

¶ From the mighty pen of Sanjay ¶

THE ROLE OF WOMEN IN ESTABLISHING UNIVERSAL HARMONY

We can clearly see that man's ways of living have created disharmony not only in his relations with Nature or environment but have caused social, political, ethnic, racial and communal disharmony as well.

There is, therefore, pollution not only in the environment now but another kind of pollution also has penetrated into all aspects and fields of life. The cases of arson and killings that occurred due to outbreak of communal discord in the recent past, and the turmoil between various racial, ethnic, communal, regional or cultural groups elsewhere in the world, are clear reminders of the truth that the disharmony is spreading.

Today, the human relations have deteriorated to such an extent that it has become extremely difficult to maintain law and order in many countries. It is, therefore, being felt that it is very essential to take some urgent steps to restore harmony, for otherwise the very existence of society would be endangered.

One can discuss the question of harmony from many angles and in its many aspects, but it would be appropriate to discuss the question of harmony in human relations first, because, once the harmony in human relations is established, other problems can be solved by unity, love and mutual co-operation.

Family is the basic unit of society. Moreover, it is during childhood, in family life, that the foundations of a person's future are laid. And undeniably, women have a very important role in that regard and at that formative age of their children. A little contemplation would lead us to the understanding that there are mainly six positive qualities or moral and human values which are essential for restoring and sustaining harmony. It would be proper to discuss these six values in the context of family-life.

1. Love, Affection and Goodwill:

Life, without love, is a burden. As sugarcane, without juice, is merely sapless cane, so is life without love tasteless and

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CELEBRATION OF HOLI: DEDICATING ONESELF TO THE DIVINE

The month of February 2015 honoured the birthday of the Purifier, the Bestower, the Ocean of Knowledge, Bliss, Love, Mercy and all Powers: Incorporeal God Shiva at the 79th Trimurti Maha Shiv Jayanti. What state would humans, the five elements and the world be in if we did not receive God's direct intervention, help, guidance at the most auspicious Confluence Age? His true introduction is needed before we can stop stumbling around in the ignorance of darkness, and begin to live an elevated life with self-awareness, self-respect, and a strong, unbreakable relationship with the Supreme. It is only when we stabilize ourselves in our original soul-conscious form, and remember God in His true and eternal form, that we are able to receive unlimited blessings, attainments and power.

One's happiness knows no bounds at experiencing the fortune of being dear and near to the Highest and Holiest

Supreme Being, to receive His Supreme *drishti*, love, and merge ourselves in the intoxication of being a precious friend and companion of God. This forms the solid basis for the next glorious festival after Shivratri: *Holi* or *Phagwah* – The Festival of Colours.

Holi brings together people of all cultural, economic and religious backgrounds; there is an atmosphere of oneness and equality when everyone gets sprinkled indiscriminately with a variety of coloured powders. Holi is one such occasion when the young and mature both play and celebrate with colours that symbolize maintaining high spirits in all phases of life. Holi is celebrated on the full moon in the month of Phalgun, which ushers India into Spring when seeds sprout, flowers bloom and the country rises from winter's slumber. Some of the trees are laden with red and white 'keshva' flowers, the colours of which are generally used by village folk in playing 'holi'. People sing songs, burn big logs

of wood which symbolize the burning of 'Holika (evil)', dance and then share sweets. It is also a time to express thanksgiving for good harvest.

The devotion has accurately created a memorial of the beautiful process of rejuvenation that God carries us through now... With God's descent, He fulfills His promise of purifying humanity, He re-emerges our original hidden *sanskars* of love and peace by colouring us with His own supreme qualities. His company is undoubtedly the highest experience of ecstasy – the most beautiful, beneficial, enjoyable meeting with our beloved Best Friend, God. This Holi, let us experience to the fullest the original purity of the self as awakened by Incorporeal Shiv Baba's and Brahma Baba's teachings. Though it is not a small thing to lead a spiritual lifestyle in the present impure, self-destructive age, the fortune of being God's direct Companion and Heir (only on offer right now) makes every step of the journey successful, delightful

and fulfilling.

We wish to share some invaluable jewels of wisdom received from our Supreme Father, Supreme Teacher, Supreme *Satguru* and Supreme Friend, so that you may contemplate on the same, stabilise yourself in these elevated stages, and experience the spiritual 'Holi' in a beautiful way:

- ▶ “The importance of every step of your life is celebrated as a festival. At this confluence age, you have zeal and enthusiasm because you celebrate the Holi of the colour of God’s company.
- ▶ “At Holi, they first burn (*jalana*) something and then celebrate (*manana*). You too burn your old *sanskars* and old nature in the fire of yoga because without first burning your old *sanskars* you cannot be coloured with the colour of God’s company; a meeting with God cannot take place.
- ▶ “You become *holy* whereas they celebrate Holi. Throughout the whole cycle, no one has celebrated the spiritual Holi and become *double holy*. You have come to celebrate Holi in God’s company. For Holi, you say: It is “ho li” (already happened), and so it is now in

the past. According to the drama, you say of whatever has happened that it has happened (ho li), and so the past is the past. You do not bring anything wasteful into your heart.”

- ▶ “When you go on to a *stage* (i.e. whenever you share spiritual knowledge), become merged in the Father’s love and an embodiment of all attainments. In a worldly way, when a person is lost in love for someone, you can tell from his or her face, eyes and words that that one is lost in love. Similarly, when you go on to a *stage* or platform, the more love you have for God the Father in an *emerged* form, the more that love will *emerge* from within you and this arrow of love will strike the mark.”
- ▶ “God wants to see every human child of His, like a rose in blossom for all time from now. Your face should always be cheerful and sparkling with happiness. Situations may go, but your happiness should never go. The happiness of the Confluence Age is a Godly *gift*. Holi means that whenever any such situation comes, remember that you have celebrated Holi, in which the past is the past, so your happiness should never

disappear. Happiness is your Godly *gift* and treasure.”

- ▶ “Souls, who are absorbed in love, don’t need to make effort to stay in remembrance but are naturally yogi. They see nothing but Baba and service. When the intellect finds its destination, it stops wandering. A soul, who is lost in love, would be absorbed in all the attainments he has received and remain busy in enabling other souls to receive the same attainments. Therefore, such souls would always be conquerors of Maya.”
- ▶ “When you make your *stage powerful*, that is, when you become an embodiment of all the attainments you have experienced, you will become an embodiment of success because, day by day, souls with *various* desires will come in front of you. So, only when you have become an embodiment of all attainments, will you be able to become someone who fulfils the desires of others.”
- ▶ “In order to serve through your mind, you must constantly practise maintaining stability and concentration. Only when all your wastage has finished, will you be able to serve through your mind.”

Om Shanti

– B.K. Nirwair

CONFLICT AND EXCELLENCE

[While treading on the spiritual path, aspirants many a time find themselves in a very knotty and tricky situation. Many of them fail to understand as to how they can overcome such adverse situations. In this article B.K.Jagdish Chander Hassija, who was an exponent of the spiritual knowledge, dwells at length on such issues that quite often baffle the aspirants. We hope the article translated into English by B.K.Ranjit Fuliya, Associate Editor, will serve the needs of our esteemed readers and the spiritual fraternity. – Editor]

In this *Kalyugi* world, conflict is commonplace in all walks of life – in every section of society, in every class and profession, in the people of all ages. Some businessman opens a shop somewhere, dealing in a particular commodity. When his business starts flourishing, other people also get encouraged to start their business dealing in the same commodity, and in its vicinity itself. Thus they create an atmosphere of competition or conflict. One student listens to the speech being delivered by another student; his parents and his own mind goad him to deliver a speech better than the former. Thus a competition starts between the two, which takes the form of jealousy many a time.

Sometimes it also happens that one person trains another

person or makes him adept in some skill or art, with the noble motive of helping him, or due to friendliness or on account of sympathy for him. Then the latter person, after learning the skill, starts confronting the same person who taught him in that field. Thus he becomes a competitor and starts a situation of conflict. Someone initiates another in politics and guides him but after being adept in politics, the latter tries to surmount the former and tries to grab power. In brief, conflict and opposition are prevalent in the entire atmosphere today.

Like A Lotus amidst Mud

Yes, there are a few people in the world whose heart is full of sympathy, compassion, co-operation, service, goodwill and affection for others. So much so that they try to bring benefit to

others, even by sacrificing their all. They specialize in the virtue of “renunciation” and leave their own comforts for others’ welfare and well-being. They don’t think of doing bad to even those people who are their sworn enemies and are opposed or ill-disposed towards them. But majority of the people in the world are of the category propelled by the feelings of jealousy, envy, selfishness and power-mongering and they keep on creating an atmosphere of conflict.

Such analysis of today’s world applies not only to physical world but also to spiritual field. When a person enters spiritual field, there also he has to pass several adversities and trials. Someone speaks ill of another due to jealousy, or someone opposes and confronts another person due to enmity. Someone tries to surpass him by resorting to competition or another doesn’t cooperate with him and opposes him because of the selfish motive of his vainglory or false prestige. While noticing such conflicts in the field of spirituality, some aspirants wonder: we never thought that there would be any sign of such things in spirituality, but conflict doesn’t leave us here also.

Tests – Stepping Stones to Success

As soon as a new-born baby



sees the light of the world, conflict starts the very moment. The child finds himself in a new environment, amongst new people and it is only after some struggle that he adjusts himself with the new social and cultural environment. The struggle is quite evident because he finds himself devoid of the power to speak and lack of language; physically also he is not so strong and stable, as his limbs are not developed. Even then the struggle doesn't end. If we see cursorily, play and game are a source of enjoyment and a matter of pleasure; study is also a source of curiosity, interest and a spirit to learn. But when we see it from another point of view, this also creates competition, copying, tests and trials, worry on account of examination and results etc. But it is a reality that if there are no questions, tests and examinations before a child and they don't put efforts and struggle to face and solve them, their physical and intellectual development cannot take place.

