

|| From the mighty pen of Sanjay ||

## HOW WILL IRON AGE END AND GOLDEN AGE BEGIN?

When we tell people that the world will see the dawn of the Golden Age, they find it hard to believe. It is because they see that the forces of negativity and evil are gaining more and more ground, so much so that they are firmly entrenched, and there seems to be no one so great and mighty on the world-scene who can meet their challenges or can subdue or end them.

People are correct up to this point. But God, who is Incorporeal and whose work has been incognito, has given us and to hundreds and thousands of others, a vision of a Beautiful World beyond the present one and therein lies our hope. We wish to share that vision, that truth and that understanding with the mankind at large.

The truth is that the end of evil forces comes when these forces reach the highest point, or let us say their bursting, explosive or critical point. Since, mankind fails to end them or keep them in check, the forces of evil, at the highest point, indulge in acts of self-destruction, or they end one another. They commit a 'mass suicide' so to say. They die enmasse at their own hands. Take, for example, our current global problem of nuclear armament which is rooted in the evils of hate, suspicion, anger, etc., and take also the problems of over-population which is rooted in sex-lust or lack of self-control, and the problem of poverty which is rooted in exploitation by, and greed of, the rich or in their lack of sympathy and compassion. These evils and their manifestation will reach an ultimate point and will, then, explode and destroy themselves at that point because evil, by its very nature, first feeds itself and then destroys itself when it reaches its critical stage.

Another truth is that while the forces of evil approach their peak point, the forces of Virtue inch forward initially (meeting a great resistance), then march forward gradually (through an increasing strength) and, then, gaining higher and higher momentum, finally emerge powerfully on the world scene and

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## *SPIRITUAL SIGNIFICANCE OF RAKSHA BANDHAN*

Over the past couple of months we have witnessed a very interesting period in the whole year. The period of fasting by Muslims as well as the worship of Supreme Being, Shiva, at Amarnath, during these months seemed to have positive effect on the attitudes and thinking of many communities. The people of Bharat are gifted with the inheritance of religiousness that runs deep in everyone's heart. All people may not be able to go on pilgrimages to the revered Mecca or Amarnath or other very beautiful places in East or South India, but there is the natural understanding of being devout Hindus or Muslims or Christians or Catholics or Sikhs or Jews or Jains. However, after all these pilgrimages and celebrations, there comes a common, unifying festival of *Raksha Bandhan* in the month of August yearly. It has proved to be the most popular cultural festival for people of all religious backgrounds.

It is very interesting to note from media reports that the spirit and sanctity of the *Rakhi* Festival provide artisans with a

chance to design *Rakhis* of different kinds, embellished with jewels, pearls and gold. Out of love for their divine relationship with their brothers, the sisters yearn to obtain very unique and impressive designs of latest fashion for *Raksha Bandhan*. No doubt, the people, who have made it a commercial venture must be earning lakhs and crores by selling their beautiful products. **Nonetheless, it is only the value of the spirit of *Rakhi* which absolutely enlivens the relationship of sisters with their beloved brothers.**

It is a delight to see wonderful pictures of little children honouring *Raksha Bandhan* with the cute sisters tying *Rakhi* on the wrist of her equally young brothers!

It is also that time when some social and spiritual Women Organisations plan to render some kind of unique service on this very auspicious occasion of *Raksha Bandhan*.

The stories of *Raksha Bandhan* in our mythology or even history seem to have played a very important part in solving many disputes, and dissuading members of society

from waging war against each other. For the common person, it is a very emotional event in one's life when brothers eagerly await the arrival of their sisters to tie the *Rakhi*, and offer them sweets as a token of love. The brother may or may not do anything in return at that moment, **but it's the spirit behind this festival that enables young men and the mature to realise their responsibility towards acknowledging, guarding and giving regard to the honour of their sisters.**

In a broader, spiritual sense, our Brahma Kumaris Sisters invoke Incorporeal God Shiva's blessings to empower especially the brothers from all walks of life, and inspire them to have a spiritual outlook towards women-kind. This is their fervent attempt to help society in leading worthwhile lives free from fear and violence. **Those who understand the importance of a BK lifestyle, and choose to adopt it personally, take a pledge of purity and spiritual consciousness while dealing with relationships, knowing that all women and men are the creation of one Supreme Parent.** This pious attitude,

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awareness and vision work wonders not only in emerging inner peace and joy within individuals, but also in creating loving and friendly relationships between different communities, and religious backgrounds. **Let the spirit of Raksha Bandhan liberate everyone from negativity, peacelessness and violence!** This will mark a bold step of humanity towards ensuring the welfare of society in a very subtle, emotional and practical way.

**Once we take to this path of spirituality and observe the spirit of Raksha Bandhan we are able**

**to re-discover the most precious treasures of inner peace, inner happiness and well-being.** Daily we come across full-page advertisements about different hospitals, latest medical equipment or medications, yet every year the number of patients keep multiplying as if there is no sure-cure for anything. To some extent, we have found that strict vegetarian (plant-based) diet and deep experiences of Rajyoga Meditation come to our rescue in arresting any disease; moreover, doing meditation in soul-consciousness and loving

remembrance of the Supreme Being develop our inner power and enable us to conquer several diseases and negative, impulsive behaviours. The more we practise silent contemplation, and the more we explore the depths of meditation, we are guaranteed to unleash a number of powers to deal with different situations at different times.

Wishing everyone multi-million fold congratulations for the most auspicious festival of *Raksha Bandhan* to be celebrated this year on 18th of August!!

### **INVALUABLE SPIRITUAL JEWEL OF INDIA: DADI PRAKASH MANI JI**

Though we celebrate Dadi Prakash Mani Day on 25 August every year after her ascension to the subtle realm in 2007, we love to continue with this tradition in a big way each time. We celebrate her Day of Remembrance officially once in the month of August; but as she had ruled over the hearts of millions during her lifetime, even after her leaving the physical costume, hardly anyone who had come in contact with her and received her blessed *drishti*, soothing and inspiring words of wisdom, and healing touch, can ever think of forgetting her on any day of the year.

Her relationships with the elderly, youth as well as children were so unique. She had endeared herself to thousands of Brahma Kumari sisters and Brahma Kumar brothers, and inspired them to lead lives of service onto the society while learning and following divine principles of BK spiritual life. **Her example for every aspect of life became an open book for all of us to learn about the highest principles and conduct in practical life.**

As undeclared superior Mother of the institution, she is still remembered very lovingly on different occasions and



Dadi Prakash Mani ji  
with Dadi Janki ki

festivals throughout the year, as in the past her grace and queenly manners used to enrich the atmosphere and take the

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entire congregation to the highest realms of spiritual consciousness. **Though every respected Dadi and Senior Brahma Kumari Sisters have their own unique roles, they were naturally attracted towards Dadiji for her wisdom, child-like innocence and sisterly sustenance.**

In her company, one could feel internally charged to a high degree! Her magnetic touch and pure vibrations kept her in highest esteem in the hearts of the entire BK divine family. Following Pitashri Brahma Baba's ascension, she took over the reins of running Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, and the institution spread its wings not only in all corners of India but many countries abroad. **She proved beyond doubt through her interactions with people from different backgrounds that a spiritual relationship with all can be so unique, enriching and endearing. She travelled far and wide in Bharat as well as other countries, and inspired thousands of people of VIP background and also simple, humble citizens with the message of Universal Love and Dignity of Human Life.** Her personal example of being upright and courageous to speak the truth in front of any audience motivated others to commit to a pure and enriched lifestyle.

Her personality was full of virtues, specialities and meditation experiences. Though she never had the very thought of entering politics, she was the most successful crowd-puller in Mega Service Gatherings held across Bharat of over 3-5 lakh people! This is the main reason why the Brahma Kumaris Institution could spread its wings in over 135 countries during her lifetime. Her midas touch made her an influential and successful Administrator of a big organisation, where remarkable BK sisters and brilliant brothers from different professional backgrounds are dedicated to serve in God's noble task of world-transformation.

We also remember her very futuristic vision in creating facilities at the Headquarters as well as other places for the benefit of those who love to learn the spiritual way of life, and enjoy deep, transformative sessions of meditations.

In her lifetime, Dadiji also received much honour and affection from a spectrum of leaders with different spiritual denominations, hailing from politics, science, administration, medicine, etc.

Dadiji's power of endurance on the basis of her lifelong practice of deep spiritual consciousness was par excellence. During the last few

years in that physical costume, she underwent certain health problems but would continue to smile and share wisdom with her doctors, who would be so surprised to see her light and positive vibrations even when her physical health was very fragile. Members of the medical fraternity felt privileged to be of some service to her, and they always received her spiritual love and gratitude for their attention and advice.

Her successor, beloved Rajyogini Dadi Jankiji, has played a wonderful role of carrying the baton with equal royalty, sanctity and divinity in all parts of the world, with special affinity to the United Kingdom (her base of spiritual seva for almost 40 years) and Bharat. Dadi Jankiji's continued invocation of Dadi Prakashmaniji during her discourses/talks shows how close they were, and continue to be so in keeping the flag of Incorporeal Almighty Authority God Shiva, flying high all over the world to guide innumerable members of the humanity on the path of spirituality.

August 25, 2016 will be a day of remembrance and love, and Dadi Prakash Maniji's blessings for all of us would continue to inspire millions to lead a great life like her own.

– *B.K. Nirwair*

# BE FULL OF SWEETNESS AND LOVE LIKE BABA



– **Rajyogini Dadi Janki**,  
Chief of Brahma Kumaris, Shantivan



Rajyogini Dadi Janki ji

**W**hen I see you all here, even if I don't speak your

language, my heart appreciates Baba's wonder. Each one has his/her own special experiences with Baba. At least, once a year, this gathering from all over the world takes place. We forget the places we have come from, and the yoga of our intellect and focus of our attention are towards the One Above. Everyone's aim is the same. Baba is everything to us. The heart says, "I just want to look at you all, sweet brothers and sisters! Do I have to speak? Would you like to speak?" Baba's children are so sweet. You are all racing ahead very well. There is no jealousy between you, is there any? Each one is racing in his/her own ways. Rajyoga is so good.

I came to Baba when I was 20 years old. It was such a wonder that Baba made me His creation. He is our Mother and Father as well as our Teacher. The same One plays all these parts. He teaches and

protects us. We are very safe under His broad canopy of protection.

