

|| From the mighty pen of Sanjay ||



## THE SPIRITUAL SIGNIFICANCE OF WORSHIP OF GODDESS SHAKTI



The 108 names of Shaktis are well-known. They all are emblematic and attributive names. They either denote their pure life or they are indicative of their elevated inculcations. One gets to know from the names about the age in which the goddesses lived. Or they tell us about their relations with the Supreme Soul God Father and human beings or are suggestive of their divine duties.

For example, the names of *Shaktis* such as Saraswati, Gyana (knowledgeable), Vimala (pure), Tapasvini (austere), Trinetri



(the one whose third eye of knowledge is evoked) etc., are indicative of their powers of Knowledge, Yoga and Purity. The names such as 'Kumari' (Spinster), 'Kanya' (Girl) signify that they used to follow the vow of virginity, i.e., celibacy. Through their names such as 'Aadhya' (primogenitor), 'Adi Devi' (First Goddess), one comes to

know that they came into existence at the time of the beginning of the New World, i.e. establishment of Satyugi World. Their names such as Brahmi (the one who follows Brahma), 'Bhawani' (Shiv Putri, i.e. daughter of God Shiva), 'Shivmayi Shaktis' (Shaktis are combined with Shiva) etc., signify that they were mouth-born progeny of Prajapita Brahma, the chariot of God Shiva, and they were bestowed with the powers of Knowledge, Yoga and Purity by God Shiva.

### The Divine and Role-Signifier Names of Goddesses

The names and parents of the goddesses were different by virtue of physical birth, but when they attained knowledge from God Shiva through Prajapita Brahma and forged spiritual connection with the Supreme Soul God, they were known by their divine names – Saraswati, Sharada, Gyana, Brahmi, Kumari. Then, they bestowed Godly knowledge upon other humans also. Through that their devilish qualities were shaken

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### Rates of Subscription for "THE WORLD RENEWAL"

**INDIA** **FOREIGN**

**Annual** Rs.100/- Rs. 1000/-  
**Life** Rs.2,000/- Rs. 10,000/-  
Subscriptions payable through Money Order/Cash or Demand Draft (*In the name of 'The World Renewal'*) may be sent to:

**Om Shanti Printing Press,  
Shantivan–307510,  
Abu Road, Rajasthan, INDIA.**  
For further information regarding subscription,  
**Please Contact:**

**Mobile:09414006904, (02974)-228125**

## SHANTIVAN – SPIRITUAL MANSAROVAR

Through the year 2014-2015, Shantivan campus of the Brahma Kumaris has hosted hundreds of different programmes connected with spiritual enlightenment through Rajyoga Meditation Camps, exposition of spiritual wisdom through different topics connected with Health, Happiness, Healing of Mind, Body and Nature and so on.

Recently, a multi-disciplinary Conference-cum-Cultural Festival on ‘**Rajyoga for a Healthy and Happy Society**’ was held in Shantivan, and proved to be a spiritual Kumbh-Mela where around 5000 individuals from different backgrounds, professions from all over India and Indonesia gathered from 2nd-5th October 2015.

A number of interesting sessions unfolded over 4 days: ‘*Exploring the role of Science and Spirituality in ushering a Golden Era of Happiness*’; ‘*Enlightened Women and Youth: Torch Bearers of the Better World*’. The concluding

session was also very important as it gave an awareness of the *Third Eye of Wisdom*, and participants also listened to ‘*God’s Vision and Our Mission for a Golden Era*’.

BK Mruthyunjaya welcomed guests at the Inaugural Session and opened the Conference by explaining the Aim and Objective.

The five main Sessions of the Conference were all Plenary events where the participants enjoyed listening to Speakers who were very experienced and practical in their approach to the subjects. Some of the Speakers included **Respected Dadi Janki**, **BK Dr Nirmalaben**, **BK Sheilu**, **Br Ramesh Shah**, **Br Mohan Singhal**, **Lt General Tejinder Jeet Singh Gill** (Director General, Ordinance Services, Noida), **Hon’ble Shri K.R. Arjunan** (Member of Parliament, Rajya Sabha, Ooty), **Shrimati Jamuna** (Famous Actress from Hyderabad), **Dr. K. Sambasiva Rao** (Former Cabinet Minister of Textiles, Hyderabad),

**Hon’ble Mr. Otaram Dewasi** (Minister of Dairy, Devasthan and Gaupalan Department, Govt of Rajasthan), **Hon’ble Mr Arjunlal Garg** (Minister for Law & Legal Affairs, Election and Parliamentary Affairs, Govt of Rajasthan), **Prof Dr S Manian** (Vice-Chancellor, Annamalai University, TN), **Dr Rani Anggraini Dewi** (Muslim University, Indonesia), **Dr. Indresh Kumar** (RSS National Leader, Jaipur), **Rear Admiral D.M. Sudan**, (Indian Navy, National Defence College, Delhi), and many, many other truly distinguished and accomplished delegates.

Prof. Dr. S. Manian, VC of Annamalai University had also come for the Launching of the B.Sc. Course in Value Education, which is another remarkable achievement. His speech at the Inaugural Session on 3rd October 2015 was warm, genuine and motivational; we share some excerpts for the readers’ benefit: “*After having arrived here, I realize it is a different universe. I feel unusual peace within myself...*

“*I am a Botany professor and research scientist. I know how to seed, grow, water and protect plants for good yield to humankind. I have planted the seed of education in the minds of many good students*



and transformed them into the researchers, teachers and useful global citizens. However here, I do reflect on the other equally noble and precious aspects of life such as a peaceful and satisfied world, joy, and above all realization of the purpose of my existence.

*“Peace is made up of spiritual habits, teachings and preaching, meditation and submission to God without any great expectations...*

*“We need science, but at the same time we should not forget the fact that we need religion and spirituality also. Indeed, science and religion are complementary. In the search for immortality, if we ignore our body, breath and mind, we are bound to suffer.*

*“The body may influence the behaviour of our mind, but it is the mind that controls the body. This realization led the masters of yoga to discover and awaken the infinite potentials that normally lie dormant in the mind. The set of practices that enable you to gain this self-realization, that is ‘understanding your mind’, and attain perennial joy is called Yoga...*

*“Spiritual Education adds values to life for peace and*

*pleasure. Yoga makes the outer space beautiful. We conduct UG, PG and PG Diploma programmes of study in collaboration with Brahma Kumaris for the well being, peaceful living, and happy existence of humanity. Annamalai University has been associated with Brahma Kumaris for more than five years with the sole aim of enhancing the meaning of life and enlightening the souls. These value-added courses will enlighten your life with peace, power and happiness.”*

Throughout the Conference, the atmosphere at Shantivan was buzzing with enthusiastic vibrations and learning attitude of the participants who listened to the Speakers with keen interest, and applauded them again and again for their brilliant talks. Many were seen taking notes and appreciating the knowledge being shared by each Speaker. The morning Meditation Sessions by BK Sheilu and BK Geeta in particular (Senior Rajyoga Meditation Teachers with experience of over 45 years), as well as pauses for meditation during the Plenary Sessions were well-received by those who felt there was a newness

in the BK approach to the most delicate subject of the **‘Relationship between Self and the Supreme’**.

Respected Dadi Janki ji welcomed the guests to God’s home, and shared precious keys of wisdom: Fill your awareness with the answers to three main questions: **Who am I? Whom do I belong to spiritually? What is my purpose in this Drama of Life?**

The Cultural Programmes presented by Brahma Kumaris Shakti Niketan Hostel (Indore), Smt. Parvathi Ravi Ghantasala & Group, Padmashri Dr. Sirkali G. Siva Chidambaram of Chennai, Bharat Scouts & Guides of Punjab were beautiful and enchanting. These allowed the participants to delve deep into the experience of feeling light and joyous because the entire atmosphere was charged with positive vibrations.

As this was the first exposure of most participants to Spiritual Learning, and Connection with the Supreme Source of all positive virtues and powers, their spirits could be seen flying high as they shared experiences and expressed the wish to continue their newly begun spiritual journey after returning to their respective cities. They would become spiritual ambassadors to

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take the message across Bharat and eventually the world. Everyone was touched by the perspective of humanity being an extended family belonging to God, where people live naturally as human souls interacting with their brother-souls. This kind of practice, when pursued diligently, will definitely glorify the Supreme Parent in every corner of the world, which is the need of the hour.

Some participants voiced their happy sentiments about the way they received God's message through Peace of Mind Channel and a few other channels like Sanskar, Aastha:

Awakening with Brahma Kumaris etc. Some of the female guests were pleased with how Peace of Mind Channel is full of inspiring songs, speeches and cultural presentations, where there are no advertisements which could distract the mind. Those with Peace of Mind Channel connection enjoy watching and listening to the highest and noblest words of wisdom, shared by experienced Rajyogi Sisters and Brothers.

Such thought-provoking events promote significant learning, and give exposure to divine entertainment, all of which encourages a person to

accept the necessity of pursuing the new path of spiritual enlightenment, without renouncing one's family, home, business, career or identity. These 5 days of the Conference become an unforgettable life-long experience for years to come. According to the feedback we've received from them, guests would love to come back to refresh themselves every year! This indeed is a very encouraging sign that times and people are changing, in preparation for the coming age of enlightenment, peace, happiness, health, wealth and super-sensuous joy.

### ***MY INDIA WILL BECOME CLEAN INDIA***

Hats off to our respected Prime Minister, Mr. Modi, for his initiative to usher in a clean and green India!! He has found many young enthusiasts in all parts of India connected with different Organisations, Clubs, Schools of Social reform etc. where everyone participates in Cleanliness Drives and feels proud of holding a broom in his/her hand, thanks to the example set by our political and social leaders like Chief Ministers of Rajashtan, Gujarat and many more.

The Brahma Kumaris at its

Headquarters have been periodically collaborating with Mount Abu and Abu Rd. Municipalities in this special venture and service onto society.

As young children, we were lovingly taught some very important manners by our parents and teachers who took the time and patience to ingrain these gentle, benevolent *sanskars* within us, and so we shall continue to express them very naturally: **Speak Less, Speak the Truth, Speak Sweetly; Maintain respect towards all religions, their**

**places of worship, and elders; Treat others as you would wish them to treat you...** Similarly this *sanskar* of cleanliness, and how truly it is next to Godliness, needs to be firmly inculcated in the minds and hearts of children and the present generation. This can happen only when elders accept the essential duty of bringing about a revolution of cleanliness in Bharat. Let us make our India a Healthy and Clean India.

