

|| From the mighty pen of Sanjay ||



MIND AND MATTER



There was a time when Matter and Energy were considered to be separate entities. But later researches in science revealed that atom which, until then, was believed to be the smallest and indivisible particle of Matter, consists of electrons, protons, neutrons, etc., which are infinitesimally small sparks of energy. It was discovered that atom could be split up to release or unleash energy. These findings worked as a major break-through in the sphere of science and, coupled with some other discoveries, brought in their wake uncountable scientific inventions.

Research into the theory and practice of electronics and into the field of forms of energy, such as Light, Sound, Electricity and Magnetism, enabled the ingenuity of man to take further big strides into domains, previously unknown to and untrodden by human thought. All this resulted in a spate of highly sophisticated scientific contrivances and things such as spaceships, computers, television and a million other things.

A Harmful Bias

While all these researches greatly enlarged the field of man's thought, broadened his vision, rang the death-knell of superstition and blind faith, they also resulted in giving a harmful bias to man's thinking. Man became a little more conceited and he became more and more engrossed with the pursuit of material things and, in this mad race after machines, computers and electronics, he even forgot about his own real identity, so much so that he began to look upon himself also as a mere robot.

The things have now reached such a stage that many people now do not believe in the existence of soul; they believe in the existence of Matter or various forms of energy only. They think that man is nothing but brain, functioning through the nervous system and the body. The brain, they say, is comparable to a computer and is worked by electrical impulses. It all resolves to this that man is only a complex form of Matter or a complex form of electro-bio-physiological (material) energy

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KNOWING ONESELF - AN INVALUABLE LESSON FROM THE SUPREME



An understanding of one's inner world has always been a pivotal for self-awareness, understanding and utilising our innate and acquired skills and assets, and achieving great heights of success in personal, societal and professional roles. The heart and essence of this inner world is 'knowing the self' and as spirituality has shown us, there is no one but the Almighty Authority, our Supreme Parent, who can reveal our true form, nature and attributes to ourselves.

The elevated versions of Avyakt BapDada have always guided us to go within, and pursue the depths of spiritual treasures. Amongst these is the most special treasure: to become conscious of our real selves as a soul, spirit, point of divine living energy, the *Bindu*.

We share with our readers the recent elevated versions (September 4, 2016) that can enhance one's understanding of

this subject, and take us into a deep experience of the same:

"BapDada sees the power of the love of you children. It is this power of love that enables you to come very close in just a second."

*"BapDada is blessing all you children with the blessing: May you be an easy yogi! Simply remember the one Bindu (The Divine Star). The easiest punctuation mark is the bindu (full stop). Therefore, BapDada is giving you the account of just the bindu. **Become a bindu yourself, remember the Bindu and, by knowing every scene of the drama, put a bindu, a full stop.** The punctuation mark of just a dot includes oneself, the Father and Creation. So, what do you have to know? Just a bindu. What do you have to do? Remember the Dot (The Divine Star). By knowing the importance of the bindu, you are always able*

to be an easy yogi.

*"No matter how large something grows, everything is merged in the bindu. The Seed is the Bindu, and the whole tree is merged in that. You souls are bindus and you have the sanskars of 84 births merged within you. **You are now at the Confluence Age and bringing the drama of 5000 years to an end. Whatever has passed, put a bindu, a full-stop, to that.***

"You have to become a bindu and return home with the Bindu. His home is also the home of all bindus. There all thoughts, actions and sanskars are merged, that is, they have a bindu applied to them. The punctuation mark placed at the completion of something is just the bindu. He has all the virtues, He is the Ocean of the treasures of knowledge. However, this Ocean (Sindhu) is also a Bindu.

"When you come into

connection or relationship with others, what sparkles on everyone's forehead? A bindu (Subtle & Divine Star). Who does all the work? It is a bindu, isn't it? Even if you leave the earth and go to the moon, it is the dot that goes there. If you go and tour the three worlds with the power of silence, who is it that goes there? A bindu. **Whether it is the power of science or the power of silence, it is a bindu that has the power to create and the power to go to nirvana.**

"A whole tree emerges from the seed, but after it has grown, what does it merge into? The seed, that is, a bindu. So, originally and eternally, it is just a 'bindu'. You receive the knowledge of the three aspects of Time and the Three Worlds, but who is it that receives it? It is a bindu (Atma). **You have played various parts from the beginning to the end, but who is the actor? Who played the part? You, the bindu.** Therefore, all greatness lies in the bindu (Self).

