- 2. Head of elephant shows his wisdom and presence of mind
- 3. Stomach shows his power to accommodate
- 4. Small eyes denote foresightedness
- 5. Favourite food ‘Laddoo’ shows skill to unite all that is team spirit.

ORIGINAL PEACE

It is not necessary to search for peace. It is within. Your original state is that of peace. External situations will pull you away from your peace. If, that is so, only you let them happen. Internal feelings can also pull you away. Tiredness, for example, leads to irritability. Learn to be in charge of yourself and maintain your peace: focus your awareness on your spiritual form – a tiny star-like point of light, seated in the middle of your forehead. Really experience the difference between you the Sparkling Star, and you the body, the physical vehicle. Learn to detach yourself from the vehicle. Even a few moments of this practice, if done regularly, will return you to your natural state of peace. Tiredness will vanish, irritability too. And your actions will be filled with love – for the self and others.



THE SEED STAGE AND THE GENEALOGICAL TREE



– B.K. Jegasothy, Jaffna, Sri Lanka

The seed of the human world tree called the *kalpa* tree is Shiv Baba, the Supreme Father. Baba is the knowledge-ful seed of the *kalpa* tree. The Supreme Soul, the seed of the genealogical tree, resides in the highest region, called *Paramdham* or the Soul World. The Father of all souls is Incorporeal and invisible to the naked eye. His form is a point that shines brightly like a star. He is the Ocean of Knowledge.

The non-living seed of the banyan tree does not speak, but such a minute seed contains all the essence for such a big tree. Not only branches, twigs, leaves, flowers, fruits etc. emerge from such a tiny seed but also when the tree decays, props crop up in support of the huge tree and maintain the tree in a vertical position. Nobody can imagine that the tiniest of all the variety of seeds, has this marvellous capacity. So just imagine how marvellous, the seed stage of our most beloved God Shiva, i.e. Shiv Baba is. Baba, the saviour,

comes at the end of the World Cycle, when the human beings reach their deteriorating *tamopradhan* stage. In contrast to the ordinary vegetation that takes the nutrient water from the soil for its sustenance, the *kalpa* tree is shown upside down as the seed, the Supreme Father, resides in the Supreme region. *Kalpa* tree depicts the story of whole world cycle and how souls move through Golden Age, Silver age, Copper Age and Iron Age. The souls were complete and pure in Golden and Silver Age but as they moved into Copper Age, they became body-conscious and full of vices namely lust, anger, greed, attachment and ego. The souls have become completely vicious and unworthy in Iron Age. It is symbolic of the tree which has reached its optimum growth and has started decaying. The roots are in a state of decay. The trunk has disappeared and all that remains is a tangled mass of branches i.e. religions,

languages, cultures and fake ideologies. Today there is complete irreligiousness with people ready to cause bloodshed on account of differences in views, faiths, castes and beliefs. At such time of unrighteousness and lawlessness, the Creator, God Shiva comes to plant a new sapling.

He knows that in order to plant a new tree, He has to begin with the roots. He comes and re-activates the lost divinity of the 'root-souls' or the souls who were part of Golden and Silver Ages. He rejuvenates and replenishes those souls through divine knowledge and through them His message is spread to all souls.

Brahmin children are the foundation, the roots of the world-tree. They are the special souls, who receive all powers directly through the seed. As is the case with an ordinary tree, God, the seed and Brahmin souls, the roots are incognito who are silently performing the role of world transformation.

We need to recognise that the present Confluence Age is the Age of Fortune – the only time when God comes in the whole *Kalpa* to 'recreate' the souls. It is our choice whether we wish to take benefit from God's presence, His powers and qualities. The treasure store is

ever open to us, so we can gather as much as we can and distribute this knowledge we receive from Baba to others and make their life also worthwhile. Spiritual progeny of God should sow the seed of elevated thought so as to bear the fruit of love, peace and happiness for 21 births.

Let each one of us be the embodiment of peace and happiness. We should follow the footsteps of Brahma Baba, the Corporeal Medium of God Shiva, who got the distinction of being the first one to attain the state of perfection and completion through his extraordinary spiritual efforts, and maintain our self-respect. Being merciful, we must shower our love on all souls. Such souls are angels and ever blissful. Hence, be the seedlings of the wasteland of today.

Bring light where there is darkness, bring peace where there is disquiet and bring happiness where there is hopelessness.

LOVE
Sow seeds of peace by remaining rooted in the awareness of how loved, loveable and loving you are.

IMPROVING YOUR RESPONSES BY MOVING FROM A STATE OF DOING TO BEING

Meditation is an exercise which you can practise anytime in the day, even when you are busy interacting with someone or a group of people. At that time, create the thoughts given below, very slowly in your mind. Experience the essence of each thought –

“I am a soul and at peace with myself and the world around me... This scene, in which I find myself, is one of the many scenes in which I play a role... Now, I disconnect for a few seconds from what is happening around me... Mentally (not physically), I take a step back and just watch, as an observer, what is happening... I make no judgments – I just observe... As I observe, I see that each soul in the scene is playing his/her own unique role, according to his/her capability and understanding, because of which I accept each one completely without any conditions...

I remain patient in allowing this scene to develop in a natural way... I wait for an invitation to participate – it always comes finally... I have no desires from the situation... But, at the same time, I am happy to contribute towards achieving the most positive and effective result... In the meantime, I maintain my peace and share the energy of that peace with all around me as this is the most important contribution that I can make... I realize that simply by observing peacefully, I am participating positively in this scene...”

If you dedicate time to consciously practise the above meditation for a few moments during the day, you will find that the state of ‘being’ (while yet ‘doing’) will come naturally to you. **Meditation is not avoiding life or the world around you. Instead, you learn to take control of your awareness and involvement, connect, disconnect and when you want, be more mentally sharp in understanding (the scenes) all that are happening around you also and you can give yourself the time and the personal space to respond accurately and positively.**

GOD'S DE- ADDICTION CAMP

– B. K. Shikha, Pune

We often think about addictions in a very gross sense. Talking about addictions, we often refer to smoking, drinking etc.