Importance of Struggle in Spiritual Life

Likewise, the adverse situations and moments of trial that a spiritual person has to face in life prove helpful in his intellectual and spiritual excellence. In spiritual field also there are such aspirants who have compassion, sacrifice and

affection for others. When they see others in trouble, they themselves jump into the fray; they sacrifice with willingness their comforts and conveniences, their own respect and grandeur for the benefit of others.

Above all, the one who makes God his true companion on spiritual path, feels His hand of blessings and grace on his head, as He is the ocean of compassion, a reservoir of mercy, the greatest protector and infallible support. The effort made by the aspirant in rising above such struggle on spiritual path is called effort-making in the real sense of the term. True effort-maker is not worried whether someone creates an atmosphere of conflict, competition and animosity. Instead, he tries to remain away from the quagmire of vices so that he doesn't fall into it and tries to rescue others also from it.

He doesn't get disturbed by the fact that the other person opposes him or causes harm to his personality by blaming or criticizing him. Instead, he tries to keep his mind stable and his words simple and sweet so that harmony is maintained. His efforts are in this direction that environment is not vitiated, others don't have to see or listen to nasty or ignoble things, goodness spreads in the world, there is love

in relations and atmosphere remains fragrant. He thinks that model code of conduct coupled with discipline is maintained, impurity doesn't get an upper hand on purity and satanic and corrupt elements are not encouraged. Instead, he wants that there is victory of good conduct, purity and sobriety and such a congenial environment is created wherein there is a wave of happiness all around, all minds are lit with glee, the feeling of brotherhood get dominance in all beings and they are loving and close to each other.

Impartial Observer and True Well-Wisher

Having such a noble aim and aspiration in mind, on one hand he remains stable and progresses steadily on the path of endeavour, while on the other, being an impartial critic, he tries for improvement of the other person and even makes effort to change the situation. Due to this type of struggle, the aspirant doesn't stay inactive, nor does he stop making effort. But yes, if he realizes in such an effort that the attack of circumstances, explosion of adversities, conflict, envy, ill-will, and evil deeds are flowing like a flood, he keeps himself aloof and safe for some time so that his meditative practices, spiritual loyalty and effort for advancement of divine virtues may continue unabated.

THE GREATEST EVENT IN THE HISTORY!

– BK Joseph, Bangalore

When asked about the greatest event in the history of mankind, people may point to things such as the Renaissance, American Revolution, invention of electricity, man's certain space mission etc. Though they are all significant in one way or the other, none of them is the most important event in history. Whatever Science and Technology have accomplished—including all the comforts they have given to us—everything can be wiped out within no time if a small incident leads to another World War. Even without another World War, thoughtless technology has only resulted in moral and spiritual decline. What is the use of some gadgets of comfort if technology has been polluting our minds, the air we breathe and the water we drink?

This means we need to look elsewhere to know what the greatest event in history is. If something happens that has the potential to reverse the moral decline and to restore the willing humanity to their original deity-status, then that would qualify to

be called the most important event in history. If we go by this criterion, God's intervention in history of mankind would be the greatest event—something that happens towards the close of every *Kalpa* (cycle of 5000 years).

Common sense suggests that we are deep into the last phase of the present *Kalpa* as lust, anger and greed have become the real rulers of this world, bringing this world to the brink of total destruction. Hence figuratively speaking, this time is the fag-end of night during which *Shiva*, God of the universe, has to fulfil His promised descent on to this earth to restore righteousness. (Gita 4:7). As has been happening in all the *Kalpas*, this time too, He is on time. When the right time arrived, in 1936, God Shiva's attention turned towards a spiritual magnet, named Dada Lekhraj, whose essence of life was remembrance of God and renunciation. He renamed him as Prajapita Brahma, gave him many visions (one of which was about how this dilapidated and

fragmented world would be replaced with a Golden Age), and commissioned him to train the worthy ones to be the heirs of that incoming system of things. Brahma, lovingly called Brahma Baba, responded promptly. He sold all his assets (Compare Bible Book of Mathew 13:45) and formed an organization that has now become a world-wide organization called Brahma Kumaris. Thus God Shiva comes for the welfare of the world at a time when people are stumbling in darkness – something that is implied in the term *Shivaratri*, which literally means Shiva's night.

Any extra-ordinary claim should match with extra-ordinary proof. Though many good-intentioned religious leaders arrived at different times to lead people back to God (as implied by the word religion which is from the root, *relegare*, meaning “reconnect”), people in general preferred material benefits (things of God) rather than a good relationship with God Himself. Thus world became more and more materialistic with LUST (overpopulating the world beyond its resources), ANGER (saturating the earth with weapons of mass destruction) and GREED (widening the gap between the rich and the poor).



This means all those religious leaders failed to bring man closer to God as the world continued to degrade and deteriorate. However, when God is in action, birth of a pure nation should be the result. This means, when God descends to teach His children, proof will unmistakably be evident to all. Brahma Kumaris, whose very hallmark is purity, are the living proof that they are DIRECTLY being taught by God Himself. Their teachings and their lives match the majesty of God of the universe. Have a closer look at them – you can see in them divine knowledge, purity, joy, love, peace, power and bliss – the very qualities of God Himself.

Interestingly, great analytical minds such as Alexander Pope, Adam Smith, Neil Armstrong, Thomas Alva Edison, Thomas Jefferson, Thomas Paine, Victor Hugo, Voltaire, Wernher_von_Braun, George Washington, Albert Einstein, (http://en.wikipedia.org/wiki/List_of_deists). Mahatma Gandhi etc. believed that religions of this world are like water-tight compartments – they do not unite people, but take us away from God. Gandhi did not share the religious views of the world, because he declared: “A trader who earns his wealth

by deception only succeeds in deceiving himself when he thinks that his sins can be washed away by spending some amount of his ill-gotten gains for the so-called religious purposes. For me, God and Truth are convertible terms, and if anyone told me that God was a God of untruth or a God of torture, I would decline to worship Him.” Gandhi thus declared all religions invalid which promise salvation to their believers in exchange of something material, which would, of course, be flagrant violation of omnipresent Law of Cause and Consequence – something God will never do.

All those great people believed that God has given us reason, not religion. Religions in general use fear and reward to keep the followers with them. Albert Einstein simply dismissed the very basis of all those religions when he said: “If people are good only because they fear punishment, and hope for reward, then we are a sorry lot indeed.” He did not believe that God of the universe has used any religion or scriptures: “I’m not an atheist, and I don’t think I can call myself a pantheist. We are in the position of a little child entering a huge library filled with books in many languages.

The child knows someone must have written those books. It does not know how. It does not understand the languages in which they are written. The child dimly suspects a mysterious order in the arrangement of the books but doesn’t know what it is. That, it seems to me, is the attitude of even the most intelligent human being towards God. We see the universe marvellously arranged and obeying certain laws but only dimly understand these laws. Our limited minds grasp the mysterious force that moves the constellations.” (from *Einstein and Religion* by Max Jammer)

These great men were right. If religions were from God, they would have remained in harmony with each other and would have had scriptures that would not conflict with others. God acts only when we reach the end of the *Kalpa*. His role is to make the transition possible – putting an end to the hell on earth and re-establish heaven on earth. God’s role has consistently been to transform Iron-aged world to Golden-Aged, always doing good for the sake of good, thus befitting His illustrious name *Shiva* (the Ultimate World Benefactor). How majestic He is! ●

RAJYOGA MEDITATION AND EMOTIONAL COMPETENCE



– B. K. Surendran, Bangalore

Meditation means ‘to think correctly’. We all know that our mind is occupied with series of thoughts. In Rajyoga meditation, the aspirant eliminates all negative, waste and vicious thoughts, which relate to body, bodily relations, material things connected with the body and the old Iron aged world. The person concerned entertains only the thoughts of the self and focuses attention on God. Here, one directs his thoughts filled with love and reverence towards the Supreme Father. The teacher of the Rajyoga meditation is the Supreme Soul who Himself is also the object of meditation. He is Ever Pure, Supreme Personality. Here, the Supreme Teacher teaches meditation to the souls. The uniqueness and extraordinariness of this method of meditation is that God directs all souls to remember Him and Him alone with eyes open while visualizing Him in *Paramdham* – the region of infinities, beyond the galaxies with the third eye

of wisdom and knowledge.

Constant remembrance of God is meditation

We all know that remembrance is a natural process which is possible only when we have love for a person. Here, the Supreme Soul is the Supreme Father of all souls and is the perennial source of happiness, peace, solace and security. From that stand point, when God descends, those who were devotees, establish a love-prone and reverential connection with the Supreme in a very natural way. This process is called Rajyoga meditation. This meditation is not prayer. Here, one contemplates on the attributes of God in lovely feelings, having obtained clear knowledge about His identity. It is also not chanting of any sacred syllables or repetition of any *mantra*. One is immersed in the holy remembrance by stabilizing in blissful and love-full consciousness of the Supreme Being. One practices this meditation with the true

knowledge of soul, God and the Time Cycle. Intimacy and closeness are experienced and God’s presence is felt at every stage of meditation. This process pulls oneself further closer to God, leading to stability of mind. The uniqueness of this meditation is that there is no need no to concentrate on any image, gross or subtle deity or guru, but on one Incorporeal God who is a radiant conscient point of light. In fact, Rajyoga meditation is a discipline and a method to train the mind. It is again a disciplined exercise of awareness, creative thinking, intuitively perceiving, silently contemplating, reflecting and communicating with the metaphysical entities – the soul and God.