"When you understand the 'bindu', you understand

everything. You attain everything. **When you stabilise in the form of a 'bindu', then whatever thoughts you create and feelings you have, whatever words you speak and actions you perform, they all become as great as the 'bindu', that is, they all automatically become elevated.** The energy of a soul (atma) is a bindu, which is the energy for creation, and the 'bindu' is also the atomic energy used for destruction. So, destruction takes place through a 'bindu' and creation also takes place through a 'bindu'.

"At the beginning of the cycle, you come down as a bindu (Stars of Consciousness) and, at the end too, you go back up as a bindu. So, the form of the beginning and the end, is just a bindu. So, is this easy to remember?

"Small children at school are able to put a full stop very easily. Whatever you put a pencil on, it makes a bindu. So, are you not able to remember such an easy punctuation mark? What do you think could be easier than this? Those on the path of

devotion remember a huge form. They prove their devotion by creating an image in their intellects on the basis of their feelings. Here, through knowledge, what do you keep in front of you? The bindu! **With the awareness of being a bindu, you become an embodiment of success.**

"Understand the 'bindu' and everything will always be easy. Therefore, may you be an easy yogi with an easy way of giving the return of love. Have all of you become easy yogis? When you start to expand on anything, you end up in difficulty, because when you expand on a subject, there are many question marks. Therefore, just as a question mark is crooked, so too, you end up on the wrong path by asking the questions "Why?" and "What?" **When you go into expansion with the awareness of a 'bindu', you will find the essence. When you forget the 'bindu' and start to expand, you end up in a jungle, where there is no essence. When you stabilise in the form of a 'bindu', you will experience yourself to be an embodiment of the essence,**

you will be 'yogyukt' and 'yuktiyukt'. Your awareness, words and deeds will always be powerful. When you go into the expansion without first becoming stable in the form of a 'bindu', you constantly waste your time and powers in the wasteful words and actions of "Why?" and "What?", because you then have to try and find your way out of the jungle. Therefore, what will you constantly remember? Just the one thing – a dot (Chaitanya Atma: Living Being).

"The word "bindu" is a word of great wonders. It is a magical word. Become a bindu and issue an order and everything will be ready. Clap in your mind and everything will be ready. A clap of a bindu will also be heard by the elements, by all your physical senses and by your companions.

"To those who are constantly stable in their original and eternal form, to those who understand the greatness of a bindu and thereby remain constantly great, to those who are stable

in the form of a bindu and thus attain the essence of all treasures, to those souls who are filled with essence, who are 'yogyukt', and 'jeevanmukt', BapDada's love, remembrance and namaste.

"To be a spiritual server means to be full of spiritual treasures. Only then can you be a spiritual server. To be a good server means to be one who gives; one who gives happiness to others by serving them is a server. Therefore, those who 'give' must definitely be full. This is why they are able to give to others. So, to be a server means to be a master bestower of happiness, a master bestower of peace, and a master bestower of knowledge. A bestower is always someone who is full and complete. He will make others become like himself. If you lack a particular power yourself, you are not able to fill others with all powers.

"To be a spiritual server means to be ever ready and an all-rounder. An all-round server is a true server. So, do

you experience yourself to have all the qualifications of a true server? Someone who is full is always contented and will make others contented. Any lack of attainment would create discontentment. When you have all attainments, you remain contented. The way to remain contented and make others contented is to remain a bestower who is always full. If you are full but not a bestower, you are unable to make others contented. Therefore, be a bestower and also remain full. Only a contented soul can receive the fitting title of a server."

Living with the awareness and beauty of a 'bindu' can carry us safely through many storms and test-papers of self-doubt, fear, pain, and wasteful thinking. It is the key to unlock all other spiritual treasures as well forge deeper and meaningful relationships with the Supreme. Let us continue to utilise this gift in our daily lives to experience an ever-contented and peaceful life!

