

|| From the mighty pen of Sanjay ||



## TWO FACTORS



Over a number of millennia, attempts have been made by sages and saints, prophets and pioneers of reform, to make the world a better place by asking the masses and classes to have higher values in their life. Love, honesty, compassion etc., were emphasised upon by many of these reform leaders and recluses but we find that the world, instead of becoming better, has been gradually sliding down the moral ramp and scale of values. What has been the cause? Why has there been degeneration when hundreds and thousands of attempts were made to stop the rot?

Every impartial analyst would recognise the fact that though there has been a steady increase in the places of worship and prayers and the number of preachers and priests, scriptures and readers have increased manifold, yet the problem of body-consciousness, which is the main cause of all sins and sufferings, has not effectively been tackled at any stage. In fact, the basic cause of vices and the loss of identity have been taking deeper and more wide-spread roots and have been growing stronger and stronger.

**Firstly**, at no stage any cogent, coherent and convincing knowledge of the self was given nor was any such practical method taught as should uproot body-consciousness effectively and completely. So, though social, economic, political, administrative and other theories and methods were adopted and various forms of worship and ethics were also developed yet body-consciousness – the root cause – grew unabated.

**Secondly**, no adequate attention was paid to the change of resolves (*sanskars*) and acquired tendencies. Where attention was paid to this, no solution was made available to alleviate the vigour of resolves that influence man's thoughts and actions, and where yoga was suggested, no one ever said with authority, expertise and experience that it was the royal road to man's liberation from the past and the present negativity. So, these two strong factors having been at work, the world has been growing bitter rather than better. Therefore, if we now want a better world, we will have to tackle these two factors by

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## PEACE & QUIET



After an enriching festive season of Diwali, New Year and Guru Nanak Jayanti, the Autumn months have begun. The weather is so refreshingly cool and beautiful in Abu. Little birds have already started descending from the mountains, and are seen chirping with melodious voices from Shantivan tree-tops. Sometimes the little flying sparrows are so attractive that they make me stop on my walks just to watch them. It feels as if the elements at this time are so invigorating and specially contributing towards a healthy atmosphere. Some of our sisters and brothers have already started sharing sweets (ladoos) of different varieties, which are specially consumed for their nutritional value at this particular season of the year.

So far we have had two very special occasions where we enjoyed the descent of our most beloved Divine Parents, BapDada. Everyone was so enthusiastic and receptive to receive intense Godly love and pure inspirations through

Avyakt BapDada's drishti. The words of wisdom were filled with deep significance, even though the Murlis were concise. On both occasions, BapDada compared the human souls to eternally lit lamps by calling us 'Spiritual *Deepaks*', with the Supreme Being as our *Deepraj*. No other being could ever speak with such love and depth on one subject for so long! Two hours each time passed by like two minutes, even while some celebrations took place and beautiful news was shared about new places emerging for Spiritual Service in different parts of Bharat.

Before starting the Murli, BapDada's patience and concern for all His most beloved children was evident in the wish for us to experience the depths of silence. On a very subtle level, one felt BapDada's sweet invitation and the pull to explore the wonderful stage of total soul-consciousness in the pure vibrations of our Supreme Parents. Some may have been little eager to hear the Elevated

Versions (Murli), whereas BapDada wished to bring home the most beautiful feelings of us being spiritual beings, enjoying the highest stage of spiritual consciousness. It would have been initially difficult for the new students on the path of spirituality, sitting in the large gathering of 20,000 on an average, to understand the subtle signals from Avyakt BapDada. However, after the programme, there was a beautiful aura of positive vibrations all around, and deep satisfaction and happiness were evident in everyone's eyes and smiles. Some of the *Sakar* as well Avyakt Murlis of the past 2-3 weeks have clearly mentioned that souls all over the world would receive the Divine's spiritual message in time, but the ones who are considered fortunate will be those willing to make the spiritual endeavour to claim the right to the Golden-Aged and Silver-Aged sovereignty. These individuals would experience the Divine Incarnation which happens only once in the entire Cycle of Time. That opportune time is known as *Purushottam Sangam Yug* (most auspicious Confluence Age) when human souls renounce all negativities

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and regain their original virtues and spiritual powers, which are essential for being qualified to enjoy the fruits of Golden and Silver Ages.

*We share some jewels of recent Elevated Versions (21 October 2014 Sakar Murli, 5 November 2014 Avyakt Murli) with our readers to guide them on their spiritual journey:*

- ▶ May you be a flawless diamond and, as a *diamond*, see others as *diamonds* when coming into contact and relationship with them. *Shrimat* says: Be a *diamond* and see others as *diamonds*. Even if some souls are completely *tamoguni*, their impurity is reduced when your *drishti* falls on them. However, many of you come into contact and relationship with them from Amrit Vela till night time, simply be a *diamond* and continue to see others as *diamonds*. The *diamond* should not have any flaws due to any obstacle or anyone's nature. Even, if there are obstacles of many types of adverse situations, become so *powerful* that you are not influenced by them.
- ▶ It is, now, your stage of reflection. Therefore, along with remembering the Supreme Father and the *Teacher*, remember the Satguru as well. In order to go to the *sweet home*, make the soul *satopradhan* (pure).
- ▶ It isn't that God is omnipresent. If anyone ever says that God is omnipresent, tell him: Souls and the five vices in those souls are omnipresent. It isn't that God is present in each one. How could the five evil spirits exist in God? There is a soul in every body, and the five vices exist in those souls.
- ▶ People don't know anything but have just told lies in saying that the cycle is of hundreds of thousands of years. If, it were a question of hundreds and thousands of years, you couldn't ever receive *rest*. You receive *rest* in the place that is called The *Home of Silence*, the *Incorporeal world*. That is the incorporeal *sweet home*. A soul is an infinitely tiny *rocket* and nothing is faster than that; it is the fastest of all.
- ▶ This is called extreme hell. It is an absolutely dirty world. You children know that we are now making preparations to go to the new world. If our sins are absolved, we will become pure and charitable souls.
- ▶ *Manmanabhav!* This is the great *Mantra*. This is the *Mantra* with which you conquer Maya. Only the Father sits and explains the meaning of it to you. No one else can explain its meaning.
- ▶ Devotion is performed to meet God. In the Golden Age, there is no devotion because they already would have received their inheritance for 21 births.
- ▶ So many devotees everywhere are remembering you *deepaks* and you *deeps*, in the living form, who are celebrating a meeting with *Deepraj*. You celebrate the day of this meeting in the form of Diwali. All of you are also happy in your hearts upon seeing your memorial, and are saying "Wah *Deepraj!* Wah!"
- ▶ From now on, continue to ignite the light of other

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*Deepaks* with your own light. People in the world do not know the living *deepaks* and so they light physical *deepaks*, but whom are all of you seeing today? You are seeing the

lit *deepaks* that are visible in the living faces.

▶ You are such *deepraj* that as soon as souls come in front of you, they come to know their own form. Such a time will also come

that as soon as they come in front of you, they will be able to see your divine form, and then the corporeal, the ordinary form, will disappear.

## ***AWAKENING A CLEANER, WORTHY COLLECTIVE CONSCIENCE***

The sisters and brothers of Delhi, under the wise leadership of BK Brother Brij Mohan, BK Sister Asha and other seniors, have been striving to awaken the conscience of people in thousands by organizing Mega-Programmes in different parts of Delhi. As I learn there were five venues specially selected to provide spiritual empowerment to the masses. Along with our Hon'ble Prime Minister's plan of inculcating a sense of cleanliness in the minds of all citizens, the Brahma Kumaris have been organizing these events to inculcate the value of respect for each other, and especially honour the fundamental rights of all citizens, women and children in particular.

While the 'Cleanliness

Campaign' continues with fervor, we repeatedly hear shocking news about the torture and molestation of females and males, which starkly display the dirty consciousness and *sanskars* that have been adopted over decades and centuries, maybe life after life, out of ignorance of spiritual and moral values and wrongful influence of the vices. Just as people now feel the need to contribute towards physical cleanliness of roads, streets and other public places, similarly there have to be concerted efforts in bringing about the transformation in outlook and behaviour of the people. This can happen only with a lot of persuasion, motivation and dramatic explanation to the masses through modern means of technology, communication

and media. Discourses by learned, wise women and men in public settings, followed by silent reflection and meditation, can help individuals to overcome their weaknesses, and empower themselves to become free from impulsive, negative behaviour. The chosen Ambassadors who have dared to take the broom in hand, to set examples of leadership for the masses, can also become Brand Ambassadors to propagate Values and Ethics in society.

Let this message reach the minds and hearts of all concerned to work towards public morality and safety of women and children, which will definitely result in an environment of pure love and happiness.

– *B.K. Nirwair*

# BE HAPPY AND SHARE HAPPINESS



– Rajyhogini Dadi Janki, Chief of Brahma Kumaris



When we meditate, it becomes a wonderful scene. Each one of us is wonderful. While we meditate, the eyes remain open as Shiv Baba (God Shiva) has taught us a very good way to sit in remembrance. I need to have just this in my mind: ‘Who am I and who belongs to me?’ When we say ‘I’, we say it with the consciousness of who I am. All of us are sisters and brothers. Thus, the scene becomes so beautiful.

What is our home like? We all are residents of that home to which we have now to return. There is no need to keep anything else in the intellect. What do we need to have completed before going? This is the Confluence Age. What is it that we need to have done? We won’t go just like that yet everyone has to go; no one will remain here. We will become pure and equal to the Father. We need to become just like Shiv Baba. We need to return home having become complete like Him. Let no weakness remain. God Shiva advises in each of His

Godly versions to remain in such remembrance that no defect remains inside us. Yes, we remember Him, but we must also imbibe divine virtues. He has so many qualities. He is the Ocean of Knowledge, Ocean of Love, and Ocean of Peace etc. I too need to become exactly like Him. All these qualities need to be within us.