Emotional competence

We all know that human being is a thinking specie, has feelings and emotions. Thoughts are the vibrations of the mind. Mind is the thinking faculty of the self – soul. It is our experience that a thought amplifies into a feeling-emotional mode and spreads to the surroundings and atmosphere or reaches the person concerned in case the subject’s thought pertains to an individual. If the thought is waste then mental energy is wasted. If it is negative, negative vibrations are spread in



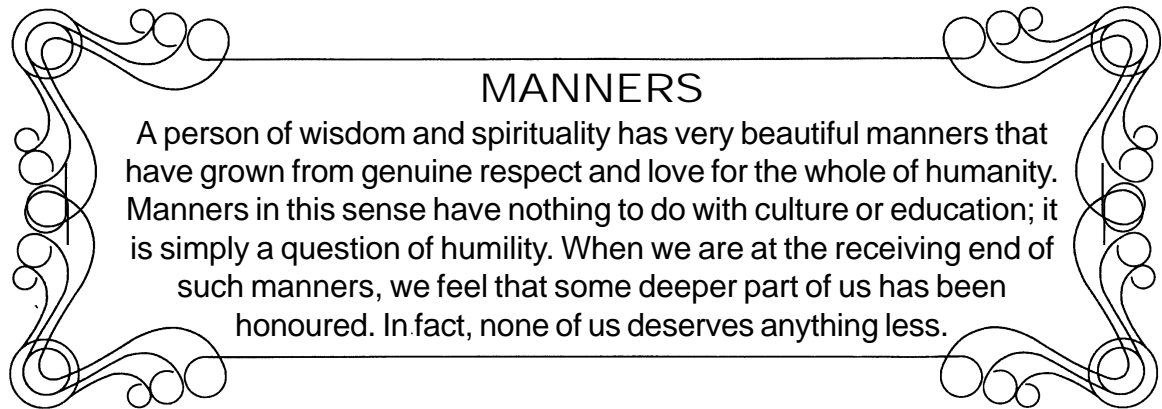
the surroundings and the mind is polluted. A thought is followed by an impulse, especially it can be observed, in case of anger, distress, arrogance, aggressiveness, enmity and so on and a virtual reaction of such impulse is the response. It normally happens in case of toxic and negative thoughts. Emotional competence is the ability to mollify and channelize such impulses to one's own advantage and others' welfare. Again, emotional competence is the capacity for recognising our own thoughts and feelings and those of others, for motivating and properly regulating and managing emotions well in ourselves and in our relationships. It is here that one should be self aware and activate the self regulation process. He should be able to choose the right thought at the right moment. Therefore, emotional competence is the ability to tap the right thoughts

and feelings at appropriate moments and to understand others' feelings and perceptions and connect ourselves with them with empathy and sympathy, good wishes and pure feelings.

Rajyoga meditation boosts emotional competence

Rajyoga meditation is a process to create pure, positive and elevated thoughts in the mind. When these thoughts are good, good feelings and emotions are created. If the thoughts are pure, positive and elevated, it is easier for one to be self aware of such feelings at a given point of time. Self awareness is knowing what we feel at the given moment, and using those feelings to guide decision making process after realistically assessing our own abilities. When we are totally in charge of our thoughts and feelings, our emotions will be properly regulated. We are able to perceive sense and feel what the feelings of the people in

interactions are, and they too strike a rapport with them irrespective of the diversity. Our social skill improves in the process. We are able to handle emotions in relationships well. We are able to understand the social situations and smoothly interact, persuade, leverage, negotiate and settle disputes to enlist others' cooperation and ensure team work. Rajyoga meditation process helps us to study thoughts, feelings, emotions of not only ourselves, but also of others. A Rajyogi achieves self mastery over mind, intellect and resolves and the five sense organs as well. He practises long duration of silence and introversion as a result of which he is able to study his own feelings, aspirations, expectations, desires, imaginations and experiences in depth and train and handle them to his own advantage in the face of adverse circumstances and opposing people.



MANNERS

A person of wisdom and spirituality has very beautiful manners that have grown from genuine respect and love for the whole of humanity. Manners in this sense have nothing to do with culture or education; it is simply a question of humility. When we are at the receiving end of such manners, we feel that some deeper part of us has been honoured. In fact, none of us deserves anything less.

HOW TO HAVE A BEAUTIFUL MIND?



– B.K. Padmapriya, Los Angeles

For a scale of 1-10 defining the beauty of your mind; how much would you rate your mind?

Every human being has a mind and intellect i.e. the ability to think (mind) and the ability to judge (intellect).

A beautiful being thinks beautifully with a beautiful mind and does great actions with a humble intellect (absence of ego).

Understanding Human Mind:-

What makes the mind ugly?

Do you like your mind?

Does your mind listen to you (the being)?

Have you ever felt that

– Your being wants something and your mind wants something else?

– Your being is seeking good and your mind disturbs you and makes you say or do the opposite stuff?

Example: Your inner being does not want to hurt your spouse; you love him/her but you end up yelling at your spouse. This is where your beautiful being differs from your

troublesome mind. Troublesome mind makes situations into problems; giving and taking sorrow in one way or another.

And this is where I make a huge mistake considering that I the troublesome mind and me (the being) are the same thing and feeling that I am a bad person. The truth is that the being is not bad but it is the mind that makes me misbehave. I can say my mind is bad but it is not always bad; it is just influenced; like the gold by impurity.

So, I am different from my thoughts, words and actions but they are mine. I am different from the mind but it's 'my mind'. The mind belongs to me. It is part of me just like a rusted pipe in a beautiful house.

As a beautiful being; I need to guide and teach my mind to come back to its beauty and give/take happiness from everything. Our minds have been corrupted by lust, anger, greed, attachment and ego.

A beautiful mind is when

1. It creates only beautiful thoughts like loving, peaceful and benevolent thoughts.

2. It only sees the positive and goodness at every situation.

3. To the beautiful mind's eye; only beauty is visible. It sees and feels only the beauty of whoever comes into contact with it.

4. It stores only nice sweet memories like people who helped, good things that happened, great actions performed, inspiring stories, spiritual knowledge, blessings, fortune and hope of life and so on.

5. The beautiful mind always dances with joy, gratitude and bliss.

6. That mind never wavers and stabilizes itself in sweet states of human nature like love, learning, service, cooperating, sharing, peace and so on.

7. It only blesses and praises; never envies or hates.

8. Beautiful mind is open and generous; it never puts its thought on any one's attainments rather blesses.

9. A beautiful mind's pot never fluctuates into emotions.

10. A beautiful mind always stays close to God so that God can use it to uplift any other human mind in this world.

How to create a Beautiful Mind:-

Believe – Accept – Love –
Teach – Transform – Be

1. First step to create a beautiful mind is to believe that I am a



- beautiful being and I have the ability to make my mind beautiful.
2. To accept the mischief, troubles, roller-coasters my mind causes me. No matter how crazy my mind drives me.
 3. I love my mind as it is. I do not give hard time to myself.
 4. I teach my mind with the positive spiritual knowledge through Rajyoga meditation. I listen to good spiritual stuff and teach my mind about it.
 5. I allow my mind to practise to be peaceful, to tolerate or to adjust. If it fails, I patiently motivate my mind to try again.
 6. As my mind gradually learns, I appreciate it even though I know it's a long way; I acknowledge the entire little baby steps successfully taken. I enjoy the moments where my mind and being merge into beauty as a total beautiful divine being even if it's for few a seconds. I truly enjoy myself as I am.

Reflection:-

- At night,**
1. Did I talk to my mind today? If so, did I talk sweetly and positively?
 2. What beauty did my mind exhibit today from my inner being?
 3. I tell myself – 'I love myself; I love every part of me'.

CREATING POSITIVE HABITS

Some habits do not upset us, but others can cause irritation, frustration and desperation. We want to rid ourselves of them: but how? When we look at the creation and fulfillment of thoughts, it looks like a closed system: the thoughts lead to actions, the actions create a series of impressions (*sanskars*), and these impressions are responsible for similar thoughts, which lead us to similar actions; this is a vicious cycle. If we want to change a habit, then where do we start from? In other words, where do we change the system or how do we get out of the cycle? First of all, we can try changing our negative actions: for example, stop a mental negative habit like anger or a physical one like drinking. In many cases, although we change our behaviour, but because we have not understood deeply why we wanted to do it, is quite possible that one day we will go back to this old habit.

We can try changing this system in our subconscious. By analysing what is recorded in our subconscious, through different therapies, the results are not altogether satisfactory. There is always some traumatic event, or painful experience behind a fear which causes us to cling on to a negative habit. And although we can see and recognise our fears and anxieties, if we do not replace them with something better, with a more beneficial and healthier alternative, very often we will feel tempted to cling on to these old systems, even though they do not work and they make us unhappy. To eliminate certain things we have recorded in our subconscious, meditation and silence are the most effective non-violent methods.

Another method is to try and change our beliefs with positive affirmations (thoughts) that strengthen our will power, and thus introduce a new habit to replace the old one. It is vital not to repeat this affirmation mechanically, but to introduce it into the system of beliefs we hold, and act as if we already were what we express in this affirmation.

THE NEED OF EDUCATION IN VALUES AND SPIRITUALITY

– Col. (Retd) Kamaljeet Chugh, Indore

Avoid education in Values and invite a colossal disaster. If no steps are taken now, civilized society will soon be ruled by the law of jungle.

–B.K. Jagdish Chander Hassija

Going by what is happening in India, our motherland, one does not even have to blink even once, to understand the prophecy of BK Hassija. It is so true and well said. What our ancestors and spiritual *gurus* taught and practised in their days has been completely lost today. And the descent continues. At times, we question the purpose of life and, on the other occasions, we question ourselves whether we are leading a purposeful life. Having lost the sight of the Golden Age, man today is sitting on a volcano of total destruction and disaster. He is playing with nature by exploiting it, is misusing science and technology and is losing respect for the fellow human beings in every possible manner. To control this, there is a need to bring back values which were once the coveted crown of the Indian

Society. We need to inculcate values and introduce value education at all levels.

Over a period of time through various committees and commissions in India and also in UNESCO, the need has been emphasised in the form of universal and human values or in the form of learning to stem the rot that has set in the society. The daily scams, corruption, disrespect and humiliation of women, exploiting the scientific achievements in the form of nuclear and other conventional bombs, terrorist activities, failure of administration and political debasement, the greed for money etc. have fully driven home the point that time has come to face the challenges or vanish.

Environmental degradation which has resulted in global warming, destruction of ozone layer, denudation of forests,

pollution of land, water and air, is like killing the hen that laid the golden egg. The increasing violence, vanishing fear of the law, availability of high-tech as well as crude weapons, the anger among the youth and the have-nots are some of the factors we have to be wary of. Sometimes, violence is propagated by the parents on the pretext that one day the child has to face violence in the society. ‘Tit for tat’ and ‘eye for eye’ have penetrated deep inside the mind-set of the man.