Om Shanti.

– B.K. Nirwair

KEEP YOUR INTELLECT PLAIN

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



Incorporeal Baba, teaching through Brahma, has made everything easy for us. Who is telling us this knowledge? My Baba. He is wonderful! What do I have to listen to and what should I not listen to? Baba has trained us for this. Otherwise human beings listen to everything and, as a result, they are not able to remain peaceful.

We are sitting in one place yet we are giving *sakaash* to the whole world. We are reaching out to the whole world. Who am I and who is mine? This is all we need to keep in mind. We need to remember the soul – shining between the two eyebrows at the centre of the forehead. Shiv Baba does everything and hides Himself away. God is teaching us never to blame anyone. Never become nervous. Never allow yourself to worry. Listen to His Directions carefully, not just let it go in through one ear

and out through the other. We have to absorb the knowledge He gives to us daily. Keep your intellect plain and let Baba be your companion. Dadi never asks Baba for blessings although some people ask Dadi for blessings. We earn blessings through our activity.

When we remember Baba we become flying birds; it is as if we have wings. We are with Baba. In the Golden Age there will not be different lands. We will all live in one kingdom. We are now the viewers of the three aspects of time and the residents of the three worlds. We have to sit in the subtle regions now. We go there through the intellect.

I remember when Baba got the Museum (at Mount Abu) established. The pictures there are very accurate. Baba saw the land and ordered the construction. He always made someone or another instrumental. He did wonderful

service. He never allowed us to keep his photo. Those days were very lovely. We travelled by horses. Baba would sit in the Hut and we would go to see him there. Those days were lovely and these days are also lovely – Baba is pulling all souls. He is still with us. He is giving us His love and companionship, to claim the future kingdom.

Remember that as is your food so will be your mind, as is the water so are the words, as is the company you keep so you will be coloured. This birth of dying alive is wonderful and it is only once that we receive Godly birthright in the whole cycle. ‘I have to live and die in your lane.’ We receive love from Baba and it gives us the power to be loving and detached. His company makes us like that. We simply have to remain hand in hand with Him. This is our fortune!

BRAHMA KUMARIS: ***A HALLOWED ORGANISATION***

– **Swami Suparnananda,**
Secretary of the Ramakrishna Mission
Institute of Culture, Kolkata



I was fortunate for being invited to the centenary celebrations of B.K. Dadi Jankiji at the International Headquarters of the Brahma Kumaris organisation, Abu road on 30th and 31st January, 2016. I listened to her beautiful speech for more than twenty minutes. My short stay there gave me solace and also a renewed faith in goodness of the individuals. Thousands of brothers and sisters of this great organization silently do their duties towards society, towards themselves with such efficiency and perfection that not a single case of aberration could be detected.

They have firm conviction in goodness of others so much so that they ascribe any deviation or dereliction of duty of an incumbent in the organization to his/her inability to see goodness in others. Let me be very

specific. If it is found that some members of the Order have not been able to live as per the strict routine-bound life, they invariably discover the reason being their inability to find goodness everywhere. In fact, they are taught to see no fault in others and if they do so they will suffer inwardly and outwardly, and, thus make themselves miserable. That way their weaknesses are detected. The entire organization is, thus, following a built-in-check mechanism in running it well. They say it is **Shiva Baba** who is the **Doer**. They are just instruments in His hands. This is very great, fact I have noticed, very much working in the organization as a whole.

The second great thing which interests me is the way the organization has been teaching Rajyoga to thousands of aspirants. They have made the

Raja Yoga of Patanjali much simpler and yet effective for both the public and the private individuals of the Order. They greet with ‘Om Shanti’, whenever they meet anybody. They speak only of the sacred union between *Jeevatman* and *Paramatman* as being their spiritual *Sadhana*, and they practise *Dhyana* with that vision. All of them are blessed with the vision of the *inner eye* in their meditation. That is why they can manage to keep and serve smilingly some 20,000 people on the campus much to the satisfaction of everybody. They do not have to shout and rebuke anybody.

I came back after two days of my stay but carried with me the *hallowed* memories of so many *spiritually advanced* sisters and brothers.