Let us make such effort that we see everyone as good. No one is bad. We all are Brahmins, the children of Brahma. I enjoy knowing that Baba relates everything to us through the mouth of Brahma and then feeds us Brahma *Bhojan*. What do we eat? What do we hear? When we hear the most elevated versions of God from Brahma’s mouth, there is happiness. Whenever we cook, feed others or eat, we need to do that in God’s remembrance.

So, whatever we do or get the things done, we have to do that with happiness. No one in the world has as much happiness as Brahma Kumars and Kumaris have. We are not just fortunate but multimillion times fortunate. There is earning at our every

step. It is the earning of being happy and distributing happiness.

There is a lot of benefit from three things – to move with economy or frugality, to work in the remembrance of only One (one name) and the third is to be united with the most beloved Shiv Baba. Economy means to never spend unnecessarily. Dress up simply and avoid buying expensive clothes. This will enable one to remain united and not get into conflict between ‘us’ and ‘them’. To live with economy is very pleasing. Such person will work very accurately and be constantly ever ready.

One must be ever ready to do any service that one receives. A true server is an ascetic, austere and an all-rounder. He will never say, ‘this is not my job’. He will do the service that comes his way, with happiness. The Confluence Age gives us a golden chance to serve. One can’t become ascetic, austere and an all-rounder server at any other time during the cycle. What is the difference between a yogi and austere? An austere

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has very good vibrations. When there is no renunciation, then the intellect wanders around. An ascetic will also observe good austerity. His vibrations of serving will reach far and wide.

One must remember and remind each other of what God Shiva says in the Godly version of the day. He is very concerned about us that we should not be careless and fail to get our misdeeds destroyed. If we are even a little careless or lazy then some old account will remain unsettled and we will have to suffer. Even if an illness comes to me, no one should feel that I am sick. My face should be shining. One needs to remain happy to keep flourishing. If someone commits any mistake, then they must ask for forgiveness. One must never remember others' mistakes. We have to be an embodiment of forgiveness. Some have arrogance and do not want to ask for forgiveness as they don't think they have done anything wrong. Arrogance is also very subtle. Thus, one must give each other a signal and realize this. Let the subtle arrogance die from within, let the ego leave us and we remain distant from the body-consciousness. A true and fast effort-maker will ask for forgiveness for the slightest mistake. Let us have nobility in our words and interactions. There are five aspects – purity, truth, humility, depth (maturity) and sweetness. There should not be the slightest impurity in language. We need to practise each of these values.

These are simple things. When there is a deep interest in making such spiritual effort day and night, that would inspire others also.

## INSPIRATIONS FROM DADI JANKI JI

– B.K. Raju, Mt. Abu

**D**adi Janki always reminds us of how Baba gave her the name 'Janak', the one who is *videhi* (bodiless) and trustee. **Dadi always draws the attention of all children of Shiv Baba towards the following points:**

- 1) Shiv Baba, this body belongs to You. You may use it as You wish. I will remain bodiless.
- 2) The mind cannot remember anyone else apart from the one Shiv Baba. Let there be no waste thoughts in the mind.
- 3) Just as Baba did not deal directly with money, similarly Dadi too has never handled it; whatever any soul wishes to offer for a worthwhile cause, it is given here and accumulated in this Godly *Yagya*.
- 4) The relationships of us Brahma Kumars and Brahma Kumaris are the best, but no relationship should ever bind me.
- 5) Let our thoughts be so good that they serve the Globe of the world.
- 6) Shiv Baba enables me to use my breath in a worthwhile way. There is only the remembrance of the One in every breath.
- 7) Matters of the past cannot enter my awareness at all. Whatever has happened, till yesterday, has passed by. Shiv Baba says, "Child, do not think about the past." There must be no worry or attachment.

Dadi also shared with Sis. Jayanti the eight points of knowledge and said, "The Knowledge of Soul, Supreme Soul, and Eternal Home lift us away from the body, the world and the relationships. The knowledge of Tree teaches us to sit in austerity. Knowledge of the Cycle reminds us of the Confluence Age. The picture of Ladder tells us it's time to go back to God Shiva... Madhuban, Baba and Murli are constantly merged within. One can be liberated from waste when this essence of knowledge is spinning in the intellect."

# MY LOVING BABA!

– B.K. Nidhi, Panchkula

Even since my kids were born, I have always had a deep desire that Shiv Baba, i.e. the most benevolent God Shiva would accept them also and make them worthy in this Brahmin life. I was always inspired by the way Dadi Gulzar ji, i.e. Dadi Hriday Mohini ji, came into this spiritual life. At the tender age of 9, she became a Brahma Kumari. So, she has always been an inspiration to me.

To give my children a divine upbringing, Baba always guided me which resulted in their strong connection with Baba. From morning to evening, they are talking to Baba many a times by saying ‘Good morning’, taking powers before eating food, saying “Thank You” after food, taking Baba along while going to school, taking help from Baba in school, meditating in day time, saying “Good Night” to Baba before sleeping.

All these conversations developed a strong bond with Baba. However, as per drama, one day in the month of May,

my son, who is now 9-year-old developed throat infection due to which he suffered a lot. I gave him the medicine which the doctor prescribed but there was no relief. On the 4th day as per Baba’s guidance, I told him, “You were always playing at food time; you never gave food its due respect, now you want to have it but you can’t”.

He understood the lesson very well that if one gives respect, one will get respect. But still he was in pain so I did meditation for him and just after a minute, to my most pleasant surprise, he came to me saying his pain was gone. I thanked Baba and thought it was the effect of my meditation but to my surprise he told me that he heard Baba saying, “Dear child, say sorry to food in your heart and you’ll be fine.” He told that the moment he said ‘sorry’, he was fine. For the next four hours, he was much better. In the evening he took one dose of medicine and slept.

This incident taught me that Baba was listening to my wishes and He fulfilled it by

communicating with his child and that He is welcoming His child in this spiritual God-Fatherly University; but to acclaim scholarship he has to work upon himself. Now my five-year-old daughter is on her way to get admission in this God Fatherly university. My million-billion-trillion thanks, love and regards to loving BapDada.

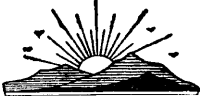
## DETACHMENT

– B.K. Dathiah, Kalyan, Durg

Deities lived a life of detachment as a lotus lives in a pond. Just as lotus does not lose its purity and beauty while being in mud; we, the souls, should stay pure and spotless while being in this world. This is detachment. One should not get affected by the vices like hatred, jealousy or have attachment with one’s bodily relatives or one’s wealth; one should not get engrossed in the worldly actions. This art or science is different from those arts or sciences which deal with the physical or the material. It gives man the knowledge of moral laws or laws of social action and it enables him to establish a wireless link with God which gives him the ability to act in a detached way.

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# ***RAISE THE VIBRATION OF THE WORLD***



– Aruna Ladva, London

**W**ith all the gloom and doom, we keep hearing, in the news and in our everyday conversations – ‘it’s so easy to get sucked into the negativity of fear and terror, and to feel low and depressed’. This is the time in which, while the ‘leaders of the world’ make their plans; the spiritual leaders, in other words, all of us, who are spiritually aware, have to take on the role of holding a very high vibration in the world.

As the evils of the world downgrade the morals of humanity, it is imperative that those of us who are more enlightened make even more effort to raise the vibration of our own spirit and our Mother Earth.

Lust, violence, greed, ego and such are the energies having very low vibrations that do not amount to anything except that they make the soul ever weaker. It is the weak and powerless who resort to such low-level deeds in order to give them a sense of empowerment, but this high is so short-lived that it just

leaves one craving for more. And when greed is not met, then the next port of call may be violence or oppression.

Violence is not only beheading and slaughter, rape and rampage, violence is also a every single negative thought that we create in our minds. The dense energy of violence is present in the world today because we do not have the power to exercise the elevated authority of virtue. If we can understand this spiritual truth deeply, and know that on one level we are all connected, then we would be mindful to only create the right type of thoughts that do not inflict pain on ourselves, and also do not hurt others or the planet earth.

Even as we look to the seven *chakras* within the body... we see that the ‘base’ and ‘sacral *chakras*’ are very much about physical survival and dealing with corporeal matters. The upper *chakras*, the ‘third eye’ and the ‘crown’, are about soul-consciousness and super-consciousness. So, nature tells us that as we raise the vibrational energy within the self,

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we elevate ourselves to a higher level of living. By dealing with and letting go of our fears around survival and material needs, we become happier and more wholesome beings.

In the vibrational universe that we live in, every thought is significant. If too many of us are engrossed with the listening, reading about, or watching on television the latest doom and disaster, then we are only perpetuating that negative energy. We are giving more life to it than necessary. Repeating or speaking of these things is sending out more negative vibrations. We need not to talk about or give life energy to these negative happenings. Instead we need to give life to the good that is happening, and if it is not happening then we need to get busy in creating the high energy thoughts that will make it happen!

The ‘critical mass’ theory describes that when enough people reach a certain percentage in their way of thinking or doing something, then it will create a tipping point, a shift in the consciousness in the world. Suddenly the scales will move in the opposite direction. If enough of us can shift our personal energies by the use of right type of thoughts away from the material into a more divine vibration, then we will be able to tilt the negative vibrational



fields into positive ones.

And the very good news is that, just as a few tiny candles can dispel a great amount of darkness, so too it only takes a small percentage of high vibration individuals to compensate for many at a low level. Thus, the shift may not be as far away as we may think.

We all need to stay light and happy and not allow fear and terror to overcome us. This is a way of counteracting the negative forces. We can only do this when we have done the inner work that allows us to see through the illusions of life and know that we are spiritually much more powerful than any 'dark forces' that may be out there.

It's time... to raise your vibration and also the vibration of the planet. Don't add to the gloom and doom, instead become a bright light in the dark.

The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence.