The entire knowledge is contained within 'Om Shanti. It gives answers to questions like: Who am I? Who do I belong to and what do I need to do? We are all in the relationship of spiritual brothers and sisters. We are in the body but detached from it, beyond the bodily relations and are beloved of God. This is our life; do you like this life? Baba gives us so much love. How shall I describe this? When we have a good chat, we forget everything concerning this world. In *The Gita*, when Arjuna had the vision of the multiple forms of God, he was very happy, because he saw the whole variety of God's expressions. I also see such a variety here, with everyone coming from different places. You are Baba's hidden children and He has found you from different corners of the foreign lands. You are so fortunate that Baba has found you; selected each one of you and made you

the beads of rosary. This is Baba's wonder! Now, all have gathered together which is so good. There needs to be a message which could be spread around the world, not as a message from the Brahma Kumaris, but a message from the people so that the world can understand that this place is God's creation. We are all one and we all belong to One. This creates such a good feeling.

The Sweet Beloved is the Innocent Lord, Baba. This is a wonderful expression (*Shiv Bholanath*). If Shiva is the Innocent Lord then who is Brahma? When we look at Brahma Baba's image for some minutes at any time of the day, we do not remember old things or other people. I do not remember what happened yesterday. What has happened today has been according to Drama. Now, what do I have to do?

Silence filled with love and

peace, gives happiness and power. Happiness is so nice. Since coming onto this path of knowledge, we do not have to walk or run; how do we get from one place to another? We fly. Baba is our beloved and so sweet. He is full of sweetness and love, and so each one of us must become like this too. This love of God that we receive at the Confluence Age, cannot be received at any other time in the whole *Kalpa*.

As a detached observer, I see how Baba's children are coming from so many places across the

world. When we came here from Karachi, we came up to the top of this mountain and asked Baba, "Is this the place?" We liked it very much.

Baba asks the children not to worry. We know that if we worry, we will hurry and, thus, make curry, a mess! When we are in a rush, then harsh words can emerge. We need to glorify Baba's name. In this happiness of glorification, there is so much income. In any form of sorrow or suffering, we forget Baba. This heart of mine is filled with happiness and this head and brain

are cool. Let our nature be easy. Each one should check the self. If you do not like something from your heart, what will happen in your head? You won't be able to catch the vibrations. The entire work of the Brahma Kumaris is about the heart, the brain and the *drishti*. In dreams, I see the Drama. In Drama I see my dreams. This Confluence Age is the most praiseworthy and auspicious time. This time does not come again, so make the best use of it now, just keep moving ahead and look forward to a very bright and golden future.

### BK BRO. NIRWAIR HONOURED WITH BHARAT GAURAV AWARD IN LONDON

Rajyogi B.K. Bro Nirwair, Secretary General of Brahma Kumaris, has been conferred "Bharat Gaurav - Lifetime Achievement Award" on 2nd July 2016 in a grand ceremony held at House of Commons (British Parliament), London (UK) in the presence of dignitaries from all over the world. On his behalf BK Bharat from the Institution's Head Office, Mount Abu, received the award. The award was presented by the Parliamentary Under Secretary of State for International Development and Member of House of Lords, Baroness Sandip Verma, and Sanskriti Yuva Sansthan chairman Suresh Sharma. The award was presented to people who have achieved extraordinary excellence in their fields and have made India feel proud of them by Sanskriti Yuva Sansthan, an international NGO working for rise of Indian Culture.

This award was given to BK Nirwair for his unparalleled contribution in spreading Indian spirituality, Rajyoga meditation and human values throughout the world. Notably, BK Nirwair had joined the Brahma Kumaris organization in 1959 at the young age of 20 when he was an engineer in Indian Navy. He dedicated his entire life in 1963 to the organization and then started working constantly for the service of humanity.

# EVERYONE FEELS BELONGING TO DADI PRAKASHMANI JI

– Rajyohini Dadi Hriday Mohini ji,  
Joint Chief of Brahma Kumaris



Dadi Hriday Mohini ji,

**D**adi Prakashmani had the virtue to appreciate the different *sanskaras* of souls. Even in an organisation of people with great diversities, Dadi would always meet them with love and inspire them to remember God Shiva. Dadi used to say, “Whatever you see or do, always remember the One who makes us do everything and say My Baba”. Dadi saw Baba as her companion throughout her life. She experienced such a close belongingness to Him that all became her companions because the closer we are to Baba, the closer become the other souls to us.

## **She used to see others’ problems as her own**

Besides loving God Shiva, Dadi loved all. She not only loved the seniors but also paid the same attention to the younger ones and would attentively listen to them and sit with them lovingly. Dadi had equal love for all. If someone

had any sickness or any other problem, she couldn’t bear it and would help them in all possible ways. If someone shared any problem with Dadiji, she would feel that it was her own problem. She would spare special time for that soul, be accessible to him/her and would try her best to solve the problem somehow. She would give attention to everyone and would provide solution to all who came to her with their problems.

## **She bestowed hearty love on all**

Whosoever came in front of Dadi, she would feel their pulse, would deal with them in such a loving way that they would go back satisfied. That is why everyone used to feel that Dadi was closer to them. She would listen to everyone with a lot of respect. Dadi used to consider a woman of her age as her sister and the younger one as her younger sister. While walking if someone asks us, “Are you

okay?; how do you do?” we feel good and a feeling of affinity grows.’ In the same way, Dadi, despite being the older, would ask about the welfare of even the younger ones and would consider them as equal to her.

## **She would inter-mingle with others**

Dadi had a tender heart and would teach all with love. In order to make sure that all follow the Godly code of conduct, she would make others see the subtler aspects of living a life of virtue. If anyone would get disturbed, Dadi could not overlook that. She had always one aim that first of all there should not be any conflict or disturbance. Dadi would tell others, “If you are disturbed, I’ll be disturbed”. She would instantly provide a solution to their problem. Dadi was very adept in harmonizing the *sanskaras* of all.

# DADI PRAKASHMANI - THE JEWEL OF LIGHT

– B.K.Rajbala Singh, NewDelhi

**D**adi Prakashmani, the jewel of light, illuminated the planet earth on June 1, 1922, being born to the pride of her devout parents who gave her a beautiful name 'Rama'. Her father, a known astrologer of his locality, was prescient enough to know that his endeared daughter, an ardent devotee of Shri Krishna, was not going to lead an insignificant life of ordinary women folk, marrying, bearing children and sweating in domestic drudgery but would carve her niche like Meera Bai in the history of devotion and dedication, thereby mapping out a great goal for herself.

It was 1936 when the '*Om Mandli*,' founded by Dada Lekhraj, was gaining ground in Hyderabad, Sindh (now in Pakistan). Soon it became a household name and news travelled fast to reach the ears of the sacrosanct father of Rama who, knowing the spiritual propensity of his blessed daughter, took her to Dada Lekhraj, better known as Prajapita Brahma Baba as rechristened by Shiv Baba.

Rama, along with her father, entered the '*Om Mandli*' and no sooner did she cast a glance at Brahma Baba than she went into a trance, a new experience for her, and saw the glimpses of Lord Vishnu in Brahma Baba. She was enchanted by the divine vision of her '*Ishta*' (the deity she adored and worshipped), and thenceforth there was no looking back for her. In 1937, this blooming adolescent of matriculation standard, surrendered to the '*Om Mandli*' with unflinching faith and dauntless courage without any hurdle imposed on her by her credulous parents.

Now, Rama Devi ascended the stairs of her spiritual journey one by one without a halt and radiated the brilliance of her virtues and attributes so exuberantly that she was adorned by Baba with a highly meaningful and descriptive name 'Prakashmani' which remained true to her soul and spirit till the culmination of her life since she spread out light where she went.

Dadi's calibre, capabilities, skills and unfailing dedication to her objectives, made her stand

in good stead in getting a venerable place among the children of Baba so much so that in 1954 she was sent to Japan in order to represent the 'Brahmakumaris Ishwariya Vishwa Vidyalaya' in 'World All Religions Assembly' where she touched the core of hearts of the audience by addressing them as 'beloved children of GOD' since this form of address was unprecedented for them and also made them pledge for not to fall prey to vices. Dadi Prakashmani, the apostle of peace, with eyes sparkling with motherly compassion for one and all, was bestowed with 6 national and 1 international awards. In 1987, the UNO conferred upon her the title 'The Messenger of Peace'. On Dec 3, 1992, Chenna Reddy, the then governor of Rajasthan, bestowed upon her the honorary Doctorate degree.

Now let's unravel some of the charms of this charismatic personality which endeared her to all those who had the fortune to see her from very close.

## ***Nirmal and Nirmaan Chitt***

Dadi was an impeccable emblem of virtues and values. She possessed unblemished modesty and piety to the degree that it is a rare sight even in the spiritual organisations, not to talk of this mundane world. Although, here, in our Godly



Mission, almost all are unfailingly very polite, gentle, decent and civilised, yet Dadi stood out taller among all. We cannot quote even a single incident when she gave vent to least of agitation or annoyance. She possessed child-like innocence and never exhibited through any gesture that she was the head of this gigantic organisation rather, she always behaved as the guide of the youngsters. She never ever forgot to consult the senior members of the organization before taking any important decision nor did she ever give instruction in first person singular as, “I want that.....” Whenever required, she used third person for herself as, “Dadi wishes that.....” No time was personal in her schedule and without any reservation; she was always approachable to the needy since this Iron Lady thought herself on Godly service 24X7. She lived the proverb, “it is better to wear out than to rust out” and worked assiduously for her avowed ideals.

#### **A Good Listener with the Ability to Assimilate and Absorb**

Dadi was gifted with an ocean – like heart. Consequently, the surrendered teachers of the centres from the nook and corners of India, could confide in her, released their heavy

hearts fearlessly and got solutions to their problems. She addressed them as friends and spoke with unbounded intrinsic sweetness which made them feel at home with her. Such a boundless sweetness was born of her inner utter purity with the result that her words were never treated with reluctance. Her words had such an *electric energy* that they never failed to touch the hearts of the listeners. That is why, during her stint, thousands of teachers surrendered themselves to the service of the Almighty, because soaked in pure Godly love, she was the best role model present in front of them. She was a motherly figure who never disclosed anybody’s secrets; therefore, pouring something into her ears was like hurling something into an unfathomable ocean. Thus, she was a wonderful blend of listening, absorbing and enduring capability, a unique combination of Love and Law.