We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far. – **Swami Vivekananda**

WHAT DOES JAGAT – THE PHYSICAL WORLD – TEACH US?

– B K Rose Mary

Material things in the world are all transformation of energy which is eternal, yet the various forms and names it takes are not eternal. Thus, in the world we find things *coming* and *going* after *remaining* for some time. Highlighting this fact, the world was called *jagat* which is a combination of first phoneme/sound of three Sanskrit words – *jayate* (come), *gachhati* (go), *tishthati* (remain). The name *jagat* silently teaches us to welcome what comes, enjoy what remains and say good-bye to what goes out (which, in other words, loudly teaches the unmistakable fact that God alone deserves our attachment). In this sense, the world itself could be called *jagatguru* (world-teacher) although the term is best applied to the Supreme Soul, God Shiva, as the great Sanskrit poet Kalidasa did in his famous poem titled *Kumarasambhavam*.

The basic elements of *Jagat* too teach us. In our physical

bodies, we find solids, liquids, body-heat, air-circulation and space they all occupy. Human body is the exact representation of the physical world outside which is made up of *panchabhootas*, five basic or primordial elements such as: Earth, Water, Fire, Air and Ether (or space). Hence, content-wise, the ancient people called it *prapancha* (play and interaction of the five elements). Surprisingly, these five elements are Individually Inimical to one another. For example, water of oceans can swallow earth, fire can evaporate the water, air can suck fire, etc. Yet they are collectively supportive, working for the sustenance of all inanimate and animate beings. This is a lesson many intelligent humans are yet to learn.

These five physical elements have their emergent properties or can give us certain sensations such as Smell, Taste, Light, Sound and Touch (or Pressure). And there are five corresponding sense-organs in living beings to experience them such as Nose,

Tongue, Eyes, Ears and Skin which also teach us a great lesson. Let us see how:

- 1) Plants are *one-sensed* and are able to feel pressure through their skin.
- 2) Worms are *two-sensed* and are able to feel pressure through their skin and taste through their tongue.
- 3) Insects are *three-sensed* and are able to feel pressure, taste, and smell through their skin, tongue and nose respectively.
- 4) Reptiles are *four-sensed* and are able to feel pressure, taste, smell and sight through their skin, tongue, nose and eyes respectively.
- 5) Birds and animals are *five-sensed* and are able to feel pressure, taste, smell, sight and sound through their skin, tongue, nose, eyes and ears respectively.

Human beings are entirely different as they have all the above five-sense organs which are all *Material* in nature and, in addition, they also have what might be called the sixth sense – the ability to think, discriminate, and to memorize, all of which are the characteristics of a predominant *Immaterial* entity - the soul - within human bodies].

Each of the above five divisions highlight *Limitedness* in their own respective area, and their each respective sensation is naturally meant for limited

enjoyment which teaches us that there is sure trouble if limit is crossed. For example, if one seeks excessive enjoyment from one's eating habits through sense organ of tongue, he will gradually damage his digestive system. If somebody is excessively glued to computer/ TV screen, he will endanger his eye-sight. So is the case with other sense organs. Since enjoyment from each sense-organ is *Limited*, people jump from one form of material enjoyment to another and this is often like "nectar in the beginning, which becomes poison in the end." (*Gita* 3:39; 18:38) Thus, sense objects made up of five elements actually serve as a pointer towards the great truth that *Unlimited* happiness is to be sought in the inner world, the soul, and also in linking it with the Supreme Soul, our Heavenly Father, as it experienced by those who practise *Rajyoga* meditation.

Unfortunately, *Advaitists* [non-dualists], Evolutionists and Materialists missed the above vital lesson as they feel the above divisions of species are all about evolution. Such a hasty conclusion is unwarranted because there are extremely brilliant scientists who do not support the Theory of Evolution such as Nobel Laureate Charles H. Townes (who invented the

maser and co-invented the laser) and Wernher Von Braun (the architect behind The Apollo Space Programme, the V-2 ballistic missile and who also laid the foundation for cell phones, satellite radio, the Internet, GPS, and Doppler Radar, etc.). Braun simply dismissed the Theory of Evolution as unscientific and "inconceivable" to him [Christopher Lampton, *Wernher von Braun, Franklin Watts*: New York (1988), page 146]. Such scientists are right in thinking that it is impossible for 8.7 Million Species (<https://www.sciencedaily.com>) to come into existence, through the blind process of evolution, defying the scientific *Law of Entropy*. It is obvious that forces of biological development and forces of increasing physical degeneration cannot operate at cross-purpose; this is to say in brief, disorder cannot create order.