- Confucius -



## EMPTINESS



- Abha Mittal, NOIDA

Emptiness was tormenting me from beneath my fancy garbs,  
It was writhing within, shooting its nasty barbs,  
Sometimes it got expression in my rising BP and sugar,  
Or revealed itself in getting provoked at smallest trigger.

It could also be seen in my emptying glasses of wine,  
Or found in my aimlessly sitting 24 hours online.  
It could sometimes be seen in my growing fears,  
Sometimes it burst out in my flowing tears.

Else in uselessly hanging out giggling and chatting,  
Or uselessly wasting my time and later regretting.  
Is it caused by my thinking selfishly of my own?  
And my being confined to my narrow zone?

Or is it due to some shameless lies,  
Which are hidden beneath my taintless guise?  
Is it because of my bloated ego?  
Or caused by my false pomp and show?

Is it being caused by an easy life?  
And so being filled by mental strife?  
Can it be filled by sharing laughter and tears?  
Or by baring our hearts clear?  
Can it be filled by peeping deep inside?  
And by keeping our grudges aside?

Can it be filled by coming out of our narrow zone?  
And by thinking the whole world as our own?  
Cure lies not in filling emptiness with chaff but in keeping calm,  
And in sharing love and seeking love as soothing balm.



# INSPIRATIONAL LIFESTYLE



– B.K. Surendran, Bangalore

People who are capable of positively inspiring others in their surroundings and the world are a great asset. Many great men and women have been positively inspiring people in the world. Because of them the negative and evil forces were kept at bay and the life on earth survived and sustained. For example, the *sapta rishis* influenced Ratnakar, the looter and plunderer, to take to pious way of life and finally become Valmiki. Angulimal became a disciple of Gautama Buddha.

### Great men and their contribution

When we turn the pages of history of the world, we find some great men and women who have inspired people with their lifestyle, utterances and values in life. Gautama Buddha with his message of non-violence, and *nirvana* inspired youths and others. His utterances have come to stay as a great philosophy. There was a shift in the faith of people and later Buddhism was established not with an announcement but with the preaching and practice of those people who followed it. Similarly, Jesus Christ appeared

on the world stage and conveyed the message of love, brotherhood and service. His attempt to unite people, eliminate blind faith and violence resulted in his being crucified, while his utterances took roots and thus emerged Christian religion. Further, Shankaracharya practised and promoted a lifestyle of renunciation and sacrifice of household life to become recluse. He spread the message of '*Jagat Mithya and Brahma Satya*'. He advocated that everything is the manifestation of God. All other prophets like Abraham, Muhammad Nabi, Guru Nanak etc., have also uttered more or less similar messages. Many of these prophets founded their respective religions based on the message that God is incorporeal and a point of Light.

### Swami Vivekananda and Mahatma Gandhi

The disciples of these founders of religions promoted the essence of messages handed down by their preceptors. Swami Vivekananda was one of the most prominent disciples of Swami Ramakrishna Paramahansa, who vociferously

advocated to educate the youth to shun violence, blind faith, dowry system, superstition and other wrong practices of tradition. He observed that we had more dead people than living people. He said '*living people are those people, who live for others.*' He further said '*Teach yourself, teach everybody his real nature, call upon the sleeping soul and see how it awakes; power will come, glory will come, goodness will come, purity will come and everything that gives us excellence will come, when this sleeping soul is roused to self-conscious activity*'. Even after their life time, Nelson Mandela, Martin Luther King, Abraham Lincoln and many others have influenced the lifestyle of many people. Mahatma Gandhi said '*my life is my message*'. His '*Experiments with Truth*' is a collection of thoughts on the importance of truthful living. He also spread the message of non-violence.

### A review of inspirational life style

When we turn back, we find that their values, their concern for the well being of others in general endeared them to the people. These great men came to live in the hearts of the people. When Napoleon was deported to St. Helena by the

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British, he wrote in his autobiography 'Myself, Hitler, and Charlemagne built our empire on sand dunes which crashed before our very eyes. But Jesus Christ, Gautama Buddha and other great scholars established their empire in the hearts of men and women. They are still living in the hearts of their people'. Inspiring lifestyle has a magnetic pull to unite, reform and contribute. Even now the life sketches of these great personalities influence people in all walks of life.

### **Prajapita Brahma practised and inspired a unique lifestyle**

In our present times, we do not have personalities who can inspire others to shun violence, fissiparous tendencies, fanaticism, nepotism and corrupt practices and to uphold unity, integrity, honesty, truth, non-violence and morality. People find life getting aimless. However in the first half of the Twentieth century, there came a spiritual person who influenced the youth and others in the world. Prajapita Brahma, the corporeal medium of God who became instrumental in establishing the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, is the unique and outstanding leader who has been influencing people of all walks of life irrespective of their caste, creed, religion, gender and region across the world. Brahma Baba was an epitome of purity and peace. There is a sweeping positive transformation taking place in the world. A new race of divine, virtuous and spiritual people is emerging in the world and their number has been increasing at a faster rate.

Here are the main characteristics of an inspirational lifestyle:

- ▶ Keep self-awareness and attention in thoughts, words and deeds.
- ▶ Exercise self observation constantly to avoid even minor flaws in behaviour and dealings.
- ▶ Say 'you are important' – it is an igniting force.
- ▶ Respect personality, freedom, rights and privileges of others.
- ▶ Be ready to help the one in need. Have dedication, commitment and urge to serve.
- ▶ Smile whenever appropriate. Be cheerful and exuberant.
- ▶ Have pure feelings and good wishes for all.
- ▶ Practise soul-consciousness and remember God before doing anything.



## WILL-POWER

The expression will-power is often used to refer to our ability to put into practice the ideas we know to be for our well-being and to resist actions (karmas) which are harmful. This is directly related to the soul's intellectual strength. When we speak of weakness or strength in the soul, we are referring to the intellect. In the case of a weak soul (one with lower will-power), it is almost as if the intellect plays no part in determining which thoughts arise in the mind, but they come as if pushed by the resolves/propensities (mainly in the form of habits) or are triggered by the atmosphere around or the moods of others. On the contrary, a powerful soul (one with higher will-power) enjoys the experience of its own choice regardless of external stimuli (influence).

Rajyoga meditation develops the intellect to such an extent that this degree of control is possible. A practitioner of Rajyoga meditation can be in the midst of a situation of intense disturbance, yet remain so unshakeably calm that the inner strength becomes a shelter and inspiration to others lacking in that strength. The weak soul is like a leaf at the mercy of the storm; the strong one, a rock in the face of a rough sea.

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# KHUSHI'S WONDERFUL EXPERIENCES WITH SHIV BABA



—Dr. Kaushal Chauhan (Khushi), Mullana (Haryana)

I was born in village Nek Nampur Nanai, Uttar Pradesh. We were a family of three sisters and a brother. When I was seven year old, our only brother died which caused a great depression to my parents. I was also very much depressed seeing the plight of my parents. It was then that I decided that I would do something different so that I could give happiness to my parents and compensate for the lack of a boy in my family. As a child, while watching TV serials of gods and goddesses, I always used to think that all the gods and goddesses take help/powers from one another for performing their different work. I was of the opinion that each god possessed only one power and had to take the help of another god to fulfill their work. I used to think that I will love only the God who is the Supreme and the Almighty.

The characters of Radha, Meera and Sita really impressed me a lot and I was really fond of them. Actually I used to imagine myself to be those

characters. Sometimes I used to think 'may be in my past birth I had acted all those characters.' When I used to sit on the terrace, I used to talk to God... "God, please tell me if we would meet each other after death...will you punish me for my mistakes... please tell me." Once I was told by someone that God would come in any form and it would be very difficult to recognize Him. Since then, I started to observe people very seriously and I used to help others, thinking them to be God. I used to observe a fast on Monday, Thursday, all Navratris and Shivratis and used to visit the temples, bare-footed, so that God would fulfill my wishes.

Once I observed a fast on Monday for worshipping Lord Shiva. Suddenly I fainted and regained consciousness after an hour and to my surprise, I found myself very energetic after awakening. After completing my High School, I went to Meerut for higher studies. There my friends gave me a new name "Khushi". (Later, I got my name

changed to Khushi at the time of my marriage.) My teachers used to say, 'this girl has great tolerance power and she wants to touch the sky.' After entering the college, urban life my childhood dwindled in the glitter of modernity. I concentrated on my career and the competition of becoming successful moved my mind in a different direction.

## **How I got the divine knowledge:**

When I was young, due to worldly attraction I forgot my beautiful relation with God. May be I could not catch His vibrations at that time and started to seek love in people around me such as friends, parents, sisters and relatives. In the meantime, I got married to my class fellow Brijesh. As it was a love marriage, I had to face many challenges from my in-laws. I could not get the importance, acceptance, love and respect that were due to me. I was very much worried about my Parents, sisters, my studies and some physical ailments also. Despite working sincerely, I was facing some problems on professional front also. I gave birth to one son in 2007 and named him Shivash. He used to remain ill all the time.

Before marriage, whenever I used to see some dispute between my parents, I always used to think that my husband



and I would have very good bonding, but I was wrong. There were no harmonious relations between me and my in-laws. I was trying very hard to satisfy my family members because it was my dream that I would give my life a perfect shot, but I was unable to fulfill the requirements of all the family members. I was feeling lack of love in my life and my heart had become very weak and sad. I used to think that no one could understand me. I was not aware at that time that I was getting into depression. Sometime later, I had to undergo a major emergency operation which went on for five hours. After the surgery when I was regaining consciousness, I felt that I had come from a very far place in the sky ... very fast from sky to that hospital. Suddenly I woke up and found that I was in the hospital and was surrounded by Doctors and family members. I was continuously contemplating about where I was when I was being operated upon. Later, I dreamt that Shri Krishna and Balram were dancing as children and I heard a voice telling me that everything would be alright soon.

