

|| From the mighty pen of Sanjay ||

PURITY FOR SALVATION OF HUMANKIND

Iraq, when it invaded Kuwait and merged it into its own territory, showed to the whole world as how military or political power corrupts men and also the nations they lead. There have been numerous examples to show that when power goes into a person's head, he gets so intoxicated that he does not mind the consequences of his misadventures. Instead of gaining new territories, he may lose even his own or may be judged as a criminal in the eyes of the international community and may thus lose prestige and even power, yet he takes all these risks because his judgement is shadowed by his ego generated by his military might. Not only do his ego and his power-to-strike lead him to his own doom but it drags to definite decline of the whole nation and also the nation which, willy-nilly, toe their countries to this aggressor country.

Any vice is thus not only harmful to the person who is afflicted with it but it also spreads like an infection, or an epidemic, and tells badly on the moral and spiritual health of the whole nation. The whole country suffers from the war psychosis or war hysteria and loses its good relations with its neighbours and the sympathisers.

The same is the result of greed and selfishness. The lust for new territories and the motive to capture neighbouring country forms an axis with the power to kill and both together blindfold the man and lead him astray from the path of sanity.

One would be wise to note that no vice or evil goes alone. Evils have powerful links among themselves. They help sustain and promote each other. Thus the ego, activated by military power, goads lust for territory and both together lead to hate, anger and violence in the form of war, and attempt to annex another country's territory.

Another important negative development that generally takes place as a result of aggravation of vice in the leaders of a nation is that, generally, it attracts a negative response from other nations or their leaders. Thus, the show of military strength provokes other nations and the latter also try to meet the

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21st June 2016: **CELEBRATING THE DAY FOR WORLD MEDITATION**



Sometimes I dream of a beautiful world where every human being can lead a very pious and divine life. Nature is at its best to serve the divine beings who inhabit said world; the birds sing beautiful melodies that are specific to each kind; squirrels express their happiness after enjoying a meal of grains and water by sharing melodious tunes; the fruit trees, especially a variety of mangoes, chikoo and other fruits paint a beautiful scenario of plenty-full availability. The kids attempt to jump and pluck even the raw mangoes, reminding us of beautiful days when heavily laden branches of the fruit trees appear to bend down to offer their masters delicious fruits, and also provide cooling shade. Children enjoy their summer holidays by putting on beautiful, new kinds of dresses, other than school uniforms, and go on excursions and tours away from their homes and schools...

In the present world, as every

year the month of May is the hottest and driest in Bharat. The blazing sun becomes jealous of the green pastures on the hills and sets aflame thousands of kilometres of forest area... But what a beautiful arrangement and understanding exists in nature: when the torture of such fires and high temperatures reign all over, the clouds become active and shower rain and hailstones not only to extinguish the raging fires, but also to eliminate the scorching heat. Dust storms are also very common in May, which result in a very unhealthy and dusty environment. The mosquito menace specially at night is not welcomed by anyone, and arrangements for their extinction come into use. What a pity that in a country like Bharat where rainfall has always been adequate, we start running short of drinking water after the month of April. The latest impact of summer heat is terrible in a majority of cities in Bharat,

where hundreds are losing their lives due to heatstroke.

Former Indian Prime Minister Atal Bihari Vajpayee had envisioned connecting different rivers with each other for continuous water supply to each and every city, town and village of the nation. The promises from the authorities keep the hopes of the commoners alive, but reality seems to be far from it. At times, some of the experiments with non-material methods have resulted in harnessing clouds for rain. But there have still been drought conditions in the districts of Nanded, Latur etc in the State of Maharashtra for over 2 years; these were fortunately noticed by some kind-hearted social institutions and spiritual organisations who all came together to provide the needy grains for seeding, and other help to the poor, destitute farmers in these areas.

At the same time, a novel idea emerged in the minds of some Rajyogi Brahma Kumars and Brahma Kumaris: they planned public programmes of Intense Meditation Sessions, specially in Maharashtra, to invoke the Rain Gods to be kind enough to quench the thirst of the region. Several hours of meditation in groups at different places, numbering thousands of

enthusiastic meditators, appear to have really pleased Mother Nature, and there has been good rain in the Marathwada area just a day or two after the Mass Meditation programmes! This is a brilliant example of the fact that when we maintain the courage to connect internally with the Bestower of all Happiness, Peace and Love, that Divine Being enables souls to evolve, harness pure, spiritual power to further command the five elements/Mother Nature for the benefit of one and all.

We are very happy to learn that this year, leading up to 21 June 2016, there will be Mass Meditations organised not only by the Brahma Kumaris Worldwide Institution, but many, many other organisations and governments would be joining hands to invoke peace and stability on earth, and goodwill among humanity. The fire of violence has engulfed the entire globe, leading to the killing of innocent people, and rampant crimes against women and children in particular. As sane, value-oriented human beings, no one would ever expect or even imagine such savagery and violence towards humanity... This fire can only be doused with the nectar of God's love, and by transcending mass consciousness

inspired by Spiritual Understanding and real Soul-and God-Consciousness. Many thinkers, who nurture positivity in their hearts for the future, continually emphasize the need for 'humanness', 'kindness' and 'compassion' towards those around us. This is the need of the hour in every part of the world.

Let us allow, encourage and work towards making 21 June 2016: International Day of Yoga the path-finder of

Universal Peace and a healthy atmosphere for future generations.

Let this event inspire everyone to observe one-hour of meditative contemplation or inner silence, every day, until 21 June 2017.

This may perhaps be the easiest and most cost-effective solution to bring about the required uplifting change in attitude, awareness, approach, vision in our interactions with other humans and living beings.



Leading Lights of Rajyoga Meditation: Revered Dadis, Senior Brothers, Zonal Heads, Sub-Zonal Heads, Chairpersons-ViceChairpersons-National Coordinators-HQ Coordinators of all Service Wings, and other Seniors of Brahma Kumaris Institution at the Annual Service Meeting held in Shantivan Campus from 8-15 April 2016.



Let us honour the principle of “**Jeeyo aur Jeene Do: Live and let Live**”, which may be further polished, as “**Live Happily and allow Others to Live Happily**”. A society where the attitudes of the common person are positive, respectful, joyous, helpful and dignified tend to be most prosperous, healthy, progressive and ever-happy.

According to the elevated versions of the Divine Being, enshrined in the Shrimad Bhagvad Gita, “**Yogah karmasu kaushalam: Excellence in action is Yoga**”. If we follow this precious advice and adage in our daily life, we can surely become examples for others to follow. It’s through the Power of Yoga or Communion of Self with the Supreme Almighty Being that a human evolves to the highest stage, and becomes like the Supreme Parent in attributes and personality traits, and subsequently enjoys ‘god-hood’: a life led by divine human beings or Deities.

Throughout the year, there are a variety of birthday celebrations of Religious Founders and other leading personalities, which

remind us again and again about the treasures experienced by a beautiful life based on spiritual values. This is why the ancient philosophers described the Power of Yoga to be good enough to regain ever-healthy, ever-wealthy and ever-happy lives. During the month of May we will honour a very important Festival on **21 May 2016: Vesakha or Buddha Jayanti**, which actually commemorates the birth, enlightenment (nirvâna), and death (Parinirvâna) of Buddha in the Theravada or southern tradition. This is memorial of the day King Siddhartha Gautama experienced spiritual enlightenment and became ‘Buddha: The Enlightened One’. The Buddhist tradition emphasizes a lot on inner silence and meditation, so that peace within oneself and peace in the world is made possible and no longer a mystery. Thousands of young persons take to Buddhism, and as per their tradition, shave off their heads and adorn the traditional robes. The principles and teachings of Mahatma Buddha have helped the materialistic-minded society to rediscover truth and non-violence.

Similarly, the genuine followers of many faiths perform their rituals very sincerely and pray for the well-being of humanity as a whole, not merely for their own families, religious members or communities. By exploring the prevailing, binding traditions of different regions of the world, modern society can be educated on how beautiful is creation of the Divine Almighty Being, and how powerful is the message conveyed by all Prophets and Sages, and above all that which is directly conveyed by the Supreme Mother and Father, Incorporeal Being of Light, if we choose to pay attention. God Shiva, the eternal self-luminous Being of Divine Light, showers petals of His love and raindrops of peace on the global family constantly; transformation is possible only through this spiritual power of peace, otherwise it will remain just like a dream... So let us make the dream come true, by becoming instruments of change as per the Divine Being’s Shrimat, elevated directions.

Om Shanti,

– *B.K. Nirwair*

HOW MUCH PEACE DO I EXPERIENCE?



– Rajyogini Dadi Janki,
Chief of Brahma Kumaris, Shantivan

Seeing the picture of the cycle which is at the back of Om Shanti Bhavan we remember that whatever is in the drama is happening again as it did in the last cycle... When we accept the knowledge of the drama, we remain at peace; everything is happening as it did



last time. Ask yourself: How much peace do I experience internally? When I experience peace, that vibration is sent around the world. Where there is peace there is also happiness and love.

Dilaram (the one who gives comfort to the heart) is in our

hearts. Where can we go then? He has given us peace, happiness, love and bliss. What then is there to do apart from looking at Baba? His *drishti* gives us joy... You do experience Baba's *drishti* during meditation, don't you? We experience the power of all relationships with Baba. First, He is our Mother. He seated us in His lap and placed us in His beautiful eyes.

Overseas service started from Tennyson Road, London... The Service has now spread throughout the world. However, we are the original inhabitants of the land of peace and happiness.

We, spiritual brothers and sisters, are the children of One Father. We are *bindis* (conscient points of light). We have to remember to consider ourselves as points of light and also keep applying a *bindi*, or a full stop to the past. There is great benefit in knowing how to apply a full stop. Baba is

teaching us how to be a detached observer and also how to apply a full stop. Baba has placed the stamp of original knowledge on each of us. The knowledge of the drama enables us to be very sweet.