Some may feel that *The Bhagavat Gita* indirectly supports the Theory of Evolution because of certain verses in it that says: everything is the transformation of God; God is omnipresent. etc. Such confusing verses belong to later adoption by writers [who also wrote superstitious verses such as in *The Gita* 8:23-28 that say: "Planetary positions determine whether a person goes to

Heaven or continues with rebirth". About such writers, God Himself says in *The Gita* itself that they "do not know" the truth (*The Gita* 10:1, 2) and interestingly He is critical about such Vedic concepts in the very beginning of His discourse (*The Gita* 2:42-45, 53). God categorically declares that He cannot be Omnipresent describing Himself as the "Supreme Ruler" whose form is "**minuter than the minutest**" (*The Gita* 8:9). And about humans He says: "Never was there a time when I did not exist, nor you, nor all these kings, nor in the future shall any of us cease to be. Just as a man casts off wornout clothing and accepts new ones, the embodied soul discards the wornout bodies and enters into different ones" (*The Gita* 2:12, 22) which simply means that a human being is not this weak physical body, but a very powerful spiritual being that has taken infinite number of births in the past and would take infinite number of births in the future; he is never a product of evolution.

In fact, it is devolution that is happening. The Second Law of Thermodynamics rightly states that energy of all kinds in our material world disperses or spreads out if it is not hindered from doing so, and entropy is the quantitative measure of that kind

of spontaneous process (i.e., how much energy has flowed from being localized to becoming more widely spread out). History shows *entropy* is not limited to physics alone, but we can see it in all aspects of life. For example, *religions* came preaching love, but deteriorated to become competitive, contradictory and egotistical which is the very opposite of *spirituality*. *Politics* came for the welfare of the people, but deteriorated into safeguarding the interest of the few privileged ones, with many of the Governments becoming even merchants of Weapons of Mass Destruction (WMD). Commerce appeared as simple means for people to exchange services and goods using some form of medium, but has deteriorated into breeding ground of *greed* to the extent that it has now become like a person cutting the very branch he sits on—vehicular and industrial emissions pollute the air we breathe, water we drink and food we eat. “Air pollution affects not only the lungs, but could also trigger a heart stroke. A 188-nation study published in *The Lancet Neurology* estimated that almost a third of the stroke burden – almost 15 million cases a year – can be attributed to air pollution, both

outdoors and indoors,” reported *The Times of India* (11.06.2016). This means we are heading towards a stage where we need God’s intervention to survive and sustained. This is exactly what *The Gita* too says: “Whenever the world reaches a dead-end, God of Heaven would intervene and recreate Heaven on earth” (*The Gita* 4:7). In other words, history is a never-ending cycle of eventual decline and recreation by God.

That means that the concluding phase [*Sangama Yuga* or Confluence Age] of each *Kalpa* (cycle of 5000 years) is the most exciting and auspicious time because it is at this time that God Shiva takes divine measures for the recreation of Heaven on earth. He makes His descent on a worthy person, renames him as Prajapita Brahma through whom He elevates many of the *shudras* (sorrowful ones) into *brahmans* (those who willingly accept God’s teaching and live accordingly). They, in turn, will reap the fruit of their *brahman* life in the Golden Age where they would live like gods and goddesses manifesting their godly qualities which would come to them naturally without any effort. Then, a shift occurs. In the second quarter [Silver Age] of the *Kalpa*, they evolve

into *kshatriyas* (those who need effort or struggle to manifest their divine qualities). In the third quarter [Copper Age] of *Kalpa*, they further evolve into *vaishyas* (those who manifest a business mentality with each one thinking in terms of ‘what I will get if I do this,’ even in their worship). In the fourth quarter [Iron Age] of the *Kalpa*, they further evolve into *shudras*. And the cycle repeats again and again, showing history is an eternal cyclic drama of devolution and elevation.