**Om Shanti**

**– B.K. Nirwair**

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# A VISION OF EQUALITY



– Rajyogini Dadi Janki, Chief of Brahma Kumaris



Dadi Janki

As soon as I say ‘wonderful drama’, I become aware of who is the one who is making it all happen. Shiv Baba (i.e. God Shiva) is the One who is making it happen but He also needs capable hands through whom He can get it done. Then the One who gets it done will be revealed in front of the world.

Love, truth, honesty—it’s the combination of these that the world needs. What is service after all? Shiv Baba has a plan but, to take power from Him is my job. There should be so much transformation in all of us, that others should be able to see newness in a very visible way.

There should not be left in us even the slightest *sanskars* of being a householder. If you ask someone to do something; they don’t do it, and you get annoyed and upset and say “No, this should not happen. That should happen.” Then, these are the *sanskars* of a householder. We should have natural faith in one another. It’s not just faith and trust in Baba, but we have to work with one another too. What is faith and trust?

No matter where we live, ultimately the abode, the home of all of us is one, and now we have to go back to our home. No one has a different home; there is just one and one only.

We are such instruments that whatever place our feet touch, there is some service there. Wherever we go, there is someone there waiting for us to come along and show them the path. They are waiting to become companions. Wherever we go, God Shiva is with us. Whatever we say, on hearing us, others should start flying.

I can see that God Shiva gives equal love to everyone. We therefore internally must not see differences. One shouldn’t see cast or creed but keep good feeling and have always the deep feeling that others can change. If there is even a bit of mistrust or dislike – that defect must be removed. If I have good relations with someone but see or hear something and because of that create a distance with them, then this equates to having abandoned my spirituality.

One needs to experience the benefit of seeing everyone as

equal. One should practise this: if once something wrong has happened, the same shouldn’t be repeated nor revised in mind. We have to have spiritual love for everyone. There is goodness in each one. Each one is good and one’s stage might be good too but ...is it like Shiv Baba’s?

I always tell that I have never lost hope in anyone. Some people have abandoned hope in certain individuals; I never have. This is because at least they are doing the service well. When we stay in unity and let go of differences, when we go into the depth of these matters, we don’t keep anything useless inside. There should not be any space for the useless things inside us. That should be our sincere effort.



# SYMBOLISM AND SPIRITUALITY IN INDIA

–B.K. Ranjit Fuliya, Associate Editor

*[India is a land of festivals, fairs and festivities which add fun, frolic and fervour to life and make it interesting, invigorating and inspirational. On one hand these festivals drive away monotony of the day-to-day work; on the other they bring new zeal and enthusiasm, imbuing mutual love and cordiality in people's lives. Associate Editor B.K.Ranjit Fuliya delves on symbolism and spirituality in India, particularly with reference to Dussehra, which we hope would be found relevant by our esteemed readers. – Editor]*

In India, almost every day of the year has some festival or the other. Although all festivals have some distinct spiritual significance and some specific message, yet their underlying message is social amity, universal harmony, brotherhood, mutual respect and cooperation. The festivals commenced with a view to introduce novel zeal and creativity in people's lives but with the passage of time their inherent purpose was lost sight of and in its place what remains today is mere rituals and customs. It is sure that if we celebrate these festivals with proper understanding, we not only enjoy and relish them but also help in creating cohesion, cooperation and congruity in the society and the world.

Dussehra is one of the prominent festivals of India; it is celebrated with great zeal and enthusiasm. This special festival

is celebrated every year on the tenth day of Ashvina month of the Hindu calendar year. It is believed that Shri Ram killed demon king Ravana, the King of Lanka, on this day; hence this festival is also known as Vijay Dashmi (the Tenth Day of Victory). The importance of Dussehra is also due to the fact that it marks the beginning of the festive season, which continues till Diwali, which is celebrated twenty days after Dussehra and is another very significant festival of India. Dussehra symbolizes the victory of good over evil and it is depicted by burning the effigies of the ten-headed devil Ravana, his younger brother Kumbhkarna and son Meghnath.

The festival is related to the great epic Ramayana—the story of Prince Shri Rama, son of King Dashrath of Ayodhya who had three queens—Kaushalya, Kaikeyi and Sumitra. According to the

legend, Rama had to face various adversities as he was exiled into jungle due to evil designs of queen Kaikeyi. Rama was accompanied by his wife Sita and younger brother Lakshman. When they were passing their time in the jungle, demon king Ravana, attired in the guise of a monk, abducted Sita and made her captive in his garden named Ashoka Vatika. Shri Rama got the help of the army of monkeys, prominent of which were Hanuman, Sugreev and Angad. Rama's army fought a fierce battle with mighty Ravana and killed him, his brother Kumbhkaran, son Meghnath and other brave warriors.

## **Dussehra – Victory of Good over Evil**

However, all the legends associated with the epic are only symbolic, as is revealed by Incorporeal God Shiva. As explained by Him, ten heads of Ravana stand for five vices (Sex-Lust, Anger, Greed,

Attachment and Ego) each in man and woman today. God Father Shiva has revealed that Shri Rama and his better half Shri Sita were pure and vice-less king and queen respectively of *Treta Yuga*, i.e., Silver Age and at that time all other human beings were also pious. So the question of Rama and Ravana being contemporaries does not at all arise. The war between Rama and Ravana is in fact symbolic depiction of the war between the forces of good and evil.

### **Soul in the Captivity**

On the ongoing auspicious Confluence Age, God Shiva gives us the code of ideal conduct, i.e., His elevated *Shirnat*, which we must obey. The violation of this code of conduct, Line of Control, mentioned as 'Lakshman Rekha' in Ramayana, puts the souls in the cage of vices, which is represented by Sita being in Ravana's captivity. Soul is represented by Sita symbolically. God Shiva liberates us from the den of vices of Ravana. The righteous effort makers thus receive God Fatherly inheritance of Purity, Peace, Prosperity, Health, Wealth and Happiness in the Golden Age for the ensuing 21 births.

### **Ever Increasing Vices**

The five main vices and their allies namely jealousy, hatred,

selfishness, laziness, carelessness etc. are ever-increasing in the world, which is shown by increasing the size of effigies of Ravana to be burnt every year. As we fail to burn the real Ravana hidden within the self, there is no happiness and peace in the world today. Before receiving this Godly

*Thus Ravana is a true representation of today's persons who have lost all values and morals in life and crave for more and more wealth, possessions and physical pleasures. All such persons must understand that however powerful and influential they might be, ultimately their immodest, wanton and vicious tendencies will only cause their doom.*

knowledge, souls are vicious and polluted like monkeys. After



receiving the Godly knowledge, souls abandon vicious tendencies, become pure and help God in the divine task of world purification. It is

symbolically depicted in Ramayana as Rama taking the help of the army of monkeys, so as to kill Ravana.

### **Being Associates of God**

The word Dussehra means to sever ten heads depicted by ten vices (five each in man and woman). When souls become impure at the end of Kaliyuga, at such a time of extreme irreligiousness, God Shiva reveals true knowledge through the corporeal medium of Prajapita Brahma and explains the true nature of soul, Supreme Soul, Three Aspects of Time, Karma Philosophy, World Cycle etc. Those aspirants, who follow the teachings in the true sense, become pure and qualify for the new-aged world to be established soon after the destruction of this vicious world. First of all, Prajapita Brahma becomes perfect and complete with his spiritual efforts. Those souls, who follow him, also get enlightened; their ignorance disappears and they free themselves from the clutches of body-consciousness and the five vices. This is the true meaning of Dussehra, as has been revealed by the Supreme Soul at this most auspicious Confluence Age.

### **Ravana stands for Arrogance and Lust**

The main negative character Ravana represents heinous

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vices as Arrogance and Lust. Though he has acquired a lot of wealth and has captured vast lands, yet he is dissatisfied with his possessions. He has been a slave to his lust and earns disrespect and ignominy due to his sinful and vicious tendencies. He boasts of his intellectual acumen and his physical prowess. Due to such heightened ego, he rejects judicious and just advice of his family members and well-wishers. His wife tries to dissuade him from his promiscuous proclivities, but to no avail. Thus Ravana is a true representation of today's persons who have lost all values and morals in life and crave for more and more wealth, possessions and physical pleasures. All such persons must understand that however powerful and influential they might be, ultimately their immodest, wanton and vicious tendencies will only cause their doom.

Ravana neglects and disrespects even his younger brother Vibheeshan who is an incarnation of simplicity, devotion, religiosity and right conduct. Ravana's characteristics fit well on the arrogant, selfish, vicious and voluptuous persons of today who find solace in physical pleasures alone and want to amass more and more wealth and mundane possessions by hook or by crook.

#### **Why Peace and Bliss evade us?**

One must introspect and try to find out the reason why happiness and peace evade him or her despite all the worship and rituals. Is it the result of our negative, careless, selfish and reckless attitude? Let us understand that we alone are responsible for our misfortunes. God has given us the command: "World Transformation through Self Transformation." Hence we must change the self before changing others.

#### **Contributing our mite for world transformation**

If we want to give our contribution in establishing the new world – Golden Age or Paradise, let's have a firm resolve on this Dussehra to eradicate vicious tendencies, forge all relationships with God and obtain the God Fatherly birthright of ensuing Golden Age.

### **CREATING POSITIVE CIRCUMSTANCES**

Why do we find it so hard to create positive circumstances, a positive future in our life? One reason is we all have the tendency to spend most of our time in the past, reliving and replaying our memories. Look back on your average day and you may find that more than 3/4ths of your time is spent in the past (a lot of times without you realizing it). Not only do we try to relive the past, but we also attempt to change it! We attempt the impossible and, in so doing, we live in very small cycles where tomorrow tends to turn out similar to yesterday, and then we wonder why we do not have the power to change our lives. It feels like we do not have the will-power, we do not have the ability to change the circumstances in our lives, our destiny.

The past cannot be relived; it cannot be changed. The past is like a cupboard of old files. When you arrive at work every day, do you step into such a cupboard and spend the day there? The past is a great resource for learning and sometimes, a resource for useful information, but it is not a place to live. We can build on the old, but we cannot rewrite it. The future is the result of what we think, feel and do today. If today is the same as yesterday (because of constantly thinking about yesterday) then tomorrow will look and feel like yesterday and in this way we feel we are stuck in a web and we get frustrated. We need to let go of the past if we want the future to shape up positively, different from yesterday, which is negative at times! The past is past. Drop it and keep dropping it.



