

|| From the mighty pen of Sanjay ||



UNIVERSAL RELIGION



Religion, in the beginning of the Modern Age, was equated with blind faith, fanaticism and with persecution of those who did not believe in their religious dogmas. The history of Europe, that of Asia and the Middle East have been full of instances, showing how people of one religion persecuted those who differed from them in interpretation of the same dogmas. Thus religion, because of its own narrow and jingoistic attitude, earned the title of blind faith because its followers had closed their mind to any new, more rational thought. And, while the religious people stuck to their dogmas, they had little tolerance towards those who differed from them. Despite the rapid advance in Natural and Biological Sciences, religions retained a large number of anachronistic traditions and also rituals and superstitions and, therefore, some people considered religion as another name for a bundle of rituals and superstitions. Again, in the name of service to their own religion, many greedy tyrants marched at the head of big columns of armed forces into the neighbouring countries and not only did they convert the illiterate and defence-less masses and others into their religion through coercion, threats, persecution and torture but also indulged into heinous crimes of plunder, loot, molestation and arson and subjugated countries and nations for their individual or dynastic benefit.

All through this period of about two thousand years, religion has also been a major cause of war between sects, countries and religions. This continues till the present day when it has taken the form of extremism, fundamentalism, communal riots and war.

No doubt the major religions in India have stressed non-violence and have not been coercive in their approach and have also been more tolerant, yet there has been a considerable element of ritualism, casteism, superstition and blind faith in them.

So, though religion, as known to history, has not led man to

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THE POWER OF BELONGING TO GOD & MAKING GOD BELONG TO YOU

A meaningful life is powered by one's endeavours to enhance, achieve and attain. It could be the strife for developing inner skills and talents, experiencing deep and loving relationships, claiming external attainments such as education, status, power, physical assets and so on, however, one very important aspect that should be attended to, is the 'innate desire to belong'. No matter which milestone one is facing, transformation and upliftment of a human soul is much more enjoyable and easier when we fulfill the sense of belonging or feeling of oneness with ourselves, with a companion, family, society or institution.

However, in the present age, one tends to tread very carefully and sometimes even hesitatingly, when it comes to belonging to anything outside 'ourselves'. Somewhere along the line, humans have forgotten that 'possessions' are meant to be used and friends/relations are to be 'loved', and we rather indulge

in 'using' people and having more love for our possessions, assets and temporary achievements. Most relationships have become a means to an end; people invest time, money and energy in relationships only when they feel they are getting something out of it or will in the near future.

Let it not be forgotten that the experience of love and friendship is essential to any human being. The fields of Education and Psychology have ample evidence to show the detrimental effects on minds and hearts of children and youth when not exposed to a loving, nurturing environment. Young adults are often caught up in 'Identity-Crisis': the tug of war between living up to our responsibility towards our parents/community/religion and the pull to be like one's friends, 'part of the gang' and yet carve a unique identity. Young teenagers sometime face the pressure to excel in education which leads to many desperate souls taking their own lives. As one enters professional

life, there are instances when skills, intelligence, experiences fall short of requirements or expectations of others, and this may make us feel not 'useful' to the cause. At the end of the spectrum, there are senior citizens who are challenged with having to adapt with fast-changing lifestyles of their children and grandchildren, technology etc. It's often a curse to live a long life in *Kaliyug* but not be able to share it with others...

When we feel rejected by loved ones or people we wish to belong to, or we haven't been able to fulfill our goals and desires, we tend to fall into the quicksand of wasteful and negative thinking that deflates our enthusiasm, self-esteem and positive mind-frame. Similarly, when our attitude or actions (knowingly or unknowingly) make others feel the above, then their sorrow affects us greatly. While it is important to achieve and progress in the physical realm, however, it is crucial that **we sustain our inner selves with spiritual understanding of who we are, and who we truly belong to.**

Spirituality helps us realize that success in any field of life depends on nourishing the eternal force of energy that runs this body, performs these



actions, creates *karma*, fulfills relationships and strives for stability, peace and happiness: the soul. The deeper I make the practice of soul-consciousness, and true self-respect of being a phenomenal point of divine energy, decorated with virtues and spiritual powers, the stronger is the experience that I can and do need to live life without fear, worry and insecurity. Yes, life means vitality, progress and achievement of goals, but this is only possible when we act from a spring board of spiritual love and dignity, and continually empower the self through the subtle and precious relationship with the Divine, the Ultimate Authority of Wisdom, Peace and Love.

The experience of having a tangible, living relationship with the Divine is unimaginable to many, but has truly become an unshakeable reality for hundreds and thousands of Brahma Kumars and Brahma Kumaris. During this transition period between the end of *Kaliyug* and the transformation of the world as we know it, we are exposed to the most auspicious era of the Confluence Age or *Sangam Yug*, where we gain a clear

understanding of who the Divine is, what His role is in the cycle of time, and how integral that purest-of-pure Supreme Being is in the rejuvenation and re-alignment of the human soul, nature and the world in general. That divine Father, Teacher and Satguru comes to gently remind us of the eternal relationship we have with Him. God's love is most unique as it is unselfish, unlimited, unpretentious, healing, inspiring and magical. This bond is only experienced when we take a spiritual birth, i.e. bring about a change in our consciousness, attitude and outlook by breaking away from the limited layers of body-consciousness (gender, age, religious beliefs, education, shortcomings/flaws in personality and behaviour, materialistic possessions, skills and so on). The rewards and fruit of re-establishing a relationship with God are tremendous and last us not just this birth but many lifetimes.

It is God's love that teaches us to smile without hesitation, again it is God's love that teaches the heart to sing again. There is no expectation out of this love except to live to our real and true potential. This awareness and pure feeling of

belonging to the One, and that of the Supreme Being belonging to the self keeps one in a high stage of intoxication and self-empowerment. Remembrance and Love of the Divine is the key to the treasure-store of all spiritual treasures; thereafter, there is no need to falter in life with excuses or problems or disappointments, because the Divine provides us with everything we require to live an enriched, secure, and worthwhile life that is beneficial for the self and for all those we come into contact with.

God reminds us to keep this connection with Him so strong in the heart no matter what situations arise or *karmic* accounts have to be settled. Check yourself during the day: ***“While doing all the work, whom am I remembering? What should be visible in the corporeal form? I am in the Father's heart and the Father is in my heart. This spiritual meeting between God and souls is not an ordinary meeting.”*** So let us pay attention to celebrate this meeting, connection and feeling of belonging to the Divine everyday and all the time.

– *B.K. Nirwair*

SPIRITUAL ENRICHMENT AND FULFILMENT



– B. K. Surendran, Bangalore

Our intense spiritual endeavours should advance in a vigorous mode as time for effort-making is narrowing down to its final conclusion. We are all eagerly pursuing the path of enrichment and fullness on the strength of Godly Knowledge. Our efforts bear fruit on the basis of the inculcation of divine virtues and the extent of Godly Service we involve ourselves in a constructive and fruitful way. There has been progress in our efforts for faster enrichment of our life with reference to the aim and object we have before us. We have been comparing our progress with the final stage of perfection in a very practical way and there is every reason to be satisfied that we are marching very fast towards our final stage. However, the following disciplines are to be strictly observed so that we can move still faster:

Strict observance of Soul-consciousness

We all know that we are souls. But, we forget our original

self and very often slip down to body-consciousness. It is our experience that when we are in soul-consciousness, we are peaceful, blissful, love-full, truthful, and so on. Then our actions are also influenced by these qualities. We are not affected by the scenes and sceneries, incidents and accidents happening in this world. We are not only able to detach from the body in a natural way, but also have a sense of detachment from the bodily relations, from material things, and the Iron-aged world. Strict observance of soul-consciousness should be our top priority before we embark on any other spiritual endeavours.

Strict observance of code of conduct

Our code of conduct is based on the *Shrimat* – directions, advice, guidance and orders of the Supreme. It is possible that we may sometimes manipulate, modify, distort, amend and break the code of conduct prescribed by God. The moment we mix our opinion, or any other's

opinions or thoughts with the *Shrimat* of the Supreme, we fall from His grace. Our efforts will not yield the desired results. Our code of conduct is what distinguishes us from the ordinary mortals. Therefore, we must promise to ourselves and to the Lord on the daily basis every morning that we will lovingly follow the teachings given by Him. In the course of time, His teachings will become a part of our daily life in a very natural way.

Strict observance of punctuality

Punctuality is highly valuable. Time is money, time is wealth and time is power. Time once lost cannot be regained. Therefore, those who maintain punctuality, command respect. Punctuality indicates the seriousness and importance of time. A person who missed the train or flight for being one minute late knows the importance of a minute. A minute's difference makes all the difference. When we are face to face with people on Godly Service, we should give importance to their time. It is very necessary for us to stick to time schedule especially in public functions or get-togethers. Even in the field of spiritual endeavours, people respect us when we give importance to their time.

Strict observance of accuracy

We should be accurate in whatever we do. '*Yoga karmasu kaushalam*' – says *the Gita*. When we practise Rajyoga meditation, our efficiency and accuracy improve. We do not do things in a haphazard way. We are able to plan systematically and execute it with accuracy and precision. Our way of doing things inspires others so that they may also do the things with dedication and accuracy. Accuracy is a by-product of organised thinking. Accuracy denotes the stability and integrity of a person. A person who thinks systematically, creatively and constructively can only be accurate. Our thoughts, words and acts should always be proper and accurate. We should fill our life with all the divine virtues which will empower us to be accurate at all times.

Strict observance of orderliness in dwelling place

Our dwelling place is the reflection of our mindset. If we have an organised mindset, our dwelling place will also have orderliness. The place of residence must be neat, clean, tidy and orderly. Each and every

thing in the place should occupy its right place. If our mind is pure, the vibrations in the dwelling place will also be positive, pure and elevated. People will like to stay in such a place and enjoy peace and happiness. Such orderliness will inspire others to maintain orderliness at their place of residence.