Despite all the difficulties, I continued to attend my studies and job. After the marriage of my sisters, my parents started

to live with me. My father was a diabetic patient. The doctor had advised him to avoid all sort of stress. I was contemplating on the ways to keep my father happy. One day, some Brahmakumari sisters came to our house and gave a pamphlet of 'Good bye Depression Camp' to my father. When I returned from the college, I saw the pamphlet and read about the programme. My father and I attended the camp. The topic of the programme was '*Khushi Ki Anubhuti*' or the experience of happiness.

On attending the programme, I found what actual happiness was. I had attended the programme for the sake of my father, but I realized that it was something most needed for me. That day I became aware of the amount of depression I was carrying and I understood that I could give all my worries to God. I felt very light; it seemed as if my childhood search for God had come to an end. I got the awareness that God was always with me and cared for me. This reminded me of my childhood relation with Him. I had forgotten Him, but He remembered me. In spite of giving lots of love to everybody around me, nobody cared about my feelings in this world but God Himself met me to understand my feelings. That

day I understood that the purpose of life is to remain happy. I realized that God is the Supreme Soul, a point of light, and that we can have any kind of relation with Him. I asked God what relation I should have with Him, and I felt as if He replied, 'Whichever of your worldly relations needs healing'. I felt unfortunate that I had not heard about the Brahmakumaris earlier. After attending the programme, my talks with God started again.

After a few days, the Brahmakumari sisters invited me to attend a four-day conference on 'Education is excellence for life', at their Shantivan complex, Abu Road. I attended it with a friend and felt very energetic there. We met many experienced people and learnt a lot. I did not miss any class and spent most of my time in the Diamond Hall. During the four-day stay, I did not miss any of my family members. There I visualized Shiv Baba—the Point-of-Light, in my early morning dream...As He came near me, I became scared of Him, but He said "You are my Sweet Child...do not be afraid...I am your Father...You have to do one important work..." He made me realize that I should not utilize my time with limited number of persons,

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assuring that my life was not only for those few people with whom I was associated, and reaffirmed that I was on this earth to work for lots of people. Gulzar Dadi Ji gifted me a spiritual diary and said, “now, everywhere Khushi (happiness) will smile’. When I came back, I opened a Pathshala in my house in Nanai village (Garhmukteshwar), U.P, for the local villagers. During the inauguration of the Pathsala, I saw tears of joy in my father’s eyes when the flag was being hoisted.

#### **Handling Obstacles with God’s Grace**

I got a lot of help from Baba during my PhD. study. My papers got published in various National and International research papers. I authored a book and dedicated it to Shiv Baba. Now I am working in MM University, Mullana, on an administrative post. Recently, I organized a national conference in the university with the blessings of the Honourable Chief Minister, Governor of Haryana and Chancellor of the University. I had never thought that I would ever go to a foreign country. But with the grace and help of Baba, I went to Malaysia to present my research paper in an International conference.

#### **My Future Plans:**

I am trying to convert my village Nanai’s *pathshala* into a Centre as there is no other centre in Garhmukteshwar, UP. I want to open more pathshalas in the nearby villages also for which Nanai Centre can be the hub for spiritual service. My father is no more; he breathed his last in Global Hospital. His last words to me were, “My daughter taught me what life really is”. My Husband works as marketing manager in a multinational company. Though he is not in Baba’s Gyan, but he believes in Baba. I always attend meditation class at the B.K. Rajyoga Centre. On being in love with Baba, I found that my heart which earlier was very weak had become strong. Sometimes, I commit mistakes unknowingly. Problems arise, but I always pass them easily, with the help of Baba, taking a lesson for the next time. Carrying out all my responsibilities, I feel very light and happy. All my relationships are with Shiv Baba.

I experience extreme happiness with Baba as He always responds to me and cares for me a lot in every walk of life. As my name is Khushi, He always gives me happiness. He always expresses His love in front of the world. I feel very

fortunate. Whenever I listen to Baba’s songs I feel He is singing for me. Baba always gives me love, care and happiness. My only wish is that the love between Baba and me should remain steadfast. I always want to remain mad in His love. I wish that in every Confluence Age, Baba and Khushi love each other.

#### **COURAGE**

Courage comes in a spectrum of colours. On one hand, we commend people who sacrifice their lives for others but do we applaud daily acts of courage on an individual level? All of us are courageous when we decide to adjust to, tolerate and accommodate for what is right so that there can be peace. At times, I need to use will-power to compromise, and sometimes I have to unleash the same power to be firm and stand by my resolves. God’s help is experienced if I use humility and patience to judge when to use silence and where to be forthright.

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# VALUE JUDGEMENT VERSUS WISE JUDGEMENT



– Col. Kamaljeet Chugh (retd.), Indore

When a person asserts that his belief or his judgment is right and declares as wrong anything that doesn't conform to his judgment, it amounts to value judgment. People tend to make value judgment as a result of double standards or vanity or ego, or all of them. Value judgment is also based on culture and tradition. On the other hand values are principles, standards or ideals which are practised by people of character and integrity. They are the pillars of wisdom. A person with values is able to stand upright through thick and thin.

There are three kinds of values – universal values, human values and temporal values. Universal values are accepted by all the people and at all times. They are a part of various religions practised across the globe. They are philosophies propounded by learned people and are acknowledged and cherished by all. They do not change over a period of time. Universal values are spiritual in nature.

Human values are established

to ensure peace, harmony and civilized life. Some of these values are honesty, humility, simplicity, unity, responsibility, and so on. People with human values bring grace and dignity to the society. Human values are subject to change over a long period.

Temporal values are subject to rapid change. They usually do not last more than two or three generations; say about 30 to 75 years. The generation of the independence period and modern generation stand poles apart. Temporal values are the origin of the generation gap. The generation between the independence period and the modern day bears the brunt of this change in values. During this period, even the forms of government have changed. As the ideals change, the behaviour also changes and so do the values. Temporal values can lead to value judgment.

A person, who believes in value judgment, has eyes but the mind is blind. He goes by what has been happening in the past in terms of traditions and customs; say the beliefs related

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to caste differentiation or the superiority of man over woman and so on. Such a person does not listen to his inner voice to analyse the situation. His judgment is warped, which leads him to commit mistakes and bear consequences from which it might take years to recover.

A judgment based on values – the universal, the human and the temporal values, is always right. These values act as the pillars of strength. They are the guidelines for wise judgment. A judgment which relies on facts, tenets of the soul, innate and the acquired values, does carry the stamp of maturity. Such a judgment brings peace, love and harmony to one and all. Such a wise judgment remains the need of the hour.

Value judgment leads to chaos and negative results while wise and well considered judgment leads to progress, peace, welfare and happiness for the society.

Having the spiritual awareness of being a soul and seeing others as soul-brothers can help to have a clean and clear mind and a heart full of love and compassion. Then we can be free from prejudice, arising from superficial appearance, rise above the opinions and beliefs of society and be perfectly centered to make correct judgment.

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# ***SCIENCE FOR COMFORT OR FOR PEACE?***

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– BK Ved Guliani, Hisar

**I**n all its experiments for discoveries and inventions, Science bases its data on the bed rock of objectivity and truth. In other words, before arriving at any conclusion, Science observes, studies and analyses the basic nature of all the components constituting the part of any experiment.

Let us take one simple example of launching a rocket, whatever be the purpose or the mission of that rocket, the basic nature of the factors involved, cannot be overlooked i.e. the gravitational pull of the earth, the level of air resistance at different heights, friction, speed etc. Similarly in the present day fast modes of transport, the law of friction, air pressure, streamlining, the impact of sound etc. become significant before the success of any feasible and practical solution.

The significance of other factors like hard work, financial support etc., cannot be overlooked but it is with this input that science has been able to invent many gadgets for the comfort and luxury of human

existence. Look back a few decades in time and you will realize that all scientific endeavours have been aimed at making life on this earth happier, longer and healthier. All new inventions have attempted to provide more happiness and longer human existence on the globe. Easier and faster means of transport and communication seem to have turned the whole world into a small village only for the comfort and ease of man.

Yet, man today remains more discontented and unhappy than he had been a few decades ago. Why? Has Science gone wrong anywhere in its assumptions? Has it failed to rightly judge and assess the true nature of its data (Man) in this sphere? Science aims at making man's life comfortable but has it studied the true nature of its object i.e.

man? Is Science sure that man would be happier and contented if he were given more and more material comforts and luxuries?

How wrong Science has been in its assessment, assumption and analysis! Man may like to have more comforts and luxuries, yet his contentment depends on the inner peace that he experiences in his life. He is not just the material self. He is essentially a 'soul' that acts through the medium of 'his body'. Satisfying or comforting the body does not essentially mean the comfort and contentment of the soul.

Man is basically a 'peaceful soul'. Science must base its efforts and experiments for human happiness, the genuine nature of man. Without attaining peace, no human being can hope to enjoy happiness. If science fixes the attainment of peace for man as its goal only then can it hope to bring true happiness and contentment. Peace, and not comfort, is the basic need of human existence and development and this finally leads to true happiness.

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**"If you live long enough, you'll make mistakes. But if you learn from them, you'll be a better person. It's how you handle adversity, not how it affects you. The main thing is never quit, never quit, never quit."**

– Bill Clinton, United States

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## THE WORLD IS NOT AN ILLUSION



To get rid of Maya doesn't mean that we have to get rid of the body, or not come into this world. Some people think that the world is Maya. Many scriptures are created on these lines. It is written that the world is false, or delusory. The world is not false or delusory; it is eternal. Who says the world is false? Yes, because of the vices it is made false, and human beings are in sorrow, but it isn't that there is no world at all. The world is eternal.

We don't have to renounce the world and its objects, but we need to purify this world. The entire world was pure in the beginning. That pure world was the world of the deities. The deities' world is not somewhere else! Is it up above? It was the world of deities, in which every human was a deity. It can be called Paradise or Heaven. Everyone was the resident of that world.

All these things must be understood. Maya must be destroyed, now. This means to



Mateshwari ji

conquer Maya or the vices.