# INNOCENT AS WELL AS INTELLIGENT

– BK Savitha, Shantivan

The whole story of this wonderful World Drama has a very deep connection with *innocence*. The role of the Almighty as ‘*Innocent Lord*’ has unique significance in transforming this world into a new era of eternal peace and bliss. It is only the innocence of the Almighty that does this task of accepting the impure souls as His Children, making them pure, worthy of worship and even creating a New World for them. Who else would ever accept all the impure souls, purify them and then send them to a world of joy and divinity? Of course, only He does all this for us. But at the same time He is intelligent too, as He has to accomplish His part of transforming the world. So, He plays both the roles of being innocent and intelligent. Being innocent, He accepts all His children as they are, vicious and sinful, and being intelligent, He uses all the qualities/specialties of His children to accomplish His task of establishing the New World and sending the children to that world

of heavenly bliss.

When the Almighty Himself is playing the role of being both innocent and intelligent, we human souls also need to attain a balance between these two. It is connected with heart and brain. To experience the Spiritual life, to enjoy its taste, one has to remain innocent but in order to be able to pass through this vicious world of this Iron Age and also to deal with the daily challenges, one has to be intelligent. One can’t remain innocent or intelligent all the time. The role of Innocent Lord can only be understood and experienced when we make our-self equal to Him, as innocent as Him. But, to become His instrument, to understand what He expects from us, what He wants from us, one has to be intelligent.

We see our beloved Dadi Janki Ji, how efficiently she balances both these roles. She is the most innocent but...the most intelligent woman one could ever see. When she sustains like a mother, that innocence can be experienced

in her face, but when she teaches as a teacher, when she corrects us, when *she holds our ears* for our mistakes, she does play this role of an intelligent teacher. She knows when to play which role very well. Most of us can visualize both her faces and how she uses both her heart and brain to sustain and educate the whole world.

Innocence is a God-given boon which keeps us safe from a variety of negative things happening all around us in the world. But, sometimes it might trouble us and we may easily get deceived, because the world is full of variety of souls. We can’t predict the intentions of everyone who comes to us. So, there we need the power to discriminate, the intelligent brain, to understand the intentions of that soul.

A spiritual mind knows how to maintain a balance of the two. When we practise and become an embodiment of spirituality, our mind and intellect gets trained in such a way that it does not get affected by the things happening around us. When the intelligent mind works, one can naturally get affected by the surroundings, because it starts judging the things happening around. If it happens according to my wish and my liking, the mind accepts

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it to be good, but if it doesn't, the mind gets upset. In such situations, the mind starts judging as per its own comforts and moods. But, an innocent heart never does it. An innocent soul never gets disturbed for anything that might or might not happen as per one's wish and desire. It accepts the things as they are, naturally and it does not need to make any special efforts for that. Operating from an innocent heart, one can remain calm, cool and peaceful in such situations, because they are not involved in the unnecessary things.

Let us make our mind and intellect so clean and clear that we know how to maintain balance between being innocent and intelligent. Let us be innocent while loving, caring and inspiring someone, and intelligent while taking any decisions about an important aspect of life. Let us make our mind free from un-necessary things around us and enjoy our lives being innocent with the Innocent God. This is the time to experience and cherish His love and sustenance. If we try to keep our parts being too intelligent, we might not be able to get closer to the Divine, as the Innocent God always likes His Innocent Children. A truly innocent child of God would just fall in love with Him without any doubts or questions and would become His immensely valuable instrument. Such an innocent child realizes that being able to fall in Love with God is the greatest Romance of this life.

## *NOT JUST PLEADING, LEARN TO LISTEN TO GOD SHIVA*

– Manjula Baijal, Guwahati (Assam)

**M**any people would very well remember things that they would expect to receive but never will they think of what they have to give to others. Just as man enjoys certain rights, he has certain duties to perform. Some people ask God Shiva, "God! Since you have adopted me, don't you have the responsibility to protect me as well?" But, we too should have the responsibility of showing gratitude to our Beloved Father. Do you thank God at least once a day with a grateful heart? Do you bow your head before the Almighty? Do you appeal to Him to make you tread the right path and thank Him for giving you all spiritual attainments? One feels annoyed if someone asks such questions. They would speak with despair that they pleaded God Shiva to fulfil a desire and since the desire was not fulfilled, they stopped praying to Him and would even justify their stand. In times of crisis or sorrow, we forget that although God can help us to some extent, whether we will surpass the situation or not is largely dependent on our past and present actions. Our faith and trust in God makes us open to receive God's blessings and powers which can help to overcome any adverse situations.

Just as we take food every day, we have to pray to God at least once a day. We should realize that we have to bear the effects of the accumulated sins of the past life and His remembrance helps to burn our sins and settle karmic accounts. When troubles surround us, we should pray to Shiv Baba to forgive our sins and condone our mistakes. We owe responsibility to ask for forgiveness and should be committed to perform good deeds. Remember that God is pleased with an honest heart. Our responsibility is to create good thoughts and actions which will bring love, peace and blessings, thus helping us to move ahead.

|| From the Melodies of Mateshwari Jagdamba Saraswati ||

## NOW THE MASTER GIVES HIS ORDERS



The Father says, “Now accept my instructions, because the world is going to end. I’m creating a new world, and laying the foundations. Be focused to imbibe purity and to apply it practically”.

The Father’s advice is, ‘Remember Me, and keep your deeds elevated. Never perform any action under the influence of a vice. Remove from your path, through knowledge and yoga, the obstacles caused by past karmic accounts, and move forward’. The Father says: ‘In case you get confused, I’m here. You can seek advice from Me. Yes, I’m not present here always; I’m present only in the Confluence Age. I come, I talk – look, I have taken a body. In a way, I have taken a house on rent. For the sake of you children, I have taken this human body(Brahma Baba) on loan. Look, I will make him the Emperor of Heaven. Is this a lesser rent in any way? Children, I will make you the masters of the entire world. I have hired this body for you. If you have to



Mateshwari ji

seek any advice or suggestions, you may ask.’

### Signs of Clever Students

God Shiva has given us intellect and knowledge, so that we may understand what to do in particular, typical situations. This confluence-life is very valuable and brings many benefits. This is why the Father says, ‘Pay attention very well and don’t harbour waste in your mind. Don’t allow thinking that ups and downs do occur and so you can let them happen. Take care of yourself, and put sincere and fast efforts. Keep divine knowledge in your intellect.

It’s also good to take notes. If you take notes, you can

remember. Writing down the points or to take down notes is the sign of a clever student. Clever students pay attention to study, and revise again and again; they understand for themselves, and make others understand as well. These are the different ways to study. Similarly, here too, clever students think this was a very good point in Shiv Baba’s *Gyan Murli* (flute of knowledge) to tell others, and that was a good point to explain from Mamma’s *Murli*.

Those who are good at study will never miss studying the *Murli*. Although it seems that similar points come up every day, the *Murli* shows new ways of moving forward. Some or the other significant points can be found daily in the *Murli*, provided that one listens attentively. If one doesn’t listen attentively, it seems monotonous. Everyday Shiv Baba says, ‘remember the Father and become pure; be holy, be yogi; and some think this can be done sitting at home as well and therefore ignore the *Murli*. However, points of knowledge will get clear in the intellect only when one listens to the *Murli* everyday. Those who pay good attention to understanding the knowledge, will also give good abilities in explaining it to others.

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We have been listening to the *Murli* or divine versions for so many years. Some points stay in the intellect so fixated as they attract and pull the heart so well that it feels, "This was meant just for me. This is because there are many types of people and *sanskars*. Different point appeal to different people. It's like shooting arrows at a target: we get points from the *Murli* that teach us the method of explaining a particular aspect to a person with a particular *sanskar*.

**Have the Concern to Donate Knowledge**

It is our task to bring benefit to others, to try to explain knowledge to them. We try through our body, mind and wealth, and in every circumstance, to serve. It's our duty to make appropriate efforts. As per his/her fortune, each one will create it to that extent. But our efforts should be complete. We must never think that it is wasteful to discuss something with others, as they are adamant.

Some people think: we have to make our life pure, and sit in God's remembrance...so why should we break our heads with people?' No, serving others is our duty and responsibility. When we have received happiness and peace through this knowledge, we should also give it to others. We should donate it to others. Why do people make donations? To earn the return of charity. This is also a donation of knowledge. We should have the concern to donate.

This is why Shiv Baba always says in the *Murli*: 'Have concern – give this knowledge to as many people as possible, daily. Your vibrations must go to at least 5-7 houses. This should become our regular practice and habit.

**THE THOUGHT DESTINY CYCLE**

The process by which we create our own destiny is quite easy to see in theory; however it requires some checking to see how it matches the reality of our practical lives. Here is the process in brief:

- As our intentions, so will be our thoughts.
- As our thoughts, so will be our feelings.
- As our feelings, so will be our attitudes.
- As our attitudes, so will be our actions.
- As our actions, so will be our habits.
- As our habits, so will be our personality.

As our personality in all our relationships on our journey through life, so will be our destiny. So watch your thoughts! Be aware of your intentions!

Our intentions are based on our beliefs about who we are, where we are and why we are here. If we believe we are the physical form, our belief will be that we need to survive as long as possible. This leads to the intention to get what we think we need before others, which leads to competition, which leads to feelings of fear. Our destiny gets shaped accordingly. When you know you are the non-physical and immortal (which is neither created nor can be destroyed) energy, a soul, then survival is no longer an issue and your intention is one to include, connect and co-operate with and enlighten others. The service of others at a spiritual level becomes the highest intention in action. It is fully free from fear and can be seen as an act of love. This is why competition and authentic spirituality can never be found together.

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# INTROVERSION



– B. K. Jegasothy, Jaffna, Sri Lanka

**T**he power of silence is an innate imperishable power of the soul. Silence gives serenity and innate virtues. It enables the soul to gain light and to attain its excellence. Silence power deepens meditation and heals the illness of the self and others. Silence makes the mind strong, spontaneous, sacred, stress-free, sensible, charitable, serviceable and self-sovereign. Awareness of the truth brings freedom; true liberty to be free from all vices. Truth is the foundation of love and it paves the way for spiritual beauty which cannot be destroyed by age, illness or ailments. Every situation in life must be faced, so why not face it with love? Silence power helps to condition our mind and thereby to remain cool under all conditions, extend whole-hearted cooperation for the establishment of a better world. Be free from bondages; plug in your connection with God Shiva, The Supreme Father and switch on elevated thoughts and feelings with the help of the power of silence. Many a spiritual wonders can be witnessed through this power of

silence.