#### **An Administrator Par Excellence**

Nobody in the entire mission had ever imagined the eventuality that Brahma Baba would leave his physical coil prior to the apocalypse because it was not assumable for them to survive without Baba. But, eventually, the day approached

when on Jan 18, 1969, after the evening class, Brahma Baba bade farewell to the children present there, uttered the final message through highly cognitive terms, “*Nirakari, Nirvikari and Nirhankari*”, then went into his room and lay down. Baba was a bit indisposed that morning; so, in order to enquire about his health, Dadi, along with other brothers and sisters, entered his room and were shocked to see him lying in a way that was very unusual for him. Among all those present there, Baba pointed towards Dadi to come nearer to him; he took her right hand, held it for a while as if transmitting his divine energy to her and, to the dismay of all, breathed his last. Thus, befell the challenging onus of running this Godly Mission on the tender but tenacious shoulders of Dadi Prakashmani. When she took the reins of this divine mission into her hands, there was not even a single centre abroad; and in India too, there were only 450 centres in all. But, under the auspicious auspices of her unique personality with multitudinous attributes, our spiritual mission spread its roots to about 130 countries, and the total number of centres touched the four figure at 8,000 and this phenomenal increase in spiritual

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service is enough to bear the demonstrative evidence to her administrative skill and genius which kept all the brothers and sisters bound together with the bond of love and trust. The whole machinery of our spiritual mission ran smoothly, oiled by her infinite love, compassion, empathy, forbearance and forgiveness which made all the members to work together with an excellent team spirit, thereby resulting in a flawless management in all dimensions, and this praiseworthy impeccability of her management made and is also still making all the visitors taken aback. Thus, this mission with the uniqueness of being run by our divine sisters, went on earning an enviable fame and position which has been attracting visitors from all the walks of life, i.e., religious, social, medical, academic, managerial and what not.

#### **A Visionary, an Innovative Genius**

Dadi was a gifted visionary, a mastermind behind the architecture of the giant projects like the Diamond Hall, Gyan Sarovar, Global Hospital, Manmohini Complex, etc. which were beyond the financial resources of our mission. It was her brilliant idea to ask each of Baba's children all over the

country to donate Re 1 daily until the project was completed. Thus, in spite of the constrained means, all these big enterprises were carried out with appreciable ease and convenience, without burdening anybody. It was her wise instruction to the concerned in-charge of the kitchen to keep the granary full to meet the needs for at least 6 months in order to face the unforeseen challenges successfully. She knew when and from where to buy rice, wheat, sugar, etc. with an eye to save time, energy and money. Though inequality and gender-bias still prevailed in the society, Dadi Prakashmani took the mission to the unprecedented heights in all the dimensions and proved true the Hindi poetic line: *"EK NAHI, DO DO MAATRAYEN, NAR SE BHAARINAARI"*.

#### **Simplicity, Serenity and Courage**

She was a living epitome of simplicity and had achieved the state of being soul-conscious so much that she hardly cared to dress up elegantly even for great occasions. She observed simplicity in thoughts, words and actions without a tinge of complexity. Whenever she smiled, she spread the fragrance of serenity all around. She possessed the etiquettes of taking care of the guests and dared to

ask the huge gatherings of the visitors, "What would you like to eat?" as if you were asking your homely guests their preferences, and it was not for the sake of formal courtesy but she really meant it as she would instruct the kitchen in-charge to prepare the preferred delicacies for them. Thus, unalloyed by attachment and aversion, she won the heart of all those who came in contact with her through her innate simplicity and gave such warm welcome to all that each one felt themselves so special. Simultaneously, she had the courage to make the big audience, comprising both new and old, to pledge for giving up their addictions, even for observing purity. She would often pose a question to them, "Is there anyone among you who can claim to have never told a lie?" A hush descended on the waiting audience and then with a child-like innocence she would assert, "I never ever lied". This gesture of hers reveals her crystal clear transparency and truthfulness.

#### **Well-set in Karmateet Avastha**

This *chosen* child of Baba with dispassionate mind had achieved the final state of *detachment* and *equipoise* much before leaving her physical coil. I personally feel

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whenever I happen to see her file video footage on Peace of Mind TV Channel, even while being present in big gatherings she looked as if she was in some other world. She had achieved an *angelic state* to the degree that even during her acute illness, she manifested no vulnerability about her pains or sufferings; rather, on being asked about her wellbeing, she would answer the doctor very easily, "I am perfectly fine. It is my body which is in trouble, not me." She was on such a lofty stage that whenever she read Murli, the audience had the feeling as if it was Baba speaking to them.

#### ***Ek Naami and Economy***

She worked with 100% dedication as an instrument of Shiv Baba and never gave commands to be followed. Before embarking on a journey or launching any scheme, she never forgot to go into Baba's room as if to hold one-to-one conversation with Baba in order to seek His permission. She was absolutely untouched by even the slightest tinge of ego. She took utmost care never to let even a single grain go waste. She upheld economy not only with regard to material things but also the subtle things like words, thoughts and actions and was always on her strict guard to

prohibit entry of any waste or negative thought right from her early years in this mission. She was a walking paradigm of **"Speak Less, Speak Soft and Speak Low"**. She was a contented soul whose priority was to keep all the people, big or small, satisfied. She never thwarted the hope of visitor brothers and sisters and was always available for them. On being asked about what kept her so tirelessly engaged round the clock, she would reply humbly, "They come to seek my blessings but my intention remains not to let anybody go without blessing me". Thus, she put to practice the ideal taught by Baba, **"Give Blessings And Take Blessings"**.

Thus, Dadi was a treasure trove of invaluable gems and jewels. That is why she was considered to be the best choice to replace Brahma Baba, the body-chariot of the incorporeal Supreme Soul. The immovably rocky firmness of her faith in herself, Baba and Drama, made her take long strides of unforeseen development with leaps and bounds and made the mission grow into a huge Banyan Tree. Her success is enough to prove that all things work out together for good to them who love GOD. Her soul

was in perfect tune with GOD.

She was exponent of humbleness, modesty, flexibility and adjustability so much so that she expounded harmony as '*Haar Maan Lee*'. That is, if you want harmony with somebody, don't argue to prove yourself, instead accept your defeat otherwise you will end up being bitter opponents.

She always lived the ideals she taught as she was the firm believer of the proverb, **"Example is better than precept"**. Her life had been replete with myriad of incidents marked by charity, liberality and generosity. It was she who started mobile medical services for the poor and the unprivileged neighbouring villages of Mount Abu under the aegis of Global Hospital Research Centre (GHRC), the landmark achievement of our spiritual mission in promotion of physical health also.

Dadi Prakashmani, the Jewel of Light, was a boon, a blessing for our mission. May her divine soul kekep on enkindling our path on this spiritual journey so that we may also prove ourselves worthy children of Baba.

Millions of my salutations to this great departed soul!

# THE ROLE OF CONCENTRATION IN MEDITATION

– B.K. Surendran, Bangalore

**M**any people have the common complaint that they are not able to concentrate not only on their daily routine life but also on every important item of work in which concentration is very much required. Those who come to the meditation centres always say that they are not able to concentrate while doing meditation. They complain that their mind is flying from one object to another object, one person to another person, one incident to another incident, past events, the future, etc. Their mind is not at all stable. Even though they have taken godly knowledge and meditation course, they are not able to concentrate on a bit of knowledge and on the attributes of God. They are not able to focus on the point of light. Some people even say that even to sit quietly for five minutes is also found to be very difficult.

We are blessed with the wonderful machine of the mind. The mind is the enemy, but the mind is also the friend. It can

play both parts. We can have a hot mind or cool mind; it is our personal choice. The state of mind is based on the quality of thoughts we produce in our mind. We are the masters who have the capacity to engender pure, positive and elevated thoughts in the mind or we can leave this freedom to the mind to decide without giving any specific instruction and then so many undesirable thoughts will start appearing on the platform of the mind and start creating havoc not only in the mind but also in the state of life of a person. Every day when we wake up, we must feed the mind with beautiful, pure, positive thoughts. We must also take a decision to be happy or peaceful on the day. Further, we must think before thinking what we want to think. Thoughts which pollute our mind, disturb our mind, excite our mind, create fear and panic, anxiety, suspicion, etc. should never be allowed to enter the mind. This kind of watchfulness with seriousness should be our effort

in controlling and training our mind. Once the mind gets rid of negative, waste and vicious thoughts, the mind listens to us, obeys our orders and become a servant. Mind should be coaxed and persuaded to think about the core qualities of the self – self churning - thinking very often of the inner virtues such as purity, peace, love, happiness and bliss which will help us to withdraw from the external world and focus on the self. We can sit on our own unfaltering seat of soul consciousness.

## Introversion

Introversion plays an important role in enhancing our capacity to concentrate. It will help us to increase the power of concentration. We all know that howsoever a person is very busy but we hear sometime from such people telling us that they want to be alone; they request to leave them alone for sometime as they want to be alone. Those who are in the path of meditation require time for meditation practice to experience a state of introversion. Introversion is going deep inside and seeing whether everything is in order in our inner world. When we look inside and see that we stay with ourselves and come to understand that our own spiritual personality refers to a spiritual being – a soul. What am I? Who

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am I? The answer is 'I am a soul. Soul-consciousness is the real consciousness. We detach from the body. We come to study the emergence of various thoughts and the feelings and the emotions created out of it. This practice will help us to ward off undesirable thoughts and feelings. Further, we can experience our own goodness which consists of love, peace, solace, cheerfulness, enthusiasm, happiness, etc. When we stay in the state of introversion, we become the embodiment of our own goodness. We are empowered with this goodness, we can serve others better even under the trying and unfavourable circumstances. When we stay anchored within our goodness, we become the master of the mind. We come to have self-mastery over mind, intellect, resolves and sense organs. Thus, our power of concentration gets a remarkable boost. We maintain a state of self-awareness at all times having achieved a witness-attitude.

### **Solitude**

Solitude literally means staying alone. But in spirituality, it assumes greater importance. People who are on the path of spirituality practise solitude time and again. Such people can

move near and nearer to the region of sweet silence in the Soul World – *Paramdham*. We must experience the state of sweet silence while being in the body. However, the Lord says that we can experience the sweet dead silence in *Paramdham* only. As we go into a state of solitude, we withdraw from the physical world and all kinds of worldliness. We come to gain the power to consolidate our position just like a tortoise and stay within ourselves or as an angel just like a flying bird. This is a beautiful stage which we should ourselves personally put in efforts to experience it. We should observe *mouna* – silence of the mind.