Observance of truthful life

We know that the foundation of our spiritual life is purity. If purity is lost, everything is lost. Purity is one of the prime virtues of the self. Purity manifests in the form of non-violence, truth, honesty, sincerity, openness, transparency and integrity in our life. *Satyam vada* is an old adage which has relevance at all times. We should be truthful to ourselves, truthful to others, truthful to God and the world. God is Truth. Dadi Prakashmani ji, the former Chief of Brahma Kumaris, was an epitome of truth who declared in the midst of an elite gathering at Gyan Sarovar, Mount Abu, that she never uttered a word of lie in her life. She has been one of our role models on the path of spiritual endeavour.

Strict observance of meditation schedule

Our spiritual effort-making process should be in a very

systematic way. We should have specific schedule for our personal spiritual efforts. We should practise meditation at the fixed time every day. For example, Nectar Time Meditation, i.e. *amritvela yoga*, daily spiritual class and evening meditation session should not be missed. Similarly, traffic control schedules should be strictly adhered to. These schedules are fixed by the Supreme Teacher. We should avoid engaging ourselves in other activities as far as possible during the schedule fixed for meditation.

Performance of karma

We should perform *karma* with interest and commitment. Our *karma* should reflect the higher state of mind we have developed over the years. We should never expect the results of the *karma*, but it should become a sacred service. *Karma* and meditation should go hand in hand. We should know that we grow through our *karma* and every act of *karma* should reflect our higher personality. We should be honest and sincere and each of our action should reflect God's Love and Kindness. Godly service is the supreme act of *karma* prescribed for absolving

ourselves of all our sins. Sufferings due to *karmic* account can be nullified with the power of *karma* yoga.

Strict observance of practice

It is said that the best practice

is the constant practice. Regular and systematic practice is required for enrichment and fulfilment. Unless we constantly practise, we cannot achieve spiritual growth in life.

If we are faithful to our own self

and to the Supreme, we must necessarily and constantly practise and check our progress with reference to our prime objective in order to fill the gap on a top priority basis.

DADI JANKI'S *DRISHTI* AND BLESSINGS

– B.K. Khem Jokhoo, Trinidad, West Indies.

Four months after doing the Rajyoga Meditation Course in October 1993 in Trinidad, I met Dadi Janki in London, U.K. The moment



Rajyogini Dadi Janki ji

Dadi's vision fell on me, she whispered, that I was lucky and fortunate Baba has found me. She seated me very close to her and kept looking at me not saying a word. At that time I did not understand "*drishti*". Looking back into her eyes, I forgot where I was and all the multiple questions I had, disappeared from my awareness. Dadi

through Sis. Hansa kept asking me questions and I sat there mummified as though in a trance.

A few years later in Trinidad, I had the good fortune to chauffeur Dadi Janki and Sis. Jayanti for the day. At 5.30 a.m. as Dadi boarded the car, she asked that I play a meditation song. Luckily for me, I had a CD inserted just moments earlier. She then read the morning *Murli* in Hindi, pausing at times and questioning me through Sis. Jayanti. I had read the *Murli* in English the evening before and knowing a few Hindi words, I was able to give the right answers, assisted by vibrations and atmosphere created by Dadiji. The journey was of forty minutes and as I slowed to park, she read the *Murli* slogan. Sis. Jayanti told that Dadiji had read the *Murli* especially for me. A thought came that Dadi read that *Murli* for me as a *karmic*

blessing in return for the transport provided.

During 2013 Shivratri meeting in Shantivan, although Dadi was not well, she gave me powerful *drishti* for 10 minutes, in the presence of Sis. Hemlata. That Divine experience is still fresh in my memory and it gives me unlimited zeal and enthusiasm as well as appetite for *Murli*, remembrance and service. Although living in Trinidad, I joined Dadi Janki for *Amrit Vela* in Madhuban because 7.00 p.m. evening meditation in Trinidad coincides with *Amrit Vela* time in Madhuban. I have had the good fortune of chauffeuring many spiritually evolved souls and my experience has been that the power, blessings and *Sakash* received from the *drishti* of elevated souls help in permanent transformation and adds to the power and blessings attained by listening to Baba's *Murli*.

SOUL IS ETERNAL – SCIENTIFIC PROOFS



– Dr. Veena Mani, Principal Scientist,
ICAR-NDRI, Karnal

The Deepest quest of a human being is knowledge about his own true self. Many of us at some point in our lives ponder on the questions like “*Who am I?*” “*What is my purpose in life?*” For exploring such questions we need to have a kind of bifocal vision to view ourselves not only at physical but at spiritual level too. The concept of **atman, soul, spirit or rooh** is described in every religion in one or the other form, but it’s just a concept. They have no inner sense of it, thus no direct experience or realization of their ‘**True Self**’ or they imagine that the soul is something remote and inexplicable to ordinary mortals like us. But the truth is that “We are the souls—the conscious energy which is the eternal being. The Soul has the memory (*sanskars*) embedded in it from previous births which are carried forward to next birth.” Hence the saying that each and every detail of the journey of a soul on this world stage is recorded in it.

Even by some scientific studies, it can be proved that “we are eternal, conscient energy which changes its physical costume (the body) birth after birth, or in other words, the soul reincarnates”. The experiments on hypnosis or past **life regression** further affirm this. Based on a mixture of my scientific knowledge, and access to this Godly knowledge/spiritual wisdom, it is my intense desire to substantiate ‘**Soul-the true self**’ by collecting the medical/scientific evidences which can prove it. In-depth evidential research results reported by a group of medical physicians on reincarnation can provide strong proof for existence of soul and its journey in this eternal drama.

‘Hypnosis’ is a technique in medical science by which certain areas of brain are activated through specific guidance. Hypnosis is used as a tool for helping the patients suffering from sudden loss of memories or for those who are seeking the help for their phobias, panic attacks, anxiety

etc., in remembering their past through guided regression into childhood memories, sometimes as a part of serious psychotherapy, wherein the patient in hypnotic state relays memories and thoughts to the therapist. Sometimes these memories don’t just relate to the patient’s present life, which is evident by the location, age, or culture revealed by the patient. A number of studies reveal that under hypnosis, numerous people recall places, experiences, people and things from their previous or past births. Children recognize people they’ve never met, know them by name and even know languages that aren’t native to their current family or region.

The contribution of Dr. Brian Weiss, a famous psychiatrist of Miami, Florida is really remarkable in this field. He did his graduation from Columbia University and Yale Medical School, and he is the former Chairman of Psychiatry at the Mount Sinai Medical Centre in Miami. His book ‘**Many Lives Many Masters**’ deals with the true story of his young patient. She was suffering from phobias, panic attacks, anxiety etc., since her childhood and came to Dr Weiss, seeking help for her emotional disturbance. When the conventional methods of treatment failed, Dr. Weiss tried

hypnosis.

In the series of hypnosis sittings (under trance stage), the patient recalled not only the past incidents related to her phobia but also recalled many 'past life' memories which were the cause of her problem in the present life. She relayed the information from previous births (not of one but number of births) to the doctor, as if she was watching a movie. **It revealed that in between two births (i.e. when in body form), stage of spiritual interlude was there when it manifested the original qualities of the soul.** It indicates that all the information is stored in the soul and is carried forward in the next birth. During trance, she was able to get information from highly evolved '**spiritual entities**' by which many secrets of life and death were revealed. Her case revealed that sex, religion and even nationality get changed birth after birth and it proved beyond doubt that human being takes the birth only in human form, not in animal or other species. The medical science justifies that information could be obtained as she might be able to focus on the subconscious mind that stored the actual past life memories. Psychoanalysts Carl Jung termed this sort of memory as

'collective consciousness', the energy source that surrounds us and contains the memories of entire human race. The concept of inheritance of the memory has also been proved from studies conducted on rodents. Dr. Brian G. Dias PhD., and Kerry Ressler M.D., PhD from National Primate Research Center in Atlanta, Georgia conducted experiments and noticed quite interesting observations that **memories can be inherited.** The results have been reported in December 2013, in the scientific journal *Nature*.

'Same Soul, Many Bodies' is another book by Dr. Brian Weiss which was published in 2004. It reveals the truth that our future lives can be transformed by knowing the facts about **true self - the soul** which is eternal and it changes its physical body birth by birth. **'Miracles Happen'**, is another book by the same author which also confirms these facts and suggests that many problems of human beings like hurt, pain and sufferings can be overcome and peace can be established in minds. The information can help in overcoming the fear of death and affirms the truth that **'We have all lived past lives and all of us will live future ones.** *The karma* which **we do in this**

life will influence our future lives as we evolve towards immortality. In this book, there are accounts of people regressed not only into the past, but also of progression into the future. He has discovered that our futures are variable – the choices we make now will determine the quality of our life when we 'return'. For the first time, Dr. Brian Weiss takes patients into the future in a responsible, healing way. With a number of case studies, Dr. Weiss demonstrates the therapeutic benefits of progression therapy to bring patients more peace, joy and healing, just as he has shown that journey into our past lives can cure physical or emotional wounds in the present.

Another book **'The Power of Premonitions: How Knowing the Future Can Shape our Lives'** (published in 2009) by Dr. Larry Dossy (MD) revealed the fact that the world of science and research can prove the human capacity for knowing the future. He writes that these experiments consistently show that "human beings are as wired to know what's coming next as we are to see, feel, hear and think". In an interview, he shares that though generally people believe that our minds are confined to the present and to



the brain and body, but the evidence from hundreds of experiments shows that this is an illusion, as mind is actually nonlocal (infinite). According to this concept, consciousness is already present in the universe and we can have access to the information that exists or ever existed or will exist... i.e. past, present and future. It demonstrates that our common-sense ideas about time, space, matter, and our own minds are blemished. The universe works differently, not as we suppose. This knowledge is self-explanatory for the truth that the soul carries the memory or *sanskars* of not only of this birth but number of births/its journey and with right kind of attitude and actions, we can change our destiny.