Increasing use of intoxicants in the form of liquor sold by the government, *gutka*, *paan-masala*, and the other variants have not only played villainy with the life of an individual but have also brought about the loss of values and wastage of hard earned money resulting in frustration and loss of faith. Man has started blaming destiny for his failures, when actually he is to blame himself.

Even at the cultural level, the cinema, television, the stage, the traditions, and customs have all been creating a new fear in the minds of the people. They have shown the society in poor light. The ugly scenes of crime which were otherwise unknown have now become accessible thereby cutting down the moral fabric of the society.

There is, therefore, the need

to bring back the good old values which were the ornaments of every Indian and create a society so that we can prepare ourselves for the *Satyug* (Golden Age) that is awaiting us.

Values (Universal, Human and Temporal) can be learnt at home and during school days. A child's habits are firmly founded in the early years, say up to twelve years of age or may be earlier. Once embedded, values play their part throughout the life of a person. At the same time, people do become wiser and experienced with time and able to practice good values as they grow.

Prajapita Brahmakumaris Ishvariya Vishvavidyalaya is a great source of inculcating values among the people both educated and the down-trodden through its teachings. *Murli* is one of the great sources for learning values. Regular programmes conducted by Brahmakumaris are some of the most powerful and effective ways to understand God, His Godly advice, for He is the greatest of all Teachers and Preceptors (Satguru). He is the saviour and turns an ordinary soul into a pure soul, and prepares one for *Satyug*.

The need for value education and spirituality cannot be overemphasized. Whatever be the source of downfall of the man, the fact is that values are the acid test of a man's behaviour, status and respect. It is better to have values and be spiritual to lead a pure, peaceful, loving, truthful, powerful, happy and blissful life than be condemned for being a rich but greedy man or just a worldly man devoid of the spiritual sense of the self.

REQUIREMENTS IN GLOBAL HOSPITAL SCHOOL OF NURSING, ABU ROAD.

▶ 1. A B.K. FEMALE WARDEN

(age 40-45)

Qualification – M.Sc. (Home Science)/ B. Sc. (Home Science) from a recognised University and having 5 years' teaching experience or minimum one year experience as Warden.

▶ 2. A B.K. OFFICE SECRETARY

(Female age – 30-35) for Principal's Office.

Qualification—Having a minimum Graduate Degree from a recognized University and Diploma, either in Office Administration or in Secretarial Practice from I.T.I. or any recognised Institution with knowledge of computer (M.S. Office and other office software), e-mail, etc. having minimum 2-5 years experience in office work.

Both the above-mentioned posts are for

GLOBAL HOSPITAL SCHOOL OF NURSING

near Shivmani Home, Talhati, Abu Road.

CONTACT

either by **email:** ghsn.abu@gmail.com,
Mobile Nos. 8094652109 and
8432403244.

|| From the Melodies of Mateshwari Jagdamba Saraswati ||

CHANGE YOURSELF TO CHANGE THE WORLD



Did you hear the praise of your unlimited Father? 'You are the Father, Mother, Helper, Master, and Friend ...' this cannot be the praise of a common man. This praise belongs to that One who has the right to it. Because His praises are only sung according to His attributes. His attributes are greater than those of all human souls because His task benefits all human souls. So He became highest of all. did He not? The Bestower of Liberation and of Salvation to all is One. It cannot be said that He is the Bestower of Liberation and Salvation to just a few. He is Bestower to all.

God became the authority over all. Didn't He? He came, and did a great task for all of us. One is praised only when some task is done. Whoever does anything, to whatever extent, they are praised to that extent. The Father is not praised just like that. He is the highest and most elevated; and so He is praised accordingly. He has performed the most elevated task of world transformation and is praised for His task. He is not



Mateshwari ji

praised without a task. He has come here and performed a great task for us, which is why we sing of Him, don't we? Otherwise, why would we sing?

SOULS ALONE DEVELOP IMPURITY

The Father is known as the Destroyer and Creator of the world. He comes and uplifts the human world. He does not elevate just a few people, or a small population, or just one person but He transforms the entire world, the elements, everything. However, He sits and explains the method through which He brought about the transformation. By transforming human souls first, that power

then works on the body and on nature and purifies them. It is He who makes the soul strong. So He sits and explains how His Knowledge makes the soul powerful and divine.

When the human soul becomes pure and elevated, only then do the body and nature reach their full perfection, numberwise, on the basis of the soul. The entire world becomes green and plentiful, and that which gives happiness. The Father who creates such a world knows how it can become that. As long as souls do not become clean, the world cannot become that which gives happiness. This is why, when the Father comes, he first and foremost cleans the souls. That is where cleanliness starts.

It is the souls who 'catch' impurity. As long as impurity is not removed from souls, it cannot be removed from anything else. When the strength of souls is restored, everything impure and *tamopradhan* is changed into *satopradhan*. Then everything is said to be golden-aged. The elements also return to their golden-aged stage.

LOOK AT YOURSELF: AM I CHANGING?

Whose stage will change first? The stage of human souls! God, the Father, knows how this world will change. This gives

Him the authority to change it, to purify. The One who changes the world comes and changes us, purifies us, elevates us.

You see that the world is changing, don't you? The world doesn't change just like that. If we want to change the world, first we should change ourselves. Do you look at yourself and check, am I changing? You must continue to do self-introspection. Am I bringing about changes within myself; is there any difference in me? If there is no difference or change in the self, then you cannot come in that changed world.

So first see yourself, and make a rough estimate of your change. Check yourself daily. Just as businessmen check their account and register of their dealings at night, similarly you should also keep your complete register. Check: how much did I benefit, and lose, in the whole day. If loss is more, you should be cautious and see that it doesn't happen in future.

As you continue to be cautious, you will continue to benefit, and you will hold your position—your stage. This is the method to check oneself. Your changes should become obvious through such checking. You can't think that we are in any case deities, and will reach the stage of perfection when we have to. It is only if you change here that you will become that there, isn't it?

How do we know that we are changing? From our sanskars! Our sanskars tell if we have changed, or are changing. So far we had the sanskars tainted with five vices. Now we must see if we are getting rid of them. It should be evident that you are letting go of the vices. You should see if anger or greed or attachment, or whatever vice we had in us, is being removed. If these sanskars are removed, then we are changing; if not, then we are not changing. You should feel the difference. Bring change in the self. Each one of you should keep a check on the self.

THE SIGNIFICANCE OF THE POWER OF THOUGHT IN MEDITATION

Meditation is not a process of emptying the mind of thought. **In meditation, I use the natural power of the soul – the power to create thoughts, as a take-off point (or as a spring-board) to finally experience the consciousness of the true self. In meditation, I climb a ladder of well-prepared, positive and spiritual thoughts and eventually climb beyond the ladder into the pure experience of what I really am.** Pondering over these pure and real thoughts can occupy the soul for long periods of time.

In the most basic stage of *Rajyoga* meditation, first comes the realization: I am a soul, the energy of consciousness made up of a mind, an intellect and a collection of *sanskars*. My eyes, ears, nose, mouth are just the organs, which when used correctly, help me, the soul, enjoy life. I now possess the knowledge that will free me from my cage. I have the key; spiritual knowledge is the key – I am a soul, a being of light, 'a bird' which has the power to fly freely. Knowing this, I am not bound by physical laws. I can detach and fly at the speed of a thought, to the soul world, where I can easily experience my original state. I must realize that it is impossible to have peace of mind if I cannot detach from the body. I must look upon all my family members, friends, colleagues, also as souls which have come from the Soul World. We are all fellow souls.

**An Experience with Dadi Nirmal Shanta ji
on her 2nd Remembrance Day on 15th March**

LAP OF THREE BEINGS

– B.K. Ranu, Delhi

I was drawn towards spirituality after my first lesson on ‘Soul’ during my 7-day Rajyoga course ; and by some unseen power through which Shiv Baba pulled me towards Himself. Yoga, connecting with God was my favourite subject.

When I went to Madhuban, i.e. Mount Abu to meet my most beloved Shiv Baba for the first time, some elderly mothers made me believe that I’d have wonderful communion with BapDada, i.e. God Shiva in His Angelic medium Brahma Baba, as I have great love for Baba. I was eagerly waiting for the moment when loveliest Baba would be in front of me. But when BapDada reincarnated in the body of Gulzar Dadiji, nothing happened of that sort because Baba cannot be seen through these physical eyes. I was completely shattered as if I was deceived by someone and thought that God didn’t come there. This was because I was bonded with the thread of Baba because of whom I had gone there. My foundation was Baba

only and it was shaken badly. Then, it seemed difficult for me to carry on this path any further. That night, I remained extremely disturbed and was waiting to reach back Delhi.

Then, next morning, our entire group was supposed to meet in a park in Madhuban. But, the same day, we had to catch a train and leave Madhuban at 12 noon. We all assembled in the park. When Senior Bro. B.K. Vidya Sagarji (Jaitpur, Delhi) asked me my experience with BapDada, my eyes started shedding tears because I was thinking that then I couldn’t listen to this *Murli* as I believed that God didn’t come there; all claims about His reincarnation were lies.

But one thing I want to clear here is that when I had left my room for the park, I told God, “If you really come here then my faith in you would restore”. Bro. Vidya Sagar was trying his best to convince me that God comes there; however, I was giving my own logic. Then he said, “Now you need a Surgeon”, as I was not ready to believe in God’s

reincarnation there. He took me to Dadi Janki, but she wasn’t in her cottage. Then he took me to Dadi Nirmal Shantaji. My eyes were still wet with tears as my Baba was lost somewhere. Since Baba was my life, no one could understand how my condition would have been at that time. Bro. Vidya Sagar got me introduced to Dadi Nirmal Shantaji and asked her to give me yoga-drishti. Dadi opened her arms and asked me to come near her and got me seated on her lap. Then a sister who was there with Dadi Nirmal Shanta told me that such an incident happened after 35 years that Dadi had asked someone to sit in her lap. Then, Dadiji asked me, “Are you feeling that you are in the lap of three beings?” At that time, I couldn’t understand this, so replied in negative. Today, I have come to know, who those three*, whose lap it was, were. Really, I didn’t know this. Dadi started laughing. As far as my memory goes, Dadi had beckoned me to come and sit in her lap and I too had sat in her lap. I didn’t even have the thought that she was quite elder and I was just 24-25 year old and whether I should sit in her lap or not. Then she fed me *toli* (sweet in Godly remembrance) with her own hand. As soon as I got up and
(...contd. on page no. 30)



WHERE HAVE WE LANDED?