Those who receive training directly from God Shiva in the concluding phase (*Sangam Yuga*) of each *Kalpa*, are taught the long-lost knowledge about *Rajyoga* Meditation. During this recharging phase of drama, they remember God as their Teacher, receiving His divine knowledge, as their Preceptor who leads them into purity, and also as their Companion, Mother, and Father and imbibe the qualities of joy, love, peace, bliss and power. *Rajyoga* makes the souls “even-minded in all situations and help to overcome all obstacles” (*The Gita* 18:54, 58) which, in turn, makes life more and more enjoyable. It also silently teaches us to turn to God who offers us unlimited and eternal happiness.

LIBERATION, SALVATION, AND DEGRADATION



What the eyes don't see, the heart recognizes. What is it that the eyes cannot see, but the heart or intellect can know? Recognition comes through the intellect. What is it that one can know through the intellect – through recognition – which one cannot see through the eyes? God, our Supreme Father, the Supreme Soul. God is not seen through the eyes, but one can know God through the intellect. One can experience Him. We, the souls are similar: the soul and the Supreme Soul are not seen, but we can understand that we are souls, the children of that Supreme Soul.

The Father gave us the right intellect to understand this. No soul has given us this intellect. The Supreme Soul gives us spiritual wisdom on deeper aspects of self, Supreme Self and the Cycle of World Drama. No other soul can give us such knowledge of the soul and the Supreme Soul. Why is that? What is the reason? It is because all the souls have become Iron-aged –



Mateshwari ji

'tamopradhan'. We are in our last stage. We should understand this secret of the World Cycle.

Pure Souls Live in the Pure World

Nobody can claim to be a pure soul at this time. Although there are some good souls, who in comparison to the sinful souls can be called pure, but they are not 100% pure and perfect. Purity is the stage where there is no bondage of Maya, or the five vices. But all souls have some or the other *karmic* bondage or suffering of karma. They fall sick, become unhappy and suffer and so on. It means that they are not completely

pure.

If they were completely pure, why would they stay in this impure world? They have some or the other impurities, some *karmic* account. If they leave the body here, they will take birth in a vicious household. Where else will they go? If they take birth, it will be through vice, in a vicious clan, with vicious people. There is some *karmic* account of relationship involving the vices. All these aspects must be understood.

It is said that all souls are now *tamopradhan*. Only the deities, whose history we have with us, were pure souls. They neither took birth under the influence of vices, nor in their life they did any action under the influence of vice, or suffered due to *karmic* account.

Though the souls of saints, great socio-spiritual reformers, sages, etc. may be a little pure, their body is from vicious seed. Because of this, they undergo sufferings for some or the other *karmic* account. All these things need to be understood. At present, no one has a completely pure stage.

"This is why the Father says: 'Have the stage of constant purity and happiness. There should not be a trace of vices even in your thoughts. I come and bring that stage for you. I

come and teach the souls the way to bring that stage. I also explain how to take that power from Me. No soul can either give My introduction, nor can he make other souls perfect. Only I come and give My own introduction, and make all of you perfect.'

God can be realized, not seen

The Father gives His introduction, as well as the knowledge. Otherwise, it isn't possible for us to see the Father. Some people desire to have His vision, to see Him. The Father says: "Well, even if you see through these eyes, what will happen?" Even if one sees something, one should have an introduction to the thing one sees. Suppose, something is placed before someone, what is the benefit of it if he does not know what it is? One needs to have the knowledge as to what it is, and how to use it; what is the benefit one can get from it. When one has knowledge of that, only then that thing assumes importance. So, one should have the introduction and knowledge of something, or nothing will happen if one just sees it.

The Father says: "I give the introduction as to who I am, and the knowledge about My responsibility, My form, and My

abode. I sit and explain the entire cycle, stage by stage. Now, the cycle of your descending stage is finished. It's now your turn to ascend again. When the path of devotion starts, the descending stage begins. The path of knowledge is the ascending stage. The world drama is the story of both descending and ascending stages. There is nothing to get confused about."

Three Stages of the Soul

One should also understand that there are three stages of the soul: liberation, salvation, and degradation.