The information generated from these books clearly indicate that 'As souls we have no gender, but by the plan of evolution, our physical bodies are given gender, so that there might be social groups, homes, family responsibilities, sacrifices of personal pleasure, joys of affectionate relationships, contacts of different temperaments, for all these have enormous educational value. **The Supreme Father reveals that all the social bondages are there for settlement of**

***karmic* accounts. The theory of Reincarnation confirms that the human soul can be reborn only as human being.**

In recent years, numerous cases of reincarnation have come to light which indicated that we tend to maintain the same facial features, talents and other attributes from one life to the next while our religion, nationality and ethnicity can change. These cases further demonstrate that personality traits, passions and talents, even the facial features may remain consistent from one lifetime to another which may also be reflected in DNA. **This observation suggests that the soul provides an energy template, like a hologram around which the body forms. It appears that the soul projects an energy template around which the body takes shape** (as an orthopaedic doctor utilizes a bone stimulator to shape bone). This template may also prove to program certain portions of our DNA.

Late Dr. Ian Stevenson, MD, of the University of Virginia and former Chief of Psychiatry at the University Of Virginia School Of Medicine, researched for 40 years on children who spontaneously remember past lives to demonstrate these principles of reincarnation. His

two cases named Suzanne Ghanem and Daniel Jurdi gave proof that facial features not much changed with new birth and, soul takes new birth very quickly, even a year or less following death.

One of his cases which strongly provide evidence that religion and nationality can change across incarnations, was that of Anne Frank. She was a Jewish girl born in 1929 in Nazi-occupied Amsterdam and died in the Bergen-Belsen camp in 1945 and this soul was apparently reborn after nine years into a Christian family in Sweden. Her new name was Barbro Karlen. As a child, even before her third birthday, Barbro kept telling her parents that her real name was "Anne Frank". (Anne Frank used to write personal diary virtually unknown at the time, especially in Sweden). She also had repeated nightmares in which men ran up some stairs and then kicked in the door to her hiding place in an attic. Like Anne, Karlen was a childhood writing prodigy and had the same facial features as Anne. The Anne Frank Foundation gave permission to use her photos for the Frank/Karlen case, featured in the book '**Born Again**'. These images, along with Karlen's own personal story, were presented

in a conference held at Los Angeles in October 2008 (www.iisis.net). The observation that souls can change religion, race, ethnic affiliation and gender from lifetime to lifetime, as revealed by objective evidence of reincarnation, has great societal implications. Similarly, Jim Tucker, MD, a psychiatrist who has taken over for Dr. Stevenson at the University of Virginia has stated on US national television that sufficient evidence exists to conclude that reincarnation exists.

An organization has been founded to support research on reincarnation, past life regression and soul evolution—**Institute for the Integration of Science, Intuition and Spirit (IISIS)**. The primary focus of IISIS is to promote reincarnation research and work with an international community to enact the positive social changes that evidence of reincarnation can bring. The President of IISIS, Dr. Walter Semkiw, a physician working in occupational medicine, started research on reincarnation in 1995. He authored a book “**Return of Revolutionaries:**

the case for reincarnation and soul groups reunited” in year 2003 and ‘**Born Again: reincarnation cases involving international celebrities**’ published in 2006. Dr. Semkiw says, “Not only are these cases important in understanding human existence, but these cases can also help create a more peaceful world, as they show that we can change religion, nationality and ethnic affiliation from one lifetime to another.” Dr. Semkiw strongly believes that greater knowledge and acceptance of reincarnation could reduce the level of conflict in the world. Most wars and conflicts are based on differences in these cultural markers of identity. The studies conducted by Dr. Semkiw are also supported as truth and by Nobel laureate Dr. Kary Mullis (who invented PCR technique underlying DNA fingerprinting) and his wife Nancy Mullis.

Another IISIS Board member is Dr. Adrian Finkelstein, one of the early pioneers in the field of past-life therapy and healing. Dr. Finkelstein is the author of ‘Your Past Lives’ and ‘Healing Process’ published in 1985 and

another book entitled ‘Marilyn Monroe Returns: the healing of a soul’ published in year 2006. ‘Life before life’, another book written by Jim Tucker, MD who is successor of Dr. Stevenson (University of Virginia), clearly demonstrates the fact that the religion changes as the soul takes new birth, thus proving the theory of soul and its rebirth as human being.

This writing is just an attempt to provide some scientific evidences regarding the existence of soul and its rebirth or reincarnation. It also supports the truths revealed by **the ultimate source—the Supreme Being. The Supreme Father has revealed the truth about our real Self, its journey in this eternal drama of life and the purpose of life.** If we want to live life more consciously and meaningfully, it helps enormously if we can let go of false personality (body-consciousness), express our true original self (as soul), and know ourselves in essence. It is better to accept and understand our own personality or real self rather than ignore, reject or deny it.

FILLED WITH TREASURES

All human beings have a place inside which is filled with treasures; be still and you will find it.



LIFE – A RARE PRIVILEGE TO SAVOUR



– B.K. Rajbala, Vasant Kunj, New Delhi

Peace is the greatest boon bestowed by the Almighty on mankind. Intrinsicly, every individual wishes to live a peaceful life; a happy life so much so that even the slightest thought of sorrow perplexes him but if we go in depth, we will find that the castle of this coveted happiness is founded on peace.

From dawn to dusk, all our desire-driven-frenzied-activities are directed towards happiness. We aspire for delicious and luscious food, gorgeous clothes, glittering jewellery, fabulous houses and spic and span cars etc., for happiness and happiness alone. Do these pursuits yield happiness? Of course yes; But the wiser question is: is this happiness lasting? The answer is big “NO” because such happiness based on material gains is transient, temporary, fleeting. Moreover, still wiser fact is that these material achievements, howsoever great, fail to give us even temporary joy if we are not at peace with ourselves or with anybody or

anything. If there is distress, anxiety or unease, no material gift can render happiness. So, now, it is inferred that peace is inevitable for being happy. Shrimad Bhagwat Gita is right when it expounds ‘ashantasya kutah sukham’ i.e. a person who is devoid of peace can never be happy so we must flow like a river, revelling in every moment but it can happen only when we are peaceful.

In modern times of uneasiness and uncertainty, man has lost peace without which he is as restless as a deer without ‘*kasturi*’ and a snake without ‘*mani*’ and being doomed to gloom; he is running helplessly towards forests or hills, temples or mosques, saints or sages, *gurus* or soothsayers or pilgrimages to regain his lost peace. All this suffering humanity is in search of only one thing i.e. peace and peace alone. It may sound old and jaded but the proven fact is that the money we are chasing blindly may be the husk of many things but not the kernel. It may buy things but

not peace and happiness.

Now let’s spare a thought as to where has our peace gone? Today, we are in possession of all the means of comforts which were unimaginable even to the kings and monarchs, yet if we peep into our hearts, there will be hardly a person who may claim to be happy in letter and spirit. If we ponder over this burning problem, we will find that because of a misplaced faith in shortcuts to ‘happiness and peace’ through unfair means, we have distanced ourselves from our real ‘self’. In spite of there being no dearth of any means of comfort, we have forgotten their bestower and our inner self and the consequence is the utter doom we are lurching in as is rightly said ‘God gives, gives and forgives but man gets, gets and forgets’.

Alas! Today we keep ourselves abreast of all the developments happening nationally or internationally. We know so much about others, our neighbours, because it is they only who keep our attention diverted so much that we hardly devote any time to ourselves which must have been our first priority. We consume so much of our precious time and energy in thinking and discussing judgementally about others but

we never care to contemplate, 'Who Am I?', 'Whence did I come into this world?', 'Where am I supposed to go after this life?', 'What are my flaws and their repercussions?', 'How to amend them?' etc.

Nothing but knowing ourselves is spirituality. Self transformation is spirituality. Shaping our present and thereby our future beautifully and all these things grant peace. Peace is not outside; it exists in me. The only thing required is awareness. We have to emerge peace because it is within me. I, the soul, am a conscient point of light, a peaceful being but the irony is that we have forgotten that we are souls and this body is merely its costume. This body is mortal while the soul is immortal, imperishable, ever young and ever peaceful.

To conclude, life is a rare privilege to savour. Its every single moment, has to be spent joyfully and exuberantly and not in fretting, fuming or fumbling. Savour, but it is possible only when we dwell in the conviction that we are '*Atman*' and not just body otherwise in the 'merry go round' of materialism caused by body-consciousness, we may get caught up in the matrix of negative emotions like tension, depression, impatience etc., which drain away the energy of the soul.

THE SPIRITUAL SCULPTOR AND THE PIECE OF ART

A sculpture is a three-dimensional artwork created by an artisan, a sculptor, by shaping materials which may be hard like wood or stone or soft like clay. God or the Supreme Being is also remembered as the spiritual sculptor. With that consciousness, I, being like a rough living block of wood or stone or a plain piece of clay, place myself in His safe hands.

There are three types of faith in this consciousness:-

- 1. The faith in the Sculptor,**
- 2. The faith in myself and**
- 3. The faith in time.**

It's my first faith, my faith in the Sculptor, in his vision of his finished work i.e. a perfect and complete me, which he foresees, waiting to emerge from my present imperfect self, that allows me to place myself in his hands. His vision of perfection is so clear that knowing it, I feel I must regain my original condition. Also when I come in front of God, who is a perfect spiritual being, His love and the knowledge He gives me makes me aware of myself as a spiritual being similar to Him. This awareness then reminds me of my original qualities and the spiritual beauty and perfection hidden inside me, which helps me in having the second faith, the faith in myself. I am able to trust the Sculptor, knowing that the knocks I receive will chip away at my weaknesses, and restore my truth and beauty. Initially, I may not know myself completely or have full faith in myself, the second faith, but God, the Sculptor, knows me and has full faith in me, all the Sculptor wants me to do is to be still and patient. Being still means having complete faith in myself and Him and being patient means having the third faith – the faith in time. His knowledge and power gives me the strength and courage to be still and patient i.e. strong in all three faiths while He continues His work on me. I should not move or be impatient i.e. not let any of my faiths waiver, otherwise I will not become perfect. There is a vast difference between how God sees me, and how I am at the present moment. Holding the vision that God has of me, I have to just surrender my mind to the Spiritual Sculptor and keep myself in His hands. When I do that, the thoughts inside my mind get focused spiritually on Him and as a result, I receive His spiritual energy, which reshapes and transforms me. That which is highest and most beautiful in me begins to emerge gradually.