There was a time when I practised a number of spiritual points very intently. First is purity. A Brahmin has to inculcate purity. Let me check myself in this. Where there is purity, there is truth. Where there is truth, there is patience. When I have purity and honesty, I won't lose patience. When there is patience, there is humility. Where there is humility, there is sweetness. Think deeply about this. We are becoming deities. As a Brahmin inculcates these five virtues, he becomes an angel. An angel's feet don't touch the ground. When a soul remembers the Supreme Soul, it is as if it achieves the wings and its feet don't touch the ground. We have to now become angels whose feet don't touch the ground and who do fly. Where your mind goes, your body will follow.

Baba has shown us how to keep our minds silent. Let your mind be without pulls – without attachment. Make your remembrance so powerful as if your mind were merged with God. My mind should be

merged with God in such a way that it cannot be separated just as when flour and water are mixed they merge with each other in an inseparable manner.

When Dadi first came to knowledge, she would love to go into the kitchen and make *rotis*. We shouldn't forget the days of our childhood. Keep remembering those days. Create your fortune – go to the kitchen... Engage yourself in Baba's service in some way or the other. Keep a balance between the four subjects. Gyan is easy; who am I? Who do I belong to? What do I need to do now? God has created this Yagya. Serve the Yagya with your bones and deep from the heart. Keep smiling. Keep things simple – nothing is difficult. If you keep thinking that something is difficult then you won't rest well. Understand that everything will work out well. Don't lose hope. Keep patience. The fruit of patience is sweet and whatever is done with patience will eventually be successful. Use your every second, thought and breath in a worthwhile way. Let every moment be elevated.

THE CIRCLE OF LIFE

– BK Shikha, Pune

We all go through the Cycle of life. We are born, we grow up, become old and one day we leave the body when it becomes unusable and proceed to our journey of the next birth. We see similar never-ending cycles at different levels – the cycle of Moon, the cycle of day and night and of changing weathers. And another cycle that we are mostly not aware of is the cycle of this external world drama. This cycle starts from the world being beautiful and pure, gradually becoming old, and then reaching a stage when it becomes completely vicious and devoid of values. At this stage the world becomes uninhabitable and has to be renewed again. At this stage when there is widespread sorrow, unrest and negativity, it takes an immense powerhouse of positive energy to start the process of transformation. This is the time when human souls have lost their purity and find themselves in darkness, illusion and despair. The suffering becomes so immense that the humans, all other living creatures and the nature cannot take it anymore.

In the physical world, the Sun plays a very important role. When it is all dark and hopeless, the Sun brings a new light of energy. Life is not possible without the Sun. In the similar way when the world gets engulfed in the darkness of despair, confusion and perversion, we need someone as powerful as the Sun to destroy all negativities and bring a new light. And this Sun is the Supreme power or God, who is the powerhouse of positive energy and hope. He brings with Him the power of transformation, to transform the world from old to new.

He unveils the truths about the Drama, the immortality of the soul and its relationship with God. As the souls realise their true nature and experience the love of Supreme, they begin to regain their lost divinity and purity.

As the souls transform, the darkness of the night slowly paves the way for the dawn of new day, dawn of New Age, a New World. This is how God, the Supreme Sun, starts the cycle of Human Drama all over again.

WEALTH OF EXPERIENCES

– B. K. Surendran, Bangalore

The most powerful stage is your experience. An experienced soul, with the will power of his own experience, can easily face any power of *Maya*, all situations and all problems. With the power to face, you easily attain the power to make everyone content with the will power of your experience. Therefore, experience every treasure and become an embodiment of experience. - SHIV BABA

We gain different kinds of knowledge right from our birth and keep learning throughout the life. There is curiosity to know people, things and events in our environment. Every bit of knowledge we get from life adds up to our existing knowledge base. When we gain knowledge, we start putting that knowledge into practical application. Some knowledge we gain from our own life through experience. Some knowledge we gain by reading books and other materials. Some knowledge we get with the passage of time. The knowledge we get from within is very important. For example, when we get a thought, how do we feel and experience it. We are aware of the effect of wasteful and negative thoughts.

Similarly, we are aware of the benefit of positive, elevated and pure thoughts. These are all happening inside us. All these happenings inside generate a feeling which, in turn, provide an opportunity for learning and also gaining experience. From that base, we start looking at the world.

When we look at the world, the knowledge we have gained over the years comes up and associates with the scene in front of us or the person before us and we start thinking as to how we should respond in the given situation. At that point of time, we are bound to conduct ourselves in the best possible manner which can create a pleasant experience. It is observed that when we look at a scene and interpret the scene to take a proper decision, we

undergo a feeling of satisfaction or otherwise, learn some new lesson on life, and experience something new. This again helps us to accumulate our treasure of experience. Similarly, when we gain different kinds of knowledge through educational institutions, our base of worldly knowledge is expanded. When we put that knowledge into practice, we pass through the feeling-learning-experiencing steps. This again helps us to expand our worldly knowledge and worldly experience base.

It is said that thoughts are leading and guiding our life. Similarly, our experiences are going to guide, lead and advise us for our future life. The process of gaining and accumulating experiences and learning new lessons on life is possible when we keep the purpose of life in focus. We must have active and earnest intention to constantly make progress in life with a clear focus. Our aim and object of life should be very clear. When we apply the knowledge in practical life and experiment with the knowledge, our treasure of experiences will increase. The knowledge will mature into wisdom. Experiences in life with knowledge become the base for wisdom. When we pass through the process of gaining



knowledge, experiencing thoughts, time, blessings and feelings, gaining experiences and relationships to expand the base of experiences in life. learning new lessons of life, we reach the stage of self-realisation. Realisation will, in turn, expand our base of experiences.

Our experience teaches us as to how to proceed in life from time to time. It is a source of strength. It is something like a torch light which focuses its light on the path of life. Experience is a treasure in which whatever pleasant or unpleasant has happened in life is stored and we draw power from this treasure. This will come in handy for charting the future course of life. Our life is a series of experiences. Every day we are expanding the base of our experiences.

Spiritual Life and Experiences in Life

When we live, every second of our life provides an opportunity for us to gain experience, provided we are watchful and live with that awareness. Though experience is universal and each and every person has experiences in life. Those who are on the path of spirituality should particularly focus attention on the following treasures which the Supreme Father has particularly bestowed and experience each point of knowledge, virtues, powers,

thoughts, time, blessings and relationships to expand the base of experiences in life.

► 1. Treasure of Knowledge:

The Supreme-Authority has bestowed on us this wonderful Godly knowledge which is the supreme among all the knowledge of the world. It is a package of *sarva vidya pratishta* – a package of all knowledge as stated in the *Mundakopanishad*. It includes among other things, self knowledge, knowledge of the Creator, the Creation, and the knowledge of the Universe and the philosophy of *karma*. When we start applying each point of this knowledge in daily life, we come to experience that spiritual knowledge is a unique treasure and a source of power.

► 2. Treasure of Virtues:

It is said that one who is knowledgeable is virtuous. In fact, virtues are the manifestation of the right knowledge in the individuals. It is said that *gyanvan so gunavan* – one who has the right knowledge is virtuous. A virtuous person faces unfavourable situations, negative people, losses, failures, diseases etc., with the strength of his virtues where he learns good lessons about life. In the process, he also accumulates experiences. The experiences gained by him through such

applications of virtues will be pleasant. Further, we are aware that the self—the soul – is originally an embodiment of seven core virtues such as knowledge, purity, peace, love, happiness, bliss and power.

► 3. Treasure of powers:

When we start churning the points of knowledge and also imbibe virtues, we gain a lot of experience. The notable among all experiences is that the knowledge grows into virtues and virtues convert into values which, in turn, enrich our powers. What are the lessons we have learnt from our own experiences over the years? We have learnt from our experiences that the knowledge when applied in life grows into virtues and virtues, turn into values and values in life have the unique power to command respect, regard, obedience and submission. All these powers are rooted in one or more of the virtues in life.

► 4. sTreasure of thoughts:

Thoughts are spiritual energy units. When a thought is emerged in the mind, a feeling follows and a state of mind is created. If the thought is pleasant and happy, a stable mind set is created. A thought can give affection or infection to others. Many times it is reported that a thought attack is followed



by a heart attack. A thought has the unique capacity to materialise. Everything starts with a thought in the mind. We think, feel, see, speak and act with the mind. Our unique and richest wealth is our positive, pure and elevated thoughts. Above all, love-filled thoughts or remembrance of the Spiritual Father can convert the Hell-like world into Heaven and this process is going on now. When we use this treasure of positive thoughts, we gain confidence in life and find the opportunities that are almost always present, to some degree, in a difficult situation.

► **5. Treasure of time:**

Spiritual seekers do not waste time. Time is invaluable wealth in life. When we are able to properly manage and purposefully use our thoughts, we naturally do not waste our time. We keep attention on ourselves to ensure that we avoid wasteful, negative and vicious thoughts. We keep ourselves busy in educative and productive endeavours and purposefully focus on investing our time in the field of life where we gain pleasant experiences. Time and tide wait for none. Time is money. Time is wealth. We spend or invest time, thought and breath simultaneously. When we know that thought, time and

breath travel together, we always keep an eye on our thoughts so that these three invaluable treasures are utilised and invested properly.

► **6. Treasure of relationship:**

We must promote the best of relationship with one and all. We should not create any enemies. We should always have pure feelings and good wishes for all. When we come in contact and interact with others, we should not have the thoughts of selfishness, arrogance, jealousy, ego and expectations. We must have an attitude of acceptance, appreciation, gratitude, respect, regard, sacrifice and service. We must see that we give something to others when we meet them – a hearty smile, a word of hope and solace, or share the feelings of love, care, affection and co-operation.

► **7. Treasure of blessings:**

It is said that blessings are the wings for our progress. We must carve out a life of blessings. When we love the Lord and remember Him with

reverence and submission and heartily associate with Godly service, we earn His blessings. When we lead a life based on His *Shrimat* – Divine Directions – we keep on accumulating the treasure of blessings. We must give happiness and solace to others. We must also give respect and regard to our parents and elders. Our life should be a life of constant contributions and services.

Life will continually present you with situations. We choose how to react and respond to them. If we successfully deal with different situations, then they will turn into opportunities or blessings for us and will provide us with a lot of courage and self confidence to keep going forward. Consequently, we will attain will power because we have both the theoretical and the practical knowledge of life. We can face any situation with the will power we have accumulated over the years through our experiences in life. ●

Spiritual Language

To create the future we desire we need a spiritual language; we must speak from the heart and in the language of the soul – a language of trust, faith and higher values, of inner growth, love and listening.



