

|| From the mighty pen of Sanjay ||



VALUE EDUCATION



When we look at the institutions of learning, we find there is an atmosphere of grave indiscipline. The relationship between the teachers and the students is uninspiring. A large number of teachers are not deeply devoted to their noble profession. It seems that most of them do not understand the importance of their role as the builders of a nation or a society and as moulders of men, nor do they evince any sign of such great responsibility. The students also do not have humility and love and regard for their teachers nor do they have any reverence for knowledge, which too has lost the elements of enlightenment and nobility.

Most of the educational institutions are now mere centres of academic interest where one goes to learn and cram some bits of information or certain skills and, in return, get diplomas or degrees so that they can claim some social status and entitlement to certain jobs. No education is imparted there in the art and science of life and living nor is such knowledge given to develop the potential goodness, lying dormant in the students.

The students, today, are not equipped with such knowledge that should enable them to be peaceful and happy under all circumstances or which can help them to face their problems without mental tension. The sanctity of education is completely lost on students who try to adopt unfair means to pass the examinations. They try to follow the lifestyle of cine actors or sports performers or ape the characters portrayed in films because they have no such inspiring role-models whom they should follow in their own environment and before their eyes. Young people today have no ideals nor do they seem to know the meaning of life. Thus, they encounter neither a congenial atmosphere, nor an inspiring education. They have neither the ideal nor an opportunity or role-model to acquire a set of proper values in life that should enable them to get through tests of life as persons of clear conscience and principles. This has led to

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EVENTFUL SEASON FOR BRAHMA KUMARIS



The months of August and September are very important for the whole world as many festivals connected with almost all the religions take place during these two months. For Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, the month holds great significance as it is related to the 7th Ascension Day of B.K. Dadi Prakash Maniji, perhaps one of the most popular figures amongst the spiritual personalities of the century. Each year observance of her Day of Remembrance is becoming more and more known to the world, as the participation of BK sisters and brothers, as well as those from different religions and professional backgrounds, who have had the opportunity of receiving Dadiji's blessings and sustenance during her lifetime, is on the increase. Here at the Headquarters, we had a very special week of

honouring Dadiji with different programmes at Mount Abu and Abu Road campuses, from around 20 – 30 August 2014.

The most important of all the programmes was on 25 August 2014 from morning till evening. It started with us paying respects and offering of flowers to beloved Dadiji at her Memorial in Shantivan campus, known as 'Prakash Sthamb'. Everyone was looking forward to the offering of Bhog to the Supreme Being, which started at around 12.15pm. It was very auspicious occasion as participants in the Bhog ceremony were looking forward to having an experience of Dadiji's presence through the trance medium of revered Dadi Gulzarji. The wishes of all the brothers and sisters were fulfilled when the Avyakt form descended for some time and greeted everyone with loving

drishti, and the gesture of the subtle hugs. **This was followed by a very interesting Question & Answer session for more than 45 minutes. The rich essence of the same is being shared with our esteemed readers for their personal information and benefit:**

- ▶ *To the extent that our Supreme Parent is working on us (for our own transformation), we now have to give a return. God's effort is greater, and the return is less. The return is to become equal to the Father's.*
- ▶ *With subtle touchings and by becoming introverted, spread your inner power. Finish the waste with subtle powers.*
- ▶ *Let souls be inspired to come to you to understand what the significance is of the speed of time at the present time. Draw people's attention to this topic of the transformation that has to take place, and how they will work with you*

in this transformation. Let them understand that they are also our companions in this and then continue to connect with them further, in one way or another.

► *Whatever service the Wings are carrying out (to serve various professions), there has to be a checking taking place every now and again as to what service is taking place, and*

whether service is taking place or not.

► *B.K. Teachers have to pay attention to everything. Teachers must not think only of service. One is dharna, the other is the study, and then there has to be attention on the study as well as service. Every now and again, give some homework to yourself. Check whether there is attention or not on the four to five main*

subjects throughout the day. There has to be balance between the self (spiritual endeavours for the self) and service.

► *It is necessary to have regard for one another in our mind. When there is regard for one another, and when we take some benefit from the activity and behaviour of one another, then this gathering can become strong.*

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Brief News Report on the 9th World Congress on Clinical, Preventive Cardiology and Imaging WCCPCI - 2014

It has been a great honour for PBKIVV and the Medical Wing of Rajyoga Education & Research Foundation to host the 9th World Congress on Clinical, Preventive Cardiology and Imaging WCCPCI: 4-7 September 2014, at Conference Hall, Shantivan, Abu Road.

Under the dynamic and inspirational guidance of Dr HK Chopra, Dr Navin C Nanda, Dr Satish Gupta, Dr Parashar, Dr Partap Midha, Dr Banarsilal Sah, and other

honourable members of the Organising Committee, this very high-level conference of Cardiologists and Heart Specialists took place successfully. The Conference was attended by over 1200 cardiologists, and other senior participants including Dr Mark Creagar (President-Elect AHA) from USA and about 150 foreign delegates.

The Conference was graced by India's **Union Health Minister Dr Harsh Vardhan** through video-

conferencing, and inaugurated by **His Excellency Shri Ram Naresh Yadav, Governor of Madhya Pradesh.**

The Hon'ble Governor drew attention to the fact that the culture of Bharat is significant in many ways. Its traditional lifestyle not only helps combat illnesses but acts as a shield against illnesses. In the past, those who adhered to the traditional lifestyle were able to distance

themselves from the heart illnesses prevailing today. It is necessary that doctor's advice and a disciplined daily schedule be adhered to so that the spread of the disease can be curbed. He commended the fact that Scientists and Specialists from Bharat and the world had gathered to discuss and enhance ways to prevent heart diseases. He also remembered Teachers on Teachers' Day (5 September) and their important role in creating an elevated and healthy

society.

The Conference had been very meticulously planned right from early morning Meditation (4.30am) to Scientific Sessions throughout the day, and Spiritual Enlightenment Discourses by several B.K. Rajyogis including divine Sister Shivani, Brother Nirwair, Sister Sheilu, BK Sis Geeta and others.

The Cultural Programmes in the evenings were of high standard in professionalism and creativity, and provided inspiring entertainment to the delegates.

The Grand finale of the Conference was that of honouring the main guests from India and abroad, and learned speakers who benefitted all the participants with their input of thoroughly researched lectures. All the cardiologists and other guests felt highly enriched and thanked the Organisers from the heart profusely for arranging a well-balanced programme to enhance their lives on all levels: physical, intellectual, emotional and spiritual.

– **B.K. Nirwair**

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First-ever Retreat for I.T. Professionals

The Brahma Kumaris Headquarters is like a flowing river where the nectar of spiritual wisdom continues to flow and refresh the lives of participants throughout the year.

The next significant and unique programme coming up is for I.T. Professionals called '**Spirituality in IT: Relax, Recharge and Rejuvenate**' from 2-5 October 2014, at Gyan Sarovar Campus,

Mount Abu.

Some of the topics to be covered will be *Effect of Thoughts on Health, Science of Meditation, Applied Spirituality, The Art of Neuro Leadership, Relationship & Parenting, Self-Talk, Goodbye Tension* and more. 'Inner Technology' will be discussed, and how the application of which can revitalize our personal and professional

lives. The participants will be given the opportunity to witness and experience first-hand the spirit of inclusiveness, cooperation and warmth within the Brahma Kumaris family which helps individuals unveil the best within themselves and bring about qualitative changes in their lives.

Registration can be completed on **<http://sit.brahmakumaris.com>**

UNDERSTANDING KARMA IN DEPTH

– Rajyogini Dadi Janki ji,
Chief of Brahma Kumaris



The power of *karma* and the power of the Almighty are both great. I have come onto this world drama stage to play my part.

God has made me an instrument. The fruit of performing good actions are purity, peace, love, happiness and power. When we take power from the Almighty, that power comes into our actions and we attain these five fruits. We need to first take power from the Almighty in order to stop performing negative actions and to be able to perform positive actions. People will then follow me in doing this.

Everyone, in this world, wants to live a good life and when others see us living good lives with happiness, they also become inspired to do the same. This is the way the soul creates a huge fortune for itself. In fact, this is what God is teaching us. By taking God's power, I can finish the vices... I can stop getting angry. I will never need to ask what will happen or how it will happen. If you keep

asking questions, you can't move forward. We have received the light of knowledge and that light has given us insight. We now need to pay attention to our actions: what is true? What is false? What is a charitable action? What is a sin?

When Dadi went overseas for the first time, she was not familiar with anything there. She saw three things in people's lives: worry, hurry and curry. However, Dadi kept one thing in mind that helped her a lot. That phrase was, 'Don't worry; no problem'.

Dadi kept telling her listeners, "Go into the depth of purity and imbibe it in your thoughts, words and actions. Purity is the mother of peace." Through purity, we cleanse our own hearts. In order to be able to imbibe the knowledge of God, my intellect needs to be pure. The intellect is cleansed through establishing and maintaining a connection with the Almighty. It is through this connection that light comes to the soul. God is my Teacher, He is my Father and He is my

Satguru. Establish these relationships and you will accumulate power from Him.

Learn to be patient in every aspect, big or small. Don't allow yourself to be impatient. Patience is essential in life. It is followed by humility. Humility is a great virtue. Bring it into your life. Then imbibe sweetness. Speak sweetly... God speaks so sweetly...

He speaks sweet words, so bring that sweetness into your life. God tells in the Gita that we have to remain in the world yet maintain a connection with Him. This is the attention we need to keep; to maintain a connection with The One, The Omnipotent. If you remain in His remembrance then whatever you do, will be of a very high quality. You will feel inspired. On seeing you, others will feel that God is getting His work done through you.