– BK (Prof.) Ved Guliani, Hisar

Ask anyone today what are they doing or where are they going, the common answer is ‘nothing’ and ‘nowhere’. Ask someone for a few moments out of their precious time and they say in an almost bursting tone, “I am too busy, I have no time.” Everybody seems to be angry and impatient. They don’t want to be disturbed. Just ‘no questions, please’ is their attitude. But are people happy and contented...at least with whatever they are doing? We all know the answer.

Today we are passing through a period of such an uncertainty in all spheres of life that man is more or less frustrated not just with the society, not just with the administration, not just with the nature and not just with his/her own attainments but they are frustrated with everything and everybody and even with themselves. Perhaps it may seem to be an exaggeration of the scenario but what would you term as the cause of tragic killing of the hundreds of small

school children in Peshawar in Pakistan last month and violent killing of the journalists in a magazine office in Paris (France) just the other day? Can we term the frustration as a Northern or Southern and Eastern or Western problem or the Asian or European issue?

No, the whole working of human mind stands vitiated and corrupted. The vices created through the material attainments and their applications have crept so deep in human psyche that no simple solution or even intellectual and spiritual surgery would be able to root out the problem for good. Accusation and counter-accusation not just between the socio-cultural and religious groups but between the developed and the developing and undeveloped countries and between the haves and have-nots within a society is at its peak. Man has learnt the art of blaming others and passing the buck for every petty thing, so much so that he blames others even for his not being able to sleep comfortably.

How long, do we think, can we allow such a functioning of the human society to go on? At least, not infinitely. So what do we intend to do? Even before that, the question is who is going to take the initiative? The situation is so much volatile that it may burst any moment and encompass the whole human race. Its complexity, social, intellectual, economic and cultural, is also quite grave and would require caution at every step of the move towards a tangible solution. The incidents of violation of human dignity and the loss of human life during the recent past have been so huge and so varied that even generalization may not be as easy.

Any interpretation of the intention of the people across the counter and the idea of fixing the same is most likely to be ambiguous and misinterpreted. We have pushed ourselves (the human race) into such a groove of thinking where every other ideology or the stream of thought is irrational and illogical if not a crime. First we have to come out of that frame of our mind and for this we do not need any external help but just a change in the self. We must learn to cleanse our own mind of the dirt that has accumulated over the years. It is the individual mind



that influences the social and collective mind which ultimately tends to destroy all that is good in human society and the individual. Call it 'brain-wash' if you like, but that is what each one of us has allowed on ourselves.

We need to go deep into our own-selves and find out what we are and what are we here for i.e. our purpose on this planet. Let us shed the snobbery that makes me talk of 'spiritualism' with gloves on and treating it as something below my dignity and intellectual status or a matter befitting the semi-clad sadhus and grumbling people who have formed their own groups of 'similar-minded and uncared for by their family' people. It is a problem that has been caused by spiritual negligence and over-indulgence in the so-called luxuries and comforts of life. Naturally, this must be cured only by going deep into 'the self' through spiritual and collective social efforts. Let us visit our mind regularly and maintain its socio-spiritual health, if we wish the world to be a place worth-living.



CURING DEPRESSION



– B.K. Anupam,
Chandan Nagar, Pune

Depression, stress, anxiety... the words are getting increasingly common in our vocabulary. More than 350 million people globally suffer from depression, and 1% in 13 people around the world have been diagnosed with an anxiety disorder. Overall, the World Health Organization estimates that roughly 450 million people suffer from some form of mental or neurological disorder – and that roughly one out of four people will be affected at some point in their lives. These numbers are staggering.

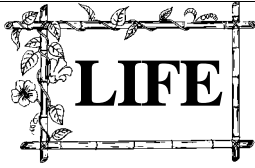
But how did we get to such a state? It's time for us to introspect, to reflect. Introspection and reflection are the activities for which probably nobody has time. These days as we all are so busy in the race of our daily lives; there is race to earn more, to enjoy more, to look more beautiful, to be seen as more successful. And, the race to juggle our family and work life and find some quality time to spend with the ones that matter to us! Where does that leave the time to stop, to reflect, to introspect? We try to lead the life of a super human. Yes we do give the body all the attention it needs. We never miss our workout sessions, our trips to the parlour; our diet charts are really elaborate. What to eat, what to drink? But what about what to think? What about the inner self, the inner being, the soul? Do we care to stop and ask ourselves, how am I feeling today? Do we really care to heal the inner self? Let's admit it, our inner self is bruised and battered. During all these years we have been running, running and just running solely after the physical, for the physical. It's time now to stop. It's time now to take time out for the inner self, to heal the inner self. Depression, anxiety, stress doesn't need any medication. It needs meditation.

Yes, take time out for yourself and learn to meditate. When you look back, you will be happy you finally stopped and asked yourself the question "How am I feeling today?" Sure, we all want to hear the answer "I am feeling absolutely fine".

<http://www.who.int/mediacentre/factsheets/fs369/en/>

<http://www.futurity.org/globally-1-in-13-suffers-from-anxiety/>

http://www.who.int/whr/2001/media_centre/press_release/en/



– B.K. Sreekala Kavuturi,
BK Colony, Shantivan

Breakfast, lunch and supper followed by disturbed sleep at nights and early morning blues has become a daily routine for most of us. In a family, a child has to be educated, well-settled, married lavishly, then, his new responsibility starts to educate his children and get them married – mundane existence! Maybe we can't look beyond or didn't choose to.

Let me give you a different perspective here. We are but the actors of this world drama or a movie whose Director and Producer is none other than God Himself (the reason why we try to impress Him by doing prayers). As in any movie, there is a complete star cast; similarly in this unlimited movie (Eternal World Drama) too, there will be hero, heroine, their friends and relatives, villain, comedians and supporting actors. Scenes of the drama include situations surrounding the actors and their backgrounds which influence their decisions, expressions and feelings resulting in different twists and turns all through the act. Each and every actor has been given his due role. Every scene has a purpose, driving the

play to its perfect, logical conclusion – those who are good will eventually triumph over evil.

This is the play of two opposite poles – positivity and negativity. Where you stand and how you play your role determines your destiny. Director's role is to provide a platform for His children to play their roles.

“As you sow, so shall you reap”

Law of Karma possesses utmost power to govern this Drama. The difference in the movie called 'life' and the movies on screen is that actors choose their actions and destiny in the former while it is the Director who decides what an actor has to perform in the latter. We, actors, are free and independent to perform any action here but every action comes with an equal and opposite reaction. Just ponder, you slap a person, but in return the slap along with humiliation caused to him returns in due course sooner or later. God ensures that justice prevails. If we pay attention to this law, we will create a happier destiny for ourselves.

In this drama, we shouldn't

overlook others' roles as they too are performing their roles according to their capacity. We all are originally pure beings of light, eternal children of God. Each one of us has been allotted different roles by the Director Himself – all we have to ensure is that we are playing our role in the best possible manner. We will leave the stage and go back to our home once this cycle ends after which the drama starts all over again, where every moment will repeat itself accurately. It's time to get back to our true perfect states, detach from our roles, as actors are eternal whereas roles are changing and temporary.

This stage is the field of action where we cannot sit idle, without performing any Karma. Here the souls are connected with each other in such a manner that each of our actions leaves an impact. Each action, whether negative or positive, comes with consequences. Our troubled fragmented world is a reflection of the collective consciousness prevailing today. By doing positive actions, we reverse the process of the damage caused. Your contribution matters. Our world has endured all the pains thrown upon it for a long time; now it's time to heal it. God has arrived to transform nature to its pure state and to transform us into pure beings. Join us in creating a better world.

HYDROCEPHALUS OPERATION IN GLOBAL HOSPITAL



Mukesh Jogi, aged two and half years, suffered from hydrocephalus since birth.

Hydrocephalus is the build-up of cerebrospinal fluid in the brain. Fluid is needed to cushion the brain but, in excess, it exerts harmful pressure. Hydrocephalus can be congenital, which means its presence from birth due to a genetic disorder, akin to Mukesh's disorder. Other causes are head injury, haemorrhage and infections like tuberculosis.

Hydrocephalus typically presents as an unusually large head. Most patients suffer from headache, vomiting, nausea, blurry vision, balance problems, bladder control problems, thinking problems and short-term memory loss. Left untreated, it can permanently damage the brain, causing problems with physical and mental development, and eventually even death.

Luckily for Mukesh, in December 2014, a field worker from Global Hospital was conducting a screening programme for hydrocephalus near his place of residence,

village Panchdevla in Tehsil Sheoganj, district Sirohi.

Kalu Ram and Indra, Mukesh's father and mother, were astounded to hear from the field worker that a cure exists for hydrocephalus. They were eager to follow the advice to take Mukesh to Global Hospital for surgery. Their only snag was—they had no money for the life saving neurosurgery he needed.

A daily wager on a construction site, Kalu Ram barely earns 3000 rupees a month. He could not afford to get his son properly diagnosed let alone operated on. But, thanks to the support of

friends of Global Hospital, Mukesh was taken in for surgery for no charges at all to his parents. Mukesh's hospital bill totalling Rs. 23,641 was met from donations.

Dr. Sanjeev Bhatia, US based neurosurgeon and a good Samaritan, operated on Mukesh for no charges in January 2015. In-house paediatrician, Dr. Dilip Gupta cared for the little one throughout his hospital stay.