Silence is a key to introversion there is a great difference between the sweetness of introversion and the disturbances of extroversion. An extrovert can make himself an introvert through discipline and constant perseverance. It depends on the will power of the soul. The soul is the charioteer of the body, the chariot. This consciousness makes us detached from the body. The mind and the intellect should cooperate and be in the company of the Spiritual Father, to make our stage equal to that of our Father. This is called spiritual endeavour. When we are with the Father in the Silence World, *Paramdham* – our thoughts, words and actions become like that of the Father. Purity is the by-product of knowledge and it is the foundation of spirituality and introversion. Introversion helps us to dive deep into ourselves. When people dive deep into the sea, all the rubbish on the surface disappears and the inner beauty of the sea is seen. We could observe the greenery of the rocks with beautiful fish all around at its

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depth. There will be beautiful corals and shells decorating the bottom layer of the sea. We can collect pearls inside the shells. In the same way, introversion reveals the beauty of our inner world and the depth of spirituality.

**One of the Prime examples of introversion was Dadi Prakashmaniji who was satisfied, contented, cheerful and constantly smiling. To be an introvert, one should imbibe what Dadiji practised and radiated the spirituality to everyone like an angel. If truth and honesty easily come to us then love from God follows automatically. Purity brings peace and happiness, and help us in giving good wishes to everyone, by making us see the person in his original form (soul). Knowledge, yoga, service and inculcation of divine virtues enable the soul to give subtle *sakash* (vibrations through mind). We all should try to be introvert as much as possible. When we experiment this stage, we experience the newness and depth of qualities such as Peace, Love, Purity and Bliss. Introversion helps us to connect with the One who is teaching us, the unlimited Father, the Ocean of Knowledge. As we reflect on a quality and think, ‘I Am a Peaceful soul’, or ‘I Am the Child of Ocean of Peace’ or ‘I, the**

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# EXPERIENCE A GREAT TEACHER

– B.K. Anand M. Hans, New Delhi

It is beautifully said that to understand something you need knowledge, but to feel it what you need is experience. One learns many things from experiences in life. But you can learn from the experiences of others as well.

I am relating here two experiences of a Brahma Kumari sister, who is giving her services at Om Shanti Retreat Centre (ORC) in Gurgaon, which she had had with Dadi Gulzar and which also had a very profound impression on me.

Recalling the first experience, the B.K. sister said that though Dadi Gulzar is mostly informed about service news, once Dadi asked her for some news of the world. That was the time when Osama bin Laden had been killed by American military men. So the B.K. Sister proceeded to tell Dadi Gulzar about the incident in details, how the arch terrorist had been spotted in a military cantonment in Pakistan and how he was gunned down. It took her about 10 to 15 minutes to relate the incident which Dadi listened to in silence. After the sister had finished, Dadi Gulzar

simply said, “So, the terrorist is dead”. The sister said that from that day, she made it a guiding principal of her life to be very economical with words and to use minimum words as needed for the occasion.

The second incident relates to a visit to ORC by Mrs. Salma Ansari, the wife of Mr. M. Hamid Ansari, the Vice-President of India. She arrived there one hot summer afternoon. She was asked what she would like to have – tea or coffee. She replied that she would rather have a glass of fresh fruit juice. So, a sister was assigned the job of getting a glass of fresh Mausami (Sweet Orange) juice for the Vice-President’s wife. As it was time for rest at the ORC, the sister found it difficult to locate the brother who was in charge of the juice-machine. Then finding the fruit also consumed some more time. In short, it took about forty five minutes for the glass of fruit juice to materialize. Mrs. Ansari, who meanwhile had got busy talking to other sisters of ORC and had seemingly forgotten all about the juice, accepted it

without any demur.

This incident came up later in a meeting held at ORC to review the activities of the ORC, where Dadi Gulzar was also present. During the course of the meeting, the visit of Mrs. Ansari came to be mentioned and along with it, the inordinate delay that had taken place in offering her the glass of fruit juice. The concerned sister was called in to explain the reasons of the delay. Though nervous at first, she took courage to explain the situation as it had happened.

Though expecting an adverse reaction, the junior sister got a surprise of her life when Dadi Gulzar embraced her and gave instructions that the sister should be given a new juice-machine which she would keep with her for use in future.

This incident set me thinking. Suppose such an incident had happened during the recent visit of the American President to India. If Obama had got a drink asked for by him after some delay, there would have been a hue and cry in the Parliament the next day if it were in session; otherwise, the opposition would have demanded the resignation of the External Affairs Minister or the government would have been forced to set up an enquiry commission headed by a retired judge to find out who was

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Mahatma Gandhi

## ***RELEVANCE OF MAHATMA GANDHI IN TODAY'S WORLD***

– **B.K. Apperna. S**, Chennai

**C**ome October, everyone looks forward to 2nd October, Gandhi Jayanti, the birth anniversary of The Father of our Nation—Mahatma Gandhi, declared as the World Non-Violence Day by the United Nations. Do people eagerly await this day as it is a public holiday or do they really know the value of the day and the great man in subject?

All of us know and have read about this great soul, who got us our long cherished freedom from the British. There are so many of us who are greatly inspired by the Mahatma's life and try to imbibe his teachings into our life. On the other hand, there are a few who ask if Gandhi and his teachings are relevant in today's world. Have we really understood the profound meaning of his teachings? An in depth analysis of his life and teachings would run to many volumes of literature and it is impossible to put it down in a few pages. However, a look at a few of his main teachings will let us understand and decide if he and

his teachings are relevant today or not.

The relevance and influence of a person or his life and teachings can be immediate or far away. It can have effect on an individual or the society as a whole. If we go through the life of Gandhi, we can find that he just didn't teach, but lived his teachings. In short, he practised what he preached.

Gandhi approached life with relevance to his fellow beings and he was a seeker of truth, and a votary of non-violence, love and peace. He was of the opinion that non-violence in thought, word and deed would spread love and peace and that this was the shortest route to the evolution and progress of an individual and the society.

He led a very open life, keeping all his activities known to the public. Any human who aspires to rise above the average and lead a meaningful life, would find relevance in the life of Gandhi. He did introspection of his inner self and relentlessly tried to overcome his

weaknesses and evolve in life. He laid emphasis on self-control and purity. He tried to live a pure and spiritual life that was above the life that went around the senses and its pleasures. According to him, the evil outside was actually what was within the self. Hence, he deduced, self-purification was the only way to remove the impurities from within and lead a pure and clean life. Once the inner self is cleansed of impurities, the thinking becomes clear and is reflected in the actions.

He also realised that food played an important part in self-purification. Not just that he had promised his mother, but also due to his conviction, that a diet which was healthy, yet simple and free from violence, i.e.; vegetarian was good to remain fit both physically and spiritually. He remained a teetotaler and a vegetarian even in a country like Britain where it was difficult to find vegetarian food during those days.

Another aspect that Gandhi impressed upon was to 'Return good for evil' – a thought which is impossible for many in today's world, where people believe in the concept of 'An eye for an eye' as there is lack of tolerance in all aspects of life. Gandhi spent his life in a scientific

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search for the progress of the self and the society at large, to establish truth, through love and non-violence and always return good for evil.

Any human who aspires to lead a higher and nobler life, would find Gandhi's life and teachings to be very useful and positive. In the process of paving a way for himself, he arrived at a social philosophy which was an amalgam of the needs and aspirations of an individual and that of the society from which an individual is inseparable. He named this social philosophy as *Sarvodaya* – meaning the rise and development of all. There is no society without individuals and vice versa. Hence, as important it is for the society to help an individual to grow, so also it is equally important that the individual gives the best to the society. The objective was the moral and spiritual development of man.

Once man learns to distinguish between good and bad, his path to evolution becomes easy and clear. Once this is achieved, man learns to use his powers in a manner beneficial to the self and the society. This is the crux of Gandhi's *Sarvodaya* – his social philosophy. To achieve *Sarvodaya*, without any discrimination of caste, class or

creed, he brought about *Satyagraha* – the insistence on the truth of one's own experience, through the use of non-violence. Gandhi's *Satyagraha* has been successfully used by Dr. Martin Luther King in the USA.

Today we live in a world filled with evil, injustice, violence and exploitation in every walk of life. Science has put into the hands of those who command power, innumerable wealth, authority and destructive weapons. At such a stage Gandhi's philosophy is a boon. He insisted on solving all conflicts in a peaceful manner with love. Most problems in the present world arise due to ignorance, poverty, suppression etc., which are the common enemies of man. The use of destructive weapons is not the solution in resolving these. Instead, we should try to solve the issues using other methods. The use of destructive weapons has only made the society chaotic and a miserable place to live in. Lack of tolerance towards another person's religion, language and culture has furthered the already existing misery.

We find health problems all over the world with new diseases coming up every day. There is a life-style problem in the world. Gandhi valued time

the most and thought that time is life and wasting time is wasting life. Since he valued time, he followed punctuality and spent his time, energy and thought solely in constructive activities that benefited all. He also valued health and believed in physical activities. Even on the fatal day when he was shot, he had completed his morning walk and was on his way to attend his morning prayers. Such was his conviction.

It is thus clear that Gandhi's life, teachings and thoughts are always relevant for those who aspire to lead a peaceful, ethical, spiritual and healthy life. His *Satyagraha* is the best way to bring about a peaceful economic, social and political change. Bloodshed will not achieve anything but Gandhi's insistence on peace has the power to solve the issues, heal the wounded minds and lead a happy and harmonious life.

The call of the day is self-transformation, as self-transformation leads to World Transformation. The world that is under utter chaos can undergo a transformation if we sincerely understand and follow the principles of the Mahatma and each individual promises to transform his self, the new world or Satyuga is not far off.





# INCOGNITO WARRIORS



– B.K. Snigdha Chakraborti, Garia, Kolkata

God Shiva, at times denotes His spiritual children as ‘Incognito Warriors’ in His Godly versions, i.e., the Flute of Knowledge or *Gyan Murlī*. What does this term really signify?

Incognito means hidden, and warriors means fighters. So it means the warriors, who are hidden from the view of the world but are constantly in war. But, which war are we fighting and which army do we belong to? Well, we belong to God’s spiritual army. He does not teach us violence. Then, why are we talking about God’s army? Well that’s because God does have an army and He does teach us to fight, not against people, but against our own negative *sanskars* and vices and empowers us to imbibe good qualities within ourselves.

Why is it incognito then? That’s because many people don’t recognise God when He incarnates in this world because He comes in a very simple, old person’s body and uses it to teach His children because He does not have a body of His own. Only those who recognise Him become a part of His spiritual army. Then He gives His army the golden slogan of ‘when you will change, the world will also change’ and teaches the art of fighting with the vices. He tells His army that all the miseries in the world are due to these vices. He keeps reminding the divine progeny to be constantly in the battlefield so that the ‘enemy’ can never defeat them. For attaining victory, they must keep a check on thoughts, words and deeds. This helps them to remain cautious and recognise the

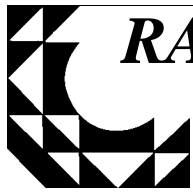
deception and illusion of the enemy named ‘Maya’.