Now begin your life anew; understand what God wants

from you, what time requires from you. Bring virtue into your life. The call of time is to finish off all types of corruption. People are now not able to live without telling lies, stealing or abusing others. One must stop talking negative about others because it leads to a great deal of sorrow. I also have to learn not to take to heart when others speak negative about me.

I need to have great value for my own life. My life should be such that on seeing me, others are inspired to live good lives. I have to know how to remain happy and make others happy by removing their sorrow. This is what God is teaching us to do. Bring into your life now what you are hearing.

Let us now be such that we actually dispel the darkness of this world by distributing the treasures of happiness, light and knowledge. Learn to remain happy and the power of God will work through you. If you allow God's power to work on you that power will also do its work on the minds of others and they will be able to change their lives for the better.

The secret of
happiness lies in the
mind's release from
worldly ties.

– **Buddha**

UNDERSTANDING WHAT ARE KARMIC ACCOUNTS

We are not individuals acting alone in this world drama; we act in this extraordinary drama or play of life with other actors or souls who (along with us) play their different roles with different physical costumes at different times in the drama. **During the process of interaction with other actors (souls) and according to the type of interaction with them, we create accounts of debit or credit that become the basis of our connections with others.**

The reasons for which a specific relationship goes well or not are in the so-called *karmic account* that I have accumulated with the other person in the past. The past could be in this birth alone or in one or many previous births. **The souls that play the parts of parents, children, husbands, wives, brothers, sisters, friends, office colleagues and others whom I know form a network for the giving and receiving of happiness and sorrow from accounts established in the past or being created in the present.**

The strongest relationships that I have now were established previously. We knew each other in other lives and but in different roles. The daughter of some births ago returns now as the father, the best friend comes back as the sister etc. As long as the account exists, the interchange of actions between two souls continues. When there is nothing more to give or receive, the paths between the two souls separate by death, a break-up, a divorce or simply by the loss of contact. An example of this is our school friends. Many of our friends whom we were close to in our school days, we are not in touch with today. Another example is when we change jobs; we might lose complete contact with our old colleagues.

– **Awakening With Brahma Kumaris**

AN UNFORGETTABLE EXPERIENCE

– Abha Mittal, NOIDA

Human beings pass through various stages of development; life grows inch by inch every day and it is difficult to choose one incident as more important than the other. However, certain experiences leave a lasting impression on us and we are never able to forget them. This happened with me also.

I was facing some problems regarding my growing teenager and the experience being different from my own process of growing up, was making me very nervous. I was finding myself unable to tackle the situation.

Then an incident occurred which drew instant media attention. A teenager shot dead his one year senior friend in a school at Gurgaon. Editorials were published showing concern over the rising violence among our teenagers and mails were exchanged among parents, who tried to make their suggestions. I was also a part of this discussion. There I met some very nice people, one of them being Mr. P.V.

Raghunathan. I was very keen to do something for giving right direction to our youth. I once thought of starting an NGO for the purpose but things didn't work out. However, during an exchange of mails over this subject with Mr. Raghunathan, he saw some spark, some fire in me to write poetry. I myself was unaware of this God-gift of mine. On his constant motivation and help, I wrote some poems and posted them on my blog. He was guiding and supporting me. I felt very comfortable taking his guidance.

My poems when posted were greatly appreciated by readers; this encouraged me to write better and better. On Mr. Raghunathan's prodding, I tried to get them published in some journals/magazines. Fortunately, they were immediately accepted by one Mr. S. Krishnan of Chennai to be published in his poetry journal 'Poetry World'.

In November 2012, there was an online creative poetry competition organized by the Brahma Kumaris organisation

and their prestigious monthly publication, "The World Renewal". The Competition was popularized on Facebook and I came to know about it through one of my Facebook friends. The participants had to write on one of four given themes and I submitted my poem, "Father God or Godfathers" on the theme 'Inter-Religious Harmony'. Since the organizers received very good response from seven countries, including many poems written by students, a separate evaluation was arranged for students. I got acknowledgement of my entry through email.

To my surprise, my entry won the first prize in the senior category. Since then, there has been no looking back. I am constantly being inspired by their literature. B.K. Ranjit Fuliya, Associate Editor of 'The World Renewal', has been regularly providing me with the material having knowledge gained through meditation by the people associated with the organization. I am feeling a deep sense of satisfaction with this association of mine with the Brahma Kumaris organization. I am really thankful to Incorporeal God Father Shiva for gracing me with His blessing, though in a subtle and sublime way.

SIGNIFICANCE OF GODLY SERVICE

– B. K. Surendran, Bangalore

We remember many great men and women because of their contributions to the welfare of this world. Their examples are quoted by many people even now although they lived long ago in this world and disappeared. They are no more here, but their contributions in the form of great benevolent acts and teachings for the development of human civilization deserve emulation.

Godly Service

Godly service is unique in many respects. This kind of service starts only after God's descent on earth for the total renewal of this world. A Godly servant is a unique person who has become an embodiment of service by inculcating in his personality, the essence of knowledge and the practice of Rajyoga Meditation. Godly service should be done unto oneself first. First of all, one should transform the self then alone one can transform others. In fact, conveying the message of God is the essence of Godly service. When one becomes a

Godly student, he is supposed to study the four subjects, viz., Godly Knowledge, Rajyoga Meditation, Inculcation of Divine Virtues and Godly Service. On one hand, one is a Godly student and on the other, he is also a Godly servant. Both go hand in hand. When we practise soul-consciousness, we make sincere efforts to get rid of the influence of body-consciousness which is the real sacrifice, as sacrifice and penance are the pre-requisites for rendering Godly service. Godly service also helps us to get along well with others involved and, this leads to harmony and unity. Godly service should not be done for name, fame and popularity. If we find that someone does better service, we must give chance to him to do service. The urge for doing service should emerge from the core of one's heart. Unlike other services, this service is unique in many ways as it replenishes and recharges the soul. Service is an occasion for refreshment if it is done with enthusiasm and interest. When

we render Godly Service, we make our life noble and ideal. However, we must strike a balance between remembrance of the Supreme and rendering service. Godly service helps the souls to realize the love-full relationship and come in close contact with God. It is an attempt to empower the souls to receive God Fatherly birthright of peace, purity and prosperity for 21 births. One gets inner strength and happiness in Godly Service if it is rendered with enthusiasm, optimism and right intention. When we are engaged in it, our time, thoughts and energy are better invested and we remain free from the illusions of *Maya*. All types of activities in the *Yagya* (i.e. Godly *Yagya* established God for transformation of this old world of disquiet, sorrows and impurity into new world of peace, prosperity and purity) for the betterment of the souls of the world come under Godly Service. We should never have the notion that only those who deliver lectures from a platform are doing great service. All kinds of services related to the *Yagya* are Godly Service i.e. right from washing vessels to cleaning the floor to delivering a lecture in front of thousands of people. Only those, who render service with an attitude of instru-

mentality and constructiveness, dedication and sacrifice in the remembrance of God, can score more marks. This service helps us grow and progress in our spiritual path. It is the means through which we not only convey the message of the Supreme, but also spread the vibrations of peace, love and happiness through our thoughts, words, actions and relationships. We improve our mental, physical, social and spiritual health through Godly Service. Godly service is the unique effort to release the souls from their bondage of *karma* and bestow on them liberation and fruition. Whatever service we render, should glorify our Father, The Supreme Soul. The field of service gives us an opportunity to put into action whatever we have learnt from Him. It gives us a chance to explore and experiment on various points of knowledge and provides us an opportunity to know the progress level of our study. Even if we are on mundane (*lokik*) duty, we are on Godly Service to reveal our Father. He has directed all of us to see that none of the souls is left without getting the message of His descent and the inheritance that one can get from Him. Let us take maximum benefit by rendering Godly Service because this is the time to earn and inherit great fortune for 21 births.

Qualities required for rendering Godly service.

One should

- ▶ Be a regular student of Godly Knowledge and Rajyoga meditation.
- ▶ Adhere to the Godly code of conduct and lead a life according to the *Shrimat* – the directions of the Supreme.
- ▶ Have compassion and mercy towards the suffering of humanity.
- ▶ Inculcate virtues of tolerance, patience, sweetness, sacrifice, humility, instrumentality, maturity, honesty, integrity, sincerity.
- ▶ Nurture and foster better human relationship – friendliness with one and all and have the passion to connect with people.
- ▶ Have pure feelings and good wishes for one and all.
- ▶ Have the power of knowledge and yoga to discriminate and organize thoughts with a lot of positivity to handle crisis with success.

If one has the above-mentioned qualities, one can be an instrument of God to perform Godly service.

SET THE GOAL, THEN AIM FOR IT

Everyone feels the need to improve himself. Words alone cannot bring about transformation. They only convey information. It is the practical application or use of that information that will bring about change.

If I desire to improve myself in any way at all, I must first recognise the need for improvement. For example, if I think that I want to give up smoking and I have the deep desire to stop, then that is half the battle already won. I will seek out a suitable method and apply myself to it wholeheartedly. Victory comes automatically. On the other hand, however, if there is only the feeling that I should stop, but not the firm aim, then no matter how many methods I adopt, success will be nothing more than an illusion, and so to kick the habit seems an impossible task.

So firstly I establish my aim, and then maintain effort along those lines. I recognise the need, and automatically the ways and means will make themselves available to me.

From “JUST A MOMENT”

|| From the Melodies of Mateshwari ji ||

THERE IS NO NEED FOR GOD TO COME IN EVERY AGE



God does not need to perform task in every Age. What would His task be in the Golden Age? The Golden Age is in itself the Age of Truth. God comes to establish righteousness. The Golden Age is the Age of righteous souls; that is why it is called Golden Age. There is no need for God even in the Silver Age which is the kingdom of Moon Dynasty, for which Gandhi ji said, our Nation must become the Kingdom of Ram. He also doesn't come in the Copper Age, because that is followed by the Iron Age.