Our efforts should be focused to become like the Lord who incarnates in order to perform His task of world transformation. He has been calling upon all of us to become angels, wants us to constantly continue to practise performing actions as a *karma yogi* and become an angel. We must remain conscious of being the form of a subtle angel who lives in the world of angels and not to live on land but in the the ethereal world. To be an angel, we should not only to be someone who is beyond this world of vices but also who is

beyond the vision and attitude of vices. He also adds that you souls do not come because of your *karmic* accounts, but you enter bodies to perform actions because of your bondage of service. This practice will make us detached whenever we want. An *aloukik* life is not a life of *karmic* bondage; it is a life of *karma yoga*. When we perform actions as a master, those actions are not a *karmic* bondage because in angelic state, we become the master of our physical senses, and we can use our physical senses to perform whatever actions we want and as long as we want.

### **Conclusion**

We now understand the various steps to reach the stage of *ekagrachitta* – perfect concentration level in order to master the mind, intellect, the vices, the sense organs, the 5 elements and our own inner hidden demoniac *sanskars* to become an angel and a bondage-free soul who can also fly to the incorporeal world even going far beyond the stage of angels. It requires a constant self discipline and practice of meditation, introversion and solitude. We must create a self-convincing commitment and deeper level of culture to practise on a constant basis.

|| From the Melodies of Mateshwari Jagdamba Saraswati ||

## WHY IS GOD CALLED THE CREATOR?



It is on the topic of God that there are so many opinions among the people. Some say one thing about God, while others say other things. Why should there be so many thoughts about the same thing? When there is a person, everyone should have the same information about him such as: he is so and so, as he is; his name, place, job, and so on. It means everyone should have one introduction, shouldn't they?

But if there are many thoughts about one thing, we should understand that there is some problem of misunderstanding. This is also to understand that if there are so many thoughts about God's being and nature, whoever else would give the right information? It would be either the one who knows about Him or He Himself will have to come and introduce Himself. Therefore, eventually, He has to come down upon the earth to give His own introduction. God comes personally and gives the information as to who He is.

This is why it is said:



“Whenever there is irreligiousness – meaning that people do not know Me, nor themselves – then I come. Only I can give full knowledge about Myself and the souls because I am the Creator. What do I create? Human souls? Actually, souls are eternal; there is no creator of souls. But still I'm called the Creator of human souls, because I bring them to their complete, purified stage. This is My task.”

The soul is immortal, and God is also immortal. Since both are eternal and imperishable, then like God, souls also have no creator. There is no creator for

the human world because even this is also eternal and imperishable. Actually, nothing has a creator. Even then, God is called the Creator, because He comes, transforms us and elevates us human souls to our complete and pure stage. He injects and refills that purity in us, so He is called the Creator of the New World.

We have now become old, haven't we? This world is also old. It has become the Iron Age. This is called an old world. We have all become old – *tamopradhan*. Now, the Father comes and makes us *satopradhan*. This is why He is known as the Creator of the New World. Otherwise, it isn't that there wasn't a world at all. Only He knows the accurate knowledge of all these aspects and so only He will come and give us that knowledge. So, He is called Knowledgeful as well as the Creator. He is also the Purifier who purifies the impure ones; the Destroyer of Sorrows, and Bestower of Happiness. All these praises are given to Him. It is also necessary to understand the One who is praised so much by everyone.

### **God is not Omnipresent**

God is known as the Supreme Soul. He is a Soul but the Supreme One. the Supreme.

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Some people think He is omnipresent, but souls are not known to be omnipresent. Just as I am a soul, each soul lives in its body. It isn't that there is one soul in all the bodies. Each soul is different. If there were to be one soul in everyone then everyone's *sanskars* and activities would become alike, but it is not like that. There are as many souls as there are human beings.

God is also a Soul, only He is Supreme in qualities and attributes. It is mentioned in the scriptures that the form of God is  *jyotirlingam* (representing a point of light). He is called the Incorporeal God. His idol is kept in the temples in the form of the *Shivlingam*. You would have seen that there is an oval stone image of God Shiva in the Rameshwaram temple. It is said that even Rama worshipped Shiva there. You must have seen in several pictures that all the deities pay their respects with folded hands to Shiva. This proves that God Shiva is the Highest among all high ones; He is the One who is worshipped by all.

God is Incorporeal, but this does not mean that He doesn't have any form at all; He is like a star, a divine and conscient point of light. That is also an

entity, isn't it? Some people think that God is present in everyone. But, He is the Supreme Soul who resides in His metaphysical Abode above the physical firmament of five elements and cannot be omnipresent in this physical world. All these aspects have to be clearly understood.

It can be said that God's qualities are present in everyone in some degrees; but God is different from all others. He is not something that spreads like the sky. Some people say God is inside as well as outside, that He is spread out like the sky. Incorporeal God and we souls, dwell in what is called the unending element of light, i.e., the Paramdham. We come to live in this world, but we are not this world, are we? Similarly, God lives in that element of light, but He is not that. We souls are points of light and God is also a point of light. That is why He is shown in the form of the *lingam* in the temples.

#### **What is the Benefit of God Being Omnipresent?**

The belief that God is omnipresent is wrong, because God is not something that spreads; and there is no significance or importance of His omnipresence. If He is omnipresent, what is the value

of that to us? In spite of His being omnipresent, we are unhappy and restless, and irreligiousness continues to increase. We continue to perform wrong deeds; so how is this world benefited because of His omnipresence? If, in the presence of some big or important person, some bad or wrong deed happens, the people will definitely ask, "Of what use are you if such a thing is happening in your presence?"

Similarly, if God, who is called the Ocean of Peace and Happiness, is present everywhere and yet unhappiness and restlessness prevails or increases, then what is the benefit of His presence or omnipresence? This is something to think about and understand clearly. Of what use is His presence, if we are unhappy and restless? If a minister does not do his job properly, the public aptly ask him to leave his seat. If in spite of God being omnipresent, there is disquiet and unhappiness, the devotees would also aptly say: "O' God, leave your seat. What is the use of your being here, when even in your presence, injustice and other wrong things continue to take place?" Therefore, God cannot be omnipresent.

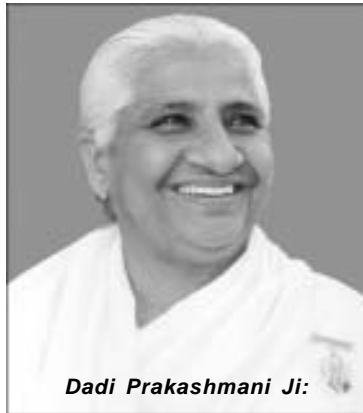
## *Dadi Prakashmani Ji: The Embodiment of True Love*

– B.K. Janmejy, Mumbai

**A** *Mind that never minds,  
a Heart that never  
hurts and a  
Relationship that never ends  
– thy name is Dadi  
Prakashmani.* Ask your heart,  
“Do I have pure and good  
wishes for everyone?” For Dadi,  
answer to this question would be,  
“YES, for today and forever”.

Rajyogini Brahma Kumari  
Dadi Dr. Prakashmani was a  
Jewel among the Spiritually  
Enlightened. Born in Hyderabad  
Sind (now in Pakistan), Dadi’s  
childhood name was Rama. Her  
father, a renowned astrologer of  
Sind, could foresee his  
daughter’s destiny to lead an  
ascetic and chaste spiritual life  
in the service of mankind.

In 1937, at the time of the  
establishment of *Om Mandali*  
in Sind, Kumari Rama, aged 14,  
joined the organization and  
dedicated her life for the spiritual  
uplift of humanity. She was  
chosen as one of its original eight  
trustees and was given the  
divine name Prakashmani,  
meaning ‘the jewel of light’.  
After the institution’s founding  
father Prajapita Brahma left his  
mortal body in 1969, she became



its Chief Administrative Head  
and was endearingly called as  
Dadi. With generosity of spirit  
and unlimited vision as her prime  
movers, she led and nurtured the  
organization by leaps and  
bounds. Dadiji was an  
immensely practical woman who  
in her 38 years period as  
Administrative Head of the  
Brahma Kumaris, oversaw the  
opening of 4,000 centres  
throughout the world. Opening  
of a meditation centre every 3  
days, seems a fiction but it is a  
fact.

Whenever people pointed to  
Dadi as the leader, she would  
point her finger upwards. She  
was ‘the Server Leader’. When  
asked once, how many followers  
she had, she would refute the  
idea, saying that Rajyogi

students are all becoming  
leaders. Her leadership was  
based on humility.

Dadi Prakashmani was the  
embodiment of true love-  
unconditional and genuine love.  
She loved all freely and openly  
who came in front of her, without  
a trace of attachment. She did  
not discriminate on any  
superficial grounds such as  
position, power or personality.  
The love that came from Dadi’s  
eyes would flow freely, fill the  
soul, thereby healing and making  
it complete.

Sweet memories of Dadi will  
always be in our hearts and on  
the screen of our mind. We will  
cherish each moment  
experienced in her divine  
presence. Once our sister took  
us to meet Dadi; it was the noon  
time. She was reading/revising  
Murli, i.e., the flute of  
Knowledge, spoken by God  
Shiva through His corporeal  
medium, Prajapita Brahma.  
After our introduction, she  
looked at me and said, “Aapko  
kuchh chahiye?” (Do you need  
anything?) I said “Dadi ji we  
have received everything we  
wanted, now we look forward  
to your loving company and  
gaze (*drishti*). Her smile was  
simply angelic. At that moment,  
she could not recollect the name  
of the sister who accompanied  
us. So, tactfully she asked us,  
“Do you know her? Tell me



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what's her name." Now, it was our turn to smile, experiencing her simplicity and innocence.

During *Baba Milan*, Dadi would open her hands and fold them near her heart, as if she was merging all of us with love. Every soul felt elevated and touched by her simple gesture of love and care.

Even during various programmes, she would ask the audience, "Are you all comfortable? Please let me know if you require any thing." Thus, not only the BK souls but guests also felt as if she was their mother. One guest commented, "The love I have received in last three days from Dadiji, I have never got even from my own mother." I am sure many more souls must have felt the same way. Dadiji won the hearts of everyone, both in the organisation and whosoever she came into contact with, through her sweetness, simplicity, humility and a loving respect for each and every soul. Dadi always treated everyone as her friend and spiritual sister and brother.

Dadi's main concern was always to promote the development of women's potential within the society, creating opportunity for young people, researching the hidden resources of the mind,

transforming the consciousness through meditation, reactivating moral and humanitarian values and working to bring unity among people for the establishment of world peace.