This is God’s spiritual army which God creates so as to bring about world transformation. The awareness of being a constant warrior helps one to make the incognito effort to become completely pure and win the battle with ‘Maya’. The reinforcements that army gets is not of physical weapons but the energy of Love and Power received through constant remembrance of the Source, the Supreme. His energy makes every spiritual aspirant *Mahavira* or a *Shakti* and this gives them the courage to fight the real war and achieve victory.

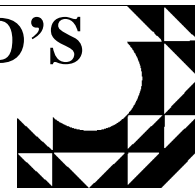
God uses His army to bring about an end to the old world i.e. Iron age and create a new world i.e. Golden age. Those in His army who spend their life fighting and conquering the vices and strive to become virtuous, become qualified to go to the Golden age which God creates. Is it not a great fortune to be in God’s army and become His incognito warriors?

## PEACEFUL MIND

Learn how to keep your mind peaceful by feeding good thoughts to your mind. Let your mind rest... Let it be restful... not restless. Remember: my mind is my own. I mustn’t let my mind cause me distress. I cannot slap my mind (suppress the mind) – I have to give it love. By giving your own mind love you will make it peaceful.



# RAJYOGA IDENTIFIES GOD'S PEOPLE



– BK Rose Mary

**T**he word 'Rajyoga' has a different meaning to what is inferred by most people. This is because whenever the word 'yoga' comes up, it is thought to bring bodily benefits and relief rather than focusing on the consciousness or spirit. Take the case of black box.

Though one may think the colour of *Black Box* (*Flight Data Recorder* which collects the data that helps investigate any mishap with the aircraft) is black, it is actually painted a bright orange to be spotted and recovered easily. It is called *Black Box* because its function is unknown to the public whereas only the experts can decode the needed information from it.

Similarly, when the term *Raja Yoga* is mentioned, people think of some *Yoga asana* or physical exercise. *Raja* means king, and *yoga* (from the root *yuj*, meaning 'to join together') has to do with joining/linking of two entities. There are various forms of *yoga*, but *Raja Yoga* is the royal or the highest form of *Yoga* (king of all *yogas*), which refers to the union of the individual consciousness with the Universal Consciousness, the Supreme Soul. *Raja Yoga* is a way of living in which one's intellect is always linked to God through love-full remembrance. In *Raja Yoga* one's soul re-establishes its sovereignty over all his bodily senses, especially over its faculties—the mind, the intellect, and personality traits. Like a king who defeats and banishes the usurper, the soul banishes ego, the illegitimate ruler, and restores order and peace. Thus life of *Raja Yogi* is orderly, disciplined, moral, ethical, and full of

joy.

Interestingly, the above details about the *Raja Yoga* fit well with what the great sage Patanjali (known as "Father of Yoga") meant when he coined this term. In the *Yoga Sutras*, Patanjali does not mention even a single *asana* by name. In its chapter 2, verse 46, he defines *asana* as '*sthirasukhaasanam*' ('to be seated in a position that is firm, but relaxed') and mentions the ability to sit that way for extended periods as one of the eight limbs of his system, known as *Raja Yoga* (2:29). Thus, according to Patanjali himself, *Raja Yoga* is a way of life spread through eight steps (of which *asana*, which is now mistaken as *Yoga*, is only the third step). So, one is called a *Rajyogi* when he does ALL the following:

- ▶ 1. *Yama* (the Don'ts): abstaining from hurting, lying, stealing, coveting and engaging in any sensual/sexual acts and this will remove future difficulties from one's path.
- ▶ 2. *Niyama* (the Do's): the study of soul and of Supreme Soul, intense love of Supreme Soul, practising self-discipline, purity of body and mind.
- ▶ 3. *Asana*: sitting in a firm, yet comfortable and relaxed posture.
- ▶ 4. *Pranayama*: control of life-force energies through breathing slowly and deeply, as opposed to the restricted, choppy and erratic breathing.
- ▶ 5. *Pratyahara*: withdrawing attention from the information of one's five senses.
- ▶ 6. *Dharana*: focusing attention on one's very



being [soul] and on the Supreme Being/Soul

▶ 7. *Dhyana* (being absorbed in the thought of soul and Supreme Soul and of the qualities both share such as knowledge, purity, joy, love, peace, power and bliss)

▶ 8. *Samadhi* (feeling one with God's qualities as the grip of ego has really been broken).

One can observe, in principle, all the above-mentioned steps (and even more) are vigorously practised by *Brahma Kumars* and *Brahma Kumaris* who are like the modern-day Arjunas to whom God imparts the same old original *Gita*-teaching, aptly called the Science of *Raja Yoga*:

“Remember that you are a soul, and link your intellect with your Father, the Supreme Soul, who is minuter than the minutest in form, yet unlimited in qualities. The more you do this, the more your sins will be burnt and happier you will be. Be firmly attached to Him alone as anything else is transient; be even-minded in all situations, and always do the things that elevate/purify the self and others, which is called your sanatana dharma (eternal duty). The more you do this yoga, the worthier you will become and claim your inheritance accordingly.”

We know that the naming of characters of *Mahabharata* is in accordance with characteristics of different souls that appear in the last phase of Kaliyuga. Most notable among them are two groups of people:

▶ 9. One that represents Arjun (the soul-conscious ones) whose connection or link is with the Supreme Soul alone.

▶ 10. The other represents Duryodhan (the body-conscious ones with material desires) whose sole attachment is towards money, power and sensuality, and who believes in the famous statement: “I will not give away even a needle-point area of the land.”

Thus both are *yogis* in different senses—Arjun

is attached to the Supreme Soul, and Duryodhan is attached to the material things of the earth. Interestingly, [in contrast to Duryodhan's allies who are all named after some form of body-consciousness/vices] Paramahansa Yogananda (the great sage of 20th century), in his interpretation of *Bhagavat-Gita*, makes an interesting observation regarding the metaphorical meaning of some of the close allies of Arjun:

▶ 11. Dhristaketu (*Yenaketa vahapadahhrsy ateanenaiti* = ‘one by whose discriminative intellect difficulties are overpowered’) represents the ability of *Raja Yogi* to practise *Yama*.

▶ 12. Shaivya (*Sivammangalamtat-sambandhiyam itimangaladayakam* = “one who adheres to what is good or auspicious, to what is conducive to one's welfare”) represents ability of *Raja Yogi* to practise *Niyama*.

▶ 13. Kuntibhoja (*Yenakuntimkunaamantrana daivavibhutiakarsikaktimbhunakti palayate yahsah* = “one who takes possession of and supports the spiritual force—Kunti—by which divine powers are invoked and drawn to oneself”) represents *Asana*. As Kuntibhoja adopted and reared Kunti who is known for invoking divine powers, *asana* supports the ability of *Raja Yogi* to receive divine powers from the Supreme Soul.

▶ 14. Yudhamanyu (*Yudhamcaitanya-prakasayitumevamanyu-kriyasyasah* = “one whose chief action is to fight to manifest divine consciousness”) represents *Pranayama*. Breathing which is inseparably connected with life-force, which is the link between matter and spirit. Flowing outward, it reveals the alluring world of senses; reversed inward; it pulls the consciousness to the eternally satisfying bliss.

▶ 15. Purujit (*Pauranindriya-adhistratr-*



*devanjayatiiti*) = “one who has conquered the fortresses of the astral powers ruling the senses) represents *Pratyahara* by which one conquers sensory fortresses of the body.

- ▶ 16. *Abhimanyu (Abhisarvatramanute prakasateiti* = ‘one whose intensely concentrating mind shines everywhere’ or lights/reveals everything, makes manifest the illumined state of self-realization that makes one experience ‘I am *Atma*, not this body. *Abhimanyu* (from *abhi*, ‘with intensity, toward, into’ + *manyu*, ‘spirit, mood, mind, ardour’) represents the intense mental state or spiritual mood (*bhava*) in which the consciousness is drawn ‘toward/into’ linking with the object of its concentration, or ardour, giving perfect self-control.
- ▶ 17. *Virata (Visesenaatmanirajateiti* = ‘one who is wholly immersed in his inner self’) represents *Samadhi*.
- ▶ 18. *Uttamaujas (Uttamamojoyasyasaiti* = ‘one whose power is of superlative quality’) represents vital celibacy which keeps energy reserves of one’s body much higher.
- ▶ 19. *Kashiraja (Padarthankasyanprakasayanrajatevibhutiiti* = One whose shining causes others to shine) represents discriminative intelligence.
- ▶ 20. *Yuyudhana (Yudhamcaitanya prakasayitumesanaha bhilasamanaiti* = one who has an ardent desire to fight to express spiritual consciousness) represents divine devotion.

Thus *Raja Yoga* is an inner mental exercise, through which we link ourselves to the Source of unlimited qualities and complete purity (the Supreme Soul, Shiva Baba), which not only boosts our immune system, but also purifies our mind, recharges us to face the day’s challenges with ease and makes us worthy of inheritance

in the recreated heaven on earth. Practice of this *Raja Yoga* is the ultimate duty prescribed for God’s children living at this time (Gita 18:66). We invite you to come to your nearest *Raja Yoga* meditation centre, and experience a loving communion, linking, with the Supreme Soul through *Raja Yoga*—something *Brahma Kumaris* have been practising since their very inception.

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Soul Am a Resident of the Abode of Peace’— then each thought brings different experiences. This stage makes us strong and steady and also makes us very sweet and humble like the unlimited Father. At the moment when the souls are under external influence, try to give spiritual gaze (‘*drishti*’) – good feelings to everyone, irrespective of their stage. Introversion helps to reveal the angelic form as we bestow the blessings of the Father to the whole world and to each and every soul. So, be quiet. Be still. Be introverted.

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responsible for the delay. In serious terms, the concerned officer to blame would have been reprimanded, punished or suspended.

Compare this imaginary scenario and the ease with which Dadi Gulzar finished the matter of the juice in no time, and you will realise how much is left to be learnt from our Dadis whose mere presence exudes love, compassion, acceptance and forgiveness.

These experiences can teach us great lessons in our daily life that if we wish to make our place the throne of God Shiva and receive good wishes from all, then we need to just emulate our Dadis and elder sisters.