So God comes at the end of the Iron Age and the beginning of the Golden Age. This is called the Confluence Age. This is what is meant when God says, 'I come in every age': it means the time of confluence between the end of the cycle, and the beginning of the new. Because the word 'every age' [*yuge-yuge*] is written in the Gita, and the word confluence has been omitted; thus, those who read the Gita, think that God comes in



every age. But there is no need for that. There are five ages in the Time Cycle: the Golden Age, the Silver Age, the Copper Age, the Iron Age and the Confluence Age.

Time When God Comes

The present time we are passing through is the confluence time; it is neither night nor day. It is also written in the Gita that there are two ages, the day of Brahma and the night of Brahma. Golden Age and Silver Age are Brahma's day, and Copper Age and Iron Age are Brahma's night. God says: 'I neither come in Brahma's day nor in Brahma's

night; I come at the confluence.' So this is the time to understand everything. This is known as the Auspicious Age. As there is a leap month, an extra or auspicious month after three years, similarly, within this small period of time of four ages, there is the auspicious, beneficial Confluence Age, when God comes. The present time is the time of Confluence Age.

This is the beginning of the Golden Age; it is the time of the foundation of the Golden Age, when the sapling for the future age is being planted. Preparation for destruction is also concurrently taking place. God explains all these aspects.

God says: 'I come, and I also tell you the time of my coming.'

Look, this is a new aspect. You have been thinking God came in the Golden Age, in the Silver, the Copper and the Iron Age; that He definitely comes in every age. However, God says: 'No, I do not come in any age, other than the Confluence. I have nothing to do in the Golden Age, so why would I be there? There is peace and happiness there. I come only during the last stage of the Time-Cycle. I cannot come even at the beginning or in the middle of irreligiousness; I only come in the end, to destroy it.' All these aspects must be understood and realized.

TRUTH CANNOT BE BOTTLED FOREVER!

—BK Joseph, Laggere, Bangalore

Religious surveys have been consistently showing that the numbers of people who are religiously affiliated are on a steady decrease everywhere. To be worse, there is bad news from Scriptures too. For example, God of *Gita* declares: “*Devas* and great *Rishis* do not know Him” and asks everyone to renounce all their religious duties and take refuge in Him only. (*Gita* 10:2; 18:66) Bible too disdains the religious leaders. (Jeremiah 8:10, 11)

Why do scriptures, such as the *Gita* and the Bible, disapprove of religion? Because, religion has failed in its primary duty of RECONNECTING (*religare*, Latin) man with God and fellow humans; and ironically has led to numerous divisions and disunity! (For example, there are over 41000 sects in Christianity, according to *The Centre for the Study of Global Christianity*, Gordon-Conwell Theological Seminary). The waves of extremism, disagreements and confusion has led to divisions and

rise of different sects, with each one being more concerned about safeguarding their own identity. Religion was supposed to bring us closer to God and give rise to the feelings of love, goodwill and brotherhood. However, this is not the case because each religion comes right out and says that it is the best or the only way to God while others are inferior or should be pushed away or destroyed by force. Moreover, the prayers, rituals and offerings encourage people to seek mostly material benefits from God, thus unwittingly RECONNECTING them more and more with the materialistic world. And what is the result? “Disquiet and Disharmony.”

Religions, in general, have further distanced people from God by diluting the Law of *Karma* through their lighter view of sin and sin-atoning sacrifices. For example, though Christ had stressed non-possessiveness (Mathew 5:3), purity in thought and action (Mathew 5:8, 28) and declared some sins are unforgivable (Mathew 12:32),

his followers softened it by teaching: “Anyone who has died has been set free from sin, for the wages of sin is death.” (Romans 6:7, 23) This naturally makes people wonder: “If death nullifies vices, will it not do the same with virtues also?” Obviously, such teachings offer no motivation for people either to do good or to avoid sin. No wonder the Bible declares the Judiciary of all Governments (not religions) as “God’s servant on earth.” (Romans 13:1-6) Judiciary deserves this praise because it exists only to uphold the Principle of ‘Cause and Effect.’

Religion has failed in that as it has given us incomplete knowledge about the self and has created barriers on the basis of caste, creed or culture. True religion means to understand God – that there is only one Supreme Father – and to abide by His teachings. It means to understand the nature of the soul, which is to love without prejudice or bias i.e. to have the knowledge that we souls are children of one Supreme Being.

We had that awareness during the beginning of the world cycle. During the first half of world cycle characterized by Golden Age and Silver Age, man lived in a state of soul-consciousness (*atma + abhiman*), and was in perfect

harmony and unity with fellow human-beings thus reflecting all the divine qualities. As he plunged into body-consciousness (*deha* + *abhiman*) which characterizes the second half of the cycle, he became blind (like Dhritrashtra of Mahabharata Epic) to the truth that he is a soul: and this fathered many vices (*vikars*, deviations from being divine). The ignorance of spiritual reality led the world into a vicious cycle of hatred and prejudice (like Abhimanyu of the same Epic who knew how to enter into *chakravyuha*—the wheel-formation of the vicious Kaurava army—but did not know how to come out of it); and now the downward spiral is nearing its rock-bottom. The ancient-scholars who coined the word *swarth* (*swa* for soul + *rath* for chariot) for selfishness (which is at the root of all vices) very well knew that all the problems start when one begins to think: “I am this body,” forgetting the whole truth about himself: “I AM A SOUL and body is just my chariot or vehicle!”

However, truth cannot be bottled forever; it comes out at its own time. At the fag end of this Iron-aged World when irreligiousness is at its extreme, God Himself comes to remind us of our spiritual identity. As we

come closer to the Supreme Being, we see everyone equally with spiritual vision, we realize that we are spiritual beings temporarily residing in this material world and hence the futility of wars and quarrels. Even Science today has come out with theories on Past-Life-Regression and Near-Death experiences which tell about our eternal identity – that of a soul. Those who had Near Death Experiences and millions of people who had undergone Past Regression Therapy are now absolutely convinced that death comes to the physical body, but soul “takes new body just as a man casts off worn out clothing and takes new one.” (Gita 2:22) Consequently, they see life as an opportunity for learning and enrichment; and enjoy the unlimited blessings of putting God first in their lives.

It is the time we uplift our consciousness to a higher state of being. When the collective consciousness of people will be purified, the necessary changes will begin to manifest and this very planet will be renewed.

A **GRAND PROPHECY** is found in the Bible: “**I tell you that the kingdom of God will be taken away from you and given to a people who will produce its fruit.**” (Mathew 21:43) This shows God is

impartial and leaves everything to the Law of Karma. It also means that the Kingdom of God or the Paradise is open to those who re-awaken their dormant divine consciousness; who go through an inward process of spiritual transformation and share this knowledge with others. People who choose to live by God’s *Shrimat* (dictates) display ‘Kingdom Fruit’ which means:

- ▶ They view God as their KING i.e. abide by His teachings (Isaiah 2:2-4; Psalm 47:7; 22:28, and Gita 10:3, 15; 15:18),
- ▶ They esteem another subtle KING called the *Karma* Principle (that rules over all happenings), and
- ▶ They themselves become KINGS of the kingdom called their own bodies (Galatians 5:22-25, and Gita 15:9); symbolized by the popular symbol, Cross, which is made of two beams—longer beam (signifying Soul) being triumphant over the shorter beam (signifying body which is fleshly and weak—Galatians 5:16, 24).

Moreover, the context of the *Gita* 18:66 (where God asks people ‘to renounce all religious duties’) too describes the above, and further enlightens us on the

characteristics of God's people:

- ▶ They view themselves as 'an instrument' and trustees; hence do not have the diseased mental attitude that "I am the doer." (Gita 18:14, 16; compare 11:33)
- ▶ They dispassionately view every happening as one thing leading to the other (or as a Drama); hence do not interpret happenings as good or bad. (Gita 18:17)
- ▶ They worship God with whole-hearted performance of their duties and become perfect. (Gita 18:45)
- ▶ Renouncing ego, they attain 'supreme perfection' and enjoy unity with God (Gita 18:49, 50)
- ▶ They purify their intellect, mind and *sanskar*, have control over their senses, eat in moderation, are ever absorbed in *yoga* or meditation, relinquish all vices, and enjoy the REAL PEACE and "oneness with the Supreme Being." (Gita 18:51-53)
- ▶ They are even-minded towards ALL situations and ALL beings, and attain "supreme devotion." (Gita 18:54)
- ▶ They know God as a person (Gita 18:55; Compare 8:9 and 11:43 that says God is "minuter than the minutest,

yet greater than the greatest, and Ruler of the Universe"). They manifest qualities of God in their day-to-day lives and thus provide a vision of their Heavenly Father to the world.

Then God concludes: "Share this knowledge only with the worthy ones." (Gita 18:67) Hence we invite all sincere truth-seekers to examine and see for themselves whether *Brahmakumaris* have 'the Kingdom fruit' or match the above descriptions. You will find they are not only connecting themselves with God and with fellow human-beings, but they also have many other good things you would like to see in God's people. To mention a few:

- ▶ Their mantra : One God, one world family.
- ▶ Their high regard for : Sow and Reap Principle
- ▶ Their relationship : Respect
- ▶ Their way of living : Happiness
- ▶ Their hallmark : Purity
- ▶ Their religion : Peace
- ▶ Their language : Love

They have such fruits because they are directly being taught by God Himself (as promised for our time – Gita 4:7),

hence, such human souls are living a Golden-aged life, true to the meaning of *atma* (combination of a negative prefix "a" and "tamo"): "that which does not have darkness."

LET GO...

– Saanj Thimmayya,
Bangalore

I haven't stopped caring ,
Yet I may have to let go...
There is a
powerlessness,
And life just has to flow.