REALIZING THE SELF



– B.K. Debananda, Goalpara (Assam)

A soul has some inherent virtues, which over the time, because of rebirths, become dormant. Let us begin with these very qualities of the self. Peace, happiness, purity, love, joy, wisdom and power are the basic and elementary qualities of the self or the conscient being. These can be called natural qualities of the conscient being.

PEACE

Peace brings a sense of calm and orderliness in our life. When there is peace, there is contentment. When there is contentment, there is everything. Peace is within you. Just as a hot object radiates heat to the surroundings, one's state of peacefulness also radiates its energy to the environment. To realize such a state of mind, practise daily in the morning—
 ✦ I am a peaceful being, a point of light in the middle of the forehead.

✦ **Visualise** – Rays (stream) of sky blue colour in the form of peace emanating from your forehead and spreading to the whole body.

When we become aware of

our internal power of peace, anger and other vices will be removed. Power of peace can tame even a wild animal.

HAPPINESS

When one expresses oneself, one feels happiness. The nature of the soul is of constant happiness. Like peace, the soul also radiates happiness to the surroundings. Real happiness is not temporary or dependent upon the physical things. But these are the gadgets which the nature of the soul exercises upon.

To have everlasting happiness –

- ✦ Try to be positive.
- ✦ Be hopeful.
- ✦ Try to be solution-conscious rather than problem conscious.
- ✦ Think your original nature is happiness, not sadness.
- ✦ Do not give remote-control of your life in others' hand.
- ✦ You, the soul, are a child of God, Ocean of Happiness.

PURITY

Purity is another basic nature of our soul. It means being free of all dust of impurity. Purity means being free from negative thinking. It means positive

thinking. Purity is the feeling that will take you to eternal peace and inexpressible happiness. In fact, purity is the mother of all values. Where there is purity, there is peace and happiness. Purity makes one worship-worthy. It means to win over vices. It also implies good wishes for all and no ill-will or bad feeling and hatred in our actions.

To experience purity-

- ✦ Talk to yourself – purity is my own nature. I am a pure soul, a point of light.
- ✦ Try to avoid influence of bad company.
- ✦ After rising up in the morning, remember God and create a positive thought like – I am a pure soul, I am a peaceful soul, happiness is my own nature.

LOVE

Love is human being's original nature. Love is that energy which is radiated selflessly and unconditionally. It is the matter of loving the soul and not the body which is in fact a part of impure desire. It is that energy which is given automatically. Love is to be for all, not to be for a particular person. Love the self first, love God, and love all and even the animals.

POWER

It is also the nature of us souls. It indicates the power to

(Contd. on page no. 17)

THE LIFESTYLE THAT SET THE BUILDING ON FIRE



– B.K. David, Paignton, England

Never underestimate the power that your spiritual lifestyle has on your happiness and well-being. If you ignore this important aspect of your life, this all-encompassing bundle that is your daily lifestyle, which is the result and accumulation of all your thoughts, words and actions and which guides you through life, you will be ignoring the finger of truth that is trying to point you in the right direction. Your thoughts collectively shape what you are and what you will be and how you feel and mould your lifestyle and reflect your motives and desires.

Your life is like a huge skyscraper from which you step out every morning through its grand entrance into the world stage and indulge yourself, more often than not, in bad habits and selfishness. Most of the people think, they are free to do as they please once they step out through their life doors as this is now 'your time' which you truly deserve to be able to do what you like to do or to be who you like to be, right? Yet, what you

do in this free time or in this free space, will affect you in the near and distant future, perhaps even immediately without you ever realising it. But then what happens after you succumb to sensual pleasure, get indulged with vices or forbidden habits? You take all those bad habits and vices and the rubbish vibrations that cling to them, back with you into the building of your life. To carry a bad habit with you and take it home is not dissimilar to carrying dog mess home on your shoe when you walk into your house.

BUILDING ON FIRE

This is the building of your life and you are polluting it endlessly with bad habits. You can wipe your feet on the mat outside but you cannot leave bad habits magically outside after you have been playing with them all day long. Bad habits will always follow you home and wherever you go in life if you have had them long enough. You always have to step back into your building with whatever you have in your pockets or handbag (mind) that you used throughout

the day.

Your building (life) will reflect the quality of what you bring back into it. Some buildings are so beautiful, elegant and attractive whilst others are dilapidated and unfit to live in. Most buildings are so decayed that they are almost falling down. It is inevitable that many buildings will fall down completely, leading to a continual life of misery. A building is only as stable as its foundation and so one needs to adopt a healthy lifestyle of good, elevated thoughts and pure actions. Take good habits back home with you through your entrance and into your life which will become beautiful, prosperous, productive, healthy and happy. If you do not believe me, please try it.

Most of the people treat their lives as a dustbin and hence, bring home more bad habits and negative tendencies for them to dump. This only makes their dustbin grow darker and smellier to live in. Also a never ending cycle of negativity is created and sustained by such people in their

daily life routine.

Most of the people carry the dog mess of bad habits on their shoes without ever realising the impact it is having on their lives. These bad habits of theirs are as significant and important to them as what their heartbeat is. We need to learn to breathe in and out only good habits. Today most of us breathe in good habits one second and breathe out bad habits the next second. This is how life works today if you care to look around you: it is the existence of good and bad together with the bad now taking upper hand and occupying at least 95% of people's lives, thoughts, actions and desires.

LIVE OR DIE?

Bad habits can crush you and they will, whilst good habits can keep you elated: the choice is always yours. You can pick up a newspaper of sorrow or a book of joy and ecstasy. You can run down a one-way street of sorrow, travel a speeding motorway of stress, walk a lane of happiness and peace or stumble into a cul-de-sac of complacency and ignorant thinking or simply sit down and cry. We have choices in life: you can pick up a screwdriver to build, a knife to cook, money to buy shoes, a kettle to make coffee or a gun to kill.

ARE YOU A PARROT, OWL OR PIGEON?

A parrot will forever be able to repeat what he hears; so we all pity it. The pigeon can deliver useful messages in times of need and to secret places if need be; so it is praised. The owl can see in dark and observe what is going on about him that enables him to be wise; so should be copied. The world comprises 97% of parrots, 2% of pigeons and only 1% of owls. Do you know what kind of bird you are?

PARROT FASHION

Many walk around with the parrot on their shoulder, unable to see him but only hear him. He says to them: have a cigarette; have a drink; get up late; be lazy; get annoyed easily; eat what you want; do anything you like in life, as it does not matter. The smart ones will be fully aware that they have a parrot on their shoulder, constantly talking to them, trying to influence them into doing and thinking bad and creating bad habits for them to get engrossed in. The wise will learn to recognise the parrot's voice and his way of talking and his conniving ways and manage to chase him off. But such is the cleverness and deviousness of this never-ending chattering parrot of bad habits that everyone at some point succumbs to his ways and dictates. By not paying

attention to themselves, they become as bad as the parrot on their shoulder with his defect of constantly repeating his many bad habits over and over again to himself.

The sad fact is, most of the people do not even realise they have a parrot on their shoulder, whispering in their ears and is their constant companion who can wreck their life if they are not careful. The reality is 99% of people are ignorant of their parrot, with only ½% trying to fight him and being successful only sometimes, whilst the remaining ½% are the sensible ones who often beat the parrot by chasing him away before he can land on their shoulder. It is up to you to decide, which side you belong to?

(Contd. from page no. 15)

face obstacles. It is the energy to protect the virtues and destroy the vices.

As said, these are our innate properties. They represent our inner core of qualities—which have always existed in us and all we need is to emerge and enhance these qualities so that they get reflected in our behaviour. For this we need to stay in soul-consciousness and connect to Supreme Soul, God Shiva who is the Source, the Ocean of all qualities.

TAKE INITIATIVE



(The Life Follows You....)



– **B.K. Bhagwan Mandloi, Shantivan**

It is a matter of great fortune that this is the most auspicious time when fortune is knocking at your doorsteps. All that one needs is to brush aside the dust of materialism and take the initiative to clearly see what is happening in the mirror of life. But today people are so absorbed in materialistic concepts that they are ‘looking out’ to get happiness, peace, comfort, relaxation or leisure and want to get them through whatever means that seem to be easy or the ways that are being followed by the society, be it through corrupt practices or based on false perceptions or superstitions.

However, beyond this individualistic society and the human world, there is the One who lives in the Soul World or the Incorporeal World, whom we call God Shiva who gives us the divine knowledge to attain true and everlasting peace and happiness. But the irony is that man fails to understand His vision and cannot even surmise it.

At present, man has availed

himself of all the means at his disposal for comforts. However, instead of getting peace, happiness or contentment, he is suffering from sorrow, anxiety and disquiet, so much so that he hardly gets rest even for a few moments. That is why he has to have sleeping pills to get proper sleep. At this very time of immense sorrow and disquiet, the Supreme Soul, God, descends on this earth from His Supreme Abode. In the great Hindu scripture Srimad Bhagwat Gita also, the Supreme Father God has established this great fact. Similarly, in the scriptures of almost all the religions, it has been reiterated that God comes in the world when there is the time of immense corruption, viciousness and irreligiosity.

Now at this fag end of *Kaliyuga*, God has reincarnated at His preordained time and is teaching ways to attain eternal happiness, peace and comfort for 21 births. But the human beings are still stuck up in the same old worldly mess.

Now, a great opportunity is knocking at your door and all you

need to do is to take an initiative to rise above the false perceptions created by human beings in relation to the human world or about God and listen to what our most beloved Supreme Soul, God Shiva is telling. For this, you have to recognize God in real sense and imbibe His teachings in your life.

Once Swami Vivekananda was on a pilgrimage to Kashi, where there used to be a *satsang* (spiritual gathering) throughout the day. He would visit various Ashrams and had a principle of going to different temples daily to have the vision of deities. One day, after having the vision, he came out of the temple and started moving towards his destination. Then, he discovered that a herd of monkeys also started following him because Swamiji used to wear gown, which made them believe that some eatables might be lying inside the pocket of his gown. In order to get rid of the monkeys, Swamiji sped up his steps but the monkeys were not going to give up and they kept following him steadily. Swamiji increased his speed to the extent that he had to start running. On that pathway, a Mahatma was coming from the opposite direction. Understanding the plight of Swamiji, the Mahatma advised, “Young man, stop; don’t run.