January 2015's hydrocephalus programme is Global Hospital's maiden venture into neurosurgery and that too for the noble cause of treating those for whom treatment is out of reach. It marks the triumph of the spirit of volunteering in provisioning healthcare to all.

Global Hospital profusely thanks Dr. Bhatia and those who contributed to make the hydrocephalus camp a success. If you are a health professional or know someone with a generous heart who would like to volunteer, pass on the good word. Help spreads the feel good factor in other people's lives!



A LIGHTHOUSE – *SHAKTI NIKETAN*

– B.K Narayan, Faizabad

I had heard about many hostels in Faizabad and Allahabad regions of U.P. and had a chance to see many of them, but **Shakti Niketan** situated in **Indore (M.P.)** is a unique and divine abode where girls experience overall personality development and their lives get polished into sparkling diamonds. **Shakti Niketan** is a place of magnificent diversity where flowers of different cultures blossom. There stay girls hailing from almost all states of India and abroad in this divine hostel. Although the girls have different

linguistic and cultural backgrounds, yet they display remarkable cohesiveness, co-operation, love and affection in mutual interactions.

I feel honoured to state that my three daughters had the opportunity to get admission in this hostel and they were able to attain their spiritual goals. That is why when I meet the parents of young girls, I specifically inform them about this divine hostel where the girls can be developed into spiritual diamonds. I always request them to ask their loving daughters whether they want to be a Miss

World or want to be a deity on a lotus who is worshipped by the world. It is every parent's aspiration that his/her children/child gets admission in such a place where they achieve their real goal of life. **Shakti Niketan** is the right place to fulfill such aspirations. I solemnly state that any father in this world can feel relaxed after admitting his loving daughter to **Shakti Niketan**.

I had been visiting this place for the last 14 years and I had many unique experiences. I'd like to share my experiences with the esteemed readers. They are not just words of praise but the real description of the visible facts:-

Self Reliance

At '**Shakti Niketan**', all activities are managed by the girl students. Be it the household chores or any other responsibility entrusted to them by the authorities, all are effectively managed by these divine residents, under the kind guidance of the senior Sisters.

All-Round Development

At '**Shakti Niketan**', training programs are conducted throughout the year but special training sessions are planned especially in summer vacations. The inmates of the hostel are trained not only in art & craft, stitching, embroidery, music, dance and cooking etc., but also in oratory and literary skills.



Stars of Success - Indore Hostel Kumaris

They are also imparted computer training so as to keep them updated with the advancement of the present time. So, they are well-informed and can face any competition in this modern world and can come out with flying colours. During the day, the girls attend their respective schools and colleges. Their academic performance is highly appreciated by the concerned school authorities from time to time.

CULTURAL ACTIVITIES

The cultural activities performed here need no mention as we all know that the activities performed by the girls of 'Shakti Niketan' at 'Mt. Abu' are highly acclaimed by the spectators from all corners of India and abroad. The divine angels (those living in the hostel) who get trained here, display high level of talent which is praised even by high dignitaries.

IDEAL HOSPITALITY

The word Hospitality finds its real meaning at 'Shakti Niketan'. The old-age maxim 'Atithi Devo Bhav' (meaning that 'the guest is equivalent to God') comes alive, when these girls attend the visitors and guests. Their etiquettes reflect their divine characteristics. Everyone gets highly impressed by their pragmatic yet true and sincere behaviour.

A UNIQUE FLYING CRAFT

The meditation room where these loving daughters, the jewels of our heart, sit and meditate, appears like a unique flying craft (As I have named it), where they fly high in the cosmos and attain spiritual heights. The meditation hour at 4 o'clock in the morning i.e. Nectar Time or *Amritvela* and at 6:30 p.m., is a marvelous sight and is worth experiencing where these divine angels appear in the white celestial costumes and the entire ambience is filled with silence and divine bliss.

These inmates of the hostel are those privileged ones who have really found God and are getting the unconditional love and upbringing from God Himself. They have firmly pledged to follow His words and obey His holy commands. They become the role models for the

divine family by leading an ideal life.

The management and the caretakers here deserve adulation, as they all work as a family and play an important part in the divine service of transforming this material world by shaping the life of these young girls. I salute the divine sisters who are serving day in and day out and moulding the tender minds into divine beings.

ADMISSION IN THE HOSTEL

To get admission in the hostel, one can contact at the following address from **January to April:**

– B. K. Karuna –
'Shakti Niketan'

Om Shanti Bhavan,
Gyan Shikhar, Gate No. 2
New Palasia, Indore (M.P.),
Phone No. – 0731-2531631
Mob. No. – 09425316843
– 09425903328

Whenever you are in doubt or when the self becomes too much with you...recall the face of the poorest and the weakest man whom you may have seen and ask yourself if the step you contemplate is going to be of any use to him.



Mahatma Gandhi

WHAT A GOOD LUCK!



– B.K Dharma, O.R.C., Gurgaon

I belong to Pokhiyapoda, district Kendrapoda in Odisha. I am one of the witnesses of the devastating storm that occurred on 21st October, 1999. I was the witness of the entire natural calamity. There was destruction everywhere. A large number of people were killed and there was water everywhere. People were dying of hunger and thirst. Everywhere there was gloom and sorrow as if life had finally accepted defeat before death. There was only anguish, fear and confusion about the meaning and significance of life.

At that time a brother approached me and I felt as if he had some divine connection. He told me about many secrets of Godly Knowledge. He used to visit Brahma Kumaris centre regularly. Inspired by him, I went to the centre for the first time. As soon as I saw Brahma Baba's photo, I had a divine vision and felt myself sitting close to Baba. I remained there for a long time. The vision strengthened my faith in Baba and I continued to attend the

centre regularly and enthusiastically. I was a college student those days and used to stay in a hostel. Once, when I was going to the centre for *Murli* class, the brakes of my cycle failed while going down the flyover on the highway. I had a terrible fall and was dragged with cycle 15 feet down; my hands and legs got badly bruised. There was blood all over the body. Baba saved me from being crushed under a truck coming from the opposite direction. However, I went to the centre for *Murli*. But when the brothers and sisters noticed that I was injured, I had to tell them everything. Two brothers took me to hospital where I was given medical treatment and medicines.

After sometime, another similar incident took place. One

evening, I was returning from the *Murli* class. It was quite dark and I was in Baba's remembrance and had no fear of going alone in the dark. On the way, I had to cross a national highway. There were a large number of heavy vehicles moving at that time. When I was crossing the highway, I found a speeding truck coming towards me. I felt it would be my end. But it was Baba's wonder that the driver applied the brakes hard and I had a narrow escape. Since I was in Baba's remembrance, He saved me from the sure death. It was only by the grace of God Shiva, i.e., Shiv Baba that my life could be saved.

At present I am at divine service in ORC. Now I sing from the core of my heart –

We have received, what
we were to;

Now nothing more is left to
attain.

O, Baba! You have adorned
my life

Multi-million thanks, my
Supreme Guide!

KEEPING A COOL HEAD

Maintaining a state of inner calmness protects me from becoming a slave to my emotions. It also helps me to keep a cool head when I see others becoming heated or angry.

Coolness is not to be distant or uncaring; rather it requires that I develop the deeply caring nature of a peacemaker and serve others in the best possible way.

SELF RESPECT

– B.K. Jegasothy, Jaffna (Sri Lanka)

Are we conscious of our self-respect, one of the original virtues of the soul? The Supreme Father Himself gives us the knowledge and makes us virtuous. We are His direct creation—the jewels of Bap Dada’s eyes—‘long lost now found’ children. Such divine souls are the most elevated examples before the world. Such helpers in the creation of the new world ought to maintain the awareness of such self-respect. Only when we stabilize ourselves on the seat of self-respect, we can be master almighty authority. When the seat of self-respect is strong and unshakable, we can claim our rights as master almighty by following the footsteps of Mamma and Baba.

As we remain set in the seat of self-respect, it automatically gives all powers to us at this time. This period is called the most auspicious Confluence Age because the Father Himself becomes corporeal like us. By maintaining our self-respect, we ought to go beyond body consciousness and become incorporeal like the Father. Be a benefactor soul according to the seat of self-respect. A world benefactor soul constantly

remains in service at every moment in his/her thoughts, words and actions, and in connections and relations. There are some souls who are not genuine but they make others believe their words. They do so because of avariciousness and power hunting. They do not appreciate the sincere work done by genuine souls. It may bring harm momentarily but in the long run, when we take it as Baba’s decision, it would prove to be beneficial. Give good wishes and transform those causing harm with your attitude of bringing benefit. Instead of taking revenge, take the challenge and be the world benefactor. Donor souls are an embodiment of *dharna* and they constantly remain double light.

Surrendered souls will not step away from *Shrimat* (Godly advice). They always think of Bap Dada’s virtues, task and relationship. They die alive; they fly with wings of love up above. Bap Dada’s heart is their home and they always enjoy pure and selfless God Fatherly love.

The devilish community is on the increase now. They are trying to hoard money by hook or crook. Cheating is their hobby and deceiving people is their art.

There is no use in giving lectures to them; they will not listen to the words of others. Like Alibaba and the forty thieves; they fool themselves, earn money by cheating and stealing. They enjoy themselves with rich food and liquor. The beneficial way is to rectify the devilish community through good wishes. The genuine souls should prove their self respect through their face, words and actions and be an example to everyone. They should understand the happiness we enjoy and the loss they incur every Time Cycle. So be an example to prove that *Dilaram* (Comforter of Hearts) is merged in our hearts reflecting the bright angelic appearance of the Brahmin clan of the Confluence Age. The drama is accurate. Night has come to an end. Now it is the end of the cycle of 5000 years. The darkness will be removed. Baba’s *Shrimat* is to be a flawless diamond and see others as diamond. Therefore, be an obedient child of Baba.

Lucky souls we are
Destined to be angels and deities
Brilliant and Benevolent stars
We enjoy the joy of heavenly light
Lucky souls we are
We follow the path of *Shrimat*,
the crown of virtues
Lucky souls we are
We maintain our self-respect
Lucky souls we are
World benefactors and servers.