She would feel as such: 'There is always progress for the self when there are no expectations and no desire for self-aggrandizement. Success is built on love and respect for all human beings. Lightness of nature and independence of spirit attract the love of others and the love of God. This is what brings the greatest happiness and inspires me every day.'

The following are some of the honours and accolades Dadiji received: \**Dharma Chakra Medal* (1984), \* Key to city of Los Angeles (1984), \* City Medals of Sao Paulo and Frankfurt (1984), \* United Nations International Year of Peace Medal (1986), \* International Peace Messenger Award from the UN Secretary General (1987), \*Honorary Doctor of Literature from Mohanlal Sukhadia University, Udaipur, India (1992), \* Giant Award for Social work from Giant International, Mumbai (1994), \* *Dharma Ratna* Award by World Religious Parliament, New Delhi, \* Priya Darshini Award from Priya Darshini Academy, Mumbai for her outstanding contribution towards

Human Welfare and Global Peace. \* UNESCO also felicitated Dadiji with special award for collecting 35 million signatures from all over India and 120 other countries in support and promotion of the UNESCO's 'Culture of Peace' Project entitled "Peace Manifesto-2000" in the International Year of Culture of Peace, 2000 as proclaimed by the UN General Assembly in the year 2000. The list is endless.

Dadi was treated at Mumbai BSES MG Hospital managed by Brahma Kumaris during her last years. In spite of several medical instruments attached to her body and heavy medical treatment, she never complained of pain. Instead, she would ask the Doctor, "How are you today? Are you OK?" She had, in fact, reached her complete stage and become a true Angel.

Our most beloved Dadi Prakashmani left her mortal body on 25th August, 2007 in Shantivan, Abu Road, India. Thousands of brothers, sisters and dignitaries from all over India and around the world gathered there to pay their respects and homage. The atmosphere was charged with divine meditation and contemplative silence; even five elements of nature were paying their respects to a true jewel of mankind.

# LET GO: SOON THEN COME OUT OF YOUR COMFORT ZONES

– Sister Padmapriya, USA

**A**ll of us live in our comfort zones without realizing that they are the zones or spaces self-created by us to comfort us. Comfort zone is like a pillow in your sofa. When taken out, you feel the emptiness or the difference. Consciously or unconsciously we all have created such pillows = ØBP

## **Zooming in ‘Comfort Zone’**

Comfort zones are those materials, stuff, habits, people and places which we are quite accustomed to. See your coffee mug. You use your coffee mug daily yet one day if it's missing, you feel the difference. Your heart runs to your coffee mug again and again. That is your comfort zone.

## **Some of the examples of your comfort zone may be:**

- i. Your regular gas station.
- ii. Your routine walk route or
- iii. route to your work/home.
- iv. Your seating preference in a flight.
- v. Your usage of phone like Whatsapp or texting.
- vi. Your home and your favourite

TV Shows/ Sports channel.

All the above are some of the comfort zones of your life. You feel discomfort when any change occurs like there is a detour in your usual route. The moment you find the detour sign, your mind tells, “Oh no, now I need to figure out another route!” This is where you are pushed out of your comfort zone by life. You may end up in new experience or amplify the route with your laments = ØBP

## **Why can't I come out of my comfort zone?**

We are habitual in our comfort zone as if we have trained ourselves to be in there. We do not train consciously, but it happens. Only when life snatches it away or we are compelled to leave it, we realize that it was our comfort zone. Comfort zone is a feeling of being at home and safe just like sleeping in our own bed. It is difficult for us to let go and exit our comfort zone because we are kind of attached to this safety and easiness of being at home. We do not want to leave this homely feeling

forever. It is like kids refusing to go to the school on the first day. Home is the kid's comfort zone but unless and until the kid leaves it behind, the he/she can't progress at all.

Eating junk food is a comfort zone but until we leave it and enter a zone of proper diet and exercise (going to a gym), there is no effective or better result. Similarly, changing jobs, moving to new place, entering new relationships, etc., are all about stepping out of comfort zones and entering a new zone. You could also make the new zone as comfort zone by simply attaching to it and refusing to let go of it.

Even emotions like fear, anger, sadness, low self-worth, complaining, gossiping are some sorts of comfort zones. The being is so comfortable in gossiping that it likes doing it, even enjoys it and it's never an effort to gossip whereas to stop gossiping is an effort. The being has to come out of the habit of gossiping (stepping out of comfort zone) and create new practice of appreciation.

## **What happens when you come out of your comfort zone?**

It is that we have to use our brain again to think and rediscover new strategies, ideas and solutions. It takes effort to

*(contd. on page no. 34)*

## LATE DADI PRAKASHMANI AN OUTSTANDING LEGENDARY FIGURE



– Dr. B.K. Yudhisthir, Ph.D., Shantivan



*["Late Dadi Prakashmani jee was 'an outstanding legendary figure' in the golden and glorious history of Brahma Kumaris Organization," stated **B.K. Atamprakash, Editor, 'The World Renewal'** emphatically in a special interview with **Dr. B. K. Yudhisthir**, conducted on the occasion of Dadi's 9th Ascension Anniversary, celebrated as **Universal Brotherhood Day**. The interview is presented as follows:]*

**Dr. B.K.-** When and where did you first meet Dadijee?

**B.K. A.P.-** I first met Dadijee in 1957 at Rajouri Garden B.K. Centre, New Delhi. She was then with Brahma Baba and other senior sisters. She had just returned then after taking spiritual classes in Delhi Cantonment area.

**Q.-** What were your first feelings when you initially meet with her?

**Ans.-** My first feelings of Dadijee were of her cheerful self and glowing divine features, which were quite unforgettable. I think, it was her purity and happiness that were quite reflected on her features. When she met beloved Baba, the latter poured down his flowing love upon her with such an open heart that a strong impression got imprinted on my young impressionable mind that she must be a rich personality with embodiment of many exemplary qualities, who was drawing the unlimited love of the Supreme Soul like a rust-free needle.

**Q.-** What were her qualities and specialties?

**Ans.-** She had many qualities and specialties to

her credit. She was the embodiment of qualities such as purity, love, mercy, peace, forgiveness, honesty, obedience, truth, power, yoga, goodness, generosity, patience, tolerance, determination, dedication, etc. She had the specialties of good governance, effective administration, accurate decision-making, constructive approach and balance between love and law.

**Q.-** Will you please mention some specific incidents with Dadijee which you remember as unforgettable?

**Ans. -** In almost five decades of my spiritual life, I have felt both of her direct and indirect cooperation. During the year 1965, the pictures for The World Renewal Spiritual Exhibition were prepared. I was engaged in this service at Rajouri Garden B.K. Centre and had prepared an 84-births ladder picture which I presented to her, as she reached there after visiting different centres. She took that picture to Mt. Abu and showed it to Baba who became very happy and delighted, and started giving me inspiring directions through posts regarding picture preparations. In this way,

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she became instrumental in developing my relationship with Baba and in doing service throughout India.

**Q. -** *I met Dadijee personally in 1992 with my M.Ed. dissertation entitled “Contributions of Brahma Kumaris towards the Field of Education”. She saw it along with Didi Mohini and appreciated a lot, thanking me to go ahead in showing the incognito God to the world through my works. Her appreciation inspired me to undertake my Ph.D. work in full spirits. Do you think she was appreciative of all others like this who met her?*

**Ans. -** Yes, definitely. She was very keen in discerning the qualities and works of all even in her instant glance. Like a perfect inspiring teacher she knew that appreciation is an effective incentive for all in order to galvanize their spiritual efforts or any works they do. So, she was appreciative of one and all who met, irrespective of their any differences whatsoever.

**Q. -** *In one Rakhi celebration in Diamond Hall, I got the chance of being tied by her the sacred Rakhi upon my wrist. After tying it, she gave a very powerful but loving glance (drishti) to me, and I felt the flow of spiritual brotherly love and affection directly into the soul. It was a really magnetic spiritual attraction. I had a photograph of this incident. After long duration whenever I see this photograph, I feel the same flow of spiritual love from it. How is it possible?*

**Ans. -** It was the charisma of her power of spirituality. The memory of what you had felt then is relived again even after a long time gap, because spirituality itself transcends time. Her feeling of spiritual love for you and your feeling of the same, both the feelings are important and eternal, but not the photograph. Yes, the photograph is only a medium for retrospection of

her eternal spirituality and her oceanic and outpouring love which she used to pour down upon all souls as spiritual brothers.

**Q. -** *Any such experience which you have personally felt in your company with Dadijee?*

**Ans. -** Her selfless love touched my heart and overwhelmed me in such a way that my eyes turned wet with tears of happiness and heart-felt obligations. With her benign and magnanimous wish and permission, I got the chance of going for Foreign Service. Before my departure for this service, she lovingly embraced me with her arms and gave two blessings for Baba’s double-foreigner children such as: “Love Murli” (*Murli se Preet Karo*) and “Have no attachment” (*Nashtamoha Bano*).

**Q. -** *Her way of reading Murli in morning class was also very interesting, inspiring, and entertaining as well. Wasn’t it?*

**Ans. -** Really, it’s so. I think, Dadijee was used to read *Murli* many times and churning the points of knowledge in it before coming to relate it to the class. Her way of relating it was very interesting and inspiring with tinge of humours also. Sometimes, she also laughed while explaining any point of knowledge in *Murli* with citing of examples. At times, she also asked questions to the brothers and sisters in the class about their spiritual efforts they made. In these ways, her way of relating *Murli* was all the more enlightening as well as entertaining as she made thereby the whole class alert and inspired.

**Q. -** *Was Dadi Prakashmani a born leader or a leader in the making?*

**Ans. -** See, every soul inherits some of the previous *sanskars* when he/she takes a new birth or rebirth. Dadijee must have some inherited qualities of leadership from previous *sanskars* of her past life. But, mostly, I think, she was a leader in making because she had acquired such

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leadership qualities through personal spiritual efforts through the inspiration of the Incorporeal God and His instrument, Prajapita Brahma.

**Q. -** *Will you please cite any event of her good or effective leadership?*

**Ans. -** In the year 1991, when spiritual service and affairs of the organization picked up, she took a very leading and far-sighted step of shifting the Press from Delhi to Shantivan at Abu Road. This step became quite successful in delivering different forms of spiritual literatures to various curious readers in a big way. In different fields of service, the marks of her leadership have been fully established and well known. Since I have been dealing with the press service, I am giving this example of her active leadership relating to the press.