But let's go a bit deeper. What is addiction really? How does it get started? An addiction is the state in which soul loses control of things. It seeks for things outside when it's not able to fulfil itself through its own power. The soul is so devoid of something that it has to rely on an external source for fulfilment in order to maintain a state of equilibrium. Not getting these external stimulants takes the soul into a state of depression or low energy.

Apart from the gross forms of addictions, soul is addicted to many other things. Like accumulating material possessions which gives it sense of power; seeking attention and approval from others which give a false sense of being loved. We can find many more such behaviours in our day to day life if we think deeper about what really binds the soul. What is it that the soul is actually seeking? Resorting to gross forms of

addictions is actually the lowest state of addiction. But souls' addiction starts much earlier than that.

We all seek some basic things which nourish the soul. They are food for the soul. These are the attributes of the soul – Knowledge, Purity, Peace, Love, Joy, Bliss and Power. But the soul has not always been in this state of low energy looking outside for things which are its own virtues. When the soul is full of these virtues, it's in the highest state. And this state is called virtues. At this stage, the soul doesn't need any external stimulus to be happy and content. It enjoys playing its part on this world drama stage. Playing the part is like an entertainment for the soul.

Gradually, as the Soul keeps changing costumes or bodies and gets into cycle of birth and death, power of the soul starts diminishing. Same way as we charge our phone and once we unplug it from power source and start using it the charge starts going down. But the soul has enough power to retain control of its senses including Mind for

many births– 2500 years to be precise. After this time, the diminishing power reaches a point where Soul starts losing control over its Mind and Intellect.

This is the time when Soul turns from being soul-conscious to body-conscious. When the Soul is unable to nourish the Mind with 7 basic qualities, the Mind starts looking outside for these qualities. These qualities which are actually divine powers cannot be replaced by temporary excitement given by physical means. But the Mind makes an effort for the same and starts looking outside. And what essentially is a divine power is replaced by physical substitutes. This gives rise to vices like Lust, Anger, Greed, Attachment and Ego. There are many more secondary ones like laziness, jealousy.

If we analyse the vices they are nothing but a substitute for one of the 7 qualities of the soul. Our behaviours are also driven by the need of the Soul for those 7 qualities which used to be inherent in the soul at some point of time. We get angry for our desire to have power and control. Ego is also generated by the need for power.

We say God created the world by thought. We also say that God created man in his own image. But how does God do

this?

With the diminishing powers when we reach a stage when it's no longer possible for the soul to sustain in this world, it starts calling out to God for help, and eventually the time comes when He descends to help His children. When He descends, He plants the seed of pure thoughts. He gives us the idea of a perfect world. He tells us what an ideal human soul is like and what its qualities and attributes are. Initially all this looks impossible to the soul. As the soul is extremely tired and has lost all its energy, it just keeps belittling itself. And when God gives this concept of pure world with pure beings that looks impossible. God also teaches the soul to connect with God and thereby starts refilling energy into the soul. God gives knowledge to the soul. This knowledge is not the worldly knowledge.

God tells us the story of how this world was started, what happened next, how we came to the stage where we are and how we have to again reach where we started from. God tells us the same thing every day in different ways and from different perspectives. Slowly we souls start believing and start gaining strength to get back to where we started from. As the

soul starts remembering its original identity, it starts gaining strength. It starts getting back the lost control. God's knowledge is a treatment for the soul which starts purifying the soul. This purity brings Peace to the soul. All these powers and virtues restored by God are extra sensual; they don't need any external stimulus and are permanent. They are Soul's property and it enjoys them internally at all times. Peace and Purity bring Happiness to the Soul. And we start feeling true Spiritual Love. This love brings feeling of Bliss and that empowers the soul. It gives strength to the soul. This strength of the soul can be broadly defined as – Power to discriminate, Power to Judge, Power to tolerate, Power to cooperate, Power to withdraw, Power to assimilate, Power to pack up and Power to face.

When the Mind starts getting all essential nourishment from the soul, it leaves external aids. As the experience of divine virtues is incomparable to the temporary substitutes, we have been holding on to, they just give us a false sense of happiness and keep the mind occupied. Comparable to the gross addictions, vices also give us a false sense of fulfilment but actually burn the soul.

Repeatedly acting under the influence of vices builds such deep *sanskars* that the soul loses control and gives into habits even after being aware of their negative effects.

In order to break these negative *sanskars*, God advises some abstinence; same way that a doctor tells us some dos and don'ts along with the medicine. The abstinence given by God includes following a celibate lifestyle, taking ontological (*Satwik*), pure food cooked by self, taking food in God's remembrance and keeping away from things that aggravate our senses. This gradually restores Peace and Purity in the soul. Soul gets empowered and realizes its true identity and inherent powers and virtues. God also nourishes the Soul with true love. Nothing in the world is as powerful and fulfilling as God's love. A man can have all riches of the world but he is still poor in comparison to the one who has experienced God's Love.

This is how God sets up His de-addiction camp, only once in the complete cycle of 5000 years, at a time called Confluence Age, and prepares His children to once again start the World Drama Cycle, from the beginning.

A GREAT PERSONALITY THAT INSPIRED ME!

– B. K. Joseph, Bangalore

When I learnt about the personality of Jesus Christ, I often wondered whether such an elevated, electrifying personality was really possible. Will there ever be some people, who do exactly what Jesus taught through his life?

I made a chart of major things Jesus said and did, and searched whether any person, in today's world, exists who does the same.