Because human actions are driven by the vices, wealth causes sorrow as well. The body also has an account of vice, and so we get sorrow caused by diseases, and untimely death. We never had any diseases in the Golden Age, and never used to die in an untimely way. Why was that? It was because the body was created in a vice-less way, which means with the power of yoga. Now, it is created through the power of the vices, and so we receive sorrow.

All sorrows are due to Maya. Therefore, remove Maya.

God says: 'Both your intellect

and the world are now *tamopradhan* (impure), and so you receive sorrow and nothing but sorrow. This is why I come and change the entire system. I give you the eye of wisdom to understand all these aspects. The eye of wisdom means understanding. Understanding is imbibed in the intellect. You children have now received understanding.'

### **Brahmins Are the Ones with the Third Eye**

The eye of wisdom is with us now. The deities don't have it. Earlier we were impure or vicious; now we have determined to adopt purity. So we have become Brahmins now, as we have all adopted purity.

We Brahmins are *Trinetri*, i.e., the ones with the third eye of wisdom. Deities are those who have the reward. We Brahmins make efforts to become deities and will attain the complete reward in future. Deities don't need the eye of wisdom. They became deities only through the eye of wisdom. Now we are receiving knowledge and we become deities through it. We are transformed from humans into deities.

Now ponder, should deities have the third eye, or the Brahmins? Now that we humans

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are receiving the knowledge, we call ourselves Brahmins. Earlier, we were *shudras*. Now we have become Brahmins from *shudras*; it means we are the mouth-born creation of God. God, sitting in the body of Brahma, is imparting knowledge through his mouth; we are born through that knowledge. This is known as mouth-born progeny, or creation.

Earlier, we understood the 'mouth-born creation' to mean a person having emerged from the mouth. It isn't that way. We are becoming purified as a result of the knowledge received through the mouth. So, it is now our new birth, through God. We are born anew, so we become Brahmins. Then who should have the third eye? Brahmins! The third eye, and all the embellishments of Vishnu, should be for Brahmins only.

The conch shell, the discus, the mace and the lotus – all these are ornaments. All these have embellishments. The conch shell means the imparting of Godly knowledge. The mace is to suppress Maya, and the discus is the knowledge of the cycle, of how we go through the four ages. This is the cycle of self-realization. It means to see the original self – we receive that vision – and also the knowledge as to how the cycle of our play spins. How it becomes old from new, and new from old. All these things must be understood.

The new has to be created. The old doesn't have to be created; it becomes old automatically. Now we have to rejuvenate ourselves for which we are making effort.

## THIS WORLD AND THE NEW

– **Vinod Passy**, Kandy, Sri Lanka

The entire world seems a damaged sculpture  
Encompassed by vicious, devilish culture  
Mankind everywhere helplessly praying  
The whole world is topsy-turvy

Just to get some mental peace  
Menfolk restlessly tweak  
In the garb of lasting peace and harmony  
Nuclear tests – the destructive testimony!

In the name of religion, truth nowhere  
People being cheated everywhere  
Democracy thriving in its grooves  
Despite its unscrupulous moves

Crushed are the common and simple  
By unscrupulous and treacherous people  
Men joining him in their hoards  
Devil enjoys and laughs at his hold

God sees and listens to the cries  
Helpless, poor and their tries  
Those who get wiped out  
By some vicious turn and spout

And of those teeming millions  
The so-called great and minions  
Unmindful of their actions and deeds  
Governed only by their vices and greed.

Why cry for mercy and blessings  
Be good and divine to avoid all cursing.  
Values and virtues leading the way  
Joyous Heaven coming in our sway.

# ***SPIRITUALITY IS SIMPLE AND BENEFICIAL!***



– BK Joseph, Bangalore

If a rich man is told by his Doctor that he would die in a month because of some dreaded disease, his attitude towards life will immediately change—he will stop viewing his body, his relatives and his assets as source of security, and he may in all likelihood become more humane and spiritual. And what if the same Doctor, after two weeks, tells him that hospital staff made a mistake in the diagnosis and that he is perfectly alright? Once again this man may become materialistic, because the special circumstances that forced him to change, no longer exist! His attitude changes, so do his values! Is this true of the world history too?

The very fact that nearly all cultures in the world have stories that keep the memories of Golden Age shows that it really existed sometime in the past! Then somehow attitude of the individuals changed; accordingly world too changed—from good to bad. Deterioration takes place without external help whereas restoration on a global scale can happen only with the

help of Almighty God! It is not for God to forcefully change people as this is against the meaning of His very name – Shiva (World Benefactor). He shows the right path and then brings in an ideal condition on earth whenever decline reaches its peak. (Gita 4:7) This truth is hidden also in the ancient word for REST (*aaram*, combination of ‘A’ and ‘Ram’ (come + God), meaning: we will have real peace only when God comes. Let us see how this happens:

When man lives in the awareness that he is basically a spirit, (soul, or conscious energy that is “superior” to the material energy that makes up the physical body, Gita 3:42; 7:5), he rules over his senses organs. Then he is in harmony with everything (Supreme Soul, fellow souls, and physical world) and soul’s qualities are dominant in his life. This harmony brings health, happiness and peace to him and others around. Just opposite happens when he starts identifying himself with his body (a mere material entity). In brief, soul-consciousness brings in

unselfishness and body-consciousness brings in selfishness. The more selfless one is, the happier he becomes; and the more selfish one is, unhappier he becomes. When the individuals change, the world changes! This principle of one thing leading to another (called Drama) is eternally fixed: if an action is Chosen, its effects are fixed and cannot be changed – but are to be experienced by the doer in the present life or in any of his future lives. (Gita 2:22, 47)

One who takes up *Rajyoga Meditation Course* (conducted by *the Brahma Kumaris*, free of charge, for one-hour daily for seven days), experiences first-hand the truthfulness of the above principle of one thing leading to the other! And in the process, he also experiences how simple and beneficial is to be spiritual; because when he takes one step, he finds other qualities easily following one after the other, as shown below:

The very first day of the course, one comes to Know that we are all children of God and are actually immortal souls whereas our bodies are merely costumes we use.

This True Knowledge helps to re-establish the original sovereignty over one’s five sense-organs. With practice of Purity, there emerges Joy. (*Murli 22/3/86*)



As one experiences happiness, one wants others also to be joyful hence he begins to care for others' needs, (which is called Love).

One gives and receives love, as a result of which Peace is experienced by him and others around. [In all these five basic qualities of Soul, there are positive side-effects – there is great Power in each of them (*Murli* 18/1/94), hence they make the practitioner powerful against any relapse, like butter extracted from milk will not merge with water any more. They will also help him to remain blissful/balanced (Bless) under all circumstances and with all beings!]

What a Wonder! Within no time one has seven good qualities – one has become *satopradhan* renouncing his former wasteful *tamopradhan* life; thus he has a very meaningful and fragrant life befitting his original nature. This new life is very light, yet very different and dignified from

the mere materialistic living for one's self and his family (something that even birds and animals are doing)!

Thus, when a person chooses to display soul's qualities, he, in effect, leads a Golden-aged life. Towards the end of the first half of the World-Cycle, human-beings somehow become more and more focused over body. When they take this one false step, other negative qualities follow one after the other, as shown below:

As one Forgets his true identity and sees himself merely as physical body, he begins to be ruled by body senses.

In this Forgetfulness, one begins to consider others as male and female, feel separated and superior or inferior [Ego] to others.

Body-Consciousness leads to Lust (intense desire especially for flesh, or assets, power, fame .... etc.)

If met with obstacle, this Lust turns into Anger.

If fulfilled, this Lust becomes Attachment and Greed. In all these five vices, there are negative side-effects: In Attachment and Greed, one has Fear of losing what has been accomplished. And if one sees others accomplishing more than him, Envy sets in.

What a Misery! Today, man has lost all seven good qualities one after the other, and has become impure, making life miserable for himself and others. God says: "The authority of experience is the most elevated of all powers, and Can easily transform anyone or anything. And greater the experience, the greater will be the power. May you be an embodiment of experience who, through Will-Power of experience, opposes the power of *Maya* (or vices). Those who have come last can go fast and reach the top by their intense effort and make themselves and others powerful in a short span of time." (*Murli* 13/3/86; 19/4/84; 9/8/96; 29/3/86)

#### LIFE IS A GAME

Life is a game of forgetting and remembering. You are losing the game when you forget who you are and what you are doing here and when you remember the false things of the past and what they did to you. You are winning the game when you:

- ▶ 1) remember your true identity of peace,
- ▶ 2) remember the One who is always peaceful and has unconditional love for you,
- ▶ 3) forget the troubles of the past and move forward with the lessons learned.

Now observe what you remember during the day and what you forget during the day. Forget the past. It is gone. Don't worry about the future. You do not know it. Learn to live in the present and discover how full it is of peaceful moments.

# TRUE FREEDOM

– BK Prerna, Kolkata

The true aim of spirituality is to be free from all kinds of bondages, i.e., to experience freedom. But what does freedom imply? Independence from the foreign invaders or rulers is just one form of freedom. The real freedom is when we are free or liberated from everything that is negative or vicious within us and experience peace, love and joy, i.e., free from anger, free from fear, hatred, jealousy, cruelty etc.

In that context, our situation is far worse than pre-independence times. People then were much happier than today, internally and externally. There was less stress and tension. In fact, 'stress' is a term more defined by the 21st century. Today, everyone suffers from anger, fear, stress or depression. We tend to avoid our weakness but are prone to criticize others. We become lawyer for ourselves, but judge for others.

Crime and violence have pervaded the society because of lack of courage and sensitivity. When some unfortunate incident takes place against a woman, maligning her dignity and the

victimized girl goes to the police station to file a complaint, usually instead of helping her out, the policeman counter attacks her by asking baseless questions like it must have been her fault as she might have worn indecent clothes provoking men to malign her dignity and, thus, accuses her. Is this Independence that we had wished for ourselves?