**Q.-** *How do you see her as an able administrator?*

**Ans. -** As an able administrator she was very just and judicious. She used to meet all incharge brother of the departments and listen to grievances and requirements of all and take perfect decisions to the satisfaction of all. She also gave necessary directions and advices for the benefits and wellbeing of all. Almost all were happy with her administration relating to the affairs of various Departments, Service Wings and Trusts under the Organization.

**Q. -** *How do you appreciate her as a world mother?*

**Ans. -** Like a beloved mother she poured out her love and affection on all without any discrimination. I am citing one instance when she had come to Krishna Nagar (Delhi) B.K. Centre. An old doctor, who was already in contact with BKO and remaining depressed due to the death of his young son, and was also unable to walk due to a fracture in his hip, was living near the B.K. Centre. He had a deep inner yearning and

call of his heart to meet her but could not, due to his inability to walk. When she heard about this, she instantly went here her see to meet him in order to pour down her spiritual love upon that lovelorn and aggrieved soul. She did the same with her fostering love and care as she met the souls of various countries of the world. Thus, I appreciate her as a world mother.

**Q. -** *Dadijee was entitled with the title “Jewel of Light”. Will you please justify the title in your own words?*

**Ans. -** A jewel has many facets which radiate its prismatic lights and colours. Likewise, she had many qualities and specialties that radiated while coming in interaction with the various souls, both dedicated and others. The title was, really and undoubtedly, well-fitting and justified to her dignified and credit-worthy personality.

**Q. -** *As a person how was she according to you?*

**Ans. -** As a person, she was very simple, humble, generous, forgiving and also a very smiling self.

**Q. -** *It's said that Didi Manmohini and Dadijee were “two-in-one”? Will you please substantiate this statement?*

**Ans. -** Yes, it was said so. Before doing anything - spiritual service, plan for construction, or any developmental work - they both sat together and consulted each other and came to conclusion with a unanimous agreement. It also so happened that whatever Dadi would say, Didi would respond with an emphatic yes. Thus, they came to be regarded as ‘two-in-one’ having one soul with two bodies. They also ran the administration very well.

**Q. -** *It's also said that after Dadijee took over the charge of administration, the speed of spiritual service increased greatly. How could she contribute to this?*

**Ans. -** Her own personal life was an open book and practical example for others to emulate her.

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Moreover, she also contributed to this by visiting many countries of the world with her message of peace, love, and universal brotherhood of Man and Fatherhood of the Incorporeal God, and influenced many souls to come to the organization and change their thought and lifestyle patterns according to God's Directions (*Shreemat*). This helped in speedily establishing many spiritual centres/branches both in the country and abroad.

**Q.** - *It was said that she was very electrifying. What is your comment about this?*

**Ans.** - Yes, she was also quite electrifying. Anyone, who came to her, felt and got recharged with the spiritual power and vigour. The souls forgot their body-consciousness and instantly came to realize a state of soul-consciousness by coming in contact with her.

**Q.** - She seemed to have achieved the angelic and *Karmateet* Stage in her this life itself. Does this statement sound true to you?

**Ans.** - Why not. Look at any picture of her, young or old, she looked like a perfect angel with her pure, innocent, frank, cherubic and unassuming smile. Even though her soul was present in her physical body, yet her consciousness seemed to have flown higher up to the metaphysical Soul World beyond the firmament of sun, moon and stars. As regards her *karmateet* stage, even while in her acute illness, she showed no sign of feeling of pain or suffering as she remained completely detached from her body. To the astonishment of doctor and all who were present near her, she said, "It's my body that is ill, but not me."

**Q.** - *In which way should we give a fitting tribute to her unforgettable personality?*

**Ans.** - She was inspiring all of us with her *jnana* (knowledge), *yoga* (meditation), *dharna* (inculcation virtues) and *seva* (service). Her most famous instructions that she has left for us is: "*Nimitta, nirmana aur nirmal bhava*" (Be

trustee, constructive and clean.) If we can translate this instructive sentence in our practical life, I think, this will be a fitting tribute to her unforgettable personality.

**Q.** - *What similarities do you find among these three incidents that happened on January 18, June 24 and August 25?*

**Ans.** - The similarity among the three dates is that all three personalities - Prajapita Brahma, Jagadamba Saraswati and Dadi Prakashmani - who left their mortal bodies on these dates respectively, were all legendary figures in the golden pages of the history of BKO. They all were heroic spiritual players in God's noble task of world transformation, and are still playing their roles in different manifestations.

**Q.** - *Are there any differences among these three incidents?*

**Ans.** - One difference is that while Prajapita Brahma Baba is playing his subtle role from the Angelic Subtle World (*Sukshma Vatan*) after becoming the complete Angel, the other two are still playing their roles upon the earthly stage with their different physical manifestations upon the terrestrial earth at different places. The other difference is that after Prajapita Brahma became complete and No.1 and ascended to the Angelic Subtle World, the regular spiritual study or course seemed to come to an end as he came out with flying colours as a complete and finished product or output of this study. After his completed spiritual study now the revision spiritual course is going on still for all of us as we have not been complete yet.

**Q.** - *How can you describe her wonderful personality in a single sentence?*

**Ans.** - Late Dadi Prakashmani jee was an *outstanding legendary figure* in the golden and glorious history of Brahma Kumaris Organization.

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# VALUES ARE WHAT ADD VALUE TO LIFE

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– Lt. Col. T. N. K. Varma (Retd.), Kochi

**W**e were on our way to the morning class of Sister Sheila. She radiated warmth and her words flowed effortlessly. It was like a demonstration of values whenever Sister Sheila was talking. I heard Pauline whispering from her seat behind me, “Sandy, you can clear your doubt about the sixth element Baba had mentioned”. I turned around and smiled at Pauline, saying: “Thank you for reminding me”.

“Call it virtues, good nature or character”, Sister Sheila opened her session with these lines: “It is the presence or absence of values that determine the quality of life. You want to know why I spoke to him rudely. You should have heard what he said to me before you came. We hear similar explanations for one’s bad behaviour. It is an eye for an eye, or you are a weakling seems to be the majority view. Whoever said the meek shall inherit the earth might reconsider these words if he were to visit this world now. Truth, love, mercy, purity in

thought, word and deed, service beyond self, peace and power are the core values that are missing today. Values have eroded over the passage of time and societies have adopted what suits them. Have you heard of honour killings? They kill their own kith and kin if those (mostly young lovebirds) do not toe the line.”

Relationships have come under great strain owing to value erosion. Divorce was once considered taboo in Asian countries. Not anymore. Enough work is being done by governments and NGOs as part of remedial and preventive measures but what is important is what each of us can do. In nature everything has a cascading effect. Good deeds get wide publicity by word of mouth as much as bad news get top coverage in media. Isn’t it a contradiction of these times that the prime news is mostly about war and violence, murder and rape and cheating and perfidy at all levels from education to politics to administration? How can we isolate our family

institutions from these influences? It is the irony of our times that we look for solutions beyond immediate boundaries, whereas it is there for all to see. There are CCTV cameras everywhere, police in uniform and in muftis, enforcement agencies of all hues, vigilance bodies under all state and central governments and private detectives are out on the prowl night and day and yet the crime graph shows no inclination to come down.

Let me quote an example of brewing friction in a family. I would like you to participate in this as relationships are breaking down like nine pins at the slightest hint of a discord. Wife holds out a bowl of sliced fruits to husband and said, “You just nibbled at it. Not interested?” Husband retorted, “I am not greedy.” Do you see the seeds of a potential fight in the three words spoken by the husband. What was the need to react to an innocuous query by the wife?

But, it generally did not stop there. Wife was quick to add, “You think I am the one who polishes off everything in the house.” Well, both dealt their cards. What next?

Look at another side of a social interaction. At your workplace you are looking for a piece of cloth and do not find it at the place where you left it.

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You can question those around and after failing to get any clue, you decide to zero in on one person asking. "Did you take my cloth?" He replies, "No". "You are lying." "No Ma'am, I swear I didn't take it." OK. Now, we can rephrase this conversation, like: "You are not telling the truth" or "I hope you are telling the truth." "Which approach do you think will elicit the right response? Obviously, the last one because all others shut out any further response or progress. What we have seen is that we can be tactful or hostile by a mere interplay of words. The decision to follow a particular method comes after discrimination, a process of segregating available information, analyzing and arriving at likely solutions. In both situations, we found the need to take stock, almost instantaneously, using power to discriminate and power to decide and proceed. For our own sake, for the sake of our society and for future generations, we must start accumulating these powers.

Then finishing, Sister Shiela asked our views. Pauline's hand went up. She said, "This is what happened in a clinic. My friend Alice was being examined by a male doctor whom she found paying her undue attention in the

guise of medical examination. Her husband was there but still she felt there was no need for the doctor to keep his hand on her shoulder longer than necessary. She glanced at her husband who gave her a reassuring nod. Alice thought the examination was over but the doctor wanted to look into her mouth again. As he was leaning towards Alice, she pulled her chair a little away and her husband shouted, 'Stop'. The doctor immediately backed out and asked, "Are you telling me to stop?" He said, "No, I was talking to myself."

There was a wave of laughter in the class and Sister Shiela intervened, "That was as good as a punch-line. I think the message was delivered. What do you think?". Everybody nodded in agreement. Unfortunately, what generally happens is an escalation of the situation which helps neither the perpetrator to make amends or the victim to close the issue and move on. The victim or the witness fumes within and in the process throws away a chance to forgive, a virtue very difficult to locate in today's social milieu. It leaves the ground open to the predator, emboldening him to practise his extra professional hobbies. What we tend to forget is the fact that the solution to

any problem lies in the problem itself. The search for the solution should move towards the source. Solution must not be different for different situations because the basic factor prompting such unsavoury acts lies in the mind. So, the solution when applied at that level will have long term effect without spilling bad blood.

You cannot antagonise or even irritate another without his or her consent, what to talk of influencing behaviour. This is kind of mirror image. If you want the other person to see that image, which will make any negotiations meaningful, position it in your mental mirror and that will be the image you convey. It is your choice. Walk into a house mourning its dead. Without anyone saying a word you would have caught the mood even if you were returning after a celebration.