# *BODY OR SOUL-CONSCIOUS!*

– BK Prof. Ved Guliani, Hisar

I was contemplating the nature of human soul and its relations with the Supreme Soul when a line of a spiritual song fell on my ears “*Ye deh na yaad aaye.....*(May there be no remembrance of Body, nor of body-consciousness)”, I started thinking how one can completely become unaware of one’s mortal coil, this physical body and be soul-conscious. Being in this world, rather vicious world, reminds one every moment of being a body in flesh and bones and a part of a specific social structure.

One may realize the truth that one is a soul and this body is only a medium of performing deeds. It is the soul that is responsible for all our thoughts, speech and deeds. Hence the truth is that this body, the mortal coil of the soul, is insignificant, temporary and immaterial. But would all this knowledge help me forget and ignore the body and be in a constant state of being my true self i.e. the soul. In our day-today life are we not conscious of the dress (and its colour, design, make etc.) that we are

wearing on a particular occasion.

During the course of our life, so many things happen to us and around us; my body is involved in one or the other way. Sometimes I suffer from certain ailments or some or the other part of my body is injured in one way or the other. Of course all such things also happen to other people around me, many of whom are either my relatives, or neighbours and acquaintances at some level. If I literally go by the above-quoted song, I should not remember any of these. Can this be humanly possible?

I really find myself in a predicament. If I remain involved with all these things and people and also my body, I cannot realize and experience my being a soul or communicate with the Supreme Father as a soul. Forgetting them (the body and relatives) completely and being in a soul-conscious state seems rather difficult to attain. The confusion inspires the mind again to go back to the spiritual knowledge and search for the answer.

There appears a light at some distance. No doubt when the body is injured there would be pain. Of course when some relative or friend is passing through a difficult phase, a sense of concern is natural in the mind. One cannot allow the wound on the body to degenerate and must go for medicine and dressing as one also cannot leave the friend or relative to suffer on his own. One must show sympathy and do whatever is within his means. Does all this also imply that one must be bodily attached to all these things? When one is crying in pain, does the good doctor start crying or tries to dress the wound and give an injection so that the pain subsides? From his objective and dispassionate approach would one draw the conclusion that the doctor is not sympathetic or not concerned with your suffering. He has sympathy but he also maintains his composure. When our friends and relatives pass through difficult and anxious moments, do we also start crying and get depressed with them or do we remain calm and think of the ways to come out of that situation?

I think that is the way to attain equanimity. Keep your calm and be composed. No doubt **in this life injuries and pain are mandatory but sorrow and**

**(Contd. on Page No. 26)**

# MORALE EDUCATION CAN TAKE INDIA TO NEW HEIGHTS

– Vedvyas Malik, Karnal

August 15 is celebrated as independence day of India, when India got freedom from slavery of the British empire after long, more than 100 years of both non-violent and violent-struggles. Thousands of people worked day and night and devoted, dedicated and sacrificed their lives to make our country free from the shackles of foreign rule. India, a confederation of hundreds of princely states, since 11th century, had been ruled at center first by Muslims and then by the Britishers for over 400 years.

The freedom in 1947 was also a sad day of division of India in two independent nations on the basis of religion—Hinduism and Islam, with public as well as princely states given free option to join nation of their choice. Lakhs of Hindus and Sikhs were driven out of their homes in West Punjab forming Pakistan and India after riots to loot them and bloodshed to terrorize them. India had to struggle to join together border area of the State of J&K, Jaisalmer and Bikaner in Rajasthan and Hyderabad in

South into Indian republic. The forcible occupation of part of Kashmir by Pakistan in 1947, still a disputed territory is part of package to us of Indian independence on 15th August 1947.

India became a democratic, secular sovereign nation after independence and adopted a new constitution to make it socialist non-aligned country. However, it is unfortunate that country which got freedom after years of sacrifices of such a large number of devoted and dedicated men and women is being run by a large number of unscrupulous politicians who use their money and muscle power to subjugate the weak and powerless people. As a result even after 68 years of independence, we are still an under-developed country. Fundamental rights along with directive principles guaranteed by the constitution to the common man could not be realized in spirit even after long 68 years of Independence.

Politics mixed with money and religion has done lots of damage to slow down of progress of our

country. Politicians all over the world are the same tribe of selfish concerns. Though politics is second oldest profession, the political leaders with conscience realize that it has close resemblance to the first profession of the world. An honest politician is one who once bought stays bought, but Indian politics has gone murkier still with flexibility even after commitment to an ideology.

Our present system of parliamentary democracy which is based on election of Government with majority voting system has proved to be ineffective. Votes of the poor and the weak are bought with money and muscle power. Once in power, there is no proper system of accountability of the politicians and they do what they want to do according to their own selfish interests. Interests of the common public are of no concern to them.

To be free is freedom from fear of all kinds, but our judicial system with lawyers as its agents is also in full control of money power. Obviously, we can't expect judgments to be fair. Moreover, justice even if it is done takes so much time that it loses its significance.

In the light of what has been stated above, it is clear that we have to strive hard to enjoy

(Contd. on Page No.34)

# MASTERING EGO

– BK Padmapriya, Los Angeles -USA

**E**go is a frequent visitor in our mind and intellect. Sometimes we don't even know when it comes or goes until our neighbour says that you had an arrogant visitor today.

## What is ego?

Ego is a misinterpretation of our own self. It's like an illusion of what you really are. It's part of your awareness but just dangling upside down. You are aware of yourself in the wrong way.

## How does ego work?

When your awareness in the ego state makes up an idea/opinion/perception and makes you believe that it is true.

Example: 'I think and pick up a vibe that my colleague is jealous of me and yes I am right about it.'

'People tell I sing well, probably I am the best singer of the country. No one can sing as great as me!'

## How to recognize your ego?

The sign of you operating from ego is 'emergence of feelings of hurt' and 'disrespect or being insulted'. When your belief or

image is attacked by criticism or opposition, you get hurt or angry. That is the sign of ego. Even though you cannot accept it consciously but somewhere down there your ego has done its work on your being subconsciously. And that is why you feel upset and awful.

## The Two Levels of Ego

Either you get angry or sad. One who gets angry when one's ego is hurt is in superior complex mode. One who gets sad and feels low when one's ego is hurt is in inferior complex mode.

All the suffering and sadness I get in my life is due to the wrong understanding of myself, others and life. My Ego makes me look something else; it drifts me from reality and blurs my vision. In ego, I assume whatever I think, decide and act is right and others are quite obviously wrong.

This perception of mine makes me miserable as I constantly go on to prove how much others are wrong and how oddly they do not agree with me that I am right. I fight and fight proving myself right while labelling others as 'bad people' and giving

them a hard time at every opportunity. If they are too powerful, I whine, weep and gossip.

## Realizing and Treating Ego

I need to step back to understand that it is my ego that is operating. Many times I don't realize on what basis I am thinking or looking at things. It happens so subconsciously that I don't even realize my arrogance whereas others can see it clearly.

Meditation helps me to observe myself daily even if for a few minutes once. When I am observing myself; I observe my actions, related thoughts and feelings, leading perceptions, hidden beliefs and fears that go behind- the- curtain space of ego. All these and ancestral beliefs create my ego, my false image. To identify the ego, truth is essential. The understanding that 'I am not what others treat me' and 'what others think about me is not making my life' liberates us.

Ego is acquired since childhood. The more we respect the truth; the lesser the ego develops in us. Truth is to forgive mistakes of other people while Ego does not forgive others that easily. Ego says they deserve punishment. Truth says they deserve compassion.

When we compare both truth and ego; it is easy to ascertain

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when I am using my ego and how I can switch to my truth.

### **Excuses for Ego**

We often make excuses to justify our ego. In ego, our judgment becomes biased and partial. Ego never accepts that it has made a wrong judgment.

Ego never accepts its fault. Anything done with ego is overtly protected. My ego is one thing that makes me tell ten lies to cover one. Why? Because I am unable to accept that I am a liar or there is fear of losing my image. I feel whatever I do is okay or right. Ego makes me feel right. I will give many excuses justifying my need for committing a wrong action.

### **Becoming Ego-Free**

Self-respect, Humility and Honesty are the antidotes for Ego. When we are in this positive state, we can easily accept our mistakes and show the willingness to learn and change. Some points which can help us to overcome our ego are:

1. Spending quality time with our self and having positive self-talk.
2. Creating a positive image of the self and believing in it with an attitude of improvement.
3. Respecting and accepting others with their defects, mistakes and personality.
4. Appreciating our uniqueness,

specialty, talent and attainments and also that of others. We delete this egoistic belief, 'I am the only one'.

Right from our childhood, we have been taught to compete and become number one. That means we need to put down others to attain success. This is the wrong benchmark of success.

5. Listening to corrections and advice of others without retaliating or dismissing it. I know myself and I need not make it a point for others to agree. All we need is to develop the capacity to acknowledge the most hostile comments without necessarily accepting them.
6. Loving my whole being as it is. This means having the understanding that, "I am not incomplete or insufficient in any way, but am completely whole within." This will make us more self-less and humble in sharing everything that we possess."
7. Learning from mistakes without losing self-respect. To understand that everyone makes mistakes as no one is perfect in this world, but where there is self-realization, ego will cease to exist there, facilitating the

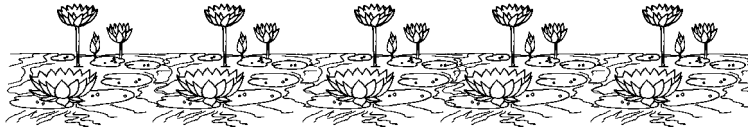
true awakening within, an awakening that allows one to act and interact within the parameters of love.

**(Contd. from Page No. 23)**  
**suffering are not. They are optional.** If I am wounded, the cut would be painful but why should I feel depressed and sad at heart? Wound will be healed; the difficulties would be overcome. Moreover am I the only person in this world who is passing through such situations? Is it not one of the ways of settling our karmic account?  
Every soul comes to this drama of life, plays its part and goes away to perform its role somewhere else in some other body. The cycle moves on. My concern should be to play my role to the best of my capability and efforts. And this can be possible only when I can accept and practise the truth about my body, the relations and this material world. That means I must be in my soul-conscious state most of the time, so that I can objectively realize the Ultimate Truth of life and understand that body is no more than a medium of soul, our true self.



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# ***THERE ARE NO SPARE WHEELS IN HEAVEN***



– **B.K. David**, Paignton, England

**I**n heaven everything is perfect. Along with perfect water and air, your shoes are perfect and never get holes in them. And of utmost importance, your body is constantly healthy and it never aches. Toothache, backache and alike will not come about for thousands of years. There will not be old age and wrinkled faces and bald heads. There will only be rich and happy people walking about in heaven. There are no accidents, no flat tyres, batteries or angry neighbours that would need your attention. It is heaven, and everyone is very happy and contented.