Even today, there is discrimination between boy and girl in many families. In many cases, girls are not allowed to pursue further studies. It is an irony that despite advancing rapidly on social, scientific, educational and economic fronts, our thinking is still backward and orthodox. Mostly the girls in our country are forced to get married at an early age. If a boy smokes, drinks and comes home late at night, no one questions as if all is well, but if girls do the same, they are called names. Ancient evils such as dowry system and child marriage still prevail in many parts of India. Female foeticide is a common trend. Girls are safe neither inside the womb nor outside. Caste discrimination is

another problem. There is still huge difference between high caste and low caste. A rickshaw puller's son is expected to be rickshaw puller only. Everyone sees him as if he has done a crime. But, the fact is this that he is also a human being like us.

It is because of spiritual illiteracy only that there are narrow minded thoughts visible everywhere. Due to lack of true spiritual knowledge, there is widespread discrimination between a boy and a girl. This is what we call body-consciousness, which gives rise to vices. Being a slave to these vices is the real dependence. That is why a girl is often told, "You should not do further studies or you should not do this, you should not do that because you are a girl." Such discrimination between a boy and a girl makes it clear that we are still not free.

Thus, now we must check, examine and evaluate ourselves. Have we gained freedom from corrupt and orthodox thoughts? As a human being, our aim and objective should be to give love, happiness and most importantly respect to others. The true freedom will be when we are spiritually aware; when we have the knowledge of the self and of God, when we know how to inculcate divine virtues in our

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# *SUPREMACY OF DIVINE THOUGHTS*

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– B.K. Dr. Chetali Sharma, NOIDA, U.P.

Everything that we do in life is first created in our mind; hence thoughts are the foundation of our speech and actions. Good thoughts ensure goodness of our words and subsequently our actions. Divine thoughts create heaven within us. Therefore, it is essential that we make efforts to elevate and upgrade our thought process. Our present state of existence is based on our thoughts of the past and our present thoughts will determine the type of our future. Our thoughts give rise to our feelings, which, in turn, give shape to our attitude and then we act in accordance with our feelings and attitude. Constantly acting in a similar way becomes our habit which gives shape to our personality as well as our fate. This is how we establish a direct relationship between our thoughts and fate.

Thoughts are our constant companions. Make them positive to acquire a positive personality. Cherish passiveness in thought, word and deed. Now the question arises as to how we improve the quality of our thoughts. Thoughts arise from

our mind; whether they are good or not so good, pure or impure. From this it is quite obvious that the quality of our mind will decide the quality of our thoughts. If the thoughts are good, our mind is our best friend and if our thoughts are bad, then our mind is our worst enemy. Mind is restless constantly; it goes to the past or it moves into the future but hardly stays in the present. When the mind is calm, you can recognize your weaknesses and strengths which make the mind bad and good respectively.

We should know our mind deeply and fully. Mind being the chief factor governing one's personality and fate, one should avoid suggesting to the mind of one's limitations like what one cannot do. Do not make your problems as your obsessions. Thinking about your problems and limitations continually weakens the mind. Recognize your thoughts. If they are negative, transform them into positive thoughts. Catch your negative thoughts, become aware of them and feed them with positivity. Like, from 'I cannot do it' to 'I can do it'. The

true art of living lies in deciding what to think, what to speak and how to act so that you remain settled in contentment and happiness.

One very important factor which governs our thoughts is our life experiences, which constitute our belief system. If our belief system says that stress is natural then we will be perpetually under stress. Therefore, some modifications may be required in our belief system to ensure that our thoughts remain positive. As for example, 'I am not just the body but I am essentially a soul, a ray of divinity and my inherent nature is joyful'. Such belief system will enable us to face our negativity boldly to crush it.

## **OUR VIEWS**

We form our views on the basis of our thoughts, feelings and attitudes. Have some sort of conviction about your views but do not ever think that these are the only views which must be accepted by all. In other words, do not be attached to your views and also accommodate the view of others in your view. No view is absolute. All views are relative. The best is to say "I am right and you are also right". A blind man can only describe something by touching it and hence his views are partial. Similarly when you give your views, these are from your

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standpoint. If you stick to your views, your mind tends to get closed. Mind is like a parachute which works best when it is opened. When you are rigidly attached to your views, your conversations with others take the form of an argument. Argument is often described as meeting of two closed minds. It takes courage to have a view point of your own but being interested in others' views, you are suggesting that you are flexible. Flexibility gives you a number of choices and options and thus it should be accepted as the right course of your thought-process while dealing with others. Your high status in worldly life does not give flexibility to accept views of others. It is the quality of your mind which tells you to accept what others are saying. This means developing our inside based on higher values of life.

Eighty percent of daily routine work is carried out by us as per our habits by passing intellect hence these are not based on filtered thoughts which could convey negativity. Negative thoughts limit our growth. Life analysis can help us to eliminate the negativity. A person who lives in the thought of doing well to others attains fruit of good works out of sheer power of his thoughts. Thoughts are our constant companions; make them positive to acquire a positive personality. Concerns for humanity and desire to alleviate sufferings have always been exemplary thoughts.

Thoughts are not visible to us, so we do not know what is happening in our mind. As things become subtler, they become difficult to grasp. We can classify our thoughts into three major heads. They are: elevated thoughts, positive thoughts and waste thoughts. Elevated thoughts are those where we are grateful to God for what all He has given to us. Selfless service to humanity also comes within the purview of elevated thoughts. Positive thoughts are thoughts for our self-improvement and also seeing goodness in others. Waste thoughts are those on which we have no control and while indulging in them, we waste our time. These are the thoughts which contain negativity, jealousy, criticism, anger and hatred. These should be eliminated from one's mind as early as possible. We are God's children and also His instruments; therefore, we should change and finish waste thoughts.

## TRANSFORMING REACTION TO RESPONSE

In its original form, anger was not anger, not a negative reaction; rather it was the energy of a positive response to people and situations, but the response gradually changed to reaction. When we return to our spiritual identity, we begin to rediscover that capacity to be still, stable or centred, and we are thus able to respond positively even to negative situations, or people. With spiritual consciousness, the energy of this negative reaction is transformed into being able to accept, understand and deal wisely and peacefully with whoever, or whatever, is encountered.

In order to extinguish (overcome) anger, one has to use peace and silence, to understand that peace is the original state of one's being; to remember that 'I am a peaceful being' means to emerge the consciousness of non-violence'.

Silence, that is learning to put a brake on the mind and tongue, it helps us to think before speaking and, as a result, saves us from many confrontations with others.

## ***SWEET, SWEETER ... AND THE BUTTER WORD 'BABA'***

– B.K. Satyajeet, Rajgangpur (Odisha)

**B**efore you skim up, make sure that you have implemented this:

Just breathe in and breathe out.... Now take a look at yourself? Do you think you are special? OK, go back to your history... You will find events, times and occasion where you would find yourself special and different from the rest. If you have got it, then you are not special. Instead, you are the most unique and the flamboyant unlike the rest. And if you haven't, then, get ready to consider yourself special; become someone out of this world that makes you feel 'special'.

Truly, it's difficult on our part to believe this and accept that "We're souls", but truth doesn't change, even if we don't accept it. After centuries of materialism, if someone asks one to turn towards spirituality, one can't even think of it. The reason behind this is 'Tangibility'.

All souls do occupy matter (body) to function. And over the years of body-consciousness, it's extremely difficult to get back to the awareness, soul-consciousness. But, truth is so

'raw' and it's also bitter. Truth is that we are souls and Rajyoga meditation is the best way for us to know and realize our true self.

Some instances – "I'm the king of this body; I exist within this body, and it's through me that the body works, not the body through which I function. I, the soul, reside in the forehead between the two eyes. I am the source of energy that keeps transforming and changing. This knowledge has been imparted by 'The Almighty Authority', who helps us to realize our hidden beauty that resides within.

Some of us do turn 'Brahma Kumars and Brahma Kumaris' after gaining the divine knowledge that the Omnipotent gives. But, again it is rightly said, "Nothing is easy in this world." So, the same rule gets carried over here also. Maya or 'the embedded character and qualities' turns up against the ideologies. To win over Maya, yoga, i.e., Godly remembrance is a must. Now, one must be curious as how to do Meditation? This is the toughest part for everyone!

Here are small notes on

practising meditation which can help almost everyone:

- ▶ For mothers, who are away from their children, they can practise meditation by replacing the 'y' of the word 'Baby' with 'a' and say 'Baba'. Make Baba your child and nurture Him, cuddle Him and nourish Him.
- ▶ For persons, who think they are lonely and are destined to be living alone, call Baba and ask, "Baba! My Baba! Will you be my friend? I'm just so lonely; I need to talk to you."
- ▶ On your birthday, if you are alone, remember him, speak to Him, "Baba, it's my birthday today; I want to celebrate with you and my Brahmin family."
- ▶ While cooking, invoke Baba, "let's cook now. 'Baba', I don't know how to cook, but with you around me, even the impossible turns possible."
- ▶ "Baba, why don't we have a walk around? Holding hand in hand, resting my hand on your shoulder walking all around the globe, sprinkling all your vibes and radiating all the virtues, eliminating all the vices."
- ▶ "Oh, the blissful One, let's be the Lighthouse of every hopeless, the lost, the aimless, the tired, the painful soul,

*(Contd. on page no. 34)*



# ***SUPER FAST TRAIN TO MADHUBAN***

– B.K. David, Paignton, England

**W**ho needs miracles when you can walk with God? If you have to go to Mount Abu from New Delhi, and do not wish to experience the delights of taking an Indian train, you can always take a bus or taxi to Madhuban but the train ride is worth a million pounds just for that 12 hour experience. You get a real taste of India on the train.