HOW SWEET WERE THOSE DAYS!



– **BK Anoop, Delhi**

I feel proud of being a student of this Godly University and of being a member of a unique Godly Family. I say so not just due to blind faith but we all have had the realization of God's love, His sustenance and parental support through the corporeal medium. We and only we, the Brahma Kumars and Brahma Kumaris, can say that we have met the Almighty God and seen His Characters with these eyes. Yes, we know His biography and the history and geography of this world drama as it is. It is just a matter of the opening of our third eye of wisdom. The past and the future become clear to our internal vision just like the present. However, I am going to indicate you only about the infinite sweetness of My Sweetest Baba.

Once, a group of BKs was proceeding on a visit to Mount Abu. It was the season when the arrival of Avyakt BapDada (Shiva Baba and Brahma Baba) was scheduled. I had planned to

visit Abu with the next group. However, I could not control myself and conveyed my hearty remembrances and complements to Baba through one of the brothers who was a member of the group. I said to him, "Please tell Baba that your child Anoop has conveyed his sweet remembrance with hearty love and regards." They left for Abu and I was feeling abundantly joyous thinking of the response to my hearty feelings that might be received.

The group met Baba and returned back to Ambala Cantonment, where I stayed. I was very curious to know about what the Almighty had responded to my message. I went to that particular person and asked, "Please tell me what My Sweetest Baba conveyed to me?" He smiled and looked at me with great love and regard. Then he began to speak, "You are a great soul. I conveyed your remembrance and regards to the Supreme Father in the way you had expressed to me.

Do you know what happened then?" I was becoming impatient. I said to him, "I cannot wait and please do not talk in riddles. Tell me without any further delay."

He said, "O.K. I understand the state of your heart. Listen to me now. While I conveyed the messages given by you, Baba gave a powerful and loving vision. I myself was feeling overwhelmed with pleasure and power at that moment. Then Baba told me to convey the Godly love and remembrance to you." Baba had given to him two *laddoos* (*sweets*) for me. He handed over the same to me and said, "Baba gave one *laddoo* to each of them who had conveyed the remembrance through someone. But it seems Baba loves you doubly since He has given you the double sweet." My heart knew no bounds of pleasure as I created in my mind the whole scene of how BapDada heard my message, conveyed His love and handed over the sweet *Laddoos*. I cannot forget this incident for the rest of my life. I emerge this scene as and when I like to remember it. Really, how sweet and invaluable are these days of Confluence Age while we are being brought up and imparted the highest Godly Knowledge by God Himself.

GOD – THE BESTOWER OF PEACE AND HAPPINESS



– **B.K Subramanian, Chennai**

In the modern scientific world *Maya* has taken away the inheritance of peace and silence of the individual man and also the society as a whole. Human beings have become simply puppets in the hands of *Maya*, i.e., vices. Everyone believes in God; but how many know His real name, form, abode and acts. It is because man has completely lost his virtues, moral and ethical values. He is under the illusionary impression that vices in him like anger, lust, greed, ego etc., are natural instincts and common to all in the world. They are fabulously using the words Hell and Heaven as expressly denoted in the legends, scriptures and religious books. But nobody knows where these Heaven and Hell are. Hell is nothing but the dominion of evil, ill-will and ignorance of man and Heaven is nothing but the abode of Peace, Purity, Prosperity and Happiness. What do we see today? It is conspicuous to everyone that no perpetual or perennial peace and happiness do exist on the practical side of

the Human Life and even if such feelings or intuitions are experienced, they do remain only for a short period that too without any warranty or guarantee. The bodily feelings and desires have goaded man away from God and pulled him down from the Royal Swing of Celestial Joys and Happiness, right from the starting point of cradle to the finishing point of grave, leaving the imprints in the mind that life is a mingled yarn of joys and sorrows.

Today, we see in *Bhakti* that many rituals and ceremonies are performed either individually or collectively with the hope that bad and evil happenings will disappear and good things will emerge and occur. At the same time, man has miserably failed to recollect, remember and inculcate the values, noble versions and dictates of God. He has started contemplating and living in his own way to satiate his bodily desires, wishes and tastes. Nobody seems to care for the noble teachings of enlightened personalities who

have appeared in the world from time to time. It may not be impertinent to say that we are living only in the man-made world, i.e., *kaliyug* and not God-made world *Satyug* or Heaven. The lacuna and wide gap between theory and practice have separated man from God and the net results are nothing but disquiet, sufferings, confusions, confrontations, anguish, pains and diseases.

This is the sorry state of affairs of the human life prevalent in the entire globe. At this juncture, the Incorporeal God the Omnipotent and the Supreme Father of all souls, has descended in the body of Pita Shri Brahma to reveal the entire story of the world drama and to uplift the souls to bring about the world transformation.

All the vices like lust, anger, ego, jealousy, greed, etc., were acquired by human beings during the mid-period of the cyclic rotation of birth and death, i.e., from *Dwaparyug* onwards and not at the inception of *Satyug* and *Tretayug*. Not only HIV but

all the diseases could be relatively known as AIDS as they were acquired due to the virus of vices that caused the immune deficiency of divine virtues, of purity and innate qualities of soul. 'Raj Yoga' meditation is the only Anti-Virus that can prevent a man or woman from being attacked by the virus of vices and enable them to live a healthy for 21 births life in paradise.

In *Bhakti*, we worshipped many gods and goddesses in the form of an Idol/Image or statue for many decades and centuries believing that they were all different manifestations of one God. However, when the one real Incorporeal God took the physical corporeal medium of a well experienced family man, to reveal His real identity and disclose the spiritual secrets of life the people then declined or hesitated to accept the truth. Since people have worshipped the God or deities only in the physical form, they cannot afford to come forward and realize the truth that God is Incorporeal and non-physical and His real identity is that of a radiant and vibrant point of light with all powers. But as and when the time strikes for the dawn of a new Era, people will wake up but that may be too late for them and the entry into Heaven might no longer be allowed to them.

Hence, the call of the time is the most opportune and should be heeded by one and all. And it is 'Awake and Arise! Now or Never!'

CHECKING MYSELF ON THE STAGE OF ACTION



Once we become aware of the possible types of thoughts that the mind creates at different times in the span of a particular day, we are in a position to keep a check on our thoughts and understand where our energy is being wasted. Once we realise that there are patterns of waste and negative thinking at some times during the day, which are usually triggered by certain situations or people, we can apply a brake on the pattern of habitual negative thinking, thereby transforming this energy wastage into something more positive.

It does happen, that when we are informed about the benefits of meditation for the first time, perhaps in a course or a presentation either in the office, in a centre of a spiritual organization or elsewhere; we realise the need for the same but we also feel that, in order to get the house of our minds in order, we need to leave our busy city lifestyles behind and head for the hills. There, we think, we will find the time and the physical and spiritual environment to practise meditation and get our mental state in order, but this is absolutely untrue. While going on an occasional spiritual retreat is certainly useful and recommended for the development of the spiritual self, the real workshop is life itself. Even if I am able to maintain a positive and powerful state of mind in a retreat, it is in our daily actions and relationships with others where the challenge lies. It is on the stage of action that we have to check whether we can remain soul-conscious, i.e., in the awareness of our spiritual identity. It is here where we have to see whether we can apply the brakes on patterns of negative thinking, establish and maintain patterns of positive thinking and test whether we have reached the stage where, no person or situation, however, negative can disturb our state of mind.



“KNOW THYSELF”



– B.K. Jegajothy, Jaffna

The great Greek philosopher Socrates was poisoned to death when he wanted to preach about – “Know thyself”. He accepted the final words of the government and took the poison given to him passively; since he was able to understand the soul, God, and the drama. To trespass the limited world requires the knowledge of the self, courage and confidence. Those who wear the armour of inner powers cannot be shot by any arrows of negative influence or personal influence. The tiny seed of each plant or tree contains the complete blue print of its essential nature, likewise always be conscious of thyself as a soul, the child of the Eternal Father, the Purifier, the Liberator, the Redeemer of all the souls.

Today, the human beings have gone quite vicious. Neither the systems nor customs of religion nor the government of the time are able to control them. It is the night of Brahma (*Brahma Ki Raat*) when the deities have stumbled on the path of devotion and are going in a downward trend. This

is the time when we need to apply and imbibe spiritual knowledge in our lives. Look but do not see, only perceive the truth through your inner self. Hear but don’t listen. Free yourself from the obstacles you confront by practising the incorporeal stage. Do not go into waste but apply a full stop. It is said that, ‘Early to bed and early to rise makes the soul healthy, wealthy and wise.’ So, start the day with powerful *Amritvela*. This will help one to experience different relationships with the Supreme Father, catch His signals and become an authority and embodiment of every virtue. Know thyself and become master almighty authority. Be aware of the arrogance of the mind and understand Baba’s elevated directions. Go deep within yourself, identify your weaknesses and mistakes and rectify them. When you become perfect others will follow you. When we point out the mistake of some other soul, one finger points to that particular soul whom we accuse, but the rest of the fingers point towards us. This indicates that we need to

work on ourselves rather than blame or criticize others.

The knowledge of the drama stops you from pondering over “Why and what”. The expansion of the entire knowledge depends on the awareness of the self, the Supreme Father and the drama. The soul is neither male nor female, but it is a tiny conscient dot of light. The effort that one needs to make is to become an elevated soul, complete with sixteen celestial degrees. There is a story, that a queen lost her valuable necklace when she went to take bath. She searched for it everywhere but without success. Accidentally, when she looked at herself in the mirror, she found that the necklace was around her neck. This story puts things in perspective for us that everyone must look in the mirror of their eyes and realise their own value. Like the necklace of the queen, we have not lost the values of love, peace and happiness. All we need is to go within and the innumerable treasures of values are waiting for us. We have to be self-aware and be *yogyukt* to regain the inheritance of Paradise. Therefore, every second of the Confluence Age is very important.