HERE IS THE CHART:

- ▶ 1) He led a life of remembrance of God "Very early in the morning, while it was still dark", He used to go to a lonely place so as to talk to his heavenly Father, as if engaging in a nectar-time (*Amritvela*) meditation daily. (Mark 1:35; John 8:1, 2). Then, again during the day, evening, and sometimes even in night, he took time to talk to his Heavenly Father. — Luke 5:16; 6:12; Mathew 14:23.
- ▶ 2) His life itself was a meditation, as if always doing, in principle, an open-eyed meditation, as he kept his 'eyes single.' (Mathew 6:22) He had the real eyes

that saw the eternal behind the ephemeral, or the SOURCE behind the resources. (Luke 11:27, 28; 18:18-19)

- ▶ 3) He practised celibacy, because he viewed all women as his own sisters. (Mathew 23:9) Hence, he never looked at a woman lustfully. (Mathew 5:28)
- ▶ 4) He had a great mind (*Brahma*, in Sanskrit) treating God as his Father and others as his brothers and sisters. (Mathew 23:9) Because of this, he was never influenced by his fleshly family members and relatives. (Mathew 12:46-50) He was like a bride towards God, who is also called 'husband' (Isaiah 54:5) and doing God's will was like intoxication to him. (John 4:34; 6:38)
- ▶ 5) He declared goodness or beneficence (*Shivam* in Sanskrit) as the primary and exclusive attribute of our heavenly Father; and He is the source of all good gifts. (Mark 10:18; Mathew 7:11)
- ▶ 6) He knew he was a soul, had existed before in Heaven, and would return to

heaven after earthly life. (John 5:24; 6:38, 62; 8:42; 13:1; 17:5) He taught that our Heavenly Father is "spirit", or incorporeal. Thus, he implied that all His children are also spiritual beings acting in physical bodies; hence is the exact representation of His very being. (John 4:24; 6:63 Compare Ecclesiastes 12:7 and Mark 12:26-27) He also taught we can choose to be peaceful and pure souls, and become the children of God. (Mathew 5:3, 8, 9) Hence, he could ask us: "Be perfect, therefore, as your heavenly Father is perfect." (Mathew 5:48)

- ▶ 7) Every soul carries within it a resolve (unique personality traits) of one's own making and acts accordingly. (Mathew 12:35)
- ▶ 8) He believed every action (even an unproductive word one utters) has equal and opposite reaction. (Mathew 12:36; 23:12; Luke 6:38)
- ▶ 9) He taught that many will not change their resolve, hence will repeat their acts in their next birth too.—Luke 16:31 Compare Mathew 11:14; 12:32.
- ▶ 10) He declared vices such as lust, anger, greed, attachment, pride ... as originating from body-consciousness, and showed perfect control over them.—Mark 7:21-23; compare



- Galatians 5:19-21; John 16:33; 1 John 2:15-17.
- ▶ 11) Purpose of life is to become like our Heavenly Father, manifesting His qualities in day-to-day life. What is required is only a change in attitude! (Mathew 5:44-48; Genesis 11:6) This is possible because, Spirit is more powerful than the body.—John 6:63
 - ▶ 12) This Dark Age will be replaced by Golden Age. (Mathew 12:32; Mathew 19:28) Only those who are leading a Golden Aged life now will inherit Golden Age. (Mathew 13:24-30) As the time passes by, Golden Age will steadily decline in quality and old habits will resurface (Mathew 13:33, 52) and cycle will repeat. (Ecclesiastes 1:9, 10; 3:15)
 - ▶ 13) He knew the world will come to its destruction with the stock-piles of deadly arms man has manufactured. (Mathew 24:21; 26:52)
 - ▶ 14) He taught that people will be judged on the basis of whether they have loved Light that has come into the world or not! (John 3:19-21)
 - ▶ 15) He stated that men and women are “images of God”, hence equal. He chose to reveal the most important spiritual truths to a woman who was from a “low” caste community called Samaritans. (John 4) He declared that projection of woman as inferior was the result of “hardheartedness” of some ancient men, which obviously has nothing to do with Scriptures. (Mathew 19:4-8) God is not partial to any nation or religion; but goes by fruitage one produces (Mathew 21:43)
 - ▶ 16) When all the men whom Jesus personally trained, deserted him, “many women” stood with him at the direst moments of his life, ministering to him. (Mathew 27:55) He praised women as having keener insight into future and spirituality than men (Mathew 26:10-13 Contrast John 6:60) and appointed women to impart vital spiritual truth to men. (John 20:16-18)
- In brief, he lived up to his name, Jesus, transliteration of the (Hebrew *Jehoshua*), which means: ‘Jehovah is salvation’. Jehovah means “I am that”. (Exodus 3:14) Abraham very well knew the meaning of this name and had already put the essence of it in a simple title as “the eternal” (*Olam*, in Hebrew) in Genesis 21:33, which God Himself expanded later as: “I am the *Alpha* and the *Omega* ... who is, and who was, and who is to come, the Almighty.” (Revelation 1:8)
- What better word can convey God’s name as the eternal (as opposed to the ephemeral—things that appear, remain for some time and disappear after a while)? He is THE SOURCE behind all the resources; hence, only HE can become our saviour, the supreme beneficent; and only He can become the valid object of our love as He never changes. (James 1:17) Thus, Jesus’ name was a roaring reminder to the world: “Remember God, because only He is your Saviour,” which is in essence all the teachings of *Brahama Kumaris* put together! “Remember God and be pure” has been their most important mantra from their very inception!
- When I had a closer look at *Brahama Kumaris*, I found, to my great surprise, that all the above-mentioned things, which Jesus did have been already in practice among them.
- Similarity between *Brahma Kumaris* and Jesus is not a coincidence. The basis of Godly children is always the same; it never changes. (Mathew 5:44-48) Hence, the Christians can actually be proud of *Brahma Kumaris* who collectively prove Jesus is practical, and they are the ones who remain pure and help the world as light-bearers in this “time of the end.” – Compare Mathew 24:3; 25:1-13

SELF-CONTEMPLATION: FEAR OF PEOPLE GETTING UPSET

– BK Padmapriya, Los Angeles, USA

How many times you think “Oh! I don’t want my spouse to get upset with me!” “If I say this, my sister would be really upset with me.” “Oh boy, if I miss today’s meeting, my boss would be very upset with me”.

All our life, we really think or at least don’t want to upset people around us. Concern and Care is different from worry. We do have to take care of the feelings and emotions of people around us or generally any human being for that matter. But we do really get caught up with too many thoughts about what people’s reactions would be to our actions. There is fear of people’s reactions towards me.