## **I'm Proud to Have Travelled on One of the Greatest Wonders of the World**

You can take the super-fast overnight express train from Delhi which leaves early evening and arrives in Madhuban, HQs of the Brahma Kumaris, early morning. And there's the first experience, it's not so very super-fast at all, and to most Westerners, feels more super slow, super crowded, super-hot and super friendly.

## **I Was Sat On a Train of Truth**

You can travel A/C first or basic second class, where second class for the most, is more than enough to get a real taste of India. In India, travelling

by train is rather rudimentary and yet the most wonderful experience you can imagine. I was taking part in a magical drama, where this Godly Express Train was on course and probably more or less on time to Abu, God's Home.

## **A Smile and a Happy Heart Can Only Come From an Open Mind.**

It's here, in Mount Abu, the home and HQs of the Brahma Kumaris World Spiritual Organisation, that so many tens of thousands of searching people come each year to learn the deeper aspects and secrets of meditation and *karma*. They are drawn from all over the world and from whatever background, religion or culture they come, all return with at least a smile on their faces and renewed hope in their hearts.

Yet many of these aspirants leave Madhuban with a completely new purpose and aim in life. They acquire a new insight into the meaning of life – what we are really here for and gain a deeper understanding of why human nature is now as it is, and most importantly, what

we need to do to improve ourselves. And of course, when you improve yourself, you are improving part of humanity. So helping yourself in the right way, you're helping humanity. The opposite statement is also very true.

## **Which Balance Do You Keep Your Eye On?**

So what is it exactly that the BK's teach and help you understand that is so profound and life changing? They impart and teach Godly knowledge that allows you to understand God and meditate and understand the deep philosophy of *karma*. Godly knowledge cultivates a sense of wisdom and understanding that can allow you to put your house in order and make you realise that spiritual well-being is more important than your bank balance.

## **Do You Wear God's Waterproof Swimwear?**

It appears that humanity, in its ignorance, chooses to swim with crocodiles each day when it could just as easily swim in God's Ocean of knowledge. How long can they swim in ignorance before one of the crocodiles (vices) bites them? The swimwear necessary to swim in God's ocean is that of love, disinterest and compassion. This swimwear is waterproof to today's living and acts as a shield to the vices.

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**Only By Closing the Door on Materialism Very Firmly, Will You Really Be Able To Open the Correct Door To Spirituality – And Walk Through It.**

Without ever solving this ultimate puzzle of life, you will only have stress as your constant companion, with suffering and unhappiness following wherever you go. One can be on his way to the bank with million pounds or to the supermarket to get milk, yet life's complications and worries will follow everyone, no matter what the reason you leave your house. Life's a worry if you're going for a heart operation or to pay and not to pay your bills or to meet and not to meet someone. Life is now an endless journey of worry. What is the point of having a matching set of gold earrings, necklace and bangle, beautiful house, car, Rolex watch, beautiful wife and children, if you are not happy with life?

**Be Careful Which Door You Knock**

The struggle for success and to be seen as successful is making everyone stressed out and unhappy. Seems to me, the key to solving it all, would be to close the door of materialism very firmly, locking it and throwing away that key while opening the door to spirituality,

too widely. The key to open the door to spirituality is to have an honest heart. Without an honest heart, one would always be locked out from that hidden room of endless love and peace. The door of spirituality is always open to everyone, but then, so is the other door, which leads to sorrow.

**Do You Chew The Sweets Of Truth?**

It takes wisdom and determination and for some, courage, to walk away and turn their back on the source of sorrow in their life, and face a source which is going to ultimately fill them with happiness. It's like they worry about emptying their pockets of rubbish and at the same time, worry about filling them with happiness. Most live in a state of worry. I do not think one has to be wise to throw away rubbish and replace it with jewels. In anyone's book, that would be just common sense. Yet the world does not have this book of common sense any more, and instead, they read their daily newspapers of body-consciousness, celebrity meltdown, fashion, gossip and world misery. Who wants to walk round with such poison in the pockets (mind) when he/she can fill them with sweets

(wisdom and truth)?

**Sink Or Swim (Help or Drown)**

Are you stepping out of the swamp (vice) on to dry land? If other people wish to spend their lives in the quicksand of sorrow, it does not mean you have to keep them company. What would you call someone who can see quite a few people drowning, and jumps in the water to join them, as well? There is quite a difference between a person who joined in with the crowd, and the one who jumps in to save people and bring them all back to the shore safely. Which one are you? Are you one to join in with the crowd, swim over to them and keep them company in drowning? Or are you the one to see people in trouble and swim out to save them? Or are you the one who is already drowning in bad company and being chased by crocodiles?

**'Train' Your Mind to Be Peaceful and You Can Take the 'Train' To Heaven**

The spiritual knowledge and eternal truths that govern us all and the understanding of *karma* as taught by the Brahma Kumaris, can allow you to enjoy all that you have in life to its fullest degree, so enabling you to go to bed with a smile and wake up with a smile. Be you



king, office worker or supermarket shelf filler; the world and its glory can all be yours if you know how to put down your body-conscious problems and have only soul-conscious solutions in your hands. Even God understands that spiritual enlightenment today requires us to make at least some effort and experience some discomfort in exchange for our third eye to open, allowing us to see God, heaven and a future of eternal happiness and fulfilment. It's true you need to make effort and experience some discomfort to make it to heaven.

**You Might Be Sitting Pretty On the Swing (Life) Now, But You Won't Be When You're Pushed Off It By The Force of Someone's Nature**

There are endless reasons to practise meditation, not only for the long run (next birth), but for dealing with life and its problems in this birth. I'll try and give a good reason to take up meditation and to stick with it. As you cannot stop people's good nature from wanting to come out and be expressed, you also cannot stop many people's bad nature from erupting. Both good and bad can be equally expressed and with such force and power, that at times, these are impossible to stop or

restrain. We have had two world wars, world caught in poverty and starvation, various religious founders, saints and holy men to prove this point of good and bad. You only ever have to ask yourself: In whose shoes should I wish to follow? Some shoes are walking to heaven with goodness and honesty, whilst many other footprints and shoes are walking forever quickly deeper into hell. Both can be followed, so why not simply follow the good?

**A Mirror Can Never Lie**

Today, you can never stop people's good and bad nature from showing themselves, be that with a smile or a fist. Similarly you cannot stop earthquakes, floods, heat waves, starvation or suffering; nature reacts every minute to our human chaos; it reacts violently to human evilness. Just look at the state of this world. It is so sick, polluted and diseased. This world is a sad reflection of our inner state of affairs. In this worldly mirror that cannot lie,

you either see walking in its reflection an angel, monster, monkey, ape, or a man round the corner. Most are blind to the consequences of their thoughts and actions, yet this kind of vision, or lack of it is the reason of all the pain and suffering experienced in course of life.

**Human Nature Will Be Its Downfall and Godly Nature Will Be Its Saviour**

All are to suffer the consequences of their weak human nature and experience the wrath of super nature's unseen *karmic* fist. Weak human nature will be our downfall and physical nature will see that we are pushed over the cliff edge of suffering. However, to those who now practise mediation and try to clear their bad *karmic* debts incurred on life's journey and do good in life and help others, nature will offer them the sweetest, most fragrant fruits in life and world of such beauty which only God could have ever created. ●

**(Contd. from page no. 23)**

lives and how to become free from vices. This is possible through Rajyoga meditation being taught by the most benevolent God Shiva, who is incorporeal, ever love-full and Ocean of all virtues and powers. He is bestowing on us the true knowledge through which the darkness of ignorance and vices disappears. And when we forge connection with the Divine, His love helps us to reclaim our spiritual powers and experience our true freedom.

# *DIVORCES, RAJYOGA AND SNAP DECISIONS*

– Dr. Dilip V. Kaundinya, MD, Mumbai

The whole world is in mental turmoil today. The Devil, Maya, Ravan or Satan are nothing but deep-rooted vices, trying to lure away God's children. Devil's path gives quick gains and so a weak mind easily succumbs to the charms of the Devil. Mutual trust and love are replaced by extreme hatred and repulsion. Men and women, both fall in the charm-trap of money. Low morals in the modern permissive society soon lead to infidelity. The painful discovery and the shock then result in divorce. Love at first sight and the marriage in the next instant have become very common. Today, a great majority of such instant and snap decisions have proven wrong and painful as seen by the increasing number of divorce cases. Young girls suffer the most after the divorce. Many sensitive men have also lost their careers and even their lives due to sordid depression.

One very important cause of divorce is Ego prevalent in both the partners involved in marriage. Ego means 'Erasing

God Out' of your life. Initial fascination gives way to irritation and frustration when the other partner does not act according to one's wishes. At this time of *Kaliyuga* or Iron Age, 'Wishes' include a wide and unimaginable range of aberrations which get discovered soon after the marriage. The silent suffering continues till the divorce brings an end. In some cases, a volcano of toxic emotions erupts and brings about suicides or murders in its spate. The worst sufferers are the children. According to Charak Sanhita, the power of differentiation is because of the body (a part of inner consciousness) that provides silent warning whenever a man is about to commit an error. We know this power as sixth sense or intuition or gut feeling. Roger Sperry, who got a Nobel Prize for his discovery of two functional sides of the brain, allocates this intuitive power to our subconscious or Spiritualist Mind situated in the right hemisphere in the right-handed persons. The

left hemisphere then has a dominant Scientist or Logical Mind which does linear and judgmental thinking. Today nothing is right in the left hemisphere and there is nothing left in the Right hemisphere. Scientist Mind is full of negative or waste thoughts and toxic emotions. So its judgment which it thinks is the best, is always clouded and full of errors. Spiritualist Mind functions on trust, belief and faith. Today man is unable to believe even in himself. So Mr. Doubt and Miss Misunderstanding have permanent residence in our mind. Many of the divorces are because of the suspicion about a clandestine liaison which is non-existent – the so called eternal love triangle.