It's not to cut myself off,
But another I can't
control..
Incomplete though I may
be,
This hurt wont make me
whole.

The time to love is short,
The chasm in between
looks deep..
To break away and let go
My courage has to take a
leap.

So now I let go and I let
God...
Do what He wants and
wills ...
This heart has to beat on
To the day the body stills.

TEACHER OF ALL TEACHERS – THE SUPREME TEACHER



– B. K. Shailaja, Secunderabad

Teacher's day is celebrated every year on the 5th of September in India. Formative days of one's life are based on a teacher. A teacher enlightens and awakens the hidden treasures of a soul. It is commonly said – '*Guru devo bhava*' – *Guru* is considered to be next to God in Indian tradition. A teacher or a *Guru* is a person who guides and helps others in the process of gaining knowledge or skills. What about a spiritual teacher or *guru*? What is their role? The role of a spiritual *Guru* is much more unique in the sense that he dispels the darkness of spiritual ignorance and bestows divine knowledge and spiritual experience. He is a human vehicle whose body, mind and words are used as a channel by God to show the path of enlightenment. He is a light house showing the path of self realization and God realization.

A spiritual teacher, through his selfless service, is able to empower students and make them morally strong by helping

them to imbibe values and lead a life of stability and contentment. Such a teacher can guide students through their troubled period like a compass, giving direction and meaning to their lives and safely, taking them to their destination. Wavering mind's confusion can be cleared by spiritual teachers by imparting true guidance and sustenance.

The role of a teacher in the society is both significant and valuable. A good teacher is one who becomes a role model for his students. Teacher's visionary leadership can play an important role in making student's life spiritually enlightened. A teacher can actively participate in social activities and make students understand the value of cultural, ancestral heritage. One of the most important roles of teachers is towards the young generation. It is the youth who will decide the world's future and teachers can help them realize their intellectual and spiritual potentials and help them make the best possible choices for

themselves.

The qualities that a good teacher exhibits are as follows.

- ▶ **Selfless services**—They never think of their own benefit; they serve without expectation, tirelessly day and night.
- ▶ **Truthful**—They are true to themselves and true to the society. They practise what they preach. Mahatma Gandhiji – the best example of being true. Gandhiji said "My life is a message".
- ▶ **Committed**—A good teacher is committed towards his duty of enlightening the lives of those who come in their contact. Mother Teresa's life was a life of commitment. Even though she had a lot of temptations from her countrymen, yet once she came to India, she served the poor till her last breath.
- ▶ **Equanimity**—The poor and rich, the young and the old, the beautiful and the ugly, all are equal in the eyes of a spiritual guru. No discrimination, no division. All are one.
- ▶ **Deep love**—They show unconditional love towards one and all. Only good wishes towards all – friend or foes. Their love changes even a demon into a deity.

► **Discipline**—Their personal disciplined life throws an impact on student's life. The seekers learn from their practical lifestyle. Their body language becomes a message without words being used to express.

► **Patience** – The greatest quality of a good teacher is his or her patience. Let the behaviour of a student be the way it is; they persevere and lovingly keep teaching them till they learn and become perfect.

The presence of such teachers in our society is like having a diamond amidst mine of coal. Their sparkle dispels the darkness of ignorance and sorrow and brings peace and happiness in life.

Teachers inspire seekers to cultivate qualities of love, empathy, tolerance, patience and humility and create a chain of spiritual leaders who can successfully take the responsibility of establishing a world of harmony, happiness and health.

Shri Ramakrishna Paramhansa, Mahatma Gandhiji, Mother Theresa etc. are a few great teachers who have moved the world with their strong values and effective personalities and inspired a generation of effective leaders.

The person, who gives value-based knowledge to students, is a true Guru or teacher. On this Teacher's day, let us all invoke such great gurus and salute them for their invaluable contribution to the society.

THE RAVAN WITHIN

– BK Shikha, Baner, Pune

We have been celebrating the festivals of Navratri and Dussehra for years. However, have we ever wondered what the real significance of these celebrations is? How is it that every year we burn effigies of Ravan, and still he keeps getting bigger instead of being eliminated?

Normally, we burn effigies of someone who is much more powerful but whose presence we don't approve of. We express our anger against such people by burning their effigies.

Ravan, in reality, represents the vices present within each soul. Ravan (the vices) is the most ancient invader that has kept us captive ever since the soul forgot its true identity and descended into body-consciousness. As we, the souls are not capable enough to get rid of the Ravan (vices) on our own, we start burning his effigy as an expression of our helplessness. It's only when God descends and empowers the soul through divine knowledge and the power of purity, that the soul is able to identify this 'Ravan' present within. It is then that the soul becomes powerful enough to throw out the vices and inculcate divine virtues. True knowledge of self realization given by God cleanses the soul and takes away all the dirt of vices that have been accumulating on the soul birth after birth.

Let's wake up and eradicate the Ravan within by identifying these enemies and throw them out with the help of omnipotent God Shiva.

HOW TO OVERCOME THE PRESENT MORAL CRISIS



– Dr. Barun Kumar, Vaishali, Ghaziabad

There is no anonymity in the fact that our world is facing a grave spiritual and moral crisis. The massive erosion of values in every sphere of life and deterioration in human dignity and pride are the testimony of this fact. The four pillars of civilization – religion, politics, science and justice, have become vicious and polluted. People are being plundered in the name of religion and the fight is still going on between the Shias and the Sunnis, the Catholics and the Protestants etc. Similarly, the state authority has lost true social responsibility and the politics has become a mere game of acquiring power by propagating and dividing people on socio-economic and ethnic grounds. The situation is even worse in the case of science which has drastically deviated from the path of peace and happiness. The only hope that rested on justice has also been vitiated. The justice has become too expensive and time-

consuming.

Before going into any remedial measures, there is a need to probe what went wrong with our thinking. Firstly, the monistic view that God is one was discarded and many Gods and Goddesses have been worshipped. The matter has gone to the extent that people have started believing and declaring God to be omnipresent. In the phase of development of physical and social sciences, the Darwinian theory of evolution has swayed our thinking and the history and geography of the world has been taken back to millions of years. People think that forty thousand years are left for the last phase of the world drama i.e., *Kaliyuga*. The modernist view finds the discourse on religion unfruitful and emphasizes more on scientific remedies. So, in the era of globalization and post modernism, the values have deteriorated even more.

The fundamentals of morality have lost ground and people

have become highly confused with the concept of God. What went wrong with them and why they have lost the internal peace and happiness remains unknown to them. Just imagine, we are already seven billion plus and facing an acute shortage of food, space, water and energy and what will happen if we have to further face forty thousand years. The United Nations with their agencies have collaborated with countries and organizations but have bitterly failed to overcome this spiritual and moral crisis and restore peace in the world. The geo-strategic situations, conflicts and rifts among nations have gone beyond control. Now everyone, especially the west, is looking at India, the land of spiritual power, to help in restoring world order and showing the way towards lasting solutions for current global problems. India has emerged as vanguard for maintaining eternal happiness and peace in the world. This is the land of priests and sages – this is the end where God, The Supreme Soul, Himself incarnates to protect the good and destroy the evil as stated in Shrimad Bhagwat Gita, it is the time when God Shiva has come again to destroy the vices and establish the kingdom of virtues, love and peace. The very first

mistake that we made was that we forgot our true self. He gives us the understanding and realization that each one of us is a conscient being, a soul, whose original nature is Peace, Purity, Love, Joy and Happiness. We are the children of God, the Supreme Father who gives us the inheritance of peaceful and happy life of *Satyuga*. He also gives knowledge about the world history, how we souls play our roles in the drama of life. He further explains that our worst enemies are not human beings but the five vices named – Sex-Lust, Anger, Greed, Attachment and Ego as symbolized by Ravana whose effigy is burnt every year especially in India. This knowledge about the self, The Supreme Soul and Drama help us to awaken our hidden qualities of love and purity.

God has been acting as our Supreme Father, Supreme Teacher and *Satguru* and those who realize this, can inherit not only deity kingdom in *Satyuga* but adorn themselves with divine values and virtues and enjoy the eternal happiness and peace in life. The world is waiting to return back to its pristine purity and beauty and it is for us to follow the teachings of Supreme Soul. So, let us take the torch in our hands and show others the path.

PERSONALITY RADIATION

Each thought that we create; every word we speak and every action we perform is responsible for the radiation of non-physical energy or vibration into the universe towards other people, to the surroundings or the atmosphere as well as to physical nature. **A very important aspect of our consciousness which influences the quality of this vibration is the intention or hidden meaning behind each thought, word and action.** When the intention is pure, positive and unconditional, positive packets of the energy of peace, love, good wishes, happiness and truth get transmitted. **People who experience this positive energy from us are reminded of their personal positive qualities, even if these qualities are different from ours, and get inspired to imbibe the same and put them into practice,** although this may not even be our conscious intention in the first place, but we just have a general pure, positive, intention towards everything and everyone around us. But this giving of inspiration happens automatically. On the other hand, **when the intention is negative and impure, it is as if we bring other people, surroundings and nature down i.e. in a way we absorb positive energy from these entities, instead of filling them.** People, without realizing, will come down from their positive personality state on receiving this energy and become inclined to thinking and speaking against their basic, positive nature; thus it is a negative inspiration. Both are energy exchanges, but one is positive and the other is negative.

The above process takes place even when we are quiet, not creating any thoughts and not speaking or performing any actions. **Depending on the kind of nature or personality we have, those types of vibrations keep getting emitted from us all the time.** The higher the quality of the activity inside the mind and intellect during the day and in general in our life, even if they are inactive at a particular point of time, the higher the quality of the energy radiated at that time. It's as if we are constant spiritual energy radiators and radiate our personality all the time, even while we sleep. The purer our personality, the purer this radiation is.