The blueprint for heaven is being laid today and the main drafts person, one who carries the master plan under his arm, is of course, God. No man can know of heaven, let alone create it today amidst such dirt and pollution; be that dirt in the sea, on the land or on your doorstep or hidden in the human mind.

Heaven is coming as God has come and He has started building

that heavenly world. He builds quickly as this dirty world of ours is falling apart in every way. This global village of today is on fire in every corner as every home instigates and breeds unhappiness and ignites fire within their homes with arguments, bad habits and vices that radiate into the wider world and linger in the air for others who have to walk through it hence suffer from it as they breathe it in.

**Avalanche of Sorrow is ready to wash away everything**

Unknowingly most people are continually adding to the world mountain of sorrow and chaos with their basic lifestyles. This manmade mountain of sorrow, pain and misery grows bigger and heavier each day. The avalanche of sorrow is inevitable and it will crash down the mountain soon and cover all. The day will come when the final straw will be added to the camel's back and it will collapse like a bridge with everyone on

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it. Many will fall whilst being asleep in ignorance, drunk or simply busy with their bad habits whilst continuing to chase after wealth and vice. Man's pursuit of worldly desires and aspirations does not allow him to think clearly and straight. Only God's wisdom can put man on the straight path and stop him from going round in his sorrowful circles that never seem to end.

**People's gas oven is constantly on**

Every family is responsible for creating chaos which makes this chaotic world even more chaotic. Even sleeping in ignorance, waking to laziness and leading a life of ease that is seemingly not bad in your eyes is adding fuel to the chaos and decline of the world; as what happens if you leave a pie in the oven and go to sleep and forget about it. Now all the pies in the world are on fire and any peace inside them has long been burnt. Only God's coolness and knowledge can put out a person's fire and change their ovens into cool fragrant gardens with swings.

Many are sinking fast and do not know how to save themselves from the waves of sadness and pain. God comes to teach us to swim, survive and conquer this sea of poison that surrounds us all. You learn to swim with God by taking His



hand, having faith in Him and following His instructions to make a better life and new world. Heaven needs to be inhabited by heavenly people. So we need to change and change drastically; we need to be constantly good now if we wish to enjoy Heavenly bliss. In order to play your favourite music record, it has to be recorded in the past, to be played today. If you want a heavenly life in future, it needs to be recorded today – to be played tomorrow.

#### **Man's seat of defeat**

The seat of your mind can cause you backache and create headaches with each passing minute of your life spent in such an uncomfortable chair. The longer you sit in your broken deck chair of ignorance, the more ignorant, unhealthy, desperate, unhappy and weak you grow. This body-conscious chair destroys all the goodness and truth in life. Perhaps when this deckchair collapses and they become so stuck and entangled within it and so unhappy, they might wake up to what wrong they have been doing in life.

#### **Mount Everest**

The statement that today most are living in unhappiness is the proof that one needs to change for the better. It is a fact that most have little to smile about but more to cry for and such

people should shout out for all to hear that something is not right in their lives. That many have clouds (problems) that block out the sun's rays of happiness to their lives should point to the fact that they do many things wrong that stem from their thinking patterns, misconceptions, beliefs and bad habits.

#### **Mind your thoughts**

As it's your feet that are the important part of your walking and your shoes second, similarly your thoughts come first, then your actions. Shoes will not walk on their own, down the street and do the shopping. Your actions will never come into action until you create the thoughts first in your mind. Put together in your life the important aspects in the right sequence and pay attention to them and happiness can be all yours on the path of life. Get the whole lot mixed up in a wrong way and your world will go upside down. The trouble is, many will not even know they are confused or dizzy. Such is the normalcy of this widespread poor state of being now, that it is seen as a natural way of life. To be happy, one needs to look at the thoughts with a critical eye. What is not working? Are the thoughts realistic? Are they fair?

Are you one that goes

swimming in the sea trying to find the ocean? Many live life searching for the soul when in fact, they are the soul. God does not want you to watch the news, but make it, by showing Him to the world!

If you shower only four times a week, can you be called always clean? If you love God yet argue and eat animals, would your God really be happy with you?

#### **Falsehood or truth?**

Some people believe and act out of habit almost religiously. Some get very confused and think they need to take off their shoes when putting on their hat. Life is full of strange actions and beliefs. There is no logic and truth to many aspects of life and religion. If you feel the need to take off your shoes in order to put on your watch, then carry on. I do not mind your doing such activity but your life could have such potential, value and meaning and be so worthwhile and elevated if you understood simply who you are, where you came from and where you are soon to go back to.

Life is very real and so are the choices you have in making them grow in your life with each step. You need to make goodness grow and throw the rubbish away. Most seem to ignore the goodness and grow

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the weeds of negativity. You choose to wear black or brown shoes each morning; it is just the same process going on whether you decide to let truth and happiness enter your life or falsehood and sorrow. First of all, you should ask yourself these important questions each morning: is truth or falsehood more real? Is happiness more desirable or sorrow? Which of these do I want to have in my life today as my companion? What shall I do today to create a path of peace for me to walk on? These questions raise our awareness and help to find the answers and outcome. To ignore such questions and plans is also a trend these days just as are the implication of following a path blindly. Happiness and sorrow run parallel to each other, it depends on which path you take. Falsehood when born was just a baby. Now it controls much of our life and has grown into the father of humanity. Truth will always be less popular than falsehood but if you dig deep into your conscience, you will realise that you always want to live by truth. And the biggest truth about yourself is, your self-identity. Once you accept this, it is easier to let go of lies and falsehood.

#### **Is your road lit up with truth?**

You cannot walk without shoes (truth) blindly on broken glass for long until one day you start to feel the consequences of no shoes (no truth). Blind faith by its very nature and description, eventually blinds the practitioner even further. Blind faith disables and impairs and will cripple and blind you to truth and if not careful will take off your shoes and make you walk down the road of broken glass. This road leads to a city and life of constant sorrow that is totally devoid of all truth and light, and without truth and light there is only darkness and pain.

Street lights are very good but they cannot show one the direction to heaven. Heaven is in the distance and we need the light, torch and guidance of God, the Eternal Supreme Father to steer our cars in the right direction on the right road. God shows His children the right road and lights it up for them amidst this dark world. He even allows you to follow His car (Brahma Baba), so making it easy and safe to travel and reach your destination of heaven in peace.

#### **GOING BEYOND**

If the quality of my thoughts can influence my physical health, the atmosphere around me and my relationships, it will definitely affect my relationship with God. Unlike physics in which dissimilar forces (positive and negative) attract each other, the basic principle of spirituality is that similar forces attract each other. If my mind is caught up in cycles of negativity, the dissimilarity between me and God will create distance between me and Him. With the awareness of being a soul, a being of spiritual energy, spiritual light, I begin to have a certain amount of mastery over my own thoughts and their quality. Also, the process of finishing negativity is accelerated. Just stepping away from the limited consciousness of the body and bodily connections (not leaving them) stops negative thinking in the same way as by just putting a switch on, a light is turned on and darkness finishes.

If explorers had never ventured beyond their home countries, they would have remained firm in the belief that the rest of the world simply didn't exist. In the same way, if I allow myself to stay only within the physical and limited sphere of thinking, then I would declare that there is nothing beyond. It is when I make the effort to go outside the boundaries of my previous thinking, that I have the chance of discovering more. The quest for a source of love, truth and beauty – the Supreme eventually brings me to the necessity of looking beyond not only my own body, but also other human beings and matter itself. Through the practice of seeing the self as an eternal soul and disciplining my mind, I create the possibility of discovering the existence and nature of God and having a deep relationship with that One.

# OLD AGE, HEALTH AND RAJYOGA



– Dr. Dilip V. Kaundinya, MD, Mumbai

Every year, the first of October is celebrated as 'The World Geriatrics Day' on the lines similar to 'Mother's Day' or 'Father's Day'. Such worship lasts only a day. The life for a majority in advanced age during the remaining part of the year is pitiable. The loss of age-old values in life is the culprit. Secured old age has become a dream. So much so that it shall be wise to invest in a well-equipped scheme for old age home instead of a flat from which you are likely to be driven out. Empty Nest Syndrome is another reason. The sons and even the daughters become settled abroad. The dream of a secured old age thus disappears in thin air.

Padmashree Dr. T.P. Lahane, the present proactive and dynamic Dean of Sir J.J. Hospital, Mumbai, brought a huge grant for equipping the Hospital with the state of art instruments and starting a Geriatric O.P.D for the people aged 60 years and above. Sir J.

J. Hospital is the third amongst the tertiary care hospitals in India to have a Geriatric O.P.D. An extra-ordinary initiative by Dr. V.W. Patil, Professor and Head of the Biochemistry Department brought a state-of-the-art equipment costing in crores of rupees. This equipment processes a drop of blood in two ways – 1) Routine tests- more than 200 tests, many of which may not be available even in the highly equipped private hospitals and 2) for special neuro-hormones assays that form the **markers for mental health in old age**. The fantastic speed of processing eighteen hundred samples per hour finishes the whole load of this huge hospital in just four hours. Few rounds in Geriatric OPD showed that most of the aged people are not diseased physically but suffer from a **mental Dis-ease** with a mind full of tensions about the uncertainties in life because of the lack of support from the children. Sir J.J. Hospital is unique in offering a free-of-cost

training in BK-Rajyoga, an evidence-based meditation which empowers the mind and body to withstand the different stresses in life and experience peace, love and happiness in life.

One of the most common but unmentionable maladies in old age is constipation. Even otherwise the aged people are often blamed for verbal diarrhoea of advice or about their glorious past and constipation of action. Thus every time air in an enclosed elevator suddenly becomes vitiated, the most common suspect is an aged person in the corner. But today the reality is different. Modern youth on a compulsive PBSC-Diet (Pizza, Burger, Sandwich and Cola) with the fillings of mutton, chicken or pork, is the common culprit. The empty calories in this diet produce more gas than energy.