WONDER OF GOD'S CHANNEL PMTV

– B.K. Indu Mahavar, Alwar

My 45-year-old sister was diagnosed as a critical case of Schizophrenia and Obsessive Compulsion Disorder for the last 20 years. She was initially treated in a mental hospital in Jaipur. In 1997, a few years later she was admitted to AIIMS, New Delhi. Still there was no improvement. Her condition worsened with each passing year and became critical. In, 2004 she was admitted to G.B. Pant Hospital in New Delhi. She was given electric shock many times, as part of her treatment. She was also counselled by experts in the hospital but still nothing worked.

We then tried traditional healers, turned to witchcraft, sought astrologers and continued with allopathic treatment. They all turned to be futile. All attempts to bring her back to normal in life failed. Day by day, her condition deteriorated. She did not cooperate with anyone making efforts to treat her. Desperate, I took her to a Brahma Kumaris centre in Alwar a couple of times, but that too went in vain.

In last few years she became very violent. She also started begging, stealing, and started eating like an animal. She used to cry, talk gibberish the whole day. On top of that screaming, shouting and verbally abusing and physically hurting others the whole day were part and parcel of her life. She used to roam the colony we lived in, knock loudly at the doors in our neighbourhood and cry. The people in our colony were so annoyed with her violent behaviour that they asked me to admit her in a mental asylum.

In January 2014, I approached a few mental asylums but couldn't find one that I was happy with. Somewhere in my heart, I wished not to admit her in any of the asylums I had checked out. I knew her condition would have further worsened in a mental asylum.

On 30th June 2014, I installed Peace of Mind Channel in my home. From that day she started watching PMTV and something magical started happening. She started becoming peaceful. The

darkness from her mind was lifting. Senior BK Bro. Suraj's 'Samadhaan' programme has had tremendous impact on her as she has started writing points of *Swamans*, i.e. self-esteem/self-respect regularly and filled many diaries with *swamaans* in the last 3 to 4 months.

Today she is very peaceful, does not shout nor does she cry, and has stopped begging, and stealing. She does not roam the colony, nor does she go to people's houses to disturb them. The people in colony have also started noticing that she is peaceful. Previously they used to pity us and wondered how we managed such a critical case. Now she eats like a normal person. She has also started cooking some dishes with confidence, something she had not been doing for last many years. And the best part is she does evening meditation and listens to *Murli* (Godly Knowledge) daily. Now she has that commitment to make her life better as she has hope in her life. Previously, she had given up all hope in her life. Now, she is capable of holding a logical conversation instead of shouting and screaming.

This could happen only because of God's Wonder as He takes away the darkness from the spiritual children's lives. His love gives a spark to the dejected and the disappointed souls.



THORNS, PAWNS, LAWNS, YAWNS, ESCALATORS, MIST AND KARMA'S HIDDEN FIST

(The Mist of Life That Blinds You and Keeps You Travelling and Stuck On the Wrong Escalator - Yet This Mist Only Takes a Second to Blow Away)

– B.K. David, Paignton, England

Either you develop the power, wisdom and insight to recognise and deal with and conquer life's multiple problems and obstacles that come your way or they will deal with you - in the most unpleasant way. Problems have the ability to take away your happiness and contentment and so you need to be very careful and pay much attention not only to your happiness but also on the problems that rob you of your joy.

Your problems can be dangerous to your mental and physical health and your well-being if you are not very careful and pay them the attention needed. As you would pay the necessary attention to a thorn in your foot, you should, in the same way, pay attention to a problem in your life.

It is good to share your warmth in our cold world

Living today really has become the survival of the fittest. The fewer the problems

someone has in their life, the lighter, fitter and happier they can become. If you have learnt to always wear the overcoat of happiness and gloves of peace, why not let others borrow them too?

Many become heavy with unhappiness and sorrow and let their problems get the better of them. You can say they have become obese with sorrow and need to go on a diet to get rid of their excess fat of their painful memories. They need to manage their diet of problems. With this constant and gradual increase of unhappiness that a poor lifestyle creates, it will also slowly diminish the goodness within someone's life. Without the feeling of goodness within your life, lethargy, stress and the lack of enthusiasm easily take hold.

Do you easily become mystified? Do you know that your inner thorns have the power to cripple you? Do you feel you are often yawning

your way through life?

We all have the thorns of vices within us that make us just a pawn of little value in life. These thorns act as mist which blocks out the sun of happiness. The less the mist surrounds you, the more the sun can shine through. We all want to sit on the lawn of enjoyment but the thorns in our shoes do not allow us to walk on such a fine lawn. If you want to walk in the direction of happiness you need comfortable shoes.

It's these thorns in your life that you must watch, recognise, understand and remove. It is the thorns of vices in your life that will cripple and make you weak if you are not careful. Most lifestyles today encourage and promote people's tiredness. Surely, something in life is not right when so many are so tired and walk around all day yawning.

Spinning in the tin bin

People find themselves in the whirlpool of life and the current of sorrows and difficulties sends

them into a spin which they feel powerless to escape from. They need a pure power source to free themselves from this spinning of negativity, vicious lifestyle and bad habits. The only source capable and powerful enough to enable them to free themselves from their cage could come from The Divine Being alone. Godly love, wisdom and mercy can come to any individual and reawaken within them their own divine power, ability and the discipline to respond to the problems and find effective solutions.

It is your internal thorns that hurt you and others. Thorns do not allow you to have a clear mind and move forward in life as you wish. With inner pain you then become open to allowing yourself to be a pawn in your own game of sorrow. Instead of being in control and a happy master of your life, you easily become just a sad pawn with little power. Real happiness and achievements and gaining success have to always be worked at. Real success should be measured by how happy someone is, how much contentment, compassion and love does one have and how much time give to others; rather than how much money they have, how big their house and

car is or how many attendants they employ.

Many are hurriedly walking up their escalator but are unknowingly always slowly coming down it.

True happiness and its acquisition is a complex strategy that can be understood with the less you have in your pocket and hand and the bigger and purer is your heart. The more possessions and wealth you have, the more you might find true happiness evading you. Many are on a moving escalator trying to find and experience peace in their lives. Yet as they struggle believing they are going up, they become confused, as inside them they feel they are only coming down all the time. No matter how hard they try, they know they are not moving up in life.

The wise can see that their escalators are moving down whilst those on them are trying desperately to go up. The result is that those on the escalator wanting to find happiness are steadily growing weaker and more tired on their journey as they are moving in the wrong direction, and perhaps even on the wrong escalator. With this mass blindness and ignorance all around them climbing their

escalators, they are easily influenced and will never be able to stop and know how to get off their own escalator and move to the spiritual escalator that is moving upwards all the time.

What blinds you?

People have failed to recognise the most important key in life; that of standing on the right escalator that is moving in the right direction. Most are moving in the wrong direction blindfolded by their bad habits whilst trying to count their money. It is not surprising that most in life are now tired as they try and do four or five things at the same time and get little reward and so grow disillusioned with life. It is only God's escalator that is going to take them up and give them the happiness and rewards they deserve for their efforts of paying attention.

Dragging the heavy baggage of past karma

The world's people are now at the bottom of their escalator and have weak legs, no energy, hope, knowledge and wisdom how to get off it. Soon, without warning, they will inevitably crash whilst carrying their heavy baggage (bad karma, unhappiness, suffering and sorrows).

If some think they can

achieve what they want in life away from God and His escalator of love and wisdom, it will be interesting to see. The consequences of thinking oneself wiser than God, is that they will eventually run out of energy and fall down their escalator. Still He will be waiting to help them at the crash point in His invisible form. He would care and advise as a loving Father. To doubt God is to doubt the goodness within you.

All battles are won with God on your side.

Many have an internal war going on that they can never win as they are not on the side of truth. If you are battling with yourself in life but on the side of truth and keep God as your close friend and can feel His Company you must win the battle at the end.

Without the ‘here and now’ at your fingertips, you will always be living in the ‘then and there’.

The wise have learned to keep themselves safe by paying constant attention to their thoughts, actions and attitude. By doing this, they get a free pass to sit on a sunny lounge relaxing in peace with the book of wisdom in one hand and the mobile phone of simplicity in the other. You need to switch off

to the world outside as it allows you to switch on to your inside with a positive frame of mind. Solitude and introversion are greatly misunderstood but these really are the foundation and springboard to real happiness, peace and contentment in your life.

With practice and concentration, all the good qualities in life can grow significantly in you and take you in the right direction and create a live environment of peace. The secret to a happy life is something that few have grasped. It is only within a simple lifestyle that you will find the results and feelings of happiness that you crave for. Without simplicity in your life, you will never gain true happiness and peace you desire. This is a natural law.

Does your life sometimes spin out of control?

Many chase their tail in the pursuit of happiness and get themselves into a spin. Yet they only have to stop, sit down and concentrate on their inner reservoir of power which can give them everything they search for.

Today you can be constructive or destructive

As has been your past, so will be your present. Today you can alter your future by dealing with your past positively by performing good *Karma* in your present. What you do today will influence your tomorrow and the day after that and all your other tomorrows until you die. So think what you do now is the foundation of your destiny, destiny until your end.

(...contd. from page no. 18)

sat on the chair, I felt my faith in God restored. I felt that “God comes here only” and I was feeling as if I was filled with Baba’s energy; now I didn’t want to get anything else. I’m very lucky as I got the lap of Baba’s jewel – Dadi Nirmal Shantaji. Most importantly, credit must go to Bro. Vidya Sagar also who had made his best effort so that I might not return empty-handed from Madhuban. Those moments will always remain valuable for me. Thanks, my dear Baba!

“Neither will this moon remain; nor will the stars too;
But O Baba, we will always belong to only you.”

* (Note: Here lap of three beings means lap of Shiv Baba, Brahma Baba and of course



(Contd. from page no. 3)

without essence. It is, therefore, essential that one should learn, in one's early childhood, how to lead a life of love and affection with one's sisters and brothers and other members of the family. If a person does not allow hatred, enmity, bickering and quarrelsome habits to enter his life-style at that early age, he will find that, in the later period of his life also, he will be helped by this positive attitude. If, on the other hand, jealousy and habits of getting things done by creating fear, giving threats and adopting dominating and obstinate attitude, get set at that age, or one gets spoiled by too much of fondling, this would continue to live in an unsocial way and would be a problem to the society.