A hand went up. "Yes, Kris, you have something for us," asked Sister. "Yes", Kris said, "I am quoting a very potent statement and a real life story to support that. Walking alone is not difficult, but when we have walked a mile with someone, walking back alone is difficult. The story is about Jane and how she saved her marriage in a month. Jane and her husband Patrick were married after a



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long courtship seven years ago and they had a lovely son, Herald. Suddenly, one day, Pat(Patrick) came home and announced that he was seeking separation. Jane was waiting for him to reach home to tell her side of the story but she decided against it. She had been diagnosed with cervical cancer and was advised immediate surgery. She simply asked Pat to sit down and asked, "Can you give me one month of yours?" Pat agreed. Herald was aware that something was amiss. Jane's condition became worse by the day and there came a time when she had to be helped to her bed. Pat was around every day as a part of the unspoken agreement between him and Jane. At bedtime he carried his wife to their bedroom. Herald thought that this was a hark back to the early days of his childhood when the three of them turned every evening to a playful session. Pat had to keep his new girlfriend in the know, but it didn't help anyone as she thought it was Jane's ploy to keep him back. Towards the end of the promised period Jane was in and out of hospital almost every day and Pat had to spend all his time to look after her. But by that time the old bond between the parents and child had returned and Pat was

finding it increasingly difficult to continue his extramarital affair. Then came the Day of Judgment when Jane was to be wheeled into the operation theatre. The senior doctor as if on a hunch asked a fresh scan to be taken and shown to him before she was taken inside. To the surprise of all she was found out of danger as the foreboding symptoms had disappeared and no immediate surgery was indicated. Tears dropped down upon a few cheeks as Kris paused and gave a few seconds more for the message to sink in. Sister Sheila took over and said, "Life is not about finding the right person but creating the right relationship. It is not how we care in the beginning but how much we care till the very end." The difference is this. Consciousness is awareness alright but on a different plane. It is not a mechanical process. Can you get a butcher raise his level of consciousness by reading some material while he continues to butcher animals for a living? Doesn't it sound absurd? Saints preferred to keep away from worldly ways because they knew it was almost impossible to make any headway in their pursuit of knowledge if they continued to remain in denial and continue to do what they were doing every

day.



Consciousness ensures continuity. That is the foundation of power. Imagine a building under construction. If the mason is worried about a flaw in the foundation how can he concentrate on the roof work? "How do we react in tough situations?" we have been asked. Here I can also present a case where we reached out to those who suffered the terrorist attack and to those who lost their dear and near ones as reported by one of our overseas centres.

*Brahman* (The polar space beyond the sky) is the sixth element that plays as big a part in our lives as the other five which gives us the body that makes life on earth possible. *Brahman* is not partial; it is the invisible, indivisible essence in everything. It is that which combines the elements of air, water, earth, fire and space into physical forms and infuses life into it. And if there is any doubt in anyone's mind, think about the millions of species in millions of designs, colours and characteristics that make this world of ours such a wonderful place to live in. It is a never ending story, drama where everyone has a part to play. We are all actors as well as spectators. It is an individual

choice, an attitude that helps one to decide whether to take charge of our lives or to surrender to the external forces. Some species get exterminated, some appear and disappear at different times but life goes on. The saying- 'Survival of the fittest' – is only a theory to explain aberrations. Everyone gets again and again a chance to discover the ultimate truth and is free to choose his way back to it. *Brahmand* is not God but His abode. Continuity is ensured by Brahman and the mystique of rebirth is the living proof of that. Helpful hints are available everywhere but these are buried in an avalanche of rituals.

Creator does not impose any thing because He does not need to. The built-in checks are doing what they are intended to. Alarm bells go off when the levels of mercury signifying intolerance, arrogance, lust and covetousness go up. Preceptors come and go after carrying out course correction. Despite all this and for no fault of any of the actors of the Drama, unseen to the naked eye, the snake of viciousness creeps in slowly and surely into all walks of life. When the collective conscience of humanity protests in one voice, the remedial measures, painful, and at times punitive, are unleashed.

I was stunned. Here was in a nutshell the essence of what the *Upanishads* and other scriptures professed. Here was expressed in clear terms what I intuitively had felt to be true, but could not have expressed clearly. What science could not teach us about Cosmos (*Brahmand*) with the help of light years, Hubble telescopes and numerous space odysseys lasting many years, was this. Virtues are the foundation stones of civilization. It is the oxygen that keeps it ticking. We are never far away from its healing hands. It is our duty to reach out and refurbish this moth laden edifice before it is too late.

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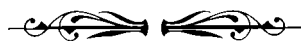
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# THE BIBLE PROVIDES PROOF OF LOSS AND REGAIN OF GOLDEN AGE

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– BK Rose Mary

The memory of a paradise that once existed in the history remains protected in the myths and epics of virtually all cultures in the world; and prominent among them is *The Bible*. Its very first book (*Genesis*) which is common to Jews, Christians, and Muslims informs us how paradise (or *Satyayug*/Golden Age as Hindus call it) was lost. And the last book of *The Bible* (*Revelation*) tells us how it would be recreated in the future.

*The Bible* contains both history and allegories (Mathew 13:34). Hence, to understand *The Bible*, especially to know what the allegory symbolizes, a reader should have certain qualities such as purity of heart, eyes like that of an eagle, and a genuine love of what is intrinsically good, says *The Bible* itself.

While the very first verse of *The Bible* (Genesis 1:1) speaks of the creation of the universe, verses from 2 to 19 describe how the earth was made inhabitable through different phases. After creating living creatures to live

in water and all types of winged birds, God blessed them and said, “Be fruitful and increase in number and fill water in the seas, and let the birds increase on the earth” (Genesis 1:20-22) which is followed by creation of the livestock and rest of the animals. Then “God created mankind (*haadam* which originally means *collective, mankind*) in His own image, in the image of God He created them; male and female He created them” and *repeated the same blessing* on mankind too, and decreed vegetarian diet for both humans and animals. “And that is what happened” (Genesis 1:26-30) which means just like fishes increased in the sea and birds increased on the earth *over a period of time*, Humans too *over a period of time* ‘increased in number and filled the earth and subdued it and began to rule over other living beings, and all were vegetarians.’ There was absolute peace among humans and animals.

How long such a harmonious

and delightful system of things (Golden Age) lasted, it does not say. But it should reasonably be a pretty long period of time because *The Bible* itself says that ‘the seventh day on which God rested from all His work’ was still continuing in the 1st Century AD (Genesis 2:2, 3; Hebrews 4:4, 5) which would show the preceding days are also a *long period of time* (not literal day of 24-hours). That means mankind lived in Paradise on the earth for a long period during which everyone lived with a feeling of one-world-one-family. Then, it was deteriorated into an egoistic system of things where lust reigned supreme, which led to the Great Fall from continuing in “God’s image.”

Various cultures explain this Great Fall through their myths, all of which look almost the same in essence. A modified version of it found its way into *The Bible* also and it is widely known as the story of Adam and Eve. Even in *The Bible*, details of this story differ when narrated by two different Bible writers. For example, in Genesis (3:1-7) written by Moses who simply compiled much of the information orally transmitted, woman is shown as making man commit sin whereas another portion, written by a holy prophet under divine guidance, testifies that man committed sin on his

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own. (Ezekiel 28: 11, 13-15) That means details vary; hence, one should look for essence beneath the details. A closer look at this story shows that the writer ensured enough features that prove that the account of Adam and Eve is allegorical and characters are symbols showing how mankind lost their Paradise, and what caused the Fall. In other words, what mankind as a whole did is shown through two individuals. Let us see how it is.

Bible Dictionaries, under the word Adam, would say this: "The usual translation of the word as a proper name, *Adam*, is an error." That means the use of the word Adam as a proper name is a later adoption. This is an important key to distinguish what is historical and what is allegorical. After saying in absolute clarity that God created mankind as male and female *simultaneously* in His own image (Genesis 1:26), it is unlikely that in the very next chapter God would contradict Himself saying He created a single man first, and then woman from the rib of that one – something a loving Heavenly Father would not do because it would send a wrong message that woman is inferior to man whereas truth is just the opposite.

If the account of Adam and

Eve is taken as allegorical, everything falls in place. On the contrary, if viewed as literal, then the reader runs into many difficulties (which is the opposite of the very purpose of communication of spiritual truth –1 Corinthians 14:8). To mention a few:

Though God may ask us to avoid committing evil, He would not ask us to avoid both good and evil. Hence, it is unlikely that at the very start of history, God would plant a literal "tree of the knowledge of good and evil" and ask first human couple to avoid eating from it. Again, such a test would serve no purpose because when humans see this forbidden tree, it is natural that they would think that either 'it is good for us to eat of this tree' or 'it is evil for us to eat of this tree.' Hence, this tree should be allegorical (not literal)! Other elements in the story such as a talking serpent instigating rebellion against the Almighty and children of God taking side with a strange lower species against their own loving Heavenly Father too show that that account is also allegorical (not a literal happening).

Behind all these allegorical details, we can see this simple message: In the beginning humans were like gods in their qualities and character as they

were created in the "image of God," and lived in a perfect system of things for an indefinite period of time. Then from some point of time, they turned egotistical with each one thinking 'I am more important, my tastes/pleasures are more important.' They began to see one another's flesh as objects of pleasure, thus, deviating into lust. *The Bible* confirms this deviation into lust through this depiction: after committing the forbidden act "they began to realize that they were naked. Hence, they sewed fig leaves together and made loin coverings for themselves." And also when called to account, "they hid from the Lord God among the trees of the garden," and when asked why, Adam said, "I was afraid because I was naked; so I hid." (Genesis 3:7-10) Presence of serpent (a sexual symbol in many cultures) as instigator is a further confirmation that lust was predominantly behind the Great Fall. No wonder Jesus Christ and his disciples came very heavily against *lust*. Interestingly, *lust* is included in "works of the flesh" as an expression of "egotism," which is not the characteristics of those who live in paradise or "Kingdom of God." (Galatians 5:19, 20, 26).

Interestingly, Ego is at the root of thinking in terms of me and

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mine – ego makes one think: “What is in my interest is *good* and what is not in my interest is *evil*.” Hence, “the tree of the knowledge of good and evil” can symbolize a changed awareness or egotism (Genesis 2:16) because ego is just a thought which is a false image of one’s self. In ego, people forget that they are “the image of God” or embodiment of divine qualities such as joy, love, peace ... (Galatians 5:22, 23), and think they are this physical body, and fall in love with bodily pleasures which they seek through vices (such as *lust* which is ‘impure and sinful’ opposed to divine qualities—1 Thessalonians 4:4, 5; Galatians 5:24) which is also opposed to soul-consciousness (1 Peter 2:11); hence, ultimately bringing in pain and suffering. Thus, the forbidden tree was symbol of egotism which is at the root of all vices and the resultant suffering. When ego appears, happiness dies.