What is liberation? Liberation means being liberated from sorrow and happiness in the Incorporeal World, where the souls stay. When the soul is not playing its part, it will stay in the metaphysical region. The soul doesn't live there forever. It has to come to play its part. Yes, for some time it doesn't play its part: it will wait at home. That is known as liberation – to stay at home, in the Incorporeal world, up above.

Salvation means to be free from sorrow, whilst in life. This is the Golden-aged stage; liberation-in-life. When the soul is in such happiness, and when both soul and body are pure, that time is known as paradise. Liberation is not called heaven,

or paradise. Liberation is in the Silence World, i.e., in the Abode of Peace or in the Incorporeal World. The Incorporeal World is not heaven. Liberation-in-life means being liberated from sorrows in life; in the constant happiness. That is known as heaven. Heaven is a matter of this Corporeal World.

Degradation means having sorrow in life. As the souls descend and play their part, they begin to lose their perfection and move from the state of Purity to the state of sorrow and degradation. This process gets started as they enter the Copper Age and by the end of the Iron Age, the souls reach the most degraded stage.

All these aspects have to be understood. First, there is liberation, then salvation and then degradation. All have to go through these stages. Even in degradation, some are good, but still each soul is in the vicious bondage of *Maya*. Some are less degraded, some are more. Though saints and sages are comparatively pure, still they have the bondage of *Maya*. We have to understand all the principles of ascending and descending, descending and ascending of all the souls.

DESTROY VASANAS – THE DEEP ROOTED DESIRES

– B.K. Sujoy, Durgapur

“We can look upon road from two different points of view. One regards it as dividing us from the object of our desire; the other sees it as the road which leads us to our destination; and as such it is part of our good goal”.

– **Rabindra Nath Tagore**

Thoughts have two basic components: a subjective factor – I, me or mine and an objective factor – the state, condition or objects with which we are associated, like our own body and mind or external circumstances like relationships, possessions or activities. We get so deeply absorbed in the ‘object’ portion that we fail to direct our mind inward to see our true nature apart from these external conditioning influences. The result is that we remain ignorant about our true nature and the real ‘I’ remains obscure to us.

According to the Supreme Father, the Ocean of True Knowledge, self-enquiry is the method that can help us in detaching from the ‘object’ portion in order to discover the pure ‘subject’, so that we can

become liberated from all external limitations. Self-enquiry is a process of meditation that involves constant reflection on the question, ‘Who am I’? This repeated enquiry ultimately enables the seeker to take his ego-consciousness (I- thought) back to his original divine consciousness of ‘I am a pure being’, in which all sense of duality disappears and true knowledge arises.

It is said that knowledge liberates. The knowledge of the self as being originally pure, peaceful and loving, liberates us from fear, insecurity, selfishness, ego and all kinds of

pettiness that bind us to a vicious cycle of ignorance and suffering. The purpose of self-enquiry and soul-consciousness is to trace the root of one’s thoughts back to the I-thought from which all other thoughts arise and diverge. The ego functions as the knot between the self, which is pure consciousness, and the physical body, which is inert and insentient. So, the continuous practice of soul-consciousness makes us *Nirakari*, *Nirvikari*, *Nirahankari* – bodiless, viceless and egoless – and re-establish us in soul’s true nature.

According to the theory of soul-consciousness, it is not the renunciation of worldly roles or relationships that sets us free: it is the renunciation of ego-centric consciousness that liberates us. Instead of chasing desires or *Vasanas* (deep rooted desires) or living in a state of constant insecurity and fear of loss, we should destroy these desires and begin to live like a care-free spirit. When we are soul-conscious, our identity, derived from inherent worth of the soul, frees us from the limited feeling and/or role of being superior or inferior.

Pure Love

If we obey the principle of pure love, our life will always go in the right direction. Pure love is altruistic and unconditional which comes from our inner essence and truth. When we are obedient to these values of inner essence and truth, our life automatically becomes a joyful dance.