A PINCH OF SALT

— B.K. Vithal C. Pingali, C.S.,
Vishakhapatnam

Bhagavad Gita, a religious text is considered the highest of all scriptures, the essence of all of them. But God Shiva always says the amount of truth, even in the Gita, is equal to the content of salt in flour. This is a humble attempt to extract the truth, (though it may be like looking for a needle in a haystack) and present three individual *slokas* from the Gita, which come very close to the knowledge that Baba gives us. It was a pleasant coincidence that the heart of these three *slokas* was found in a single *sloka* from the Brhadaranyaka Upanishad.

*asato ma sadgamaya
tamaso ma jyotirgamaya
mrtyorma amrtam gamaya
(Brhadaranyaka
Upanishad– I.iii.28)*

This means: Lead me from falsehood to the truth, from darkness to Light and from death to immortality.

TRUTH

Let us begin with the 16th *sloka* in the 2nd Chapter of the Gita, which says:

*nasato vidyate bhavo
nabhavo vidyate satah
ubhayor api drsto
'ntastv anayos tattva-
darsibhih*

“The unreal has no being and the real has no non-being; the truth about both has been seen by men who know the reality.”

One of the most elusive concepts for man, since time immemorial, is that of Truth. It is said, “Satyameva Jayate”, which means ‘Truth alone wins’. But when one does not know what exactly the Truth is, how can he follow it and embark on the path to victory?

So the main challenge of spiritual enlightenment is in identifying what the Truth is. This is not an easy task as this road is full of illusions at every step. The only way to ‘see’ or ‘realise’ Truth is to obtain ‘Divine Vision’. And except with the infinite grace of God, there is no other way to make one’s vision divine.

All Baba’s children are blessed, since they have been adopted by God, the Supreme Father, who has imparted true

knowledge of Soul, Supreme Soul, Three Worlds and the World Drama to them. Through the body of Prajapita Brahma, they are coached and guided into the practice of Rajyoga, which transforms them into heavenly deities.

Armed with Truth in its original form, they easily avoid all entrapments of illusion. Their powers of discrimination and judgment become impeccable. Thus, one can observe the validity of the first stanza from the *sloka* from the Brhadaranyaka Upanishad, which says:

“asato ma sadgamaya”
which means ‘Lead me from falsehood to the truth’.

LIGHT

We now move to the 18th *sloka* in the 4th Chapter of the Gita, which says:

*karmany akarma yah pasyed
akarmani ca karma yah
sa buddhiman manusyesu
sa yuktah krtsna-karma-krt*

One, who sees inaction in action, and action in inaction, is intelligent among men, and he is in the transcendental position, although engaged in all activities.

A man’s nature is judged from his deeds. Every person aspires to reach the highest possible state that he can fathom. An actor dreams to be a hero and a doctor visualizes himself to be a

successful surgeon. For a spiritual aspirant, the completely pure state with 16 celestial degrees is the ultimate goal. Such an elevated state can only result from the sustained practice of righteous actions over one's lifetime.

To imbibe purity in one's life, one has to master the art of alchemy, or transformation of the impure into pure. When wisdom dawns on a person, he sees everyone as a soul, a child of God and maintains the attitude of giving regard to one and all. In this way, once the light of knowledge shines in his life, he can easily detach himself from persons and situations and abstain from judging others.

This philosophy is reflected in the second stanza from the sloka from the Brhadaranyaka Upanishad, which says:

"tamaso ma jyotirgamaya"
which means 'Lead me from
darkness to Light'.

IMMORTALITY

Finally, we come to the 42nd sloka in the 3rd Chapter of the Gita, which says:

*indriyani parany ahur
indriyebhyah param manah
manasas tu para buddhir
yo buddheh paratas tu sah*

The working senses are superior to dull matter; mind is higher than the senses;

intelligence is still higher than the mind; and it [the soul] is even higher than the intelligence.

It is said that man's greatest fear is death and his greatest victory is the conquest over death. But, in fact, every soul is immortal. The soul cannot be destroyed and can never die. It only enters a human body bringing life into it. As long as the soul remains in the body, it is regarded as a living being. And once the soul leaves the body, it is considered dead.

This information only drives home the fact that the body is born and dies, but the soul is perennial, perpetual and permanent. So why does man fear death? The origin to this phenomenon is when one starts associating with his body to such an extent that he fails to realize that the body is only his vehicle. He is the soul and the master of his bodily senses. The soul is also lord of his subtle senses, viz. the mind, intellect and resolves. These define his behaviour and attitude; which again influence the quality of actions performed by him. In a nutshell, the soul governs one's mind and intellect, which in turn control one's sense organs. Armed with the authority of the soul, when man becomes king of his senses, he loses bodily attachment and consequently the fear of losing

one's body, which is only his apparel. He, thus, triumphs over the fear of death and attains the state of immortality.

This transformation is highlighted in the second stanza from the sloka from the Brhadaranyaka Upanishad, which says:

"mrtyorma amrtam gamaya"
which means 'Lead me from
death to immortality'.

When we arrive in this way at the essence of these three slokas of the Gita, which is said to be '*Sarva Sastramayi Shiromani*', or the pinnacle of all scriptures, we can sum up our findings in three words:

Detachment – It is applying a full stop to negative and waste thoughts by practising infinite detachment from persons and situations.

Soul-Consciousness – Being in the state of soul-consciousness where one attains mastery over senses, both physical and subtle.

Meditation – Remembering with Love, the Supreme Soul or God in original form and story of mankind's evolution to divinity.

Lo, behold! We are face to face with God Father Shiva's teaching of the three points, i.e., knowing the self as a soul or a point of divine light; the eternal drama and God – also a point of

(Contd. no page no. 27)

HEAVEN, A REALITY AND NOT A MYTH

– B.K. Aprajita, Bhubaneswar

In all religions, all nations, people have a very positive idea or feeling about 'Heaven'. However, did it really exist? Who lived there? Where on earth is Heaven? These questions have aroused the curiosity of many yet have not been fully answered. Even our texts and scriptures do not give clarity on these points.

What are the images that come up in our minds when we think of heaven? Whenever we think of Heaven, we think of a place where there is no sorrow, no pain, no injustice; no misfortune and no misery; where there is peace and happiness; where everyone lives with feelings of mutual love and understanding without any threat or fear. In short, we can say 'Heaven' is a world abounding with purity, love, joy and beauty. Compare this to the age where we find ourselves at the moment – an age of crisis, an age of corruption, an age of darkness.

Glancing at today's existence, we find every man, woman and child feeling lonely and scared.

Fears are a gift of modern life – fear of being outdated, fear of violence, fear of loss, fear of disease, fear of change, fear of future and above all, fear of death. With all the inventions of science (which increase manifold yearly), we have not found a way to be ever healthy and happy. Although change is inevitable, the uncertainty of today's life has resulted in immense stress and pressures. New diseases are seizing our mind and body; accidents, murder, maligning of dignity of women, embezzlement are an everyday affair. The pace of our routine leaves us exhausted at the end of the day with no time, energy or health to enjoy the beauty of life. Even success comes at a heavy price. Relations are sour at home and at workplace. Today people feel 'to be rich is to be in heaven'. Yes, only if it comes without fear, tension, stress, bad health... worry about where and how to invest, worry about Govt. laws etc... these take away the pleasure of being rich. Earning money honestly in today's world

is a stressful affair. This world is full of :- 1. Fear, 2. Diseases, 3. Accidents (sudden death), 4. Violence, 5. Pain, 6. Sorrow 7. Strained Relations and 8. Natural calamities and war, and can be truly called 'HELL.' This world is the very opposite of Heaven that we dream of.

However, this Hell has been self-created by Humans. Why and How? The answer lies in the impurity of the Soul. As we became body-conscious, we lost our purity and became afflicted with vices of Lust, Anger, Greed, Hatred, Jealousy, Pride, Laziness, (though the percentage of each is different in different persons). These are so dominant that we feel they come natural to us. However, the opposite is true. We are children of GOD and our natural qualities are peace, love, joy, purity. We yearn for these qualities and give regard to those who possess them because intrinsically we value the qualities natural to us. We feel comfortable, secure, satisfied in an atmosphere where peace and love exist and feel upset, unsettled, unhappy in the opposite. If our natural qualities were greed, anger or cruelty, we would have felt happy and satisfied after acting on these. Instead, we feel restless and guilty.

We all want to go to a world

where there is no illness, no natural calamities, war, hospitals, doctors, medicines, pain, disability, violence, fear, poverty or scarcity. We long for a world where there is peace, love and harmony though it seems to be a dream only because man has failed to erase the vices from within himself. Even with the advancement of Science and technology, we are not really progressing rather, in terms of values and ethics, we are regressing. Vices have increased and proliferated into the entire population. But the good news is the theory of entropy which states that everything must move from order to chaos, from new to old and from old to a harmonious balanced one. This is a cycle of human culture which began with an age of complete truth called Golden Age, moved through silver and Copper Age and ends with Iron Age, an age of complete chaos. This is where we are at the moment. And this is the time when God Himself intervenes and acts as the facilitator of renewal, returning the creation back to its original state of purity. He accomplishes the tasks by teaching Rajyoga meditation and purifies souls in the process. If we wish to be a part of the New World, we need to extend the hand of cooperation in this God's task of renewal. For this, we need to realize our spiritual identity, that of a soul and link our mind and intellect with God, the Supreme Source of all virtues and powers.

When our inner world is in harmony, only then universal harmony will be restored – the world which we remember as Heaven.

DESTROYER OF OBSTACLES – LORD GANESHA

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

Devotees worship him with fervour and craze;
For his glimpse, they starve for nights and days.
Siddhi Vinayak – obedient son of God;
Everyone's beloved deity – Ganesha, the loving Lord.