Remain standing and face the monkeys.” This advice inspired Swamiji to be fearless and have the courage to face the monkeys. Watching him in such a fearless posture, the monkeys got frightened and very soon, they went off hither and thither.

In our daily life, we encounter different challenging situations that create feelings of stress, worry, anxiety and fear. Instead of being bogged down by such situations, we need to tap into our inner powers to bring about balance in our lives and sustain a positive frame of mind. Spiritual understanding, along with connection with the Supreme helps us to stand up to our fears and make proactive response. It is said, ‘God gave us a spirit not to fear but to be empowered with love and self-control’. When we have the understanding that, ‘God is with me, supporting me in every walk of life’, it liberates us from all negative thoughts. At this time, God shows us the path to have faith in Him, in the self and in others.

The Supreme Soul, God Shiva is showing us the way to take a positive initiative to transform the dark night of Kaliyuga into the Golden dawn of Paradise/ Satyuga and for this, He has Himself established Prajapita

Brahma Kumari Ishwariya Vishwa Vidyalaya. Its headquarters is located at Mount Abu (Rajasthan). In its more than 9,000 centres spread in over 140 countries, brothers and sisters from different backgrounds are studying Godly knowledge and practising Rajyoga daily. In this worldwide institution, there is only one teacher, who is none other than the Supreme Soul God Shiva. Just by getting enrolled in this University, one’s fortune gets transformed as one gets to know God’s real identity as well as His original form and, thus, experience super-sensuous joy. By getting connected to the Supreme Source, one experiences spiritual power and gets an inspiration for universal well-being through Self well-being. Every soul is adorned with treasures of knowledge, powers and virtues.

This organisation is a Light House through which the rays of spiritual light and might are spreading in many countries.

The curriculum of this Godly University comprises of –

- (1) True introduction of Self,**
- (2) True introduction of God,**
- (3) Knowledge of 3 aspects of time and**
- (4) The inculcation of virtues and powers.**

The basic course of

Rajyoga Meditation is of just one week which can be undertaken at any Brahma Kumaris Centre. All we need is to seize this opportunity and embark on an extraordinary journey towards meeting the Supreme and cultivating a life of wholeness.

One may call it God’s home or school or one’s own home. Everyone whether young or old, gets the feel of the Godly family here.

It is a matter of great wonder that happiness, in search of which we spent our whole life, can be attained easily here. Every work is an initiative; every moment is a new transformation; every thought is an initiative. Only a real human being can take an initiative. It’s human tendency that they contemplate a lot to accept the change. If you take an initiative, you won’t move backward in life, but move ahead. Now the time has come to live a meaningful life and for this, the opportunity to take an initiative is also in your hand.

Every great person has made his life great by taking a courageous initiative. The morning is when you wake up; every dawn comes with a new initiative.

INDIRECT PROOFS FOR



BRAHMA KUMARIS

TEACHINGS!



– B.K. Joseph, Bangalore

There are many familiar items (such as Micro-oven, Vulcanized Rubber, Plastics, Coco-Cola, Pace-Maker, X-Rays.... etc.) which were ACCIDENTLY invented by Scientists who were on a totally different search. Similarly, the intense study done on some subjects by great scholars proves also something unrelated—the truthfulness of Brahma Kumaris teachings.

According to Brahma Kumaris teaching, history repeats itself identically every *Kalpa* (cycle of 5000 years). First half of the Time Cycle (is like Day) passes through stages such as GOLDEN AGE (*Satya Yuga*) when people are divine in nature and SILVER AGE (*Treta Yuga*) when they are more or less divine in nature. Second half of the Time Cycle (is like Night) passes through stages such as COPPER AGE (*Dwapar Yuga*) when people start losing their divinity and IRON AGE (*Kaliyuga*) when people become completely vicious. In *Kaliyuga*, even religions display intoxication

towards their own identity (collective ego) and compete with each other for supremacy, forgetting their original role of reconnecting people with God. When irreligiousness reaches its climax, the Supreme Soul, the Supreme Father God Shiva makes His promised descent on to this earth (*Gita* 4:7), chooses a worthy person, renames him as Prajapita Brahma (Great Mind) and through him, He teaches and trains the willing people for the Golden Age and re-establishes Heaven on earth. This short period is the most auspicious time because God Himself is the real Hero of this period as He transforms souls into deities and is called DIAMOND AGE (quality-wise) or CONFLUENCE AGE/ *Sangama Yuga* (time-wise, as it is between *Kaliyuga* and *Satyuga*). Thus, we have five ages which explain why the Silver Age is called *Treta* (which means *third*, in Sanskrit) *Yuga*. As the time passes by, the purity of soul declines and Heavenly world gradually becomes Hell! And again toward the end of

Kalpa, God's role begins, and the Time Cycle once again repeats. Thus, human history is compared to a *Kalpa* tree, because the tree is an apt symbol of growth and decay is followed by the intervention of a seed which ensures the sprouting and growing again! Thus humanity is like an inverted tree (*Gita* 15:1-2) and God is like 'the Supreme Seed' of humanity (*Gita* 14:3, 4; 9:10) who ensures the sprouting each time the world decays!

However, history of first half of the Time Cycle is unlikely to be faithfully kept by the second half of Time Cycle residents whose inclination is not very much towards truth. Another problem is that each *Kalpa* ends with a nuclear catastrophe which makes things complicated and difficult for the future researchers who want to know the details of the previous Time Cycle! Situation is almost like trying to discern the contents of a book that has now been reduced to ashes by fire! Yet things are not hopeless; some way or other, there will always be some INDIRECT proofs available for the dominant features of the Golden Age such as its glory for a limited duration, perfect religion, perfect language and perfect technology and so on:



RATE OF POPULATION GROWTH

Science says that our earth has been in existence for billions of years, Bible says “earth remains forever” (Ecclesiastes 1:4; Psalm 78:69; 104:5), and God of *Bhagavat Gita* says, “Material universe itself is eternal! (Gita 13:19) That would mean humans have an indefinite past on this earth and have been existing here, either as an unbroken history or as numerous cycles of history (just like same drama being REPEATEDLY played on the same stage). If human history were linear, human population on earth would have been UNIMAGINABLY greater than the present 7.12 billion. According to *United States Census Bureau*, world population was 2 billion in 1927 and 4 Billion in 1974 and will be 8 billion in 2026. That means population almost gets doubled after 50 years. Now let us make a simple calculation! Though a couple can produce four children in about four years, let us give a too liberal $(4 \times 4 \times 10)$ 160 YEARS TO PRODUCE JUST FOUR CHILDREN! Suppose, the Golden Age starts with just 8 people (or 4 couples), and each couple produces 4 children each in 160 years (and then the original parents pass away).

Now the history is 160 years old and population of the earth is just 16 (or 8 couples). These 8 couples produce 32 children (or 16 couples) in another 160 years (and the parents pass away). Now the history is 320 years old, and population is 32. If we go on calculating like this, earth’s population will be 17.17 Billion in just 4960 years ($160 \text{ years} \times 31 = 4960$). [Yet the present population is only 7.12 Billion, and the excess of over 10 Billion would adequately provide room for all those who remained childless for various reasons and all those who died prematurely due to war, accident, diseases ... etc]. This proves human history (is not linear but) has been repeating as CYCLES (which is of 5000 years, according to Brahma Kumaris teaching).

EARTH’S WEAKENING MAGNETIC FIELD

Interestingly, scientists who study earth’s weakening magnetic field indirectly reveal something similar! Earth’s iron core acts like a giant magnet, generating the magnetic field that envelops the planet (which helps protect against blasts of radiation that erupt from the sun and sometimes hurtle toward Earth). The Earth’s dipole magnetic field remains intense for some time, then weakens and reverses polarity [meaning,

what was the North magnetic pole becomes the South magnetic pole, and what was the South becomes the North]. They say poles have flipped several times throughout Earth’s history. The Earth’s magnetic field is in a weakening stage right now, and data collected this summer by European Space Agency satellite suggests that the field is weakening 10 times faster than scientists originally thought (which means earth is long overdue for a pole change). A new study shows that the last time the Earth’s poles flipped, it only took 100 years for the reversal to happen. [For more details, see *Foxnews.com* (21/10/2014) of **Fox News Channel**, and www.earthfiles.com/news-print.php?ID=2260 **HYPERLINK** “<http://www.earthfiles.com/news-print.php?ID=2260&category=Science>” & **HYPERLINK** “<http://www.earthfiles.com/news-print.php?ID=2260&category=Science>” category = *Science*].

Interestingly, November 2014 issue of *Geophysical Journal International* had even this headline: “*Earth’s Magnetic Field Could Flip within a Human Lifetime.*” In other words, what this indirectly implies is that earth has a LINEAR history of indefinite

years whereas its magnetic field has a CYCLIC history of a few thousand years which requires a very large supply of energy to keep it going [which obviously points to a Supreme Soul, or “the Ruler of the universe”– *Gita* 10:3]

If the earth’s magnetic field is weakening 10 times faster than scientists originally thought, it means cyclic history of the present magnetic field is nearing its end! No wonder Bulletin of Atomic Scientists moved its iconic Doomsday Clock up 2 minutes on 23.01.2015 which means we are just three minutes closer to midnight in comparison to 17 minutes to midnight in 1991. Experts substantiate this, pointing to the undeniable threat to the continued existence of humanity arising from insufficient action by the Governments on issues such as nuclear arms, unchecked climate change... etc. (<http://edition.cnn.com/2015/01/23/us/feat-doomsday-clock-three-minutes-midnight/index.html>). Insufficient action is likely to continue as major Governments are built on arms industry and politicians are supported by industrialists! Also, the way terrorism flourishes in spite of all-out fighting against it by nearly all Governments of the world shows that we are heading for a global catastrophe! Terrorists attacks reached their highest number in 2014 (over 13,000 terror acts), according to US Intelligence Chief. (<http://www.nydailynews.com/news/national/worst-year-global-terrorism-2014-article-1.2130490>; *NEW YORK DAILY NEWS*, February 26, 2015). Interestingly, the *Vishnu Purana* (4:24) rightly predicted some more characteristics for our time: “Social status would depend not upon your accomplishments, but in the ownership of property; wealth would be the source of virtue; passion and luxury would be the sole bonds between spouses; falsity and lying will be the conditions of success in life; sexuality would be the sole source of human enjoyment; religion, a superficial and empty ritual, would be confused with spirituality.” *Shrimad Bhagavatam* 12.2.1-11 and 12.3.32, 36, 38, 41, 42, 51 also gives a photographic description of what is happening now!