EDUCATION FOR A BETTER WORLD



– Dr. B.K. Ranjit Singh Fuliya, Associate Editor

The term ‘Education’ originated from the Latin word ‘Educare’ which means ‘to bring up’ or ‘to nourish’. Another origin of it is the Latin word ‘Educere’, which means ‘to lead out’ or ‘to draw out’. Education aims at training, teaching, leading and inspiring. Education helps students in acquiring of knowledge and development of skills, talents and attitudes. It trains them to face various life-situations efficiently. Student life has tremendous effect on the pupil’s mental and intellectual capabilities. It is education which transfers the talents, skills and techniques acquired and adopted by people from one generation to another. Noble Laureate Rabindranath Tagore takes the status of this noble and divine process to new heights in the following quotation: “The highest education is that which does not merely give us information but makes our life in harmony with all existence”.

INDIA – A PIONEER IN EDUCATION

Indian civilization is considered to be the cradle of world civilizations. It is a well known fact that the education system in ancient India was very exalted. The Universities of Nalanda and Taxila attracted students not only from all parts of India but also from foreign countries. This bears testimony to the fact that India had acquired great heights in the field of education. The education system followed the tradition of *guru-shishya*; the students used to live with their *gurus* in their *ashrams* wherein they learnt various life-skills. The teachers those days used to be simplicity and sincerity personified.

EDUCATION FOR CHARACTER BUILDING

A study of Indian literature reveals that education is a prerequisite for fulfillment in human life. According to the

values of Indian culture, education is something which makes a man self-reliant and self-less. It enhances the character of students and makes them useful members of the society. Swami Vivekananda, a great educationist and spiritual leader of India, stressed that education is “the manifestation of divine perfection, already existing in man”. Emphasizing the importance of education in human life, Mahatma Gandhi said, “By Education I mean an all-round drawing out of the best in the child and man—body, mind and spirit”. Education Commission of India (1964-66) also highlighted its relevance in the following words: “Education must serve as a powerful instrument of social, economic and cultural transformation necessary for the realization of the national goals”.

HOME – THE FIRST SCHOOL

The process of education starts from home, and mother is considered as the first guru of the child. **If we have a broader view, our elders and family members are also our teachers, who teach us so many things. So, students must be grateful to**

their parents, family members, relatives, elders and friends. Although education is a life-long process, right from birth to death, still the school years have greater influence in enriching the students' lives, building their character and enhancing their personality. The importance of student life can be realized from the fact that it enables and prepares students to contribute their mite in social development, enhancing mutual cooperation, creating understanding and generating harmony that lead to overall social betterment and uplift.

IMPORTANCE OF VALUE-EDUCATION

With very rich cultural heritage, moral values and lofty beliefs combined with diversity in geography, Indian students definitely have an edge over students elsewhere. But students in these days lack practical knowledge. While memorizing the points like a parrot has been prevalent for a long time, it has not borne the desired result. Not enough importance is given to enhancing students' talents, hobbies and inherent characteristics.

Dwindling values in students in these days is creating various problems in society. Increasing incidents of moral turpitude, indiscipline, misuse of electronic

gadgets and other forms of technology is rampant. Unless value education is imparted to students, they will not be able to pass on something substantial to the next generations. It is values that give meaning to human life and enable us to adopt a balanced approach amidst various life-situations. Values not only enhance our character, but they also enable us to excel in our academic career.

ROLE OF PROPER GUIDANCE AND SUPPORT

Parents, teachers, social organizations and the government must play a more active role. They must make the students realize that they themselves are responsible for their good or bad performance in studies. The students must be made aware of the importance of the company they keep. The time-tested values – Discipline, Punctuality, Unity, Harmony and Respect – must be inculcated by the students if they want to advance in life. School authorities, parents and the governments must ensure that students are provided proper guidance and relevant facilities that enable them to perform better. Sincere efforts must be made to remove impediments in their studies. With proper support, cooperation and

guidance, the students can perform better and prove beneficial to the society, the country and the world.

The students must be taught the importance of having a positive attitude in life. Instead of blaming other factors, they have to take the whole responsibility on their shoulders. When they are aware and vigilant about their shortcomings and deficiencies, they make extra efforts and try their level best to improve their performance.

INVOLVING VOLUNTARY ORGANISATIONS

There are several NGO's and voluntary organizations which should be involved for betterment of education in schools. National