This fear:

- ▶ makes me anxious, nervous
- ▶ makes me postpone decisions
- ▶ avoid/neglect/go around
- ▶ extremely worried and bothered
- ▶ I suppress myself
- ▶ I am uncomfortable

▶ I don’t get motivated to do anything new

▶ I lose my happiness

So why do I get this fear?

What causes it?

This is because I am too much concerned about others. When I am doing something beneficial and righteous (in the true sense, not something right in view), I have to let go of the fear and use my courage to go ahead and do it. I need not bother about people getting upset with me. It is okay. They will understand one day. Eventually they will get my point and pure intention.

I do what I have to do. If I keep holding my decisions or actions until the other person is pleased or approves, I can never be happy and peaceful, nor can I hope to accomplish anything worthwhile. I will be stuck up and can only describe my misery. For example, if I love doing social work on weekends and if my friends are upset with me because of my non-

availability for a party or so, I can follow my heart and need not worry about people getting upset with me.

Not always, one can explain the reasoning for one’s actions. One’s pure and good intentions cannot be understood sometimes by another. The other might not find sense in something that the other cherishes. Giving space to others is very essential, but if you are not given your space, stop worrying and feeling bad; go ahead and let time explain everything for you. I should also develop a ‘never mind’ attitude. It is necessary to free myself from all the above mentioned emotions of fear because fear steals peace.

However, this doesn’t mean that I become arrogant and mean in my behaviour. I do have to stay polite, firm and keep my mind undisturbed from these thoughts of people getting upset. I need to perform action with peace and love.

I understand and know ‘yes, this is going to upset him/her’ but I am going to do it anyway. I am true to myself and I do have to tolerate the consequences (troubles/bad-name/comments/criticism/obstacles/upset-faces/silence) reminding myself that the

other person is ignorant of my intention and it is his/her weakness to believe that he/she can control people.

Some souls use it as a threat. They know that you will revert or change your mind if they show that they are upset with you, e.g. if the wife is upset with her husband's decision and she persists being upset, eventually her husband might change his decision.

I am not here to please anyone. I have my own certain ambitions and goals of life. The truth is I cannot please others all the time. People may not like everything I do or speak. They may become upset or irritated with me but it is not within my scope to go and make them feel better. I can change myself according to others but not to that extent that I lose my spiritual identity or uniqueness.

If I am on the verge of pleasing someone or my motto is to please someone constantly, hurt is guaranteed. No matter how much I do things in a proper way, people will still find something to complain about me. So shake it off, maintain focus and keep moving.

Reflection:

- ▶ 1. Who do you think will get upset with you the most?
- ▶ 2. What happens to you when you are with them?
- ▶ 3. Try to be fearless with that person and do one fearless act a week. ●

When I am faced with pressures,
a loving attitude towards myself
will protect my peace of mind.

LIGHTNESS

Lightness is like hitting a spring of water inside. A sudden break out from the dryness of your normal reactions as you begin to express from within, rather than just responding to what you see outside. It usually happens when you come upon a quality that hasn't been destroyed or jaded by time, something very old and inherent in you that has survived birth after birth. Most qualities and talents are developed through use, but are also in some way diluted and changed. Lightness is touching that makes you unique, because it has never changed.

What happens then? Laughter! Laughter burbles out into your life. It may be that you've touched gentleness, eternal, unchanged gentleness, but the spring seems always to come out in laughter. And the charm and joy of the laughter protects the gentleness that you've found.

It is because someone who is laughing touches everyone, but cannot be touched. And as the laughter strengthens, two things happen. First there comes the tendency to touch the value in others, because innocence reaches the part in people that society teaches them to hide. Secondly, the quality inside grows. The spring becomes a river and starts to flow through life in a more open, forceful way. So from a deep private discovery, it becomes a part of your living. Not only that, it becomes a resource for others. You can just sit beside a river and without doing anything, you get in touch with how you really are and where you are going.

Perhaps that was what the scriptures meant when they told the story of Sidhartha.

(From the Book "INNER BEAUTY")

RAJYOGA- RELATIONSHIP WITH GOD

– B.K. Reena, Mumbai

Once, in the office, I met a girl who was my colleague. Initially we met, just greeted each other formally, and discussed only official matters. We never discussed personal matters due to lack of trust. Over a period of time, when we got to know each other, there were many aspects of common interest; we helped each other and we bonded to such an extent that we were declared as inseparable and best friends.

It is quite common with most of our new relationships. We happen to meet, initially lack trust, spend time, explore, and later establish life-long relationship. It is very strange that God who can be our best friend, parent and guide, there is reluctance in us to pursue this process of friendly relationship. We often justify that we cannot see Him, cannot talk to Him and have no concrete proof of Him. A long distance internet chat can lead to marriage in our practical life, but being able to establish any such relation with God

seems weird. We may justify that we pray just once in a while, look up to Him in joy or sorrow but being in relationship to the extent of being inseparable, does not seem practical.

Rajyoga is about the practice, which makes us aware that we are souls and helps us establish a relationship with the supreme soul, who is our father. It is a combination of knowledge and meditation. It is the knowledge that introduces us to Him and meditation, which helps us to experience this connection. It is a realization that it has been ages since the souls were separated

from their parent. Shouldn't an effort be made to re-establish this relationship?

Once this relationship is established, it takes care of all other relationships as it gives us the wisdom and strength to deal with so many challenges that we have to face in this highly complex world. Amidst so many relationships that seem temporary or just created out of selfish interest, here is a relationship that is eternal, enriching and most unconditional. There is a need to prioritize it with God as He is eager to help. He is the one who takes care, loves and liberates us from all our sorrows and sins. Yes, He is waiting with open arms at the Brahma Kumaris Centre. The first step in this direction is to undertake the 7-Day foundation course. The revelations during the course will go a long way in making your journey smooth and comfortable.