(to be contd. on next issue)

BEING YOURSELF

How fast can life become? How much can we do in the corporeal amount of time we have? There are only 24 hours in the day, but we’re trying to fit 26 hours into it. If we could watch a movie of our average day, we’d probably be amazed at all the things we try to do. And then there is the exact opposite. Some of us spend our lives watching others doing and achieving, and from these images we build such high expectations of our own life, and then sit around feeling utterly powerless in our attempts to meet these expectations. That powerlessness becomes hopelessness and hopelessness becomes depression. If we can just see this process and release these expectations, if we can at least be detached from any expectations, we will get back some of our inner power and self motivation. It helps to stop watching others and their lifestyles, especially in the media, and then comparing yourself to them. It helps to eliminate all but one ‘I wish’ from your mind. There is only one valid and useful ‘I wish’ and it is simply “I wish to be me”. For, that is all you can ever be. It is all you can ever have. It is all that you are. And when you know it, you will be free of all expectation and desire, and able to enter the most relaxed state of being, at will.

SIGNIFICANCE OF THE LENTEN SEASON



– BK Lovely, Philippines

The Lenten Season is an annual celebration that falls during the months of March or April, covering Ash Wednesday until Holy Saturday. Lent has different names in different countries but its Latin root name ‘Quadragesima’ refers to 40 days. The 40-day Lenten celebration is not randomly chosen but was modelled from the Bible. It started during the famous Great Flood that occurred for 40 days and nights. Other points of reference that were modelled for the Lenten season are the experiences of Ezekiel, Elijah, Moses, and even Jesus wherein they have to fast, repent, and pray for 40 days.

For most Christians around the world, lent marks the beginning of a period of repentance, fasting and self-control. It is also a period to commemorate Jesus’ life, suffering, death and resurrection. Consequently, the Lenten season is usually a time to reflect and renew in preparation for Easter – the celebration of the resurrection of Christ. This period is often spent

in self-deprivation and by getting rid of the vices. Overall, the significance of the Lenten season will not only affect the spiritual aspect but also the emotional, mental, and physical well-being of each individual.

SACRIFICES

During Lent, Christians are encouraged to almsgiving, fasting, praying, and repenting. Tradition highly encourages people to participate in the Lenten season for spiritual purposes. However, there are also people who celebrate Lent both for spirituality and holistic purposes. Because Lent is the season of abstinence and sacrifices, some people join in this tradition to sacrifice unwanted vices like alcohol, cigarettes, or food. The Lenten period urges people to bring into practical demonstrations, the virtues and gains of the season.

Unfortunately, when the Lenten season ends, and the resurrection has been celebrated, many people resume indulging in sensual pleasures. The Lenten period is exactly what it is – just a ‘season’. The

Lenten season should focus on creating virtues. It should be about going back to the underlying values that lead in exercising good deeds like being kind, honest, and patient and being close to God through deep connection with Him. To be able to do this, deep reflection is necessary to achieve a level of renewed spirituality.

SPIRITUAL SIGNIFICANCE OF LENTEN SEASON

The real Godly Knowledge is revealed by Supreme Soul God Shiva only at the Confluence age (a short period between *Kaliyuga* and *Satyuga*). He is the Supreme Father of all souls. At this period, He reincarnates to remove the darkness of vices prevailing in the world due to body-consciousness and dawn the Sun of Golden Age or Paradise or Heaven or *Jannat* on this very Bharat, i.e. the birthplace of Supreme Father Incorporeal God Shiva. He reveals the deep secrets of Soul, Supreme Soul, the beginning, middle and end of the Eternal World Drama and *Karma* Philosophy through the medium of Brahma, who is also called the First Man or *Adi Dev* or Adam or great-great grandfather. Through this medium, He adopts us children and establishes the Brahmin clan. His most benevolent,



elevated advice gives us the understanding of right and wrong and enables us to perform right actions, thus enabling us to live happily and prosperously.

God also reveals the spiritual significance of various festivals. The Lenten Season denotes that at present, because of body-consciousness, we souls have become vicious and consequently our bodies have also become vicious and impure. Thus God, who is Ever Pure and the Ocean of Purity and the most benevolent soul, gives us commandments to be Pure and Yogi, i.e. the one who has permanent connection with God.

This is the spiritual significance of Fasting, i.e., to put on the true fast or resolve to remain pure in this period as it is the vice of Sex-Lust which has made us impure and remember one God only.

Although the Lenten season is just celebrated for 40 days, it is important to maintain the holistic approach under the guidance of Supreme Father Shiva forever in this Confluence Age and not just end it on Easter Sunday. The successful observation of this celebration can unlock great potentials in a holistic

rejuvenation and purification and make us entitled with God Fatherly birthright of Heaven for 21 births. Imagine how your whole being will be affected as a result of this true and unique Godly Knowledge in the form of health, wealth and happiness!

So, let us be good and do good and follow the path of righteousness, which is the message behind Good Friday and observe the real penance, i.e., remember one God Father and follow His most elevated Godly advice, which is the message behind Easter.

PEACE OF MIND

People everywhere are searching for peace of mind. One kind of peace is tranquillity and another is the fragmentation into many "pieces". When the mind is fragmented, it is not possible to be peaceful or happy. With the practice of Rajyoga meditation, we are practising to stay in silence.

Everywhere in the world, people are looking for peace of mind. What do we need to attain peace of mind? We need to know the answer to two questions:

"Who am I?" and "Who do I belong to?"

Here on earth we are performing our roles as souls. I am a soul, and you are a soul. Everyone is a soul. Each one has his/her own distinct and individual role and none are the same. We become peaceful when we are not comparing the self with another soul. Here we are sitting in a stable stage and pulling the mind away from thinking of old 'stuff'. We are learning how to bring peace of mind to the self and to the world.

With love,

– B.K. Janki

KEEP YOUR VISION CLEAR

If you miss an opportunity, do not cloud your eyes with tears; keep your vision clear so that you will not miss the next one.

VICTORY OVER VICES THROUGH RAJYOGA

—Sulabh Khare, Mahatma Nagar, Nasik,

Newton's 3rd Law Of Motion states that every action has an equal and opposite reaction and which is always true for a matter. Matter always reacts opposite in direction and equal in magnitude of an action. Since matter has no mind, it can't think and choose its course of action. It has no choice but to react in an opposite direction. Today, when we see humans giving prompt reaction to external actions (it may be circumstances, human behaviours or responses), it reminds us of the 3rd law of motion and makes us think that we humans have started living like matter or a non living entity.

The real human nature is not to get affected by external situations whether those are pleasant or non pleasant. This is because humans have power to think and choose their attitude and response, while matter lacks that power.

A wise person doesn't react

too often to external stimulus; he responds only when it is mandatory but in a very calm and peaceful way which paves the way for the cooling down of the circumstances and not to provoke them any further.

Natural forces or laws are only applicable on matter i.e. (water, air, earth, space and fire) and everything on this earth is bound to follow those physical laws. Whatever goes around, comes around. If we create good thoughts of love and peace, then it will return and if we create negative thoughts of hatred, anger and jealousy, then negativity will return sooner or later.

It is time to accept responsibility for our life and

our decisions. We need to realize that today our mind is weak and powerless and tainted by the influence of five vices (lust, anger, greed, attachment and ego). These 5 vices paralyse the mind and prevent it from believing in natural qualities of soul which are purity, peace, love, happiness etc. We need to empower our mind with spiritual power.

In order to keep our mind free and 100% efficient, we have to practise Rajyoga meditation to cultivate the ability to think and act with courage and confidence. In Brahma Kumaris, we get wonderful Godly Knowledge which makes us sensible in all aspects of life and praise-worthy. The remembrance of the Supreme makes us souls vice-less and like a glowing diamond. What one needs to do is to pick the points from daily Murli and churn them all day long.

LOST AND FOUND

Being lost in thought, thinking about things to do, what's been done, what could have been done... is not only tiring but also a brilliant way to waste energy. It diminishes your peacefulness and clouds your clarity. Every time you become lost in thought it means exactly that – you are lost! To find yourself, allow your mind to become quiet, to become utterly tranquil. In the quiet depths of every being, there is a stillness that contains a deep inner peace and wisdom that can guide you in your life.

|| From the Melodies of Mateshwari Jagdamba Saraswati ||

CHANGE YOURSELF TO CHANGE THE WORLD



Whatever actions we perform throughout the day, are recorded in the form of *sanskars*. So, we have to be careful about the quality of our actions. We have to manage our own *karmic* account. It is not that one is free to do, throughout the day, whatever one wants to do, and neutralize that by some charity or donation in the evening. No, we have to be careful and cautious in whatever we do. At the end of the day, we must see whether what we did was vicious or viceless. This is known as maintaining day-chart. Before going to sleep at night, one should give 10-15 minutes for this work. One should see how the whole day was spent.

Some people note down everything that happened under the influence of anger or other vices. We should be cautious about not to repeat the mistakes the next day. Along with this, we should keep a chart for removing our previous burden of sins. We should finish that as well. For the sake of this, our Supreme Father's teaching is:



“Remember Me.” We should check for how long we remembered Him so that the previous sins are wiped out.

When you keep these things in mind, you will be careful the next day. As we continue to be careful and cautious, our actions will continue to become better with each passing day. We wouldn't commit sins. We would save ourselves from sins.