However big the hindrances and obstacles,
Destroys them with Godly faith unshakable.
His purity is always intact in deeds and thought,
Everyone's beloved deity – Ganesha, the loving Lord.

The bestower of Godly knowledge and fortune;
Acting on God's will, and to others immune.
Godly advice (*Shrimat*) directs his every chord;
Everyone's beloved deity – Ganesha, the loving Lord.

Power to accommodate symbolized in big stomach;
Spinning of Godly knowledge (Swastika) assuring
good luck.
Truly disciplined, contented, never violating Godly
code;
Everyone's beloved deity – Ganesha, the loving Lord.

Axle in hand symbolizing the destruction of evils,
Rope of Godly bondage destroying the devils.
His sweet word, cheerful state are a sure reward;
Everyone's beloved deity – Ganesha, the loving Lord.

Being conqueror of Maya, mouse is his vehicle;
Encompassing knowledge of soul, God and the
cycle.
Bestows intellect and prosperity to devotees' crowd;
Everyone's beloved deity – Ganesha, the loving Lord.

MOTHER INDIA'S TALE OF TOIL AND TEARS

(From the Archives)

– B.K.Jagdish Chander

During the period of struggle for independence, the toiling masses of India bared their breasts to the volleys of bullets and shed their blood and sacrificed their property and family-life for the emancipation of Mother India. Many mothers lost their sons and wives lost their husbands as they fell under the severe blows of police-batons. In fact, it was all a tale of tears on a long and torturous journey to freedom. And yet so much was the enthusiasm and so high the spirit, for all believed that, with the dawn of independence, the days of national humiliation, abject poverty and enormous suffering, caused by foreign domination, would be over and there would ensue an era of human dignity, social and economic justice, self-rule and self-reliance. Almost all had then the vision of a united, strong, dynamic and prosperous India, which because of its great cultural heritage, would again rise to a place of high esteem among the comity of nations. It was also thought that India, that

is Bharat, which was in teetering clothes then, would march tomorrow towards its unique destiny of being 'The Golden Sparrow' or 'The Wonderland' as it once was.

Ultimately, this strong aspiration for a free India was fulfilled on the mid-night of 15th August, 1947 but, alas, it was accompanied with the national trauma of partition and the subsequent mass-migrations, communal riots and gory bloodshed. However, the people thought that this man-made calamity would soon be over and then would usher in the era of Ram Rajya. But, not even a full year had passed when Bapu Gandhi, the father of the nation, the proponent of and the crusader for, Ram Rajya, was hit fatally by an assassin's bullet. However, the people did not lose their fond hope; they thought that there were other leaders who, year after year had been swearing by the name of Bapu Gandhi or had been offering floral tributes to his memory at his *Samadhi* and they would fulfil Bapu's cherished dream of

Ram Rajya.

Also, they thought that, since the country had given to itself a constitution and a system of democratic elections, they would now have a government of the people, by the people and for the people and, so, the days of misery caused by a foreign government would soon be over. But, it is now being felt by all that their these visions were mere mirages with no real water around to quench the people's thirst for love, unity, peace and plenty. Lately, when even hard-core criminals were fielded in some states, for being elected to the State or Central legislatures and parties adopted the no-holds-barred attitude to capture the levers of power for power sake, the people were really disappointed and disillusioned. They felt that the system does not ensure a government for the people and, perhaps, there would be no end to their long travails and tribulations.

Now, that the elections are over and people have given their verdict, it is for the parties and their leaders, who had been promising paradise on a platter, to fulfil their promises.

All give the leaders the Best Wishes for their success and would give them their full co-operation for ending rampant corruption, crime, killings and fissiparous tendencies. But, let

everyone of the leaders and the motley crowd read these writings on the wall. Firstly, that without universal love, feeling of brotherhood, compassion for the deprived and the weaker sections, integrity and purity of mind, nothing can be done for the well-being of the people. Secondly, for cultivating all these qualities, universal spiritual knowledge and meditation are essential. Third, that this is, perhaps, the last chance. If nothing practical is done to raise the moral standard of the people and the leaders even now, then there will really be a deluge – a deluge of tears of the poor and the suffering millions, mixed with bloodshed by the fanatics, the criminals, the communalists and the grossly body-conscious people! It is high time that we should take these lessons, do some heart-searching, throw off the yoke of vices, and change for the better. ●

**“In any moment of decision,
the best thing you can do
is the right thing,
the next best thing
is the wrong thing,
and the worst thing you can
do is nothing.”**

**– Theodore Roosevelt,
former President, US**

THE CALL OF THE FATHER

– B.K. Indal, Dallas (Texas), USA

The shadows of night now past;
And the glory of dawn filled the sky.
The fear of darkness and visions obscure;
Intellect marred in blind worship taught.
With glimpse of light far and beyond;
Still in want of light and clarity to see.
Suddenly the rays of light blanket the sky;
And myriads of divine colours danced in heavenly flair.
The heart of the intellect rejoiced with love,
And behold the Sun of Knowledge has now come.
The phantoms of shadows flew in haste;
The Light of Beauty, Bliss, and Truth lit the sky.
The distant echoes of glory now resound,
And celebrates the victory of Light and Might.
Behold sweet children! Long lost and now found,
Thy Beloved Father now endows thee with knowledge.
The secrets hidden 5000 years only now revealed;
The golden keys to Liberation and Fruition in life.
Awake, Oh sweet children! Awake from thy slumber;
The Lotus long hidden now reveals the petals of light.
Imbibe the Divine wealth of jewels of truth long lost;
Reveal thy divine petals with purity and strength.
Let thy colours of joy, purity, love and truth explode;
Like star-burst attract thy brother souls and rejoice.
Now the Moon glows in fullness 16 celestial degrees,
And beckons thee to be as full and bright.
Absorb the Rays of the Sun of Knowledge filled with truth,
Absolve the darkness of sin and impurity within.
Let your visions sit on The Beloved Father's Eyes,
And once more haste to your home and the Inheritance.

THE TRUE SERMONIZER OF GITA

– BK Ishita Bhayana, New Delhi

Whenver there are discrepancies in the discharge of natural laws of God, God incarnates Himself on this earth to save the world and destroy the evil.

Gita – ‘**THE GOD’S WORDS**’ – contains very beautiful and sweet versions given by God for the people of this world. At this time of uncertainty, competition, sadness and sufferings, only God teaches us how to live. When one is going through crisis or having problems, when there is confusion in life and one doesn’t understand the right direction to move, then it has been experienced that the teachings of Shrimad Bhagwad Gita revitalizes the soul and, one gets the power to pass and overcome the obstacles. Gita teaches us the art of living. That is why people are so excited to read it; for it solves their problems. Amongst all religious books, this is the most revered book, as its teachings are relevant for all human beings. This scripture for humanity has been translated

into many languages and has various inscrutable secrets hidden in it, if one understands its real essence. In fact, in Gita, Spiritual knowledge of God has been transfigured.

Who is the God of Gita?

But, the question here is – who is the real sermonizer of Gita? Who is the God who gives us this spiritual knowledge? No one knows the truth of the Real God of Gita. If someone were so clear about this fact then there would not have been any requirement of so many interpretations and explanations. The World Cycle passes through four stages – Golden Age, Silver Age, Cooper Age and Iron Age. It is said that at the end of Copper Age, Shri Krishna gave the knowledge of Gita. People also say that Shri Krishna is 16 celestial degrees complete, then how come a soul so pure as Shri Krishna at the end of Copper Age? And, after bestowing the knowledge of Gita, will Krishna create an Iron Aged world? Will the knowledge of Gita establish this Iron Age? So much

confusion! Hence, this secret has remained as a secret itself.

So, in order to understand who the real God of Gita is, one must pay attention that Gita itself describes God’s qualifications: 1) He is Bodiless, 2) Birth-less, 3) Beyond all bondages of actions; 4) He is omniscient. Since Krishna does not fit into these criteria, how can he be called God? In fact, with this knowledge of Gita, the soul of Shri Krishna itself becomes 16 celestial degrees complete. Therefore, Shri Krishna is the creation of Gita, not the creator of Gita.

Then who created Gita? It is a fact that the knowledge of real Gita has been given by the Supreme Soul, God Shiva, who is light and might and Father of all the souls. We are souls and Father of all the souls is the Supreme Soul called ‘Shiva’. Gita means the teachings narrated by God Shiva through the mouth of a human chariot (meaning the human body), whom He named Prajapita Brahma. We have to remember that God Shiva does not have his own body. He has to take the medium of a human body to narrate knowledge and purify the souls. Even the great saints and religion founders also pointed towards one Incorporeal Supreme Being. Sai Baba said

– *Sabka Maalik Ek*, i.e. God is one. Guru Nanak Dev said: *Ek Onkar Satnam* (Nirakaar), i.e. Supreme Soul who is truthful is the one. Christians say God is Light. It has been narrated in Gita that when there is unrighteousness and irreligiousness in the world, He will descend and “embody himself”. He states very clearly that His descent is for the sole purpose to protect the virtuous, destroy the evil and to re-establish *dharma* as well as the “land of Krishna called *Vaikunth* or the Golden Age.” The true sermonizer of Gita is Shiva, not Shri Krishna.

Knowledge of Gita

Everyone tried to render the Gita’s knowledge in his or her own way; that is why there are so many interpretations. Some see it as a battle between good and evil while others see the word ‘battle’ to have a symbolic meaning. In fact, Gita is an intellectual war story where human beings when faced with challenges and difficulties find solutions to their problems. This book has become so precious as Supreme Soul has provided solutions to all the problems in this holy book.