DON'T BE JUDGEMENTAL

Sometimes people are quick to judge others. When what you see isn't really all there. People have different moods; different personalities; different desires, so what you're really seeing is only a mask, of what others want you to see. On the inside, we all have the same desires, a kind smile, a warm heart, and a tender soul, all wanting to be reached. On the inside, we're all not perfect, only human. We'll have ups and downs like a merry-go-round, we'll make many mistakes. But just remember, the next time you see a person, do not judge what's on the outside. We could be having a bad day. Try and see on the inside, and you will see, the kind smile, the warm heart, the tender soul, reaching out.

WAR AND PEACE; SCIENCE AND SILENCE

– Rampal, Hubli

After witnessing two most destructive wars of human race in the last century, the world is once again gearing up to indulge in yet another one. The mighty powers of the world are busy in hoarding arms and ammunition at enormously large scale. Tensions in the Middle East, Indo-Pak border issues, wide spread terrorism etc., are some of the major problems daunting us. The famous quote of Albert Einstein “I know not with what weapons World War III will be fought, but the World War IV will be fought with sticks and stones” clearly gives us the clue about the sophistications in defence technologies. Of course, majority of scientific inventions that are reaching layman’s hands are spin-offs of defence research and development. Thus, I am of the opinion that science is the cause behind the effects called wars.

But, contrary to war of science there is another war–

the war of silence or ‘incognito war’ which is going to reap the harvest of affluence health, wealth and happiness.

Let us understand this ‘Incognito silence war’, for which the clear understanding of our own self is very essential.

Suppose Ram is a two-year-old child weighing approx. 10 kg. He might weigh 60 kg at the age of twenty years. All through these years, Ram is the same person, but only his physical weight is changing. Thus, we can come to conclusion that Ram is not his physical body, but gains this physical body from the external world, in the form of food all through these years. This body is made up of five elements viz. earth, water, air, ether and sun. However, we are different from this body. Who am I then? Or who is Ram then?

Our ancient scriptures have identified and termed the real ‘I’ as a ‘soul’ or ‘atman’, a tiny dot of light, a self-luminous and self-existing entity. A soul is

such a tiny dot of light that it has not yet been perceived by any of the sophisticated scientific instruments.

Due to this false conviction that we are this body, we care for, adorn and we admire our physical bodies while the real ‘I’ is deprived of the care it really deserves.

We need to realise that this body is the instrument for the real ‘I’ or the soul. The consciousness of body gives birth to five vices viz. lust, anger, greed, attachment and ego. However, as we become aware of the self as soul and form a loving relation and connection with the Supreme Father, the Supreme Soul, it helps us to break the shackles of these five vices. When we win the war against these incognito vices, we become free from all bondages and enjoy infinite spiritual bliss. This form of silent communication or the divine communion of soul with the Supreme Soul is called the ‘Incognito silence war’.

This is the time when God Shiva, the Ocean of knowledge, is giving the knowledge of self, of Supreme Soul, of laws of universe, of karmic philosophy through his Godly University—Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya.



God Shiva is giving the nectar of knowledge through the Godly versions called Murlis. This knowledge gives us the understanding and power to wage war against these vices. This incognito war is fought in the battlefield of human mind.

The Table given below depicts the differences between the two wars.

	WAR OF SCIENCE	WAR OF SILENCE
AIM:	To exhibit physical might. To gain control over enemy nation. To fight against our own brothers.	To get Divine communion and to enjoy spiritual bliss. To attain perfection to 16 celestial degrees. To become double non-violent, viz. victory over sex-lust and abstaining from violence through words or other bodily organs.
BATTLEFIELD:	The borders of enemy nations or to say that the entire planet earth is a battle field.	Human mind.
ARMS:	Weapons of mass destruction, warheads, missiles, nuclear arsenals etc.	Murlis – Godly versions. Yoga – divine communion. <i>Shrimat</i> – purity in food, action and thoughts.
DRESS CODE:	Bullet proof jackets, helmets etc. to safeguard bodies of soldiers.	White dress – symbol of purity. Godly badge
RESULT:	Millions and millions of people are wounded, tortured, and killed, resulting in pain, sorrow and devastation	Bliss everywhere, opens the gateways of heavens, affluent with health, wealth and happiness. Happy and satisfied souls.

The persons desirous to know more about the Creator and His creation and experience the Divine communion are welcome to visit the nearest B.K. Rajyoga centre. The Power of silence will create heaven which is a gift of God for us.

WORTHINESS

Before we get any kind of advancement or promotion in life, we need to have earned the right to it. There are no free gifts in life, nor are there any short cuts to success of a lasting nature. Being worthy of any kind of responsibility requires an attitude of service to others. We earn a right only when we have given cooperation to others from our hearts.

SHIVA – THE TRUE SERMONIZER OF THE GITA

– B.K. Priyanka Sahu, Kanpur

The present time in the eternal World Drama, when vices are at their climax, is also the time of world transformation. It is the time when the truth about the original nature of soul, the Supreme Soul and the ancient History and Geography of the world has to be revealed by Incorporeal God Shiva. All religions preach that they should maintain peace. Now, where do we get this peace from? People today are not able to be happy and peaceful despite working so hard to get it. Who could give us peace? Who is the actual source of peace? These questions often arise in our minds. Deep reflection leads us to realize that peace can be received only from God's remembrance.

Indians have strong belief in God Shiva. There are many wonderful stories about Shiva in our tradition and culture. The main purpose of these stories was to convey some moral and spiritual message to mankind. But somewhere along the time, people dropped

the lessons and just carried the stories/legends which have been exaggerated from generation to generation. This huge volume of information suppresses our intelligence and we forget to see the logic and the truth behind such stories.