The vices make us bad; we become unhappy because of them. We suffer because of sins, don't we? Now the main thing is to get rid of sorrows by eradicating our sins.

Why do people call out to God and remember Him? Of course,

for happiness and peace. This is the aim. However, how do we attain this aim? Only through practice. Here, we do things practically, so this is known as the Practical College. Through this practice we make ourselves clean and pure. Then we attain in the New World, our household that is ideal, original, ancient and pure .

One goes to medical college to become a doctor, as the knowledge of science along with its practice can make him one day a good doctor. Similarly, we also have to constantly practise to get rid of the vices, or sinful actions, by studying in this spiritual college. The degree of our cleanliness depends on the amount of this practice.

What is the object of cleanliness? To be a deity. It is sung that deities are pure and clean. The praise of deities is that they are replete with all virtues, completely vice-less .

We were deities earlier. Now, we are spoilt, so we have to regain that deityhood. It isn't that there is some world other than this where deities live; rather it is we only who have to cultivate divinity in this world only. It is we who fell down and now it is we who have to ascend. How? The supreme Father comes and explains the way to climb up. We have to

understand it and move accordingly.

THE IDEAL IS IN FRONT OF YOU

We now have to receive our inheritance, or birth-right from the Supreme Father. One should also bear in mind that one will get the inheritance only from Him so we should establish our relationship with Him. Until now, that relationship was broken. Now, the Father has given us light: 'You are Mine, and you must remain Mine.' Practically, just as a worldly father and children belong to each other, the Spiritual Father says: 'Belong practically to Me, with body, mind and wealth, and move along.' How to move along? We have an ideal example in front of us. Brahma Baba in whose body the Father descended, dedicated his all, his body, mind and wealth to Him. He made everything belong to Him. Similarly, follow the father Brahma. The Supreme Father gets it done through a human being, to show us the example. So, one should do this and continue in this way. There is nothing to ask about or get confused about. It is very straightforward. One should just continue to move on.

EVEN GREATER TO FORGIVE

It is one thing to tolerate someone's mistake. It is something even greater to forgive the mistake.

THE DIVINE

– B.K Priya, Bangalore

With no words in this universe
I could express His powers
Whose form is a point of light
And attributes of incredible might.

Oh! The Divine subtlety
Resides far from vicinity
And is our Father and Mother
Also our teacher and preceptor.

He is beyond life and death
Dwells very far from our earth
He is the ocean of Love and Peace
His remembrance always keeps us at ease.

The ocean of Bliss and Knowledge
He relieves all mental blockage
The source of all divine qualities
He is our universe's divine entity.

He is the ocean of Purity and Humility
Ever ready to bless us with tranquillity
Unlimited and unexplainable are His attributes
He is overwhelmed by our tributes.

We bow to Him, our Father Incorporeal
He loves everyone, He's impartial
He's ever ready to give us a helping hand
In all walks of life on this holy land.

THE HABIT OF TAKING SORROW

– B.K. Padmapriya, Los Angeles

In the Brahma Kumaris teachings, there is a saying “Neither give sorrow, nor take sorrow”.

We do our best not to give sorrow but we easily pickup sorrow.

It is a type of sensitivity within us which makes us sad or upset or disheartened on trivial matters.

We do not consciously realize how we hurt ourselves. Suppose you take care of someone who is needy and you give your everything with good intentions but you end up getting hurt when that person doesn't appreciate you or reciprocate your feelings.

There are many ways one takes sorrow. You can notice your favourite ways of getting hurt and feeling bad.

There is a spiritual jargon called 'feeling proof' which is a state where one doesn't feel any negative emotion no matter what happens.

How does one pickup sorrow?

It is like a habit which is not consciously processed to feel

bad. You just get hurt without even knowing it. It just strikes you. Suddenly you feel sour or hurt due to someone's behaviour.

People sometimes do cause sorrow purposefully but most of the times people around us just perform actions without intending to hurt others. Example: A known person walks in a waiting area and without looking at you or acknowledging, sits somewhere away from you. You may take that personally and this simple action can easily offend you. That person could have missed seeing you or would have been busy in his thought process. He must have no intention to hurt you but the habit of waste thinking put on a negative spin on the situation. You hurt because you chose to create the feelings of hurt. It is in your mind and how you perceive the events.

GOING BEYOND THE HABIT OF TAKING SORROW

► **Living in your own power:-** One of the reasons of getting hurt is low self-respect.

When you do not value yourself enough; you easily feel disrespected or insulted.

When you have hundred percent faith in yourself, you do not seek approval from others. There are less expectations from your outside world since your inner light guides you; nourishes you.

You live through your own power. You are not affected by things outside.

► **From Sensitivity towards Sensibility:-** Taking sorrow is a sign of sensitivity. Sensibility is to be aware of stuff and to take things in the right benevolent sense.

Taking problems as opportunities is an act of sensibility. Sensible people are aware of obstacles but they do not blow them up or make them a big deal.

Taking sorrow is making small matters big or sometimes even to create non-existent issues. Example: You can assume your spouse is angry with you; create distance and live in your own imaginary world of sorrow.

► **Lowering Expectations, Assumptions and Resistance:-** Our mind is clouded by lots of doubts, expectations, assumptions and judgements about others. This prevents us from expressing ourselves freely and create



sorrow and sadness. We need to cultivate contentment and move from resistance to acceptance. We need to ask how many assumptions do we make daily about people and situations. Our beliefs, perceptions and past experiences push us to assume most of the times.

Assumptions can be dealt through openness and communication. Being open is to just wait and look, without jumping into conclusions and making quick judgments.

Things always reveal themselves. Developing patience helps a lot. The moment

you judge, you create defences and close your heart to the flow of love and goodness and the beauty of outside world.

When you are open, it brings in the feelings of love and kindness and stress, tension or worry is naturally avoided.

We resist others due to our dislikes, desires and preferences. Whenever we resist, we take sorrow from the person or situation.

Example: Internally when you resist a person's idea or opinion, you feel sad or unworthy or unaccepted. It is not the person's idea but your resistance to the idea which is

causing you sorrow.

We need to take up self responsibility to come out of this illusion that there is always someone or something outside that is causing me sorrow but the truth is my feelings are in my hands and I can choose what to feel at every moment of my life.

In this year; let's make a healthy practice not to take up or absorb any sorrow from anyone or anything.

Let your true nature emerge...

Let people be...

Let's observe and be patient...

Let's understand that people have their own reasons for everything...

TEMPORARY AND PERMANENT SOURCES OF PEACE

It's a common notion (idea) to think of peace as being closely related to the beauty of nature – the play of waves on a beach, the blowing of wind through a forest, the soaring and swooping of gulls; in short, anything away from the rush and hurry of the city. Alternatively, we associate peace with some physical form of relaxation like headphones plugged into soothing music, a hot bath after a hard day, a brisk walk in the park, etc. In meditation we realize peace to be our very essence (nature); we realize very quickly, trying to extract peace from the world around us or even from some physical sensations in our own bodies gives us only a temporary experience of it.

Once we start meditating, we start to see physical relaxation as an escape from tension and not a solution for it; and the beautiful scenes of nature now no longer as sources radiating permanent peace. But in fact it is their mere absence of conflict, their harmony of colours, forms and sounds which appeal to us. There is something in each of us which cries out to be free from conflict. We discover that small voice or need is only our true nature demanding to be recognized. We realize that neither the body nor nature can give the peace that the soul was longing for, but it has to be tapped from within. Having found it, it remains constant, whether in the city or countryside, in comfort or discomfort. In the midst of noise and confusion, peace is really our own.



AYURVEDA FOR A HEALTHY LIFE



– Dhvani Jaishankar, Chennai

A sunny afternoon it is, and I am in a building on a busy road. A peek outside the window, and the scene before me has diverse elements. There are people, people, and people everywhere. Vehicles and garbage fill the road, smoke and dust fill the air. I feel so. There's a hospital on the opposite side, and I see people rushing in and out. There's distress everywhere. There is not the slightest indication of the presence of happiness. Thinking of the world that lies beyond this street, we realize that this is the story of almost every place on our planet today. Misery – the word defines our times. Misery brings down efficiency on all spheres of life. Misery depresses, misery burdens, misery kills.

One of the most significant and apparent causes of this seemingly omnipresent misery is – improper health. More so, when we look deeply into the definition of health stated by the World Health Organisation (WHO). It defines health as a state of complete physical, mental, and social well-being and not merely the absence of

disease or infirmity. Clearly, by this definition of health, the achievement of health would essentially mean the achievement of happiness and peace, which would automatically drive away miseries from our lives. This would bring back the lost joy into our lives, and would help people improve efficiency in every action performed. And ultimately on the larger scale, we would be able to solve social problems in a better way. After all, only healthy individuals can create a healthy society. So, the base for everything lies in health. But when we analyse how health can be achieved, we can create a huge list of activities to be performed. These activities would essentially include measures to restore physical health, mental health, and social health, so as to holistically be able to lead what can be called a 'healthy life'.

If we set out on a mission to achieve this, tackling the three spheres of health would be a mammoth task. More so, because this path is filled with obstacles. And the number of obstacles increases as time

goes. Because along with time, science does not grow alone – the darker side grows as well. There's more pollution as time goes, and our lifestyles are constantly changing. After performing a great deal of analysis of the situation and then establishing a seemingly efficient system for health improvement, a new obstacle arises. And then there is a dire need for immediate amendments. When viewed from the broader perspective, it seems as if a lot of human efforts are being spent in only wondering what to do, and thus we are left with little or no opportunities to actually experience the fruits of it. What then, is the answer to this muddle?

The answer, believe it or not, lies in documented texts widely used ages ago. Due to various reasons, known and unknown, the modern world is blinded or ignorant about these texts. While everyone today is trying to find solutions to a problem, let us realise that the answer in question is already existent. These texts are Ayurvedic texts, written by Indian scholars thousands of years ago. While outwardly it might seem unconvincing that books of such ancient times can actually answer modern problems, deep study would suggest that every



word in the texts was written after much thinking and understanding. The intense analysis that went behind the creation of these texts has given immortality to the words in them. The reason is one and simple – that which is said in Ayurveda is the truth. And we all know that no matter what, the truth does not perish – which is the reason that all of those words still stand applicable. They never get outdated, and never get disproven. This is said not just by yours truly, but also by honorable people world over.