Thus, the story of Adam and Eve shows how humanity fell into egotism, on account of which the paradise was lost. This is why Jesus urged us to return to our original nature, “image of God” and become ‘like our Heavenly Father.’ (Mathew 5:48) If you are “like God,” you are in “Kingdom of God” which

was the subject matter of Jesus’ preaching. (Luke 4:43) It is not difficult to become “like our Heavenly Father.” (Mathew 11:30) It is as easy as changing one’s outer garment. (Ephesians 4:24) It is like fire that can be produced by a stone taken out from the bottom of ocean (no matter how many 1000s of years it was under the water), or like a candle that can light up a place that has been dark for billions of years. When you return to the awareness that you are the child of God which in itself is an empowering thought, you would naturally fall in love with benevolence, the main attribute of God (Mark 10:18), and you begin to give joy to others, and Heaven would return to your life. (Luke 17:21) And if you bring in ego again, hell would return to your life. What happens to an individual happens to mankind too. When thought changes, history too changes.

This means that first half of the history was egoless; hence, it was like Heaven on earth. When ego appeared, Heaven deteriorated into Hell on earth. When egotism reaches its climax, it would mark the last phase of history what *The Bible* calls “Last Days” in which most of the people will abound in their egotism. (2 Timothy 3:1-5) Such large-scale decline will bring in

world wars and chaotic climate, all of which will climax in “great distress, unequaled from the beginning of the world until now.” (Mathew 24:7, 21; Luke 21:25, 26) “When these things begin to take place, stand up and lift up your heads, because your redemption is drawing near.” (Luke 21:28) Unrighteousness will be replaced with the rule of righteousness (Daniel 2:44; 2 Peter 3:13) which *The Bible* calls “new Heaven and new earth.” (Revelation 21:1) That means that Paradise would soon be recreated on earth.

Then what will happen? Recreated Paradise will remain for long period of time, and then entropy will set in, bringing a steady decline in quality: “What has been will be again, what has been done, will be done again; there is nothing new under the sun. Is there anything of which one can say, “Look! This is something new”? It was here already, long ago; it was here before our time.” (Ecclesiastes 1:9, 10) Paradise and Hell alternate on earth like day and night. Dualities exist in order to balance life and impart stability to it. Whenever moral decline becomes total, it is God’s role to elevate it to its original, pristine purity. Thus, history is a never-ending cycle of elevation and decline!

# RAKSHA BANDHAN – The Bond Of Purity And Protection

– B.K. Yogesh, B.K. Colony, Shantivan

**R**aksha Bandhan is one of the most important and sacred Hindu festivals. It falls on the full moon day of the auspicious *Shravan* month. *Raksha Bandhan* means the bond of purity and protection. On this auspicious occasion, a sister ties a *Rakhi*, a decorated thread on the wrist of her brother, applies tilak on his forehead, sweetens his mouth and prays for his longevity. The brother in return pledges to protect the dignity of his sister even at the cost of his life and gives her gifts. This sacred thread of *Rakhi* which carries many emotions with it, strengthens the relationship between brothers and sisters to a great extent.

## **Raksha Bandhan – in the Present Day Context**

However, in recent times, due to the materialistic attitude of people, this festival has more or less become a ritual. In this self-centered busy world, the brothers and sisters of today do not understand the importance of this great festival. Moreover, like in any other relationship, bonding between

brothers and sisters is also not that strong, unlike at the good times in the past which we used to have a few decades ago. Today, after getting married and settling down, people, in general, get so much busy in their respective lives that they hardly have any time to spare for their parents and more so even for their siblings. Thus, the real love and care which was seen some years ago, is found quite wanting in these days. Moreover, it is not always possible for a brother to protect his sister. Like, if a brother is much younger than his sister or they are living in different countries, then, it is impossible for the former to protect the latter. In some cases, it is seen that it is the sister who has to take care of her brother because of the moral values and virtues that she holds. If a brother were capable of protecting his sister, then, so many crimes happening against the women today, would have been prevented. In fact, the vice of sex-lust has maligned this most pious and beautiful relationship too, with cases of brothers harassing and torturing

even their own sisters. Due to such incidents, this great festival of *Raksha Bandhan* has lost its meaning to a great extent. Today, it is imperative that women develop physical as well as spiritual power for their own purity and protection.

## **The Legends behind the Festival**

The Hindu scriptures are full of mythological legends that prove that *Raksha Bandhan* is limited not just to brothers and sisters but it is applicable to the entire human souls of the world. One legend stated that once a battle was going on between the deities and devils, in which the former were on the verge of defeat. Seeing this, the king of deities, Indra, was tied *Rakhi* by his wife Indrani. As a result, the deities won the battle convincingly.

The Supreme Soul, God Father Shiva, has revealed that no battle was ever fought between the deities and the devils. In fact, when the deities lived on the earth, (i.e. during *Satyuga* and *Tretayuga*), there were no devils. God Shiva further has revealed that human

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beings' own vices which represent as devils. Therefore, if we conquer the vices on the basis of God's elevated Directions, i.e., *Shrimat*, we will become vice-less and virtuous like the deities. The spiritual significance of the first legend is that when souls who were virtuous and deity-like became vicious again in the course of time while taking birth after birth. Then Incorporeal Supreme Father, God Shiva, descends on the earth to teach Rajyoga and purify His children. Through the medium of Brahma, He teaches the Godly Knowledge *Kalpa* after *Kalpa* and ties the spiritual *Rakhi*. The first blessing He bestows on the souls is – 'Be Pure and Be Yogi', i.e., to remember Him and become pure.

Another legend stated that during the medieval period, Rani Karnavati sent a *Rakhi* to the Mughal emperor Humayun seeking his help as she was attacked by the Sultan of Mewar. Humayun was touched by the emotion-filled *Rakhi* and marched to protect her kingdom of Chittor. However, he couldn't reach there in time. So, Rani Karnavati and other noble ladies immolated themselves in a mass suicide by fire.

This legend proves that the sacred festival is not limited to Hindus but it is applicable to the

whole world and gives the message of unity, nobility and commitment. This festival strengthens the vision of brotherhood amongst all the people (souls) and inspires them to love one and all, irrespective of the differences of their castes, creeds, ages, and genders.

### **The True Significance of the Festival**

As revealed by the Supreme Soul, God Father Shiva, purity is the prime virtue of the souls, and as we move away from this virtue, it leads to pain, misery and sorrow. Purity is the seed of peace and happiness. In ancient times, only the Brahmins, who had good conduct and led a pious life, used to tie *Rakhi* on the wrist of the householders.

The very purpose of the Supreme Soul God Shiva's incarnation in this hellish and vicious world is to purify this world and to transform it into a pure, happy world like Paradise. *Raksha Bandhan* is the memorial of God's teachings to us souls to burn our sins and purify our old vicious propensities through our remembrance of Him and acquisition of His most elevated Godly Knowledge. Let us now take a vow to maintain the purity of thoughts, words, deeds and practise the vision of universal brotherhood and

that of Fatherhood of one Incorporeal God. When we make sincere efforts in making ourselves vice-less and pure and make our lives full of divine virtues, our journey of life would be smooth and we can also create a beautiful future.

### **How to celebrate *Raksha Bandhan***

Brahma Kumaris, on this pious day, tie *Rakhi*, the symbol of Purity and Spiritual Protection, to one and all, irrespective of their differences in age, caste, creed, gender, etc. and even to the prisoners so that each one follows this Godly path and becomes an embodiment of Godly Knowledge, Purity, Peace, Love, Joy, Bliss and Power. In other words, we all should take a vow to remain pure and vice-less. This is the real observation on this great festival.

So, apply the tilak of soul-consciousness (which transforms our criminal eye of body-consciousness into having a divine vision), tie the bond of Purity and sweeten the mouths of each other with sweet words. This is a sure way to transform Bharat and the entire world into the heaven on earth where there will be health, wealth, and happiness in abundance and each and every human being will be as virtuous as a deity.

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take control of the world order.

God, the World-Father, therefore, advises us that if and when it is beyond man's power to end the forces of evil, at the national and the global level, let each one make efforts to wrest control from the forces of evil entrenched in their mind, and let each one be good, do good and spread the vibrations of goodness and virtue. This will give speed and power to the forces of Virtue and they will, then, soon reach a point where they will take control of the world order, immediately when the forces of negativity explode or end themselves on the world scene.

So, the point is that while people say that the problems of nuclear arms race, over-population, poverty, environmental pollution, etc., are all due to loss of values and due to vices having taken a dreadful global form, little do they realise that these will soon die their own death. People are worried about the future of the world and they ask: "What will happen?" But they do not show proper concern for self-change and little do they realise that the time for self-change is now, because the very gravity of the problems is itself the proof that the point of their explosion will reach very soon.

Let all, therefore, know that our first responsibility is for self-change, for this is from where the work of world-transformation starts, and this work of world-transformation, which has been taking place since 1936, is gaining a great momentum. This will soon result in the dawn of Golden Age, for the old era – the *Kaliyuga*—will give place to the new era – the Golden era or the *Satyuga*.

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take our mind towards acceptance and flexibility. And this is why we do not want to exit our comfort zone. We would like to hang around and try hard to go back to our comfort zones. We deny change and call it as unfair.

When you exit momentarily and go back to your comfort zone, you partake happiness and joy. The reason for that joy is you have just saved yourself from the effort of reprogramming your mind and intellect. You saved yourself from the emotions of loss and grief. This is why you feel happy, not because of the material stuff you gained back. External stuff is always a trigger; prominence goes to the inner work. But escaping the inner work doesn't help in the long run. One day or other, we need to face reality of stepping out of our comfort zones.

#### **Ways of stepping out of your comfort zones:**

1. Try a different route to your work/home
2. Visit another gas station or restaurant.
3. Try Tech-Fast (no iPhone, laptop, TV for a day)
4. Meet a new friend. Eat lunch with someone you usually don't.
5. Change things around in your house. Move around your sofa/bed to different corners. Donate stuff to the needy.
6. Cook a new recipe from a different tradition. If you are French, try Chinese food.

When you play around shifting things outside, things shift inside too. You can see how many strings you are attached to. What was difficult for you to let go and adapt? What was easy for you to change? What did you enjoy; did you experience newness?

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