Do not waste time carelessly; self-sovereignty is the birth right

(Contd. on page no. 34)

OVERCOMING FEAR AND DEVELOPING THE HABIT OF COURAGE



–**BK Suryakant**, Chandigarh

Fear is and has always been, the greatest enemy of mankind. When Franklin D. Roosevelt said, “The only thing we have to fear is fear itself” He was saying that the emotion of fear, rather than the reality of what we fear, is what causes us anxiety, stress, and unhappiness. When you develop the habit of courage and unshakeable self-confidence, a whole new world of possibilities opens up for you.

Fortunately, the habit of courage can be learnt just as any other habit is learnt, through repetition. We need to constantly face and overcome our fears to build up the kind of courage that will enable us to deal with the inevitable ups and downs of life unafraid. The starting point in overcoming fear and developing courage is to look at the factors that predispose us toward being afraid.

The root source of most fear is childhood conditioning, usually associated with destructive criticism. This causes us to develop two major types of fear. These are the fear of failure, which causes

us to think “I can’t, I can’t, I can’t,” and the fear of rejection, which causes us to think “I have to, I have to, I have to.” Our fears can paralyze us, keeping us away from taking constructive action in the direction of our dreams and goals.

The More You Know, the Less You Fear

Fear is also caused by ignorance. When we have limited information, our doubts dominate us. We become tense and insecure about the outcome of our actions. Ignorance causes us to fear the change, to fear the unknown, leading us to avoid trying anything new or different. But the reverse is also true. The very act of gathering more and better information about a particular subject increases our courage and confidence in that area.

You can see this in the parts of your life where you have no fear at all because you know what you are doing. You feel completely capable of handling whatever happens.

Analyse Your Fears

Once you have identified the major factors that cause you to

feel afraid, the next step is to objectively define and analyse your personal fears. At the top of a clean sheet of paper, write:

“What am I afraid of?”

Remember, all intelligent people are afraid of something. It is normal and natural to be concerned about your physical, emotional, and financial safety and that of the people you care about.

A courageous person is not a person who is unafraid. As Mark Twain said, “Courage is resistance to fear, mastery of fear – not absence of fear.”

Action Exercises

▶ Begin your list of fears by writing down everything, major and minor, that causes fear, stress, or anxiety. Think about the parts of your work or personal life where your fears might be holding you back or forcing you to stay in a job or relationship in which you are not happy. Once you have written down your fears, arrange them in order of importance, and then pick them apart one by one.

▶ Fear, anxiety and stress occur when floods of negative thoughts occur in your mind and you are not capable of listening to your inner voice. To reduce this, practise meditation by realizing your true eternal identity, i.e., a soul. Remember the words, “**I am Originally A Peaceful Soul**”.



REINCARNATION AND THE BIBLE



– BK Rose Mary

Old Testament portion of the Bible speaks about a wicked queen named Jezebel (wife of King Ahab) who ruled kingdom of Israel, but died with unfulfilled revengeful desire against Prophet Elijah who rebuked her. (1 King 19:1-3)

However, matter did not end with the physical death of the queen Jezebel. At a later time, they were born again in another place manifesting the same propensity (mental disposition). It seems King Ahab was reborn as ruler Herod, and Queen Jezebel as Herodias (the wife of Herod's brother) during the time of Jesus Christ. Herod broke the Law by marrying Herodias illegally, thus committing crimes of adultery and incest. Just as happened earlier, now a prophet (John, the Baptist) appears whose mannerism and character reminded people about Elijah, the prophet of ancient times. John, the Baptist, came to Herod and rebuked him and his illegitimate wife Herodias. This angered Herodias who successfully plotted the death of John, the Baptist, thus fulfilled her

revengeful desire of her past birth. This incident is recorded both in the Bible (Mark 6:14-29) and also in secular history (*Antiquities*, 18.5.2 116-119), written by Flavius Josephus (37-100 AD), famous Jewish Historian.

People's guess that John, the Baptist, could be reincarnation of prophet Elijah was right because Jesus himself confirmed it saying: "If you are willing to accept it, he (John, the Baptist) is Elijah who is to come." (Matthew 11:14) Through his initial wording ("If you are willing to accept it"), Jesus declared that reincarnation happens whether people are aware of it or not. Later, with more details, Jesus convinced his disciples that John, the Baptist, was indeed reincarnation of Prophet Elijah. (Matthew 17:11-13) Jesus admitted that his knowledge is from God Himself who "knows everything." (John 12:50; 1 John 3:20)

Being a Jew, Jesus declared his full support for the Jewish Scriptures what is now called the Old Testament (OT), a portion

of the Bible. (Mathew 5:17) That means Jesus accepted all its teachings including reincarnation. In Old Testament, we find even its writers themselves speaking about their own past births. (Jeremiah 1:5; Proverbs 8:22, 23, 30, 31) Job, another famous OT character, knew that he would take birth in another womb: "Naked I came from my mother's womb, and naked I shall return there." (Job 1:21) The very wording of the Ten Commandments shows it was given to people who believed in reincarnation, for God said after stating the second commandment [against idolatry, which is ultimately egoism, the root cause behind all vices –1 John 2:15, 16; Colossians 3:5]: "I, the Lord, your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generation of those who hate me, but showing love to a thousand generations of those who love me and keep my commandments." (Exodus 20:5, 6)

If taken literally, it would mean that God is punishing/rewarding the children according to the actions of their fathers which God Himself says He will not do. (Deuteronomy 24:16; Ezekiel 18:20) It is like we read what William Wordsworth wrote in his poem

The Rainbow: “*The Child is father of the man,*” and we rightly understand that all our positive and negative traits are established when we are young, and we see such traits and characteristics remaining with us forever. If early part of human life could be called ‘father of man,’ it is even easier to call earlier physical body as “father” which engenders other bodies. Thus, figuratively, ‘fathers’ would mean our previous lives and bodies, whose *karmic* accounts necessitate our being reborn in further bodies, which are called “children” of those prior bodies. This understanding is confirmed by the Bible itself which presents this phenomenon in this way: “The fathers have eaten sour grapes, and the children’s teeth are set on edge.” (Ezekiel 18:2) Jesus too confirmed that reaping of fruits of one’s action in the present life can happen in the new birth. (Mathew 19:28, 29) Interestingly, the fact that Jews believed in reincarnation is proved even from apocryphal books: “I was given a sound body to live in because I was already good.” (*Wisdom of Solomon* 8:19-20).

Jews who were Jesus’ contemporaries too were believers in reincarnation. With regard to Jesus, many people

thought “that one of the prophets of long ago had come back to life.” (Luke 9:8) Interestingly, Jesus himself put this question to his disciples: “Whom do men say that I am the Son of man? And they said, some say that thou art John, the Baptist: some, Elijah; and others, Jeremiah, or one of the prophets.” (Matthew 16:13, 14) Jesus’ disciples too believed in reincarnation, for when they saw a blind man they asked Jesus: “Rabbi, who sinned this man or his parents that he was born blind?” Jesus said “Neither this man nor his parents sinned, but this happened so that the works of God might be displayed in him.” (John 9:1-3) Jesus would certainly have rebuked his disciples for wrong belief if reincarnation was not true.

Why only a few Christians believe in reincarnation?

In Bible one can find teachings such as vegetarian diet (Genesis 1:29), ban on all animal sacrifices (Jeremiah 7:22; 8:8), woman as worthy of teaching publicly (Mathew 25:1-13; Psalm 68:11; John 20:16-18), commandment to greet everyone on earth (Mathew 5:44-48)... and at the same time they are all contradicted in other parts of the Bible. Similarly, there are plenty of references

to reincarnation throughout the Bible, and it also contains references to its opposite teaching—resurrection which is obviously a later adoption. Jesus knew that contradictory teachings would creep into the Bible in the future. (Mathew 13:24, 25) Apostle Paul, another key person in the Bible, also made similar prophecy: “Keep watch over yourself Even from your own number, men will arise and distort the truth in order to draw away disciples after them. So be on your guard!” (Acts 20:28-30). Moreover, Jews and Christians had to live through persecutions by powerful opposing kings; hence many books referred to by early writers have vanished. For example, the book of Enoch, quoted by Saint Jude in his epistle (v. 14), is no more; nor is the book of Jasher, mentioned in Joshua 10:13 and Second Samuel 1:18. Then there are things added to the Bible [such as Mark 16:9–20; John 7:53-8:11... etc.] which modern versions have bracketed with the foot-notes saying they are not the part of the original writing.

Interestingly, Bible itself provides a solution for the conflicting teachings it contains: “Test everything. Hold on to the good” (1 Thessalonians 5:21)



and accept only what appeals to one's "reason." (Romans 12:1) Thus, Bible itself gives freedom to choose between Reincarnation and Resurrection. In Christian belief, resurrection is the rising of the dead at the Last Judgment which sends a person to Heaven or Hell for eternity with no appeal ever possible. *Prima facie* this teaching does not appeal to our reason because one birth, especially that of children who die at very young age, cannot be a sound basis for eternal reward/punishment.

However, teaching of reincarnation can appeal to one's reason. We all have noticed that we get up from the sleep with the same thought with which we went to sleep. This is typical of the greater sleep called death. We know things such as early childhood phobias, uncanny abilities that seem to develop spontaneously, irrational food preferences, xenoglossy (paranormal phenomenon in which a person is able to speak or write a language he or she could not have acquired by natural means) etc., have their roots in their previous births. It means people are born again with the same tendencies they developed in their previous

births. Just like fragrance and bad odour cannot be kept hidden, one's propensity (dispositions) will show up in due course. (Mathew 12:35) Interestingly, this is in perfect agreement with oldest Scripture, *The Bhagwat Gita* (8:6) which says: "Whatever the state of being one remembers when he quits his body, that state he will attain without fail (*Antamati so Gati*)."