The prophetic nature of Mahabharata, of which Gita is a part of, picturises the current global situation, the time we are

now living in, where evils such as lust, anger, greed, attachment, ego etc. are the actual rulers of the present system of things. And for such a sharp decline of righteousness worldwide, it has been mentioned in Gita that God would Himself reincarnate to re-establish the true religion. It has been shown that Kauravas and Pandavas were part of Kuru Family. When they had a fight in their family, Arjun from the Pandavas’ side and Duryodhan from the Kauravas’ side, approached God for the solution. God asked Duryodhan whom he would like to have – God or God’s army, then, Duryodhan asked for the latter. As said *Vinashkaale Viprit Buddhi*, (meaning, at the time of destruction the evil people have opposite intellects) Duryodhan didn’t have faith on God whereas Arjuna opted God to be with him because he had faith on powers of God and thought if God was with him, he could achieve anything. In today’s world, everyone has become like Duryodhan and has forgotten God. Meanwhile Arjun means one who accepts and imbibes the knowledge of God. All this is prophetic of the present time. It also conveys the fact that Kaurvas symbolized evilness while Pandvas who were few in number symbolized those who had faith in God. It means God,

the Supreme Father, has again arrived and has been repeating Gita to re-establish the beautiful Golden Age.

Those who imbibe and adhere to His Knowledge and become pure are white-clad Shiv Shaktis and Pandavas in spiritual sense and they fight against vices by remaining ‘firmly connected to Supreme Father’.

The Mahabharata Story and Gita is being played now in this Iron Age. Let us listen to these sweet versions of God being delivered by Him. It is time to recognize our true Supreme Father, Incorporeal God Shiva, who has been teaching Rajyoga, so as to transform this old, vicious and hell-like world into new Golden Age called Paradise.

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light, but complete in all aspects and the source of all virtues and values. The spiritual progeny of God Shiva, who presently study this esoteric knowledge revealed through the corporeal medium of Prajapita Brahma, are well conversant with the above points of knowledge. God Father Shiva has been teaching us the essence of all the scriptures and other spiritual texts, in a simple yet beautiful manner.

HEAVEN CREATIONS



– B.K. Snigdha Chakraborti, Garia, Kolkata.

Swarg, heaven, paradise, and *jannat* whatever we may call it, we imply the same thing but do we know what it really is, where it is and how to go there?

Like several other misconceptions existing in our society, man has created misconceptions about heaven too. People normally think that heaven exists somewhere beyond the sky and either gods live there or we go there after death, if we have done good karmas during our lifetime. Heaven is often imagined to be a very beautiful place where all are happy. Well that is the truth but still man does not know the complete truth about heaven.

God, who is the Supreme Soul and is also Omniscient, has opened up all the secrets about heaven to us. He says that heaven is nowhere above but it existed right here on this earth. It existed some 5000 years ago. It was a land of total health, wealth and happiness. It was a world of complete peace and prosperity, which is also remembered as Golden Age or *Satyuga*. There was not a single unhealthy or poor person.

Even the servants were rich. There was one religion, one language and one world Emperor Shri Narayan, and one world Empress Shri Lakshmi. They considered their subjects as their children and took full care of them. The subjects also had great regard for their Emperor and Empress and considered them as their parents. The words like lust, anger, greed, attachment, ego, jealousy, impurity, lie, hatred ... i.e. all the negative emotions were unknown entities. It was a world of positivity, enjoyment, love, peace, purity, happiness etc. There was no natural calamity, no uncertainty in life. People there lived for around 150 years of age on average, and when they were to leave their old body; they would get the divine vision of where they would take their next birth. And their relatives would happily bid them goodbye. People there lived in huge palaces which were made of gold and decorated with diamonds and other precious gems. People used to travel from one place to another with the help of flying machines or 'Pushpak Viman' whatever we

may call it. Education was in the form of fine arts like singing, dancing etc. and was more of an enjoyment. The animals were also very friendly towards each other; there was no violence of any kind. The flowers were so beautifully scented that their fragrance could be smelt everywhere, even inside homes. So there was no need for perfumes, room fresheners or even incense sticks. The climate was always pleasant and a balance was always maintained in the weather conditions. No excess rain, heat, or cold was there. There was no such element that would cause discomfort to people. In short, it was a perfect world. And those who lived in that perfect world were deities who were 16 celestial degrees perfect. The initial population of that world was about 900000. The souls who were fortunate enough to live in such a perfect world were those souls who had helped God in His task to establish this heaven.

When God, the Almighty Father descends on this earth during the last phase of Kalyuga, the Age of total unrighteousness and unhappiness, these great souls recognize Him and help Him to establish this new world. And in return, God gives them the inheritance

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‘A’S OF ATTENTION TO BECOME HIS PRIVILEGED CHILDREN



– BK Pooja, Chandigarh

Attention or tension, which one is easier to adapt? Nowadays, if we can see the latter has become so natural that we keep inviting it in our lives. Tension has become a way of our life. But we need to ask ourselves how much comfortable are we with it and most importantly for how long? Because once we decide that we do not want it in our life then getting rid of it is not that difficult rather it is one of the easiest things! How! Well, it is simple. Once we are aware of ourselves and of our Supreme Father, i.e. the God who makes us the most privileged children of all, should we still need to make even the slightest of efforts to be tension-free? God Shiva is the Almighty the Supreme and All Powerful. His powers are incomparable. But instead of doing any magic, He gives us Divine Knowledge to improve the quality of our lives. He silently works on us, the souls and helps us to restore our divinity. He is there to guide us and to empower us with His

unconditional love. He says, “If you want to get rid of tension then just put the letter ‘A’ before the word tension. If we churn on this antidote of tension even a little, we find few important ‘A’s’ which can work wonders in making us obstacle-free and help us in achieving our aim of a virtuous life.

Following are the few ones providing us a platform to progress in our spiritual life:

► **1. ‘A’ge:** The very first ‘A’ we need to put our constant attention on, is to ask ourselves in which Age are we living at present? We all know it’s the wonderful of all Ages, the Diamond Age, i.e. the Confluence Age in which we are being sustained by God Himself. In this Age, we always need to remember one slogan – ‘A’LL IS WELL – for nothing can go wrong if God is there as our constant companion. He loves us, cares for us and makes our life simple and pure. What else do we need! We are the luckiest incognito

shining stars on this dark planet. This is an Age of uplift. We need to give attention that each of our thought, word and action should be so elevated that we are able to move forward in this spiritual journey.

► **2. ‘A’usterity:** This is the most ignored aspect in one’s personality. And that is to be an embodiment of self respect, to be truly austere. God has given us plenty of points on self-respect or self-esteem, to help us regain our lost divinity i.e. how we see ourselves. For example, we are the master creators, we are the master world benefactors, we are master almighty authorities etc. We just need to emerge these thoughts in our consciousness and then experience them in ourselves practically.

► **3. ‘A’cceptance:** Acceptance is the basic foundation for transformation. Here, we need to have attention mainly on two things. First is to accept our own self (our *sansakars* and mistakes) and second is to accept others (people and situations). The first one is a bit tricky. Whenever we commit any mistake intentionally or unintentionally, the very first thing is the guilt within, be it in a subtle form or in the

most obvious form. What we need to do here is after realizing the mistake; we need to forgive ourselves even if the other person whom we have hurt has not been able to do so despite our repeated apologies. Is this being selfish? Well! Not at all! Be brave enough to do that. Forgive yourself immediately and let the other person take his or her own time to forgive you as per his/her spiritual capability. Just start working on yourself and not repeat the mistake ever again and also be ready to taste the sour fruits of those actions bravely. Develop your own ways to improve thyself in the company of God, the Ocean of Mercy. And the most important thing is to consider 'self' as the master ocean of mercy.

When we consider the other part of acceptance, then we will find that after becoming a true Brahmin, we gradually learn to accept people and situations. But there are situations which test our patience and we find ourselves prone to getting hurt, crying, complaining getting frustrated, feeling insecure about everything and everyone and sometimes even doubting God if He is there with us or not. At

such times if we feel we are back-sliding into negativity, we need to remind ourselves that everything that is happening around is just a part of the script of this amazing drama of life. God here teaches us to just be a master observer of everything while lovingly accepting whatever comes our way. He is there to give us enough power to enable us to pass the situation. He guarantees us that He will help us. The condition is we need to take that first step of courage i.e. the first determined thought to do what is right.

► **4. 'A'lltag:** 'A'lltag' is a Deutsch word which means 'daily routine'. We really need to pay full attention on our daily routine i.e., it should be strictly according to a true Brahmin's life. We all are very well aware of it. But sometimes the obstructions come. It could be due to a physical ailment, a situation or some person. What to do then? First thing, don't panic. Here I just need to pass this phase of my life very gracefully i.e. understand that this phase is just temporary and not my whole life story. It is just another way of settling my *karmic* accounts. It's been scripted in drama this way only. What

I need to do in that moment is just to keep my faith in myself, in God and in Drama. I need to remember that I am the master creator and I have the power to change it, by doing elevated *karmas* at present. It's a real test of my faith and dedication to God.

► **5. 'A'ntarmukhta:** 'Antarmukhta' is a Hindi word which means introspection. This is, no doubt, one of the most important 'A's that needs to be attended upon carefully and consistently on the wonderful journey to become angels. Introspection as we all know very well comes from being soul-conscious and reflecting on the divine virtues within the self; thus keeping a check on one's own transformation and growth while weeding out all the unnecessary traits not required by a Brahmin. We should not waste time looking at other's mistakes and weaknesses.

► **6. 'A'ttitude:** Our attention should also be on our attitude. What kind of attitude can help us remain obstacle-free? Well, according to Shiv Baba, this can happen only when we have a constant attitude of disinterest. We need to throw the light of our attention on

anything or any person which pulls us down from our state of elevated consciousness. There should be only one interest and that is to become 'Pass with Honour', to ultimately win the heart of BapDada (God Shiva and His now Angelic Medium Brahma) and whole of the Godly family just like our revered Dadis.