## **Fantastic voyage of the facecloth**

It is essential to know the exact travel-map of a faecal bolus in the large intestine (colon) and to know where there are sharp bends reducing the force of forward propulsion. A linear diagram of the Colon in the Biology-book of your grandchild may be referred. This is the pre-requisite for understanding the technique called **Pranayam Motivated**



**Defecation** (PMD). The journey is quite long beginning from caecum (appendix end of the colon). The journey then covers ascending colon, (it is where the double engine is required), Transverse colon and then Descending colon, before the end of journey, the Rectum comes. This is where the firing of nerve signals starts for expelling the unwanted to the exterior. The forward movement happens in the form of waves of contraction and dilatation and is termed as peristaltic movement. Tremendous amount of energy is working here with a single pointed aim. Thus it is common-sense not to put any undue outside pressure of straining which actually spoils the wonderful rhythm of a well-oiled machine. Thus undue straining acts much like the political interference.

The second essential knowledge is to know about the Autonomic Nervous System (ANS). The autonomous means it is not under the control of the man. Its two limbs, Sympathetic (SNS) and Parasympathetic Nervous Systems (PNS) described as Ida and Pingala in Charaksanhita, work with finely tuned balance to give rise to the waves of peristaltic movements. If the diet, hydration and the energy are normal, faecal bolus

happily rides on the waves and troughs of this peristalsis. A finely tuned balance between SNS which contracts and the PNS which relaxes the colon to give smooth waves. The Stress, tension, worry, fear or frustrations in the mind disturbs the SNS-PNS balance and adversely affects the 'Energy-generation or its distribution' through the 'Mooladhar Energy-Chakra'. The Scientist Mind of today's man may raise a question – Is it true? The answer is God Only Knows (GOK). Science the infant has not provided the evidence even today. So the Patanjali *Sutra*– Total Trusting Surrender is the best strategy. Proceed with complete faith on the person and on what he is telling. After all when the faith can move the mountain, why not a mere faecolith? A relaxed and happy mind does the trick. The constipation in Diabetics is caused by this ANS-PNS imbalance. When all the factors are functioning with balance, the faecal bolus comes out as if forcibly pushed from behind.

#### **Pre-war preparation for the battle of the purge**

The rocket of PMD requires proper preparation of the launching pad.

1) Compulsory observance of a strict daily routine:- The diet

should be *Satvik* and vegetarian. Raw green chillies in limits, huge portions of green vegetables, plenty of fruits(not the juice), eating slowly with proper chewing and full focus on food and eating (TV watching, reading newspaper, heated or painful discussions are a strict NO) and a family eating together helps the SNS-PNS balance in some GOK way. The timings of the breakfast, lunch, evening snacks and dinner, sleep and of defecation should be fixed. Otherwise the superfine mechanism of the Biological clock gets confused. It simply loses its understanding about when to initiate the wave. Yogic practices prescribe that every time eat only that much which shall fill only one third of stomach. Rest two thirds are for the water and the air. Water during meals should be in sips. Drink at least one litre or more of water in a day. Go on drinking water intermittently even if not thirsty. This is because the sensations of thirst diminish with advancing age. Irritant purgatives should be avoided as they eventually cause dilatation of the colon and ineffective peristalsis. Isabgol at night helps.

2) Early Morning Routine (EMR) – The value of the EMR lies in its potential to increase EEH value (Energy, Enthusiasm,

Happiness) for any task. A depressed mind and Anti-depressants both give rise to constipation. Depression has arisen to an alarming proportion even in the young. In consequence, the "Gut-feeling" and the 'Gut-energy' both are affected. Regular practice of any one of the five evidence-based [laboratory-proved] meditation – Brahma Kumaris Rajyoga, Vipassana, Preksha Dhyana of Jainism, Zen and Art of Living of Sri Sri Ravishankar–helps in enhancing EEH value. The author has been taking '**BK-Rajyoga Multi-component Capsule**, for the last fifteen years. It has given the emancipation from constipation and seven so-called incurable diseases. This 'Mental Silence type' or 'Mindfulness type' of meditation is different from various 'Relaxation Methods'. It removes the weakness at the root level (Mooladhar-chakra level) which is the Distribution box for the transmittance of a 'Soul-Field Energy' to the organs at this level. Once this happens, one enjoys wit, vitality, vigour and vision even when the age is advancing figuratively. The age is only a figure in the mind. So never say that you are old.

On International Students' Day

NUMBER ONE STUDENT AND A  
GREAT VISIONARY

– B.K. Yogesh, BK Colony, Shantivan

Master of a divine persona and heart of gold,  
Humble and modest, was blessed manifold.  
Born in a poor family in Rameshwaram village,  
Excellence in Science made him missile man with grace!

Being an original thinker, influential, cool and calm,  
Such a great scientist and visionary was Dr. Kalam.  
His concern for the poor and needy, endeared him to all,  
A true patriot, dedicated, ever at nation's beck and call.

Scientific excellence made him renowned far and wide,  
Innovative achievements enhanced Mother India's pride.  
Distinguished for service with smile, graced the top post,  
Great Presidential works earned him popularity the most.

His human values, always a source of inspiration,  
Had a vision for India as a developed, vibrant nation.  
An aura of zeal and zest surrounded his personality,  
Recipient of Bharat Ratna, donated a lot to humanity.

An excellent teacher, efficient and active till last breath,  
His benevolent acts keep his memory ever fresh.  
A noble soul, a great spiritualist, an inspiring teacher,  
A true son of Mother India, benevolent each feature.

Let's cherish his values, make Bharat a Golden Sparrow,  
Spread Godly knowledge, work for a heavenly tomorrow.

(Contd. from page no. 3)  
 off and those souls calmed and soothed. That is why their names such as Sheetala (goddess of coolness), Durga, the destroyer of devilish powers (*Asur Sanharak Shakti*) are famous. They are called Jagdamba also – the mother of the world, because it was they who through imparting Divine Knowledge gave new spiritual and *Marjeeva* birth (birth of dying alive) to human-beings, otherwise, you can understand that from the material or physical point of view, no one can be the mother of the entire world. But today devotees are not aware of these mysteries. Even though they address ‘Saraswati’ as ‘Jagdamba’ but they don’t know who the Father of the World is.

**Why are Shaktis praised and glorified at Nights?**

The tradition of praise-glorification in the form of Awakening (*Jagaran*), Reminiscence etc., during nights only covers in itself a significant history. Here, the word ‘night’ doesn’t denote the night which happens once in twenty four

hours, but it stands for the night which is well known as ‘Shivratri’. From emblematic point of view, Satyuga and *Tretayuga* should be called ‘Brahma’s Day’ because during these epochs, life of the people was well-lit with the spark of knowledge while *Dwapar* and *Kalyuga* should be called ‘Brahma’s night’ because during this period humans are in the darkness of ignorance and are morose (*tamoguni*).

At the end of Kaliyuga or Brahma’s night, all the souls are riddled with demoniac traits, are in the sleep of ignorance and are devoid of spiritual power. During such period of extreme ignorance, Supreme Soul, God Father Shiva, incarnates in the body of a middle-class human being and changes the name of his physical birth and gives him the name signifying his role as ‘Prajapita Brahma’. The men and women who listen to Godly Knowledge through Brahma’s lotus mouth and transform their lives and attain new transformed life are true ‘*Brahmins-Brahmanis*’. The practitioners

of the vow of celibacy are called ‘Shiv *Shaktis*’ because they attain this power from God Shiva through Brahma. Hence, in the memory of that night and in the remembrance of those *Shaktis*, the devotees even today glorify the *Shaktis* at night and celebrate the festival of *Navratri*.

Even today during *Navratri* festival, the devotees lit the earthen lamps in front of the pictures and idols of *Shaktis* and pray – ‘*Hey Ambe*, as this earthen lamp is removing the darkness from all-around and illuminating the atmosphere; you too illuminate our life, remove our darkness. Mother, bestow power on us...’

**They worship, but don’t attain**

Today people worship the goddesses of power – *Shaktis*, but don’t attain the power as possessed by these goddesses. During the days of *Navratri*, they light up the earthen lamps, but don’t forge connection with God Shiva who is an Eternal Awakened Light and who had given powers to the goddesses,

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the incarnations of power. Even though the devotees believe these goddesses as incarnations of 'Austerity', 'Celibacy' etc., but they themselves adopt celibacy only during *Navratri*. They call Saraswati with the words 'Mother' or 'Ambe', but they themselves don't become pure like that divine, holy mother. They consider night to be the night of the period that lasts fourteen-twelve hours; they are not aware of 'Shiv-Ratri'. They say that it is *Kalyuga* now and it is impossible to become pure in this age. Instead they should consider this age as '*Karm Yuga*' or the Age of Action and instead of worshipping these goddesses in the literal sense; they must make an effort to become spiritually knowledgeable, austere, pure and powerful because it is now that that 'night' has come. In this benevolent night, how will they who do not wake up through knowledge, attain power?

### **The Arms and Ammunition in the Hands of the *Shaktis***

The word '*Shakti*' connotes the spiritual power or the power of knowledge, yoga and purity, not the physical power or the power to kill. But today the devotees believe that the goddesses like 'Kali' or '*Durga*'

possessed the power to kill the devils. The pictures of the goddesses have been depicted with swords and spears in their hands. But, violent persons are never worshipped. In order to kill the devils, the worship-worthy goddesses didn't use physical arms; rather they possessed the 'arms of knowledge' to eliminate the devilish propensities/ attributes. For example, if someone wants to preach that to kill the devil of sex-lust one needs to use the sword of divine wisdom, then in order to depict this message, the painter will depict a sword in our hands and sex-lust in the form of a horrible devil. Thus, the depiction of various *Shaktis* with many types of arms and ammunition also connotes that in order to eliminate the devilish vices such as Sex-Lust, Anger, Greed etc., they possessed the power of knowledge.

### **Jagdamba Saraswati and Shri Lakshmi**

After conquering Maya (vices), Jagdamba Saraswati and other shaktis attained the world sovereign kingdom. That is why once the festival of *Navratri* is over; the festival of *Dussehra/Vijay Dashmi* (which is symbolic of the victory of men and women over five vices each)

is celebrated. As a result of that victory, Saraswati attained the status of Shri Lakshmi in her next birth. That is why it is said, 'through the divine knowledge, man attains the status of Shri Narayan and woman that of 'Shri Lakshmi'. But today no one is aware of this mystery. By knowing the biography of Brahma Kumari *Jagdamba Saraswati* and World Empress Shri Lakshmi, now we must gain the power of knowledge. Then, like Shri Lakshmi, we will also attain plenty of wealth-splendour, happiness, prosperity and peace.

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 freedom in real sense. Until morals of the people improve, we will not have freedom in the true sense. Unless there is freedom from ignorance and we rise above narrow selfish interest, we cannot enjoy freedom. When there is an environment of absolute trust and we think in terms of our collective interests, we can have freedom in true sense. For this, work has to start from home level and continued through education system which has to lay emphasis on moral education of a child.