2. Justice, Honesty and Sensitivity:

Justice is another factor that sustains harmony. If someone feels that people intentionally continue to be unjust to him, he will one day decide to confront them, take law in his own hands and will throw to winds all discipline and norms and traditions. If then people allege that he does not observe discipline and does not give regard to his seniors, they will be speaking only half the truth

because they too have been unfair and unjust to him. If, therefore, one gets training, from the early age, of being fair to others, with transparent sincerity and honesty, and if the atmosphere at home is of justice and impartiality towards all, without any bias, then a person who has been brought up in such an atmosphere will be fair to all and will honour the rights of others later also in life. He will never think of being dishonest or of grabbing what belongs to others. On the other hand, he will have sensitivity for the needs of others and so, there will be no cause for confrontation and quarrel. Obviously, in this task of training at an early age, women, as mothers, have a very important role.

3. Co-operation and Sympathy:

Co-operation and sympathy are other important factors that contribute to unity and harmony. If one feels jealous and puts obstacles in the ways of others, the feeling of animosity and the inclination to quarrel will get a fillip. If, on the other hand, everyone follows the principle of giving and having co-operation, life will run smoothly. A quarrelsome person, who puts hurdles in the ways of others, will always work for putting

obstruction into others' smooth sailings. If the seed of the qualities of co-operation and sympathy are sown in one's early childhood, these will grow strong, bear fruit and work well in later life. And, obviously, mothers have an eminent role in this.

4. Service and Simplicity:

To feel concerned for the well-being of others is a great thing. To think of merely one's own well-being is selfishness whereas thinking of the ways of doing good to others is service. If one practises this noble quality from an early period of one's life, this good nature of his will be an asset to him and to the society. If the mother cultivates this attitude in her children so that it gets set into their minds that it is the sacred duty of a human being to serve others, especially when they are in distress, then this will work well in bringing unity and harmony. If the citizens of a country are narrow-minded and selfish, each serving his own ends, such a country remains backward and its people fighting among themselves for small odds, waste away their efforts and energy. So, it is necessary to cultivate the qualities of service and simplicity because simplicity helps to save something from your needs and

when you save, then only you have something to serve others with. A greedy person, on the other hand, hardly feels motivated to serve others.

5. Co-existence and Adjustment:

One finds that, at times, views of members of a family differ. Their habits and their sensibilities also differ. But, the family-members try to adjust and accommodate and maintain family unity and coherence, rejecting any negative idea of getting separated. So, if during the early years, a habit is formed of giving a helping hand to others and of co-existence even in the face of differences, this, in due course, serves to maintain and promote harmony in the society. If the policy, enunciated by the phrase 'live and let live' gets rooted strongly in one's mind since early times, there would not be any cause for fights in the future. It is evident that people have different life-styles, ideologies, languages, dresses and cultural backgrounds. But that is no reason for any hatred or clash. These differences are like the difference in colours and fragrance of various flowerbeds in a garden and this variety adds to the beauty rather than be a cause for bitterness.

So, it is necessary to learn

this lesson from the very beginning that there are two kinds of families—one is constituted of our close relatives or kith and kin, and the other is the wide family of human kind; and the smaller family is the training ground for the success of the society—the bigger family. This leads to constant and lasting harmony in the world. So, it has to be explained to children that we all are the progenies of Brahma and Saraswati, also called Adam and Eve or Adam and Hauva and we, therefore, belong to one great family, for the Father of us all is one God, the Supreme. So we all should live in the spirit of love, co-operation, sympathy and peaceful co-existence.

6. Tolerance and Good-will:

If some members of a family differ or shout or misbehave, then others, thinking that they belong to one same family, should tolerate this and forgive and forget it. Knowing each other's sanskars and nature, one should close that chapter and march forward, helping each other and living happily again. One must not cease to have good wishes and good-will towards others.

Likewise, there are a vast variety of people in the world who have different tastes, life-styles and cultural background.

We have to tolerate if there is anything not entirely to our taste, complement each other and co-exist happily.

LACK OF REALISATION

We have seen how important is the role of women in preparing children for the future years in the society but it is found that many women have not yet awakened to that kind of responsibility. They pay little attention to such responsibilities. Perhaps, they think that a child would naturally pick up these from his exposure to T.V, Radio, School, College, etc. Hardly do they realise the truth in the saying: "Mother is the first teacher or preceptor of a child." It is not understood properly that if the child does not get any love at home, he will not learn to live in peace with others and, so, at college also, he will indulge in acts of destruction or will fall a prey to cigarettes or alcoholic drinks and other addictions.

But it is regrettable that, instead of creating a congenial atmosphere at home in which children can have proper moral and spiritual growth, some of the women in their role as mothers-in-law and daughters-in-law lead a cat and dog life. The mother-in-law, instead of considering her daughter-in-law as Lakshmi, makes heavy demands of dowry



or asks her to bring more money or goods from parents. The result of this kind of fighting is that there are cases of bride-burning. It is clear from such unfortunate happenings that the place of love has been captured by money, and justice has been replaced by considerations of one's family background or of one's high or low social and economic status. If women play well their important role in the sphere of the family, many of the problems, which our society faces today and much of the struggle we see around us would not arise at all.

THE IMPORTANCE OF WOMEN'S ROLE IN CREATING HARMONY

After having briefly discussed women's role in creating harmony in the family, let us now see how important women's role is in bringing harmony to the society.

Someone has truly said that, hidden in every girl, is a mother. And every mother, of course, is a mother because she has motherly love and affection. She cannot see the children crying in pain. She cannot sleep or rest if a child is restless. She would sacrifice her own comforts, rest and

happiness for the sake of her children. She would do anything and everything to wipe dry the tears of her children. She has such slender feelings as to keep the family united and sustain harmony at home. Her unique role is because of her awareness, denoted by the words: "I am a mother"

In the same manner, if now this awareness dawns on her; 'I am the mother of the world;' she would be able to play the important role of creating and sustaining harmony in the society. About 50 percent of the world-population is constituted of women and girls.

So, as a mother stops quarrel among children at home, if women of the world unite and resolve that they would not allow men to take missiles or weapons in their hands to fight, then would communal riots be possible? Would there be any act of destruction by the use of cannons or tanks or bombardment? Would there be any wars or battles or for the matter, any conflict? But it is ironical that at times women add, to the prevalent negativity, fanning the flames of anger, mistrust, jealousy or bitterness or planting the seeds of greed, envy or pride resulting in

cruelty, discrimination, ill-temper and finally wars.

WOMEN CAN TEACH LESSON IN NON-VIOLENCE

Women are, generally, kind-hearted and full of motherly love; how can then women give rise to killers or war-mongers? When a brother is indulging in acts of bloodshed of a brother, can a woman, i.e., a mother, aid or abet such a crime? No, never, for she is full of kindness and affection and loves all as she loves her children. Thus, women, because of their natural quality, can be very successful in teaching the lesson of non-violence or non-killing. But their success in this role depends upon the awareness encoded in the words: "I am the mother of the world; love is my natural quality, kindness and tenderness are in my very blood."

If women sustain this awareness, they can do what all the founders of religions have not been able to do because they did not take women's help. Women also, in this male-dominated world, have been dancing to the tune of men and playing as puppets in their hands. But now, if they unite for this noble cause, they can wipe out violence from the face of the earth and can restore harmony in human

relationships. Will it not be a great step towards harmony?

DISHARMONY-BASED ON INJUSTICE AND CORRUPTION

Today, there is highrise in corruption and crime, and man is bogged down in drug-addiction and in use of alcohol. If, in such a situation, women unite and resolve that they would certainly not allow the poison of ill-earned money into their homes even if that means heavily cutting down their budgets, they would be able to achieve, in course of time, what the government, the police, the courts, etc., have jointly not been able to achieve. They would be able to end corruption, crime and addiction.

So, if women now decide that their role is not merely to keep the floors in their homes clean but also they have a role to play in cleaning the society of bribery and all these evils, to wash clean the minds of men with the use of spiritual knowledge and to burn the social evils with the fire of their Tapasya, then all these killings and crimes and the disharmony would ultimately end.

Let, therefore, women now give to the world these slogans: -

(1) "Break the bottle of wine:

have a cup of the knowledge divine".

(2) "Throw all the drugs down the drain; let only spiritual intoxication remain".

(3) "Let all the weapons of war be burnt and lesson of pure love be learnt."

HARMONY WITH NATURE AND ENVIRONMENT

Everyone is, today, worried about environmental pollution. All are stressing the need to establish harmony with Nature and Environment. But let us realise that this is possible only if nuclear tests are totally stopped and no atomic weapons are made and we cut down heavily our burning of petroleum, diesel, etc. This is possible if women propagate a life of friendship and also of economy and simplicity. They must understand that if we do not do that, and instead, go on adding to our population and to the consumption of these polluting sources, we will either live with heavy pollution in lungs and our breathing canal, coughing all the time or we will die of suffocation or asphyxia.

If we do not change our attitudes and life-style, we will lose

'money' and have only 'harm'

out of 'Harmony'. It is for women to decide that they are not machines for child-production but are human beings who have some aims to fulfil and they cannot see their children dying of asphyxia then you will see that harmony with Nature will be restored. Nature does not permit population to grow and cars to be added at such a rate. Nature would be at its best if there are many gardens and orchards and there is only a small population of good human beings who live in peace, harmony and love.

So, what is required is that women understand their role and cease to have a very narrow view as of a frog in a well and, instead see things in a wider perspective and take a broader world-view and make an action plan to educate so that everyone learns to live with love, non-violence, co-existence and simplicity. These are the values that would definitely lead to universal harmony. Our own purity and love will end this Age of Disharmony, i.e., *Kaliyuga* and bring in the age of Universal Harmony; i.e., *Satyuga*. This is the wish of God which can certainly be fulfilled through the self-awakening of women. ●

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