Shiva is considered the Lord of yogis. Yoga and Shiva are closely inter-linked. This yoga is originally known as Rajyoga. Today, even scientists admit the efficacy of meditation as it paves the way to enlightenment through silence and introspection. Most of the people now believe that they are souls. Incorporeal God Shiva descends from His Supreme Abode, i.e., *Paramdham* or Soul World to reveal that He is our creator as well as our father. He explains how the souls, passing through the cycle of births and rebirths, have now been deprived of all their inherent powers mainly due to body-consciousness. Under the spell of vices, we, the souls, forget our Supreme

Father. Then He comes to take us back home or *Paramadham*. He has been teaching us easy Rajyoga, which is the real Gita *gyan*. Though people have been reading and reciting Gita, no one knows the true meaning of the versions and what God wants us to learn through the Gita. Now, as it is again the time for God's re-incarnation, He has come on earth to reveal to us what the true meaning of His words is. Also, a huge mistake has been committed as Shri Krishna's name has been mentioned as the sermonizer of the Gita, instead of Supreme Soul Shiva.

Through the real Gita, known as 'Gyan Murli', i.e. flute of Knowledge, one can feel how much God Shiva loves us. We, the spiritual progeny of God Father Shiva, lovingly call Him Shiv Baba. God descends on earth only at this most auspicious Confluence Age when the Kaliyuga is going to end and the Satyuga is about to begin. Meeting God and feeling His divine grace is really the most wonderful experience. How fortunate are we! It is only at this time that souls can feel how much He loves us and how lovingly He responds to us! The unlimited love, super-sensuous joy and bliss, which have been mentioned in the Gita, can be



actually experinced through easy Rajyoga being taught by our most beloved Shiv Baba and once we experience that love, joy and bliss, all the doubts get removed and we become an instrument of world peace.

God has been teaching souls how to liberate the self from vices and become pure once again. No other soul can perform this gigantic task. As we realise the importance of His teachings, we feel a personal relationship with God, i.e., Shiv Baba. In fact, He has descended on listening to our call, so we must feel proud of this divine link. He is here to set us free from all the bondages of Maya.

The experiences and attainments that we Godly children receive after becoming Brahma Kumars and Kumaris and following easy Rajyoga, increases our faith in God Shiva more and more to make us believe that only God Shiva is the true sermonizer of the Gita. There is no other soul who descends/ reincarnates to purify all the souls of the world. All the great souls or divine fathers such as Abraham, Jesus Christ, Gautam Budhha, Guru Nanak Dev etc., who take birth, give God's message to us. They become instrumental in



establishing a particular religion. However, with the passage of time, people start treating them as Gods. No human-being, howsoever powerful or knowledgeable, could connect us to God as He really is. Thus, this is the most auspicious Confluence Age when God Himself descends on the earth and reveals to us the esoteric knowledge of World Cycle or Creation. He tells us that we were perfect and vice-less in *Satyuga* and *Treta Yuga*, but from *Dwapur Yuga* onwards, we became body-conscious and, thus, turned vicious and sinful. Now God Shiva enlightens us with the real Gita knowledge and makes us aware of our original virtues such as Knowledge, Purity, Peace, Love, Joy, Bliss, Power, etc.

Rajyoga is the method to connect the self or Soul to the Supreme Soul God Shiva, who is ever pure and ocean of all the virtues. This is what the world needs the most today. Human beings need the love and light of God; they become a source of spreading God's light and might only when they learn to connect themselves to Him and draw all virtues and powers from Him. With a view to draw powers from Him, we have to keep our mind constantly connected to Him. This mental

communion is called Rajyoga which is the method to understand the self and the importance of values we possess. Only Incorporeal God Shiva is ever-pure; He is the liberator and guide of mankind. He is the Ocean of all the virtues and powers and is immune to birth and death. Only He imparts us the values which we have lost. It's high time to realize the real message contained in the holy book Gita. By listening to the precious jewels of Knowledge being revealed by the true sermonizer of the Gita—God Shiva through the corporeal medium Prajapita Brahma, human souls can now attain God Fatherly birthright of liberation and fruition, i.e., Purity, Peace and Prosperity in the forthcoming Golden Age.

(Contd. from page no. 13)
everybody believes that the other person is at fault and is the cause of all problems. It is always the other person. No one wants to change but advises others to change. To initiate peace in our lives and in the world, it is important to realize that we should set the date for self-transformation to live in peace and harmony; the world will set its date for transformation immediately. Peace and happiness begins with me.

TEN POWERFUL WORDS



– B.K. Surya Prasad, Hyderabad

For any communication language is required. A language is formed by sentences. The sentences are formed by words. The words are made up of letters or alphabets. In English language here are ten most powerful words which are to be used carefully and with full understanding. If used without knowing the real meaning, these words can damage the purpose of their usage.

- 1) **'I'**. This is the most powerful single letter word used very commonly. Many people use the word 'I' daily in every aspect to show their ego and personal importance. How many really know who 'I' is when they speak. Until God Father Shiv Baba incarnated in Prajapita Brahma and revealed about the soul hidden in the body people were thinking that 'I' as the human body. So try to AVOID using this word as far as possible.
- 2) **'WE'**. This two letter word is used mostly to involve others in sharing the blame or other misdeeds. Where one cannot take the full responsibility this

word is used. If an appreciable good work is done then the first word 'I' will be used with ego. But God Father Shiv Baba told us that WE ARE SOULS AND CHILDREN OF ONE GOD. Hence one should use this word in a most satisfying manner. So USE IT liberally in place of 'I'.

- 3) **'EGO'**. This three letter word is mostly used to point out the behaviour in others but not in self. As if a person wearing coloured glasses sees everything through the colour of his glasses, an egoistic person sees every one as an egoist. No one clearly knows what is ego until Shiv Baba explains the difference between body-consciousness and soul-consciousness. This is a most poisonous word hence OVERCOME it.

- 4) **'LOVE'**. This word is used abundantly without feeling it. It is like lip sympathy but not a real sympathy. This four letter word is mostly

between young girls and boys, without really meaning it. As per the common notation followed love is misunderstood as sex between male and female. Shiv Baba demonstrates His love towards His children in His daily lesson. Hence we must learn how to show love towards other brothers and sisters and give VALUE to the word love.