## **Why decisions go wrong?**

Today, the young couples spend a lot of time with each other after the engagement ostensibly to know each other better. So the decision about marriage is said to be taken after a lot of careful thinking. Even then the decisions go wrong. The reason is we have lost the knack of using our internal warning system. Even the animals use it and get saved in Tsunami, but not the highly intelligent man. The Scientist Mind in the dominant hemisphere is the culprit.

Spiritualist mind or sub-

conscious is an immense storehouse of information and 'Experiences' gathered during the sojourn of the immortal soul through previous births. It is also called as Microcosm as it is a part and parcel of the Supreme-Consciousness whom we all know as God. It has an ability to operate a Cosmic Google which makes the unknown as known; clairvoyance by catching cosmic inspirations. Pineal gland research has shown that this tiny gland acts as an antenna. God's messengers get the cosmic guidance through this antenna receiving the Messages from God. Most of the scientific discoveries like that of Penicillin, Newton's laws of gravity, or Benzene Ring, are by cosmic inspirations to the chosen souls. Thus, our Spiritualist Mind has an immense potential to make the most accurate decisions in life. Sub-conscious is a super computer. Unknown to us, it starts operating no sooner we come in contact with a new person or situation or a problem. In a fraction of a second, it compares the situation with the huge data bank of 'Experiences' stored in it and comes out with an answer which is always accurate and the best. Bill Gates or Warren Buffet have been able to take snap decisions in mere two seconds involving

millions by listening to this "Inner voice".

Highly intelligent man today does not listen to this inner voice. He listens to the loud sounds of fears, doubts and suspicions in his Scientist Mind and overrules the snap decisions of the Spiritualist Mind. Thus he digs his own grave and repents for his wrong decisions in life and even in marriage.

**When does the 'Inner voice' commit an error?**

▶ 1. Warren Harding Error – American Neuroscientists have found out the reason which they have termed as "Warren Harding Error." Here the selection of a mate for life is based on external charms which are very often very deceptive. In older days, the marriages were decided by parents, thus were called 'Arranged Marriages' where the criteria used to be the culture of the family and the quality of upbringing. Today, men and women are equal. In fact, in the areas of Man-management, women excel men. This is because women have a greater coherence between Right and Left brain hemisphere and hence have much higher Emotional Intelligence (EQ). Ego clashes then become more a rule than exception.

▶ 2. The second most common

and important reason is the din of Vices (negativity) that is happening in the dominant Left hemisphere.

***How to bring a quietening in the Scientific Mind and bring the powerful subconscious into a dominant position?***

About 2500 years ago, sage Patanjali gave *kriya yog* as the most powerful technique that gives 'Internal silence' of Vices. When the negative and waste thoughts are deleted from the mind's computer, mind-power (Will-power) becomes enhanced tremendously. Powerful and wise subconscious (Kaak Bhushandi) starts its super-fast operation and gives the most accurate snap decision. But today man has become an Extremely Busy Person. He just does not have time for Patanjali Kriya. Rajyoga is one of the most powerful 'Internal Silence oriented meditations' which is also evidence-based. It can be done while walking or exercising even in gyms. Soul-gymnastics then supplements and augments the physical gymnastics.

Four novel instruments with the medical wing of Brahma Kumaris visually demonstrate Inner-Silence.- 1. Thought Graph Machine, 2. Body Aura

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## THE TRUE MESSENGER OF GOD –



# GURU NANAK DEV



– B.K. Yogesh, B.K. Colony, Shantivan

In this world, the role of various saints and great souls, born from time to time, has been significant. They all were messengers of God. Even though their role cannot be compared to that of God, yet the message they gave inspired the humanity to do something good. They were pure and divine souls who worked for the service of humanity. They fought for some good cause through the power of love, compassion, tolerance, generosity etc. Jesus Christ, Abraham, Mahatma Buddha, Shankracharya, Guru Nanak Dev and many other holy saints are revered for their noble services towards betterment of mankind.

If we look at their lives, it will be clear that despite their divine behaviour, they were opposed by the negative forces that didn't approve of their teachings. However, they never cared for themselves and were instrumental in bringing about positive changes in the lives of their followers. The divine message that they propagated had deep impact on the lives of the people. This

made them role models, exemplary, inspirational souls so much so that they were given even the status of gods by their followers. Their virtues such as peace, purity, bliss etc. are evident from all the descriptions of their active life.

### One Incorporeal God

However, one thing that they all propagated, and which was lost on humanity, was the teaching of one Incorporeal God, the Father of all the souls in this world. It is observed that all religions have images, idols or memorials bearing one name or another to represent the form of Light that God is. All over India, the images of the form that Shiva has are found installed; these images are without any human form, in the form of *linga*, which



Guru Nanak Dev ji

is the symbol of an incorporeal Being. At Mecca, in the holy place of Kaaba, a stone image with oval form is called “Sange-Aswad” and the devotees who go for Haj, kiss this holy stone. Jesus Christ said, “God is Light”. Guru Nanak, the founder of Sikhism also sang His praise. The Guru Granth Sahib further says ‘Sat Sri Akaal’ meaning God is the One who is the Truth, Elevated, Immortal and eternal. In olden days, the Jews used to hold a stone of this shape in their hands while taking a solemn oath and it is believed that Moses had vision of this form of God when he saw a flame behind the bush. The Zoroastrians worship God as fire. The ancient Egyptians worshipped the Sun as God. A Buddhist sect in Japan focuses mind on a small oval shape. They call it Karni, the peace giver.

It seems, therefore that human beings without realizing, have been worshipping and trying to discover the same God. There is only one God and His form is a point of light. He is called by different names in different religions but He is one, the Incorporeal Supreme Soul.

### Praising of God

Guru Nanak Dev, who established Sikhism, was no doubt a true messenger of God. The way he praised God is unparalleled. Some of the hymns

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and verses mentioned in the scriptures of Sikh religion, viz. Guru Granth Sahib, Darbar Sahib, Japji Sahib are mentioned in *Sakar Murlis*, i.e. Godly versions spoken by God Shiva through the medium of Prajapita Brahma, as follows:

*Atma-Parmatma Alag Rahe Bahu Kaal, Sundar Mela Kar Diya Jab Satguru Mila Dalal* (Soul and Supreme Soul remained separated for ages; their communion has been so beautiful when He, the preceptor met souls in the form of an agent\*)

*Moot Paleeti Kappad Dhoye* (God cleanses the impure and vicious souls)

*Manushya se Devta kiye Karat Na Laagi Vaar* (It did not take God long to transform human beings into deities)

*Ek Onkar, Karta Purakh, Nirbhaya, Nirvair, Akaal Murat, Ajooni* (God is one, He is the doer, He is fearless, sans enmity. He is not subjected to birth and death as human beings).

*Mujh Nirgun Haare Mein Koi Gun Naahi, Aape Hi Taras Paroyi* (That means in devotion, we call upon God to show mercy on us as we have lost all our basic values and virtues).

Guru Nanak Dev, despite being a house-holder, played a crucial role in propagating the religion. He never claimed that he is God, but always glorified Him in his praises so, on the occasion of Guru Nanak Birthday, let's pledge to imbibe the values which were the basis of his life and make our life worthwhile.

### **Source of True Knowledge – God Shiva**

It is only in the present Auspicious Confluence Age of the Time Cycle of 5000 years that God Shiva, the Supreme Soul God Father, descends from the Incorporeal World to teach us Rajyoga through the medium of Prajapita Brahma. Thus, He is making our lives virtuous so that we can attain the status of deities in the forthcoming Golden Age. Let us hurry and with His help attain the 'once in the Time Cycle', the bliss of being the celestial and divine souls. Let's remember: 'Now or never'.

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\*Here, Agent means the corporeal medium of God Shiva, i.e. Prajapita Brahma.

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## **BELIEF POWER**

If you are ready to alter some of the current outcomes in your life then you will need to start with your beliefs. There are many categories. First there are 'fatal beliefs' – "I can't, I'm not able, I never will." These are the beliefs we have about ourselves, that set the boundaries and limitations of ourselves. Then there are 'blocker beliefs' – "My kid is stupid...my boss is an idiot...did you see that crazy person?" These are beliefs about others and, for however long they last; they block the flow of energy in a relationship. They are bricks in the walls we build between each other. Then there are 'survival beliefs' – "Get what you can while you can....there is not enough to go around...you have to look after number one." These beliefs would have us live in fear and anxiety, otherwise known as insecurity. We can choose our beliefs. But first we may have to deselect the ones that have crept in over the years, now living comfortably 'below stairs' and seem to be part of our inner furniture. If you want different outcomes in your life, change your beliefs first. Clean up down stairs!!



(Contd. from page no. 3)

impartation of such rational spiritual knowledge that can lead to self-realization and such Yoga-Meditation that can strengthen self-experience and eliminate negative resolves and

tendencies.

Let us remember that any other attempt to make the world better would have only short-lived and superficial results. But there are millions of people all over the world who have to be

approached for their co-operation to make the world better. Perhaps, one of the ways is to knock at their conscience by imparting the Godly knowledge and helping them to practise the Rajyoga meditation.

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eradicating every weakness and their vices.”  
▶ “Oh, the merciful, kindly follow me and let’s bless every religious place. Baba, accompany me to temples, mosques, Churches, Gurudwaras, Synagogues, everywhere where devotees are praying. Baba, just fulfill their wishes; please come Baba.”

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Scanner, 3. Respiration and 4. Happiness Index Machine. The last instrument costs only Rupees 300. One can have it to grade the quality of mental silence one achieves by Rajyoga.

Let Rajyoga be a regular and essential part of your daily routine. All of your doubts, fears, tensions and diseases shall disappear miraculously. The ‘Two seconds snap decision test’ shall help you make an instant but most accurate decision without undergoing a prolonged torture of a long engagement period.

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**Phone: (0091) 02974-228125 E-mail: [worldrenewal@bkivv.org](mailto:worldrenewal@bkivv.org), [omshantipress@bkivv.org](mailto:omshantipress@bkivv.org)**