There can be more 'A's which definitely need our attention. But if we start with the above six 'A's, then our stuck spiritual effort can at least get a kick start. We are privileged children of the Supreme Soul and He is always there with us to guide and empower us. But the mistake most of us commit is that we don't take it seriously. The expiry date for our spiritual and divine effort is approaching very fast and suddenly everything will be over. It will be the time for the announcement of results as Baba would go back to His abode until the Confluence Age in the next time cycle! So 'attention' is the keyword. If we don't wake up now then it may be too late. My dear Brahmin brothers and sisters – let us collectively make an effort to kick away all the vices and weaknesses and stabilize the self in a state of bliss, peace and power. Let's believe in the self and the Supreme Being, who is guiding us at every step.

WE ARE SOULS

– Aayushi Sanadhya, (8 Yrs. Old), Pune

When you think of the word "I", what do you think it means? What do you see when you look at the mirror?

I AM A SOUL

When you say the word "I", you are addressing yourself as I, the soul. But many people have used this word wrongly. They remember their bodies, but they forget who they really are. They remember their physical residence, but they forget their real home, which is *Paramdham* or the Soul World. They remember their worldly, temporary riches but forget their spiritual wealth and abundance. This is how the souls come to degrade.

RECEIVING GOD'S LOVE

There are many people in this world looking for love. The only love that can satisfy this craving is pure, spiritual love. You may ask how and where one receives this love. Through Shiv Baba, but one cannot receive this love if they don't know how to get to Him? It is not the body that receives this love, but the soul. So, think of yourself as a soul, a point of bright light. This is how to receive this love.

We must remember that we are at the Confluence Age right now; so we must recognize God who has been teaching Rajyoga through the medium of Prajapita Brahma since 1937; forge all relationships with Him and listen to His Godly Knowledge, i.e. *Gyan Murli* or Flute of Knowledge being spoken in all the centres of Prajapita Brahma Kumaris Ishwriya Vishwa Vidyalaya worldwide and follow *Shrimat*, i.e. Godly advice. Being the adopted children of Brahma, we must behave like Brahmins, i.e. Confluence-Aged souls, not Iron-Aged souls. When we transform our Iron-Aged *sanskars* into Golden Aged ones, we will be happily moving on to the Golden Age after staying for a while in *Paramdham*.

GITA, GANDHIJI AND RAMRAJYA



– Prof. (B.K.) Banshidhar Sahu, Bhubaneswar

In Indian culture, Gita is revered as “Gita Mata” (i.e. the Mother Gita). The people from all walks of life – from rural areas to towns, householders to saints and *sadhus* love this sacred scripture. Many people read its sacred verses daily. One-Week long discourse on Gita by learned experts in many towns and temples is continued throughout the year till today. It is also believed that Gita has been uttered by God Himself to elevate our attitude towards humanity. The complete name of this holy book is ‘Shrimad Bhagawat Gita’ which means the Divine Song of God. The teachings of Gita can liberate our lives from vices. Surely the teachings bring immense changes in every individual. It is often said that one may not even understand its import but one must read it as it brings miraculous change in one’s fortune. The Holy Scripture instills in the reader the qualities of a good human being.

Gita teaches one to practise detachment from the body, bodily relations and material world around. Without

detachment, one cannot progress on the spiritual path of knowledge. The soul is imprisoned in the cage of human body and accordingly the thoughts, attitudes and relations are regulated. The body is perishable, but the soul which is the driver of this perishable body, is imperishable. If one becomes soul-conscious, one can get free from human bondage and obtain the goal of peace and happiness.

By practising the knowledge of Gita and Rajyoga meditation being taught by God Shiva at present, one gets immense strength to overcome the worldly attachments. Gandhiji had read 700 verses of Gita many times and understood their crux. God advises in the Gita, “Do your duty and perform actions sincerely, but be not impatient about the results and offer all your actions to God.” In the 18th Chapter of Gita, it is said:

*“Sarvadharmam parityajya
Mamekam Sharanam Vraja,
Aham Twam sarva-
papebhyoh mokhayami, Ma
shuchah.”*

It means, “You take shelter under me, forgetting your body and bodily relations and I will

redeem you from all the sins. You should not have to worry on that account.”

Mahatma Gandhi had a dream of establishing Ram Rajya in India. He thought that the principles laid down in Srimad Bhagawat Gita could be applied to fight a non-violent war against a mighty intruder like British Raj. His main source of inspiration had been the Gita and the tenets of non-violence and celibacy were learnt from this great book. He got the ultimate goal of achieving peace and happiness, self realization and God realization from Gita only.

Gandhiji wrote in ‘Young India’ in the year 1925 – “When disappointment stares at my face, when I do not see a ray of hope, I turn to Bhagwad Gita and I immediately begin to smile in the midst of sorrow”.

His Ram Rajya was where every human being – poor or rich, man or woman, young or old, irrespective of caste and creed – would be happy and peaceful; where peace will pervade everywhere.

Gandhiji wrote on 26-2-1947 in ‘Young India’, “Let no one commit the mistake of thinking that Ram Rajya means a rule of Hindus. Rama is another name for Khuda or God. “I want Khuda Rajya, the Kingdom established by God on the earth.” He wished that the righteousness must prevail; life

must be contented and happy. Ram Rajya means where values of justice, equality and idealism, renunciation and sacrifice are practised. There should be mutual love amongst all. Though India attained its political freedom 67 years ago, we are still so away from *Ram Rajya*. Instead, the total human character has degraded. There is no purity in human lives, no divine values, no love, no generosity, no mercy, no benevolence but only hatred, jealousy and violence.

However, the Supreme Soul i.e. God Shiva or 'Khuda' has incarnated on this earth to re-establish 'Ram Rajya'. The Supreme Soul is the Ocean of Knowledge and Ocean of Love. He has come to impart spiritual knowledge by which human beings can be elevated to their utmost position of divinity and to re-create the lost heavenly Kingdom where purity will pervade in thought, word and action, where everyone will be a practitioner rather than a preceptor. There will be no hatred and there will only be love in the era of one religion, i.e., *Adi Sanatan Devi Devta Dharma*.

The establishment of Ram Rajya is being turned into a reality as a result of the teachings being imparted by the Supreme Soul, God Shiva Himself in the present Age of Confluence, to the fortunate souls who sacrifice their body, mind and wealth to help Him in this divine task.

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of heaven. This is the time when God is carrying out the process of world purification and transformation as He did 5000 years ago and millions of people are helping Him in His most divine task by infusing themselves with the divine virtues. It is time we ask ourselves— are we really prepared to move on to the next cycle of 5000 years which starts with the *Satyuga*? And are we really growing good and virtuous enough to spontaneously move on to the Golden Age of heavenly bliss?

OVERCOMING MOOD SWINGS

At each moment of the day, we have the capability to feel something. Our feelings vary throughout the course of the day. Sometimes they are joyful and sometimes they are painful. What we forget to do is to choose our feelings consciously. Instead, many of us have become lazy and allowed our feelings to be dictated and shaped by people and circumstances. In other words, we have become influenced. **Our swinging, changing moods are the result of the inner karma of becoming attached to things, people, ideas and circumstances.** If we are attached to a person and suddenly he/she leaves us, we will feel gloomy and our mood of sadness will drain our energy just when we need to remain optimistic and enthusiastic about the future. Any form of loss will bring about a mood of sadness. If this sadness lasts for a long period of time, it will gradually turn into depression.

When we consider the world around us to be our source of happiness and joy, our moods will fluctuate, even with the changing weather. **But when we are spiritually empowered or strong, our happiness and joy come from inside.** We are stable in the face of praise or insult, loss or gain. We are no longer moody and stability becomes our basic nature. We are in control of our life, our feelings. And while we cannot control the waves of the ocean of life around us, we can control and choose how we will respond to outer events and people. When we do that, we will be able to choose what we feel, regardless of what may happen in our life. Life stops being a rollercoaster and becomes more of a cruise, less a storm and more a gentle breeze.

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many problems and to a sort of crisis in human character. Therefore, there is now a great demand for value-based education or for value-orientation so that this crisis does not deepen and acquire the form of a social catastrophe.

Potential goodness in all

Furthermore, if we wish to have values and virtues in our practical life, doesn't this imply that we have a potential to become good? If there were no dormant goodness within us, our aspirations would be meaningless, fruitless, or groundless. And, if we have that potential which we now intend to develop and manifest through education, then it means that man is potentially divine or good. It would, therefore, be in the fitness of things to make it known to all and to invite all to realize that there is a sleeping beauty within them; they have basic goodness wherefore, they

always have some whispers of good conscience whenever they are confronted with a moral choice. So, we must prepare the ground for sowing the seeds of divine qualities by telling the students that man's intrinsic and original nature is essentially good and that he has acquired evil traits only from the vitiated interactions and atmosphere. We must also make it clear that it is wrong to believe that we must have some ape-like qualities because we have descended from the ape but the truth is that we are children of God, who is Goodness Personified or Virtue at its Perfection. After all there must be a peak point or a summit of virtue and that is why He is known as the 'Supreme Being'.

Teachers must have moral orientation

If teachers lose their strength of character, how can we build character of the succeeding generations? If the salt loses its salty trait, wherewith will the

things be salted? If students do not have discipline, how can we have a self-regulated and self-controlled nation or society? So, let our academic institutions rise to the occasion, pick up the gauntlet and accept their benign responsibility with a spirit of enthusiasm and, first, set their own atmosphere in order. Let value-education start with moral orientation of the staff and let this be introduced as a subject in Teachers' Training course and let us give moral touch to such subjects as history, etc., in order that students learn to inculcate values. There are many ways in which this subject can be taught to students of different levels and these can be discussed in detail and various courses can be devised and assessment procedures and methodologies can also be spelt but let us, first, have a collective will that we will introduce this subject and upgrade it without any further delay.

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