- 5) **'SMILE'**: This five letter word is a gesture to show our attitude towards others. A smiling face invites friendship while an angry face keeps the people away from you. Whoever we are and whatever we are Shiv Baba addresses us as sweet children even though we may not be sweet all the time. So be always friendly with others KEEP smiling.
 - 6) **'RUMOUR'**: This six letter word is a fastest spreading word. If you receive any information and you share with many people without knowing the reality then it becomes a rumour. These rumours spread like a wild fire and do lot of damage to the society. Shiv Baba tells that when you get such news or message hear with one ear and leave it with the other ear. Hence IGNORE rumours.
-

7) **'SUCCESS'**: This is hardest working seven letter word. Normally 'success' word is used when an examination is passed or achieves a set goal. Shiv Baba tells us that real success is achieved when we conquer the deeply rooted five vices viz. anger, greed, lust, ego and attachment in us. That is possible only by continuous practice of observing your thoughts and emotions. Try to **ACHIEVE**.

8) **'JEALOUSY'**: This is a most enviable eight letter word. Jealousy often comes because of comparison with others. Shiva Baba tells us that each and every soul is unique and best in their unique talents. So there is no comparison. There may be many defects in a soul in our view but there will be always a good aspect in that soul. So see only that good aspect and

never compare. By comparison only envy comes. So **KEEP DISTANCE** from jealousy and comparison. Respect each and every soul and enjoy their part in this world drama.

9) **'KNOWLEDGE'**: This is the most powerful nine letter word commonly used for acquiring higher educational qualifications. Normally people think that more degrees by the side of name indicate more knowledge. Shiv Baba tells us that real knowledge is not in books but it come by knowing about Soul, Supreme Soul and the World Drama Cycle. This knowledge is given by Shiv Baba in the confluence age by Himself to uplift all human from the present unrighteousness to righteousness which is called Bhagavad Gita. So

ACQUIRE this supreme knowledge

10) **'FRIENDSHIP'**: This is the most valued ten letter word. Generally in India friendship is either between boys or girls. Rarely, we find friendship between boys and girls except in co-education collages. Where as in foreign countries friendship is maintained between male and female and rarely between same sex. Shiv Baba tells us that real friendship keeps all religions together With true friendship only the differences between countries and religions can be eliminated and the universe can be a single unit. So maintain a true friendship.

Let us keep the abovementioned ten powerful words in mind along with Shiv Baba's knowledge to keep the universe united under one rule.

SILENCE MORE POWERFUL THAN WORDS

Projection: When something is expressed in silence, it is with the power of thoughts. Such thoughts spread positive vibrations and reach out to the others, in such a way that even the words can't. Also, when such kind of positive actions are added to the positive thoughts, the desired effect of that is seen. Then the words are not needed to express good intentions and good wishes.

Solution: When I am able to express myself through the language of silence, I am able to be free from expectations for others to listen to what I am saying. I will only be silently communicating whatever I have to through my good wishes and inspiring others through my positive actions. So I am able to remain content and light, even when I have not yet seen the result of my communication.

– *Brahma Kumaris*

DON'T WASTE A MINUTE: *DON'T WASTE A SECOND*



– **B.K. David**, Paignton, England

Life is so precious, and so is time. These two are so linked, like breathing in and out. You never think about breathing, that is, until you can't. At that time, there will be nothing as important in your life as breathing.

When you have your life (breath, health) and time (freedom) taken away from you, then also, you can't think of anything else other than being healthy and being free to do whatever you want whenever you want. There is nothing as precious as freedom and health and nothing missed as much when either that freedom or health is taken away from you.

Yet I look around me and I see few people with a state of mind that allows them to be truly free to enjoy life. Everyone seems totally bogged down with worry, stress, anxiety or have something in their life that is crippling them and weighing

them down which takes away their ability to enjoy life as it should be enjoyed. From President, Prime Minister to cleaner, all have both foot firmly stuck in the bog of a troubled mind which will never allow them to move forward in life.

Each milieu and bog is unique but they all have one aspect very much in common and which is ruining their lives, and that is, they are all caught in the powerful trap of body-consciousness to which all are destined to increasingly succumb and drown. It is only God who can give them the wisdom and strength to pull themselves clear of that quicksand and give them the state of mind, capable of fully enjoying life to the full.

Health is really in your hands which enables you to pick up happiness and if you don't have good health, then you have no hands to be able to pick up that happiness. If you've poor health, then

you've crippled and arthritic hands with which to pick up happiness which is never going to be easy or enjoyable and in most cases, impossible. Most people, of course, want happiness and see glimpses of it throughout the day, yet if they have the deformed hands of bad karma that cripples and restricts them, they are never going to be able or worthy to pick up happiness; such is their karma.

Momentary Happiness is the Only Happiness of Today Which People Understand and Experience and Aim For, In Their Lives.

Some have good hands, but bad legs that stop them bending down (making effort and experiencing happiness) to pick up the happiness they desire, or some have good hands and good legs, yet are disabled with depression, and some have good hands, legs and a happy disposition, but have money, family or some other unseen problem that stops them from grasping that illusive happiness. Most are too disabled to be happy and they have not got the remedy or pill to heal the self. Of course God can heal all those, who are in His waiting room (centre).

Our freedom today comes at

a cost, whereby we have to live by laws – both spiritual and physical. One need not follow or obey those laws, but then one has to suffer the consequences of not comply-ing with those laws. By not following and disregarding spiritual laws eventually leads to suffering in both your body and mind, whereas not following physical laws and breaking them could lead to imprisonment, and yes, suffering – then your disregard for ‘freedom’ would have turned into ‘a painful event’. We can pay for our disobedience in many different ways, be it backache, headache, toothache, heartache, amputation, heart attack, missile attack, war, starvation, insomnia, depression, discontentment, arguments, stress, blood pressure, to the glass in your foot to having no feet at all.

All is *karma*, all is the suffering from thinking and doing wrong, from originally going against spiritual laws. Now distant relative of spiritual laws is physical laws, which manifested and came into being to assist and bolster up the long forgotten spiritual laws. So, this distant relation today helps its great ancestor complete its duty and carry out its punishment and

comes to hit us, and seldom comes to stroke us.