Let us now ponder over the intensity of the relevance this science has got, with respect to our goal here – of achieving health in its true sense.

Ayurveda can better be referred to as a way of life, rather than a study or science. This is because Ayurveda is normative in nature. There are a number of regimens in Ayurveda, that are focused towards the sustenance of health, as well as its restoration in case of diseases.

According to Susruta, one of the earliest scholars of Ayurveda and a famous surgeon, there are two aims of Ayurveda:

- ▶ 1. *Swasthasya swasthya samrakshanam* – Maintaining the health of the healthy person
- ▶ 2. *Aaturasya vikaara*

prashamanam – Curing the disease of the diseased person

The above objectives are fulfilled through the latent goodness of Ayurveda.

Ayurveda is based on the principle that diseases are caused due to an imbalance in certain body components, called *doshas*–*Vata*, *Pitta* and *Kapha*. These are concepts that can only be understood by intellect, and cannot be perceived by vision. The treatment is thus based on the restoration of the balance in the *doshas*. Thus, treatment is not based merely on treating what is physically seen. It is a science of life, a way of living with the rhythm of nature. The entire creation, the flora and fauna, live in harmony with nature and innately utilise the laws of Nature to maintain health and balance within their beings. Ayurveda readily reveals to us the secrets of healthy living through natural diet and lifestyle and shows us how to balance our life in harmony with nature's rhythms. It emphasizes the importance of tranquillity of mind. It aids in bringing the individual back to one's true self by using the inherent principles of nature.

Ayurveda and physical well-being

Ayurveda provides measures to maintain health of every part

of the body. The regimen in Ayurveda is called *dinacharya* – which typically means 'daily routine'. This includes the norms related to every part of the day. According to Ayurveda, one must wake up before sunrise. Modern findings also suggest that waking up early in the morning helps maintain homeostasis and mental health. Techniques of oral cleansing, maintenance of neat facial hair and trimmed nails are also emphasized. With reference to physical activities, Ayurveda talks about daily exercise. Different types of exercise have been explained for people of different categories. In Ayurveda, each person is said to have a unique *prakrti* or 'body nature'. One can, even today, look into the texts and perform the activities as suggested for his body nature, and attain innumerable benefits. Emphasis is also laid on the duration of exercise based on the capabilities and needs of each person. One can find the explanation on how much water is to be consumed by a person of a particular constitution (*prakrti*). Parameters to check the quality of water, food, milk, drugs etc., are an important and valuable tool found in Ayurveda. Thus, Ayurveda serves as a handy guide during all walks of

life.

Ayurveda makes use of resources widely present in the flora of the land. The benefits of each herb have been well identified and exploited to the fullest benefit of mankind. Different types of leaves, roots, flowers, fruits, seeds, twigs, etc. are utilized widely for several practices in Ayurveda. A variety of oils are included in the regimen of the day. The benefits lying in each oil have evidently been thoroughly studied before establishment of norms. Ayurveda deals extensively with the cleansing of the body – both internally and externally. Internal cleaning includes appropriate washing of the gastrointestinal tract, and other channels of the body. This can be done periodically or when needed. Thus, the approach of Ayurveda is essentially to eliminate the causative factor completely, and treat the cause directly. Thus the treatment is necessarily permanent in action.

A unique emphasis is given on how we must respond to the urges of the body and mind. There are, according to Ayurvedic scholars, some urges that are to be controlled, and some that must never be controlled. The urges that aren't to be forcibly controlled include – the urge to defecate, urinate,

yawn, sneeze, vomit, cough, cry etc. Forcible control of any of these urges (and a few more) would cause several complications. Forcible control of, for instance, the urge to cry, could cause a runny nose, heaviness in the eyes and head, body pain, headache, tiredness, and even giddiness. Thus, it is to be noted that every aspect of our lives is dealt with, deeply and extensively in Ayurveda.

Ayurveda and mental well-being

Just as the modern medicine has allocated mental illness to the psychiatry division, Ayurveda too has several treatment methods for such illnesses detailed in the ancient scripts. There are certain herbs proven to nourish neurological tissues. These herbs are collectively called '*medya rasayanas*'. These '*rasayanas*' are used as nerve tonics. **Panchakarma** treatment is a common method to treat mental illness. Panchakarma is a combination of five treatment processes. The five processes are namely *nasya* (nasal therapy), *vamana* (emetic therapy), *virechana* (purging) *vasti* (enema). Depression, insomnia etc., are treated effectively in Ayurvedic psychiatry. The stress laid on mental health is with respect to a continuous conscious check on

the nature of thoughts created by the mind. The World Health Organization describes mental health as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community". Mental Health is not just the absence of mental illness. Achieving and maintaining health is an ongoing process, shaped by both the evolution of health care knowledge and practices as well as personal strategies and organized interventions for staying healthy, known as – Lifestyle Management. These practices are well explained in the texts of Ayurveda.

Yoga and meditation are very common psychiatric practices associated with Ayurveda. Physicians prescribe these two methods commonly to their patients. Yoga is an ancient form of influencing the mind and achieving mental stability and calmness. Yoga helps a person to control his/her mind and gain perfect psychic balance. Under full concentration, one can master his/her mind and thus cleanse the impurities. Meditation is a method of controlling thoughts – an exercise executed in the psychic

level.

AYURVEDA AND SOCIAL WELL-BEING

As discussed earlier, social well-being is the third sphere of health. Ayurveda instills the values of universal brotherhood. The nature of conversation to be established is well explained. The scholars of Ayurveda explain that it is unwise to reveal publicly enmity towards someone – “*prakasayet na apamaanam, na ca ni-snehataam prabhoh*”.

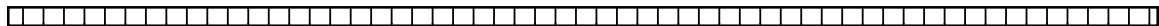
One of the prime factors for social well-being is our attitude towards others. Irrespective of what we show outside, what we think in our minds is very important for our own self. Our scholars tell us not to develop a negative attitude towards

anyone—“*na kanchidaatmanah shatrum, naatmanam kasyachidripum*”.

Ayurveda has its own philosophical approach in delineating health and illness. Interestingly, some of the fundamental tenets of social and behavioral sciences find their places elsewhere in the classical treatises of Ayurveda. It is difficult to find the modern day terminologies but the age old principles described in Ayurveda can be understood in the light of social and behavioral concepts. Dharaniya Vega, Sadvrutta and Achara Rasayana can be understood in the light of Deviance and Social control, social cognitive theory and social network theories which are in fact the most widely used

models for control and prevention of health related problems. In this present document, an attempt has been made to explore some of the age old social and behavioral health concepts which have got a contemporary relevance.

As a whole, Ayurveda prepares a person to both—be at peace, and also not lose his stance at the same time, in the name of letting go. Importance is laid on appropriate conduct, which is the prime factor that determines social health. These are just a few ideas present in the vast ocean of Ayurveda. Making Ayurveda the way of our lives would ultimately provide the achievement of a healthy life. After all, old is gold.



BE A KARMA YOGI

– B.K. Datiah, Kalyandurg

Almighty God Shiva teaches the students of Godly knowledge not to renounce karma and become *sanyasi* but to be karma yogis, i.e., to maintain God-consciousness and soul-consciousness while performing actions. He explains that if one leads a household or community life, there are better chances of doing noble service of giving knowledge and teaching yoga and virtues to others. Moreover, the life in community will provide them with testing their own spiritual attainments. They will be able to know how far they have conquered the vices and how far they can resist allurements, worldly inducements,

provocations etc. In the jungle one has less situations provoking sex-lust, anger, greed etc. and, therefore, there the question of conquering the vices does not arise at all. In the community life, one has very often to face such situations and this enables a student to apply his spiritual knowledge and yoga power to cope with them. And the greater the victory scored over the vices, the higher is one's spiritual stage and the more qualified one is for the deity-status in the next life. One can attain the sovereignty of the deity world only when he proves his valour in giving a crushing defeat to these six devils (sex, lust, anger, greed, attachment, pride and sloth) and who helps others also to conquer these powerful enemies of the soul.

(Contd. from page no. 3)

moral heights, to peace and to liberation from evil, which were its professed and, implied aims, yet *Dharma*, which is a Hindi and Sanskrit word, for which the 'Religion' is wrongly used as a synonym, can fulfill all these three objects. The word '*Dharma*', in fact, stands for those set of values and those spiritual principles which stabilize a person in purity and peace. Call it *Swa-Dharma* if you please because purity and peace are the real and original nature of the self. The world, today, needs such *Dharma* or Universal religion which can unite man to his Creator, can lead to improvement of interpersonal relations and can restore peace and harmony in the society. It is this *Dharma* which God Himself establishes at the end of every cycle, as the Gita says. The Brahma Kumaris Ishwariya Vishwa Vidyalaya imparts teachings in such universal values and spiritual and moral laws.

CREATIVE VISUALIZATION

The incorporeal (non-physical) soul, situated in the centre of the forehead, consists of three energies. Although each energy can be given a different name, it is actually the same energy, the soul, functioning on three different levels at the same time. These are the mind, which is the thinking faculty (energy) of the soul; the intellect, which is the decision-making and visualizing faculty (energy) of the soul and the personality characteristics, commonly called *sanskars*.

In the practice of meditation, on one hand, the mind is used to create pure, positive and powerful thoughts or affirmations based on the basic qualities of the soul like peace, contentment, happiness, love, joy, power, etc. Along with that, the intellect is used to create visual images of the same thoughts, which is called creative visualization. This process brings about a positive change in our *sanskaras*. This is the basic principle used in the Rajyoga meditation taught by the Brahma Kumaris. Creative visualization may be used in various ways to experience true relaxation of the mind.

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Associate Editors: B.K. R.S. Bhatnagar, Shantivan; B.K. Ranjit Fuliya, Delhi and B.K. Ved Guliani, Hisar.

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