This is because death is simply the soul leaving one body (which is no longer useful) and taking a new body somewhere else, and our state of mind determines our destination. **This is in perfect agreement with the scientific principles also because according to The First Law (also known as Law of Conservation of Energy), energy cannot be created or destroyed. It means energy is indestructible, especially the conscious energy called soul.**

Bible declares: "With the measure you use, it will be measured to you. Be not deceived; God is not mocked: for whatsoever a man sows that shall he also reap." That means one has to 'return' to reap what he has sowed in his previous birth – and there is no other way. (Job 1:21). Interestingly, major religions such as Hinduism, Buddhism

and Jainism differ in their philosophy, theology, on everything, but not on reincarnation. The Origen of Alexandria (185-254 AD) also wrote: "The soul has neither beginning nor end ... The souls come into this world strengthened by the victories or weakened by the defeats of their previous lives." (*de Principiis*)

Teaching of reincarnation has its benefits. When you accept reincarnation, it gives you a very relaxed attitude towards life. That is the real thing. And the message of reincarnation also is interesting: If you want to change, change. Always look for something new, something fresh – because **there is really no goal except the journey**. So make the most of it. Make it as beautiful as possible, as enchanting, as creative as you have the capacity to make it. And you have infinite capacity which is lying dormant. And if you want to make change, this is the best time when God Shiva Himself does the teaching and training programme which happens only once in every 5000 years. If one takes advantage of this now, he/she is going to reap its benefits for the next 21 births! ●

WONDERFUL, ENLIGHTENING AND ELEVATING EXPERIENCES



– Dr. Brahma Kumar Yudhisthir, Ph.D., Shantivan

I was in constant quest of God since the earliest childhood days when my mother used to take me to places of worship like temples of various gods and goddesses like Laxmi, Narayana, Durga, Saraswati, and Shiva temples nearby our locality. While she worshipped with fruits, flowers and incense-sticks and offered obeisance with her bowed head and folded hands, I simply followed her and bowed my head before them. I had no knowledge of “Who is God?” then, but the mysterious question still accompanied me throughout my college days.

With growing sensibility, the earlier question haunted me more deeply even while I continued worshipping gods and goddesses like Laxmi, Narayana, Durga, Saraswati, Santoshi Mata and Shiva. In *Bhakti Marga*, I often worshipped all gods and goddesses at home wishing to seek wealth from Laxmi, power from Durga and knowledge from Saraswati. But a feeling

of shock and suspense continued through the mind lest one goddess should be displeased when I worshipped the other one. Later, I conjectured that there must be one God who satisfies all needs of a devotee, and there is no need to worship and pray the lesser gods and goddesses, then finally I turned to be a staunch devotee and worshipper of Lord Shiva. Hence forth, every day after bath, I used to pour milk upon the Shiva Lingam in a nearby Shiva temple during my boyhood and adult days.

It was the year 1984, the glorious year for me. After the completion of M.A. in English literature from Ravenshaw College (now autonomous university), Cuttack, I took admission in LL.B. in Madhusudan Law College, Cuttack, and started staying in its hostel. One divine brother B. K. Antaryami (nick-named Moti) used to knock at my door daily and invite me to come to Brahma Kumaris

Centre at College Square of the city. Most probably, the days of Bhakti were coming to an end in my life; one day he again knocked at my door and invited me; this time I could not stop myself and suddenly decided to accompany him to the B.K. Centre at College Square, Cuttack, thinking it would be quite discourteous to him if I would refuse to do so.

I was a student of English literature and read about the hellish descriptions of characters and events and situations in novels, drama, prose and poems. Also, the same feelings and experiences I was getting while coming in interaction with the people and events in day-to-day life. With all anticipation, I reached the Centre which welcomed the souls with its big “Gateway to Heaven” signboard. I asked myself how is it possible to find a “gateway to heaven” in this hellish world from which I wished to fly away and asked God to lift me up like “a leaf, a wave and a cloud” as I didn’t

want to live in this unsociable, inhuman and demonic world. In the Centre, another brother explained me the museum in incorrect, broken English and said that the soul is not the part (*Ansha*) of the Supreme Soul but belongs to the clan and family (*Vansha*) of Supreme Soul, the God Father of all souls. It was startlingly wonderful to hear in this demonic days that a soul or a person could be of the clan and family (*Vansha*) of Supreme Soul, the God Father. This novel point of knowledge touched the heart of my quite inquisitive, ever God-seeking querulous mind and I instantly felt that some inscrutable, powerful divine force is forcefully calling and drawing me to go through the seven-day-course of spiritual knowledge and Rajyoga.

Immediately, the next day I jumped to the occasion and along with my room-mate who was an LL.M. student, went through the seven-day-course. On the seventh day while explaining the 'Lesson on Rajyoga', B.K. Kuldeep, the sister-in-charge of College Square Centre, told us to say to Baba every night before going to bed: "O' Baba! Please awake me at 4 O'clock early in the morning." It was quite surprising to me to hear that God is there to awake the seeker at the exact time

mentioned by the sister. I asked myself "Could it be true?" with a feeling of unimaginable doubt but still with aspiring curiosity. However, before going to bed, I importuned Baba to awake me at 4 A.M., and in order to test whether this event could turn true or not I kept my wrist watch under the pillow and slept. But my roommate didn't do anything like this and simply went to sleep. The moment when I awoke, I got hold of the wrist watch to see that the time correctly ticked at just 4 A.M., neither a second before nor after. My roommate was as asleep as before and was completely oblivious of what was happening to me then by God Shiva in the same hostel room.

All my doubts and disbeliefs soon melted away and faiths and beliefs in God Shiva Baba increased manifold. I started meditating as guided by the sister to find out what more mysterious experiences could occur to me. Just after 15 minutes of meditation, it was quite enlightening for me to view a shining spark of divine light of the God Father Supreme Soul glowing in His resplendent glory - a point-of-conscient-and-divine-light of God in His charming and bewitching luminous form which entered into me, the soul, like a sharp

and pointed laser beam, enlightened and energized me as never before. It was an unprecedented exhilarating experience, and I remained hooked to that uplifting light like 'a man in the hang' for some 20 minutes. Then I felt completely bodiless floating upon the floor, as if the gravitational pull of the earth seemed quite suspended to act over my whole body, and also felt all my body parts not at all touching the ground. It was, in fact, a complete revelation of the Supreme Soul God Father Shiva to me whom I was really searching in the *Bhakti Marga* throughout my past and present life and came to understand that it was the real Lifetime Achievement Award for me; and I began to feel contented that I have got everything and nothing more is left to get now (*Jo Pana tha so Paliya, Pane ko kuchh aur baki na raha*).

Then while going to *Murli* class in the morning, my feet still seemed not to touch the ground as the experience of the *Amritvela Yoga* was still having its salubrious effect and impact upon me; I felt flying like 'the mythological Hanuman with a mountain upon his hand'. But I came to understand with application of spiritual knowledge and yoga that 'the

flying Hanuman with a mountain upon his hand' is a symbolic state of the uplifted, ethereal yogic stage of a meditative Rajayogi who is completely shorn of body-consciousness and merged in bliss and beatitude. Really, as I felt, anyone can feel flying like the Hanuman when they feel oblivious of their body-consciousness and become merged in love-full meditation with the Yogeshwar Shiva Baba. As I walked on the road to the Centre, the people I looked at, seemed to have only head, and soul, a point-of-light, was shining on their forehead between the eyebrows like a glow worm sparkling in the deep darkness of the night; while the rest of their body from their neck to feet were completely and mysteriously invisible to me. This scene was really the revelation of soul to me.

I trod down the path to the Centre envisioning the revelation of the soul(s) upon the forehead of all I met, and finally reached the Centre and listened to *Murli* from sister B.K. Manju (now in Berhampur, Odisha) in the class. After the *Murli* class was over, the sister was giving *drishti* to one and all in the class, and when she put her *drishti* on me, I saw a strong

shining current of light emerging from her forehead like a laser beam and piercing and penetrating into me - the soul, the inner being - continuously for almost 10 minutes; then from the sister's mouth a solemn voice of the Almighty Authority uttered the most striking words: "Nobody else can teach my children except Me. And none can bend the hair(s) of My children." As I listened to these striking, touching and authoritative words, all the hairs of my head and body stood up like sharp spikes in a never-before hair-raising experience. Then another voice emerged saying: "From today onwards your name is Brahma Kumar Yudhisthir." I sincerely experienced that this wonderful and enlightening scene of sight and sound (of God's Light and Words) was being played personally to me, and neither the sister nor anyone of the class was conscious of this divine event in the class. Really, the Ways and Directions of God are Unique and Different (*Tere Gat-Mat Tu Hi Jaane*). It was my individual experience being ethereally broadcast to me individually and silently by God Himself in His own unique and inimitable way. Ah! I felt completely released, relaxed, reformed, reenergized and

rejuvenated to live life anew with the hope of a new life of zeal and enthusiasm and with a firm will "to justify the ways of God to men" through service.

Further, in the meditation room, I saw the figure of Brahma Baba turning into Shreekrishna mysteriously; also saw the broad forehead of Brahma Baba turning into a film screen on which the major events of all four Ages (*Satyuga, Treta Yuga, Dwapar Yuga* and *Kaliyuga*) emerged like filmy scenes one after the other and made me completely spell bound as the deities Shree Laxmi - Shree Narayana appeared in *Satyuga*, Shree Rama-Shree Sita in *Treta Yuga*, and major religious founders like Ibrahim of Islamism, Buddha of Buddhism, Christ of Christianity, Shankaracharya in *Dwapara Yuga*, and Sikh Gurus of Sikhism and other founders of various *Maths* and *Panths* in *Kaliyuga* followed one after another, and at last in *Sangam Yuga*, the descent of the Incorporeal Supreme Soul Shiva followed in magnificent manner in Brahma's body-chariot for final liberation, redemption and elevation of souls from human stage to deity stage in this present *Kalpa*.

With a personal and divine mission of giving God's

message of liberation and redemption of souls and re-establishment of the Golden Aged heavenly world upon the earth, I participated in the activities and programmes of B.K. Organization, and joined one (from Jagannath Puri, Odisha to New Delhi) of the 12 Bharat Unity Youth Marches organized all over India by the Brahma Kumaris on the occasion of International Youth Year, 1985 and led this March from Calcutta to New Delhi and met late Giani Zail Singh, the then President of India, as one of the 12 group leaders.

God's noble and divine task of turning human beings (*Nar aur Nari*) into deity (*Shree Narayana* and *Shree Laxmi*) by the Incorporeal Supreme Soul Shiva was the most elevating experience for me which I experienced in the change of my thoughts, words, actions and the food habits in my personal life. The change was so sudden and striking that I immediately started cooking my food in Godly remembrance and put on loose white oriental dresses as the B.K. uniform, leaving completely the occidental stylish and fashionable dresses prevalent then. I remembered the ennobling words of William Shakespeare, the famous British poet and dramatist, upon the

nobility of man: "What a piece of work is Man! How noble in reason; How infinite in faculty," and began to believe in the inner and essential nature of man to raise myself and other fellow human beings with the help of spiritual knowledge and Rajyoga to status of deity-hood in full glory and grandeur.

The month of March - the advent of Spring season - was also glorious and significant for me; my mother gave physical birth to me on March 13, 1960; God Father Shiva gave spiritual birth (the second one) to me on March 22, 1984; and Rajeev Gandhi University, Arunachal Pradesh, gave me an intellectual birth declaring me Doctor of Philosophy (Ph.D.) in Education, thereby elevating the erstwhile Master to a Doctor. These last two are diamond occasions in Diamond Sangam Yuga - the Age of Transition - that also brought unprecedented path-

breaking changes in my life altogether that opened new chapters in the history of my life.

When the laukik family didn't support me to pursue my spiritual, divine life, I continued my laukik and alaukik studies with whatsoever finance from tuition and achieved Ph.D. degree only with God's Grace that *is* still being showered upon me like the ever-showering fountains. With "One Strength and One Support" (*Ek Bal Aur Ek Bharosa*) of the Supreme Almighty Authority Above (SAAA), I ever feel God with me as Guide ahead and Guard behind. I also now feel free enough to jump into Baba's work and service with due dedication, determination and divinity and to challenge the authority of *Maya* (the five major vices) and conquer over it for finally hoisting the victorious flag of the Beloved God Shiva, in the world at large. ●

THE SECRET OF IMMEASUREABLE WEALTH

The secret of immeasurable wealth is to need less. The wealthiest human beings ultimately give away vast amounts of the money that they have spent half their lifetime acquiring; this suggests that the motivation behind all their efforts was not the pursuit of wealth but something else. The need to prove something to oneself, for instance? Replace need – whether it be at an emotional or physical level – with an unshakeable faith in one's self and in God. Neither will ever let you down, if you hold fast to this faith.

TRANSFORM YOUR CONSCIOUSNESS AND THE WORLD WILL CHANGE:

A Scientific Perspective

– Dr Veena Mani , Principal Scientist, ICAR-National Dairy
Research Institute, Karnal

All the things whether physical or non-physical, are made up of energy of vibrations. We, the human beings, are not just the physical bodies but much more than that. The truth is that we are the conscious energy (soul/spirit/self), i.e., being which has its eternal existence as it can be proved by a number of ways such as aura pattern, rebirth case studies and experiences narrated by a number of people while they approach their death. The soul manifests itself through the physical body which is not just a concept but the ultimate truth supported by science too. Though, at first glance, the science and spirituality/metaphysics seem to be contrary, however, even the pioneers of quantum mechanics, believed that both are complementary to each other. That is why while formulating theories, they were highly influenced by ancient Hindu philosophy and found their experiments to be consistent

with the Vedic knowledge. One of the greatest *examples* of how modern-science viz. quantum physics is intertwined with the spiritual concepts of the ancient world, is evident from the works of Nikola Tesla, the most underrated genius scientist and inventor in history who had made number of inventions (including the alternating current concept of electricity). Besides the knowledge of complex mathematical *formulae*, he had very subtle knowledge of the working of the universe and quoted that “if you wish to understand universe, think in terms of energy, frequency and vibrations.” **It can be inferred from this knowledge that the invisible subtle energies in universe and human being needs to be understood in resolving the eternal truths about life.**

Physics explains this eternal energy as the energy of vibrations living in this universe of vibrations. The **eternal energy** – the **being** – present

in human body, transmits as well as receives energy in the universe which is not merely a concept, but is the absolute reality as evidences are also provided by principles of quantum physics. This is the branch of physics which deals with matter at atomic or subatomic levels and provides knowledge that atoms are made out of invisible energy having no physical structure (not tangible matter). It demonstrates that physical atoms are made up of vortices of energy that are constantly spinning and vibrating; each one radiates energy peculiar to its **own unique characteristic or signature**. The atom structure as seen under the microscope shows no physical structure or tangible matter, but indicates invisible energy like tornado with a number of infinitely small energy vortices called photons and quarks (though these are hypothetical predictions of particles yet proved by experimentations) Therefore,

picking up threads from recent scientific knowledge of quantum physics principles, it can be elucidated that we too are *beings of energy and vibration*, radiating our own characteristic energy signature. Our thoughts too are vibrations of energy.

Recent advances in research is providing new perspective on **consciousness**, having the *possibilities of a mega shift to an era of better health (physical mental, and emotional) technological advancements along with economical and cultural betterments*. The research on interactions of consciousness with physical random systems was initiated as Global Consciousness Project in the 1960's and later in the year 1979. Princeton Engineering Anomalies Research laboratory (PEAR) was established at Princeton University with the objective to study whether sensitive electronic devices might be affected by special states of consciousness, i.e., strong emotions and directed intention. In the year 1998, the PEAR group initiated a project called the **Global Consciousness Project (GCP)** under the leadership of Roger Nelson and Greg Nelson, John Walker, Dean Radin, Paul Bethke, Richard Adams, Peter Bancel,

and Rick Berger and some others being the co-workers. A logistical home for the project is provided by the Institute of Noetic Sciences (IONS) which was founded by Edgar Mitchell who was an astronaut in Apollo 14. It is a project having international, multidisciplinary collaboration of scientists and engineers. The data are collected continuously from a global network of physical random number generators located in up to 70 host sites around the world at any given time, and is transmitted to a central archive which having more than fifteen year data in parallel sequences of synchronized 200-bit trials generated every second. After 16 years, i.e., up to August 2014 of monitoring more than 480 world events, researchers reported strong evidence of some kind of transpersonal mentality that seemed to emerge when many people share a common concern or experience. The results of the study indicated that our minds may not be bounded by our heads but somehow extend out into the world and commingle, at least at times though definitive inferences are yet to be found.

Based on these findings Roger Nelson, GCP's Director, summarized: "What we can

interpret from our experiments is that we really are interconnected. Human beings are simply not isolated islands of consciousness. Really, there are effects of consciousness in the world, unexpected correlations in our network of random devices. Something is going on, and *the most likely conclusion is that there is an inter-connection of consciousness at deeply hidden levels between people and among people across the globe.*" He further contemplated "Toward that end and with the noosphere (ultimate sphere of consciousness) vision in mind, now may be the time, when there will be a *shift from biological evolution to conscious evolution* – the intentional enhancement of individual, group, and global consciousness". "To make a real difference," he says, "what we'd need are perhaps 100 million people, out of the seven billion on the planet, all becoming deeply persuaded and able to work on a kind of conscious evolution strategy." He also offers a more humble proposal: "What we can all do, is learn to live in the world in a positive, accepting fashion, in which case the world will roll out toward its future, taking us along on a probably more pleasant



ride.”(... the information is from blog by Richards Samson entitled “Signs of Collected Consciousness” detected on global scale, posted on September 28, 2014 posted in ‘The Futurist’ magazine published by World Future Society).

The knowledge opens new arena to wake up and realize **our true self /identity and make us to think with new perspective.** Our thoughts are vibrations of energy and whatsoever happens to us is also greatly influenced by our thoughts. If we are performing our activities in very casual manner without paying much attention to thought process, we are ignoring our enormous inherent potential. Mind has strong power directing the thoughts toward a desired outcome. The saying “**as you think so you become**” is true. If one focuses on failure, it leads to failure, on the other hand, if thoughts are created towards success, it follows. For the improvement of mind power, understanding of these laws is helpful in the process of thinking because consciously created thought leads to a new life of power and opportunity. Collective change in consciousness will change the world towards the betterment.

In the present technologically advanced and modern era,

people are flooded with a lot of information in the form of negative energy which cause mental and emotional stress and depression as byproducts, making their lives miserable. Unaware of these facts, people put too much energies by putting a lot of efforts in changing the external conditions to combat the emotional stresses. But these spiritual laws say “unless you change the internal conditions, i.e., the thought process, desired results can not be obtained. Thus, there is need to train our conscious mind to think of virtues like love, strength, success, happiness, health, prosperity and to eliminate negativity such as fear and worry.

The intention behind this information is just to put forth the scientific evidences that thoughts, intentions and other manifestations of consciousness have direct effect on our physical surroundings so to say the collective thoughts/vibrations can have impact on planet as a whole. Consciously creating powerful thoughts of positive energy (peace, love, strength and purity) certainly can make the world around us a better place to live in and influence how others feel as well. This information seems to be a bit difficult to comprehend by a layman who *is* not from the related subject, but **Parampita**

Paramatma who is the Supreme Father and Teacher (Shiv Baba) being the Ocean of Knowledge has revealed even this utmost complex but ultimate knowledge (the truth) about conscious energy and related spiritual laws in named very very simple and understandable form. He unveiled the secret about our real self by telling “you are an eternal energy (soul). Thought, intellect and sanskars are the faculties of the soul, the “**being**”, which is the *chaitanya shakti* or conscious energy” thus affects the actions performed too. The physical body is mortal and is just a mixture of various elements, but life is due to the presence of soul and as **we change our consciousness the world will change.** If all of us are in a peaceful loving state inside, it will surely have impact on the external world around us, and influence how others feel as well. *Thus, assuring that by changing our thoughts, we can change our destiny and when masses change their thinking pattern, the world will change, which is also proved by scientific principles underlying quantum physics.* This truth is revealed by **Incorporeal God, Shiv Baba** who has descended on the earth and is assuring that when human

beings will change themselves from **body consciousness to soul consciousness**, then vibrations of soul's qualities will emerge and will spread and pervade the environment. When this shift will happen in masses, then the whole world will change from **Kaliyuga** (period of bondages/miseries) to **Satyuga** (period of liberation and prosperity) **or paradise on this earth**. This is the period of world transformation and the change is ought to happen as TIME is a cyclic entity (there are proofs of its cyclicity too) and it must repeat itself from *Satyuga* to *Kaliyuga* and again the new cycle will begin as shown in scriptures. The satyuga or the golden period is nothing but a manifestation of the thinking process of the people living in that particular time frame. This is not a fantasy but the truth, the **Supreme Teacher, Shiv Baba**, being the knower of all the knowledge, has made this revelation in a holistic manner which can be understood even by a common person requiring no formal knowledge. At this period of Confluence Age (*Sangam Yug*) the act of purification has already been started, i.e., the souls are regaining their purity by changing their thought pattern from body consciousness to soul conscious state, that will resume the forgotten divine characters in the inhabitants of the society and the world will be a paradise on the earth. I would again like to endorse the conclusion made by Dr Roger Nelson, Director, GCP's that the intentional enhancement of the individuals, the groups, and the global consciousness (from biological to conscious state) will really make the difference, and he further said that if 100 million people, out of the seven billion on the planet, get deeply persuaded and able to work on a kind of conscious evolution strategy, that will make a real difference in the world. This is just to highlight the fact that a scientist who is not having exposure to this Godly Knowledge is giving statements like this, as our beloved **Baba** has made the revelation that all the people in world will not become part of the process of the world transformation; only a few souls who are from the *Adi Sanatan Devi Devta Dharam* will have faith in Him and will be on this spiritual journey and will be instruments for bringing about the world of universal brotherhood, peace and prosperity. ●

UNDERSTANDING WHAT IS TIME

We created the concept of time to measure our experience of the space between events. Time passes only because we experience change. What is change? Change is only a series of events. So time is our experience of the speed of events. This explains why time seems to be moving faster today, because both the speed and the number of events are increasing. And it seems even faster if we participate in those events. If the speed and number of events were less, we would experience time to be moving slowly, as it used to be a little earlier in the history of mankind.

Today, sitting in our living rooms and offices, electronic, print and other media allows us to observe hundreds of events from all over the world, every day. To observe them actively is to participate in them. If you want to slow time down, learn to be a detached observer of the thousands of events around you – participate or observe actively only when necessary. If you want to stop time, meditate and be in your original, timeless, eternal consciousness. Meditation is after all an art of shutting down your senses and slowing down. Today, we fear time, as a result we hear ourselves saying many times, Hurry up, time is running out! Or I hope to have more time tomorrow! Or I need to save time! Ultimately time is our life: it cannot be saved or lost, but must be lived now. This is where your will-power is important – we can choose exactly how we spend our time at any moment.

A SPEECH TO A GROUP OF SUCCESSFUL BUSINESSMEN WHILST I WAS IN THE SHOWER

(I've Been To A Giant's House In West Bromwich Whose Rooms Vibrate
Peace That Wash Over You and Clean You Whilst You Sit on the Sofa)



– B.K. David, Paignton, England

The meaning of life has bothered man for thousands of years. It really confused me greatly and I travelled the world in search of its answer.

My search one day took me to a local meditation centre only a short bus ride away. I was thinking it to be just another place to go and look and dismiss with its rituals and weak philosophy.

As it was to turn out, in this house I was to find what I had been searching for. The peace and pure feeling in the atmosphere hit me as I walked through the door. I sat on the sofa feeling this house so special. Everything I was feeling then was to prove right as it changed my life completely and that of my parents and countless other people also.

Unknown to me then, I was to set about trying to let people know and promote and let people be aware of this Godly

house and the peace that radiated and vibrated within it. In this large house in a quiet street of West Bromwich situated next to the old Victorian park contained such a peace as I had never felt before and which I had craved and searched the world.

The peace I felt was not all in my imagination, as subsequently the many hundreds of people to walk through its door would also feel the peace both on entering it, and especially on leaving it, as if they had been cleansed and washed by its magical vibrations.

The difference one felt on leaving this Godly house was too remarkable for words. How do you feel after taking a shower having got so dirty and sweaty and smelly throughout a hot uncomfortable day having rushed around and spent it chasing your tail? How good you feel after such a refreshing shower that cleans you and

revitalises and relaxes you. God's House does the same but with pure vibrations that massage you and your mind (soul). You walk in as such (a mental state), and walk out in a state of total peace and contentment.

If you do not believe any of this or my story and my experience, you are most welcome to step through this divine door in West Bromwich and into its sacred world of peace that empties and washes away your tiredness and distress.

Coal dust that can only be removed by stardust

We all walk round like coalmen having spent many years working underground at the coalface getting dirty. The dirt accumulated from life sticks to your inner soul and only God, His teachings, vibrations and wisdom can ever remove what has accumulated inside you.

Life's coal of 'vice' and

'bad habits' truly rob the people who dirty themselves every day with this coal. People have gradually destroyed their happiness and peace with their lifestyles of ignorance based on body consciousness that gives rise to arrogance and selfishness.

Hit by a train of peace and truth

I travelled the world to find peace. You cannot doubt that feeling of peace when it hits you as powerfully as it hit me that day in that house in West Bromwich. Looking back now, it felt like I had walked into some kind of train station and been hit by a train of peace and truth that I could not see or understand.

My life changed that day and with it, my fortune and future. Many great things have happened since I walked through the front door of this house. This divine house that is built of peace and radiates it into the world, still stands today and is testament to God's love and teachings and the dedicated people who opened its door to the world and especially West Bromwich and its surroundings.

We all grow old since those days and even the house grows old but the peace within its walls grows stronger and more real and vital for the world about it

that only grows more distraught each day. The need for this house grows more significant as the world grows ever sick and faces a certain deathbed.

God's house is both a school and springboard for the new world that provides an education but also God's House is a hospital to cure all your ills and diseases collected over many births that, if not corrected now and cured, will kill you!

God's School, Hospital and Isolation Ward that cures the sickness of unhappiness

God's House is also a lighthouse that warns of the dangers to be found in life that most are unaware of and whose boats often hit the sunken rocks and sink. In life lurk many aspects that are so dangerous and incognito to the growth and wellbeing of your soul. God's education points out these pitfalls every day and takes you to hospital and places you in the Isolation Ward to cure you and make you happy and healthy.

God's Hands help you remove and unload your lorry full of its smelly rubbish that poisons you and your life.

Many think they are so healthy and then get run over by the bus of Bad *Karma*.

God's house is to enable one to see not only round corners and the dangers that can hide so well, but also to make one worthy of avoiding such trucks that carry your past acts and bad *karma* that will cause you to suffer an accident when you expect it the least .

God dropped great peace full of magic through the chimney in this house in West Bromwich that created a mini heaven and oasis of coolness and peace that generates happiness and a bath for all to clean themselves with the magical soap that God gives this House.

So the quest to find the meaning of life does not now concern me as I know the answer. Does anyone here know the meaning to life? Can you share it in less than two sentences? "The meaning of life is to be happy", said one. Yes, is it, but before you can 'sit down' to eat, you need a 'chair'. Before you can be happy you also need something else. Before you can be happy to enjoy a happy meal, you need the chair of peace. People's lifestyle and thinking act as a boa constrictor around their chest. God has come to free them from this snake that is slowly killing them and



making their lives so poor.

Many restrict themselves to only suffering in life

You probably do not realise you have a snake that is slowly crushing you around your chest. This snake is hard to fight and get off once it has taken hold and started to squeeze you as its squeeze becomes seemingly natural yet each day your lung capacity gets smaller. One day when it is too late, you may realise that with your last breath what was actually happening to you each day.

You might be oblivious of the fact that you walk in poison. Life might seem and feel harmless to you until the day comes that you fall in that poison and its absorption into you bloodstream becomes too much and you fall into a coma to drown in the poison itself.

The smiling snake with a bite that kills

It is not even an invisible snake that is crushing and killing everyone. This snake is so obviously visible that no one would suspect its dangers or imagine it could be such a menacing and detrimental snake to one's happiness as so apparent and accepted. This poisonous snake can even

smile, look and smell very nice.

The snake that is killing you yesterday and today and from soon after you were born is the snake of Body-Consciousness. From this snake grows and poisons every aspect of your life.

This snake poisons you with its bite that makes you selfish and with that, your hands in life are forever tied and handcuffed to sorrow. It is only with the business of giving that one can free oneself and live a life of peace and happiness.

To breathe peace

God says the meaning of life is to breathe peace. I knew God was super clever, smart and wise but when I heard such an important question answered so incredibly, I was left shocked by Him. I am not a person to

be easily shocked. God shocked me that day.

This world does not shock me as its people are not fortunate to hear God, His answers and reasoning and so carry on building their snowmen of falsehood with snowballs up their mountains of sorrow that they have all built for themselves. Their snowballs (poor lifestyles of temporary attainment and happiness) which for most are the aims in their lives as they feel they are good and worthy of pursuit. Their aims are the icing on the cake to their lives but it is this icing (bad habits) that will cause their lives to start rolling down the mountain out of control creating an avalanche taking them, their snowmen of falsehood and selfish desires crashing down with it.

PERFECT AND PURE

There is part of you that is perfect and pure. It is untouched by the less than perfect characteristics you've acquired by living in a less than perfect world. It is filled with divine qualities, so is a constant state of resourcefulness and well-being. Its total absence of conflict and negativity of any sort makes this part of you a still-point; a deep, enriching experience of Silence. Make time to practise reaching this inner place of Silence. It will bring you untold benefit.



WHO IS GOD? WHEN DOES HE DESCEND UPON THE EARTH?



– Dr. Dilip V. Kaundinya, Mumbai,
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The answer to the question “**Who is God?**” eludes man even today. Hinduism, Islam and Christianity define God in different ways even though all of them say that **God is One and the Only One**. Buddhism does not believe in the existence of God.

Both God and soul are **metaphysical** entities, that is, they are beyond the realm of material world. Hence, physical science cannot prove their existence by scientific experiments. Secondly, the conclusions from scientific experiments go on changing with time. Older concepts taken as *gospel truth* will soon become redundant. So the **eternal truth** is that only taking birth and then dying are always constant. The journey in between is very important and **God hands over the compass** for proper direction and gives power for perpetual evolution to attain the final goal of human birth. Dissolution of souls into Divinity is a myth. This is because sage Patanjali describes *Moksha* or *Samadhi*

as emancipation from the pain and sufferings in life. Common sense tells that if all the souls on earth get *Moksha* then it is possible that **no one shall remain on earth except God who is deathless**.

God created the Universe which functions in accordance with Universal and Eternal cosmic laws. Highly intelligent men, the scientists, applied their **limited intellect** and discovered these laws in a piecemeal fashion over a pre-ordained period of time with great struggle, hard work and huge expenses. Discovery of **God’s particle** is the recent example. But the conclusion remains short-lived. Now, scientists are in doubt if there is only one God’s particle. Times of India news on third May 2016 tells that Large Hadron Collider (LHC) has started whirring again to confirm the cautious hints about the existence of another **entirely new particle like Higgs Boson**. Scientists around the globe are revved up with excitement of anticipating another struggle and a **possible reward of a discovery** after

mind-boggling expenses. Scientists also discovered a trio of earth like habitable planets. This is what is known as **Zero wisdom state**, because mere belief and faith discover whole of God in a fraction of a second. But the scientists suffer from a spiritual disease called **Scientism**. They demand scientific proof for God’s existence. However, they do not realize that **God is the Supreme Scientist**. His domain is beyond the limited intellect of material scientists. A tiny atom in nature replicates the structure of the entire Universe. Entire machinery of Cosmos is running with precision for eternal number of years without any fuel. Glitches never occur in this flawless machinery of God.

Man, a **BMSO**, Body-Mind-Soul Organism, is the super duper car created by the **Supreme Creator**. Human brain is the tiniest super computer even now. Several Nano-sized Cortical centres control the entire functioning of the BMSO and maintain perfect internal balance of ions, sugar,



lipids and water. *Atman*, a metaphysical entity, could hypnotize others by thought power. It is probably the tiniest transmitter which can transmit thought vibrations to an infinite distance.

Professor Eschenmoser of Zurich took **eleven years** to synthesize the vitamin12 molecule. Some hundreds of scientists from nineteen different countries were involved. **Interleukins** from phlegmatic lymphocyte in the blood were only four. Within years they became ten. Now, lymphocyte is known as a Brigadier orchestrating the fight against invading bacteria. In *The Shrimad Bhagavad Gita* Krishna says: "O Arjuna, I am the generating seed of all existences. There is no being, moving or unmoving that can exist without me." Yet the atheists and agnostics with their limited material intellect refuse to believe in the existence of God.

Two terms "**Supreme Godhead** and **Krishna** proved quite confusing for the author. *Shruti* or a sudden self-realization dawned one day. Supreme Godhead is the **incorporeal form of God** Who manifests in a Body form as Krishna according to **Dvaita Theory** in scriptures. In Advaita concept God is One. There is no body form.

God is described as

birthless(Ajanma) and deathless (*Amar*) in scriptures. Birth and death of Lord Krishna defy this definition.

When God is one, the existing concept of God should be acceptable to the entire mankind. The concept that Rama, Krishna and Mahesha or Shankara is God is not accepted by Muslims, Christians and others. The existence of a scantily clad Shankara who performs *Tandav Nrutya* before opening the **Third Eye** for cataclysmic destruction of all beings becomes still more unscientific and unacceptable. **Why should God bring a cataclysmic destruction at all?**

The whole focus in ISKCON is **on chanting** the holy name of Krishna in the form of a *mahamantra* – *Hare Ram Hare Rama Rama, Rama Rama Hare Hare; Hare Krishna Hare Krishna, Krishna Krishna Hare Hare*. If God is One and the Only One, why chant the **name of Rama** along with that of **Krishna**? What is **the exact time slot** when Ramayana and Mahabharata happened? When Rama observes *Ek-patni vrata* why Krishna has thousands of Gopikas? Why do these **two Gods** give **different "messages"** to the mankind? If both the messages are Godly then which "message" should

one follow? Scriptures describe God as **Omnipresent**. Rama, Krishna or even the Supreme Godhead, all of them seem to exist in independent existence. So what is correct? Is God omnipresent or is it a myth?

Krishna kills with His Sudarshan Chakra after hundred sins are over. Then does it mean that hundred sins of persons committing scams after scams at the cost of dying farmers and famine are not yet over? **Are there any grades of sins that are used for counting hundred sins?** Concept of half sin means **no danger of Sudarshan Chakra** till 200 crimes come to one's credit. God is said to exist in all human beings. Then a man committing murder or rape must be **more powerful than God Himself**. Krishna or Rama does not exist in the body of everybody. Dushshasanas are committing rapes. Then why does not Krishna provide an impenetrable Sari to the possible victim of rape like He did with Draupadi? What is the exact definition of a sin? If all of the corrupt kings, rapists and murderers are given **Sudarshan Treatment**, then a day shall certainly come when the planet earth shall be **free of all such nefarious** human pestilences.

Two thousand five hundred years ago when a phase called **Vedanta** came, sage Patanjali

gave the formula of *Dhyan* and *Dharana* for *Moksha*, *Samadhi*, *Kaivalya* or emancipation. The sage clearly told that *Moksha* does not mean dissolution into Divinity. *Moksha* means emancipation from pain and sufferings in life. What was the time slot when *Vedas* and *Upanishads* existed? Why did the phase of Vedanta come? H.H. Bhaktisvarupa Damodar Swamy of ISKON explained that the power of sharp brains who could recite *Veda* verbatim after listening only for once or twice, got deteriorated. How and why did this deterioration happen? Who is exactly *Maya* (feminine), *Ravana* or Devil (Musculine)? Is there an existence of male and female Devil?

Research in Mind-Body-Medicine has proved that *Dhyan* and *Dharana* bring about impossible cures, even that of cancer. This ancient art and science of healing makes one healthy and wise. These two techniques together are now called as *Mindfulness Meditation*. Why is such an important ancient Indian technique not talked about?

Hindu mythology describes the existence of 33 crore gods and goddesses. How is it so? Why are people God-fearing instead of God-loving when He is known as All Merciful?

The Bhagavad Gita tells us to lose body conscious state of mind and to achieve a soul conscious state. Body consciousness is the root cause of sufferings. Soul conscious state denotes conquests over Vices. All of such points created a big jumble in the author's mind. Depression arose. Roughly, at this, point of time one Prabhujii started addressing the doctors in Sir J. J. Hospital on *Ramayana* from a different perspective. The frustration was total when one learnt that the precious knowledge is from several *Ramayanas* by different authors. The author realized that even if he takes several thousand births he shall not be a match to the vast knowledge of this Prabhujii from the South. Reading, understanding, imbibing and finally bringing this spiritual knowledge **into practice** appeared to be a "Thousand-Year plan" for the author just like a five-year plan of the Government which never achieves the set goal.

The queue of questions and mental confusions were unending.

Brahma Kumaris Concepts

A free of cost Seven-Day foundation course in the nearest BK centre and regular watching of 24-Hour 'Peace of Mind' Channel on TV did the magic. BK Shivani, the Global

face of BK-organization tells how one can apply the BK-spiritual approaches for the betterment in life and transpersonal relationships in home and at office. The long queue of questions vanished in thin air. The clear knowledge of the Time-Cycle cleared many doubts.

A precise idea about doing a systematic spiritual effort (*Purusharth*) to attain a deity-like, pure and powerful soul-conscious state of the highest order gave strength to believe and have faith in the BK-Rajayoga. The author got rid of seven incurable diseases including Hyper-thyroids. A quantum jump in Energy Enthusiasm and happiness (EEH value) Happened at the age of 60 plus. God arrives on earth in Bharat in a novel fifth era called *Sangam Yuga* (era of confluence) which is now going on. It is the best time for spiritual effort. God gives quick results. Punishments for sins also happen very quickly. Bad *karmik* account is shed through sufferings in the form of chronic and incurable illnesses. The worst part is that the unshed load of bad *karmik* account is carried to next several births. A man writes his destiny with his own hands.

It's time to take out this free of cost life policy. Now or Never! ●

(Contd. from page no. 3)

challenge with military might. So, evil generates evil. Not only are many evils allies of one major evil but they generate their own enemies which also are nothing but evil.

All this forms a vicious circle and destroys peace and happiness. Only Spiritual Values can break this vicious circle and, thus the virtues of love, peace, compassion, tolerance and purity is the means to humankind's salvations. ●

(Contd. from page no. 15)
of every Brahmin soul. If the attitude is elevated, the method will be accurate and successful. The result will be also certain. "Know thyself" to be the most elevated confluence-aged soul, refined soul; understand that the world today is full of anxiety, misery and corruption. Help everyone to transform lust into love and good wishes, anger into spiritual intoxication, and attachment into pure love and body consciousness into dignity of the self – soul-consciousness. Keep the Eternal Father as your Beloved and Companion and show your worth as the child of the Supreme. Then you will get double strength and immeasurable ability in your entire task. Any enterprise run by a director who is efficient and honest is bound to make a profit. Share your spiritual wealth with openness and honesty and enjoy the fortune forever. ●

LET US FLY

– **B.K. Yashvardhan**, Bhiwani, Haryana

To the world where we used to be
Beyond the clouds and beyond the sea...
Where each one of us was a family
Let us fly away
To the world where we used to be...
Silently, quietly sitting under the tree
where there were no wars, no pain endlessly
With the Ocean of love, peace and purity
Let us sit in silence
with the Almighty!
From where we came to the game
giving us all a beautiful name
Filled with joy, happiness and bliss
Then, sounded a snake's hiss
Where each one of us was called a deity
Become hideous that was once pretty....
Doing things we were forbidden to do
then all the vices and sins grew
Lust, anger, greed they all captured man
made him cry as tears through the eyes ran
Things are not static happy or sad
Gone are the days we called as bad
Now let us join our hands and pray together
To be light as a strand of hair and feather.
Love, peace, respect now come under charity
Now is the time to learn that we all in parity
Let us fly away
where we used to be
beyond the clouds and beyond the sea.....

Edited and published by B.K. Atam Prakash for Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Mount Abu and printed at: **Om Shanti Printing Press, Gyanamrit Bhawan, Shantivan - 307 510, Abu Road (Rajasthan).**

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