Six Billion People – And Only Two Hands are Needed

There are two hands of karma, one that causes pain, and its other hidden hand, which gives peace, love, happiness and comfort. These hands are both 100% accurate, work on autopilot, and is the supreme arm of the law that cannot be argued with – for who could argue with the law of ‘cause and effect’, except a simpleton.

God’s Bank Deals only with Thoughts, Words and Actions

No one should waste a minute but try to better his/her ‘*karmic* account’ and deposit the highest currency of love, peace and happiness everyday into this Godly Bank. Cooperation, mercy, good wishes and enthusiasm are also fine currencies to add to your account. The richest person on the earth today would be the one who has the maximal amount of virtues, qualities and spiritual life and is ignorant to man’s bank balance of greed.

Are You A Billionaire?

Millionaires and billion-aires, all desire for happiness and yet even for them, there will be

something or the other that stops them from being able to be truly happy, be it loneliness, arrogance of their wealth, poor health or their private jet crashes that take away their life – and their wealth. If one is not worthy, then there will always be something to stop him from enjoying life or something will keep walking just behind him (*karma*) to snatch away whatever it is he has that is giving him momentary happiness.

In people’s innocence, they unknowingly spend their whole life working towards achieving only a week’s worth of true happiness. Imagine all that effort, sweat, toil and agony they must have to put in towards getting an end result of just one week’s real happiness. Similar to the person labouring day in, day out, in the most awful job in a factory from dawn to dusk, seven days a week, to get a week’s holiday whereby he’s free to relax and enjoy himself in the sun. Except today that week has shrunk to a day and in that day, following him about, is stress, unhappiness and heavy lash of rain.

Can You Swim Across The Channel, If You Cannot Swim?

A worker also realizes all too

well that tomorrow he has to go back to work. Whilst contemplating this return, he also has to deal with everyone else's similar thoughts and sorrow whilst on his break from his normal routine of misery. Alas! he doesn't realize it, but he too has gradually become a billionaire – of sorrows! In his pursuit of happiness, pleasure and success, he has become the opposite of what he wanted. He wanted to learn to swim (be happy) and swim across the Channel (be very happy), but in all the years, can only tread water at best and is in reality, slowly sinking.

This factory worker with his innocent pure intentions, dreams and impossible desires, truly represents and mirrors 'all' of the humanity, for all of humanity is now in the same sinking ship. God today named this ship 'THE LUCKY FEW', and tomorrow will rename it 'THIS IS NOW THE END OF HUMANITY'S CONSTANT SUFFERING'.

Does Your Passport (Brahmin Life) Have An Up To Date Visa (Constant, Elevated Effort) Stamped on It?

Everyone is on board this ship of suffering as everyone has become crippled to some degree. This ship will soon sink, but before it does, its last call of duty will be too quick to stop off at the harbour that transports people onward to heaven to let them get off. Only those few loving people will be worthy enough of going onwards and setting foot in heaven. So few will make it off this sinking ship but those who do, will be divine, virtuous, generous, special passengers truly worthy of the very best that life can give. They will have become worthy of receiving the highest reward possible in life—that of going ashore in heaven. Does it not make sense that the highest reward is given by God, the Highest on high, to His Godly children? ●

**WOMAN –
THE HOME MAKER**

– Neena Sharma, Delhi

The unsung heroine of household
Albeit, she stands gallant and bold
Wears an armour of Love, Laughter,
Smiles, Sighs and Tears
Confronts all situations sans fear

An embodiment of Powers Eight—
Power to withdraw, to merge, to
cooperate
Power to withstand (endure), to face
Glorify all her adornments
Her inner beauty needing no
ornaments!

Gentle as a Dove where Love and Care
Make her life a divine fare
Yet, thunderous like a Lioness
To make the principles thoroughly
fortified
Dignity and Royalty Personified!

Like a Swan, scrupulously brings
Pearls away from filthy things
Adds to the charms of life
An Epitome of powers seven and eight
The power to Judge and to
discriminate!

Amiable by nature, smiles in adversity
Endears everybody with her sterling
quality
Heals all with her tender touch
Disciplined she is, but not a law maker
Let's learn to honour
the true Home maker!

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

For example, in the above-mentioned case, history and historians are generally mute on the question as to what led Philip's son, Alexander, to take such a big army to India to conquer it. Though history mentions social, political and other factors, it does not go to the root of all these. It discusses the life of Philip, Alexander and his mother but it does not lay its finger on the nerve that linked Alexander's personal life to the historical role he played. It does not point to the truth that there was inner disharmony that led to disharmony in his family and, later, to continental disharmony.

If mankind had understood the diagnosis that the crux of all problems is disharmony of one kind or the other, and also that the disharmony of all kinds is caused mainly by inner, mental or spiritual disharmony, then people would not have tried to curb violence by using violence nor would they have attempted to remove poverty by such over-ambitious developmental plans that cause ecological disharmony. Instead, it would consider universal harmony as the only worthy choice. In addition, though political, religious, racial, spiritual, or any other kind of harmony was considered as the need of the time during different periods of a 3000-year long history, there was never such an aggravated or urgent need for all kinds of harmony as it is now. Therefore, let the restoration of harmony in all spheres of life be our first priority and our declared goal, policy and plan and our avowed practice now so that we can have a lasting peace and development.

STRESS MANAGEMENT USING VISUALIZATION

Often when faced with stress at work or at home, we feel quite drained (mentally tired). Indeed, we may have noticed how certain individuals or particular situations are draining. We feel as if all our energy has been drawn out of us and it leaves us tired and exhausted. Although this sort of energy cannot be measured in the scientific sense, we can use the power of imagery to stop us feeling drained.

E.g. we can visualize that we are surrounded by a sphere of golden light, so any negative feelings or energies cannot affect us. In a detached way, we can view what is happening and can act suitably, but we are not touched by the stress. This method of using our power of visualization to create protective shields around us can be used in stressful situations e.g. before or during an important exam. or an important meeting, interview or any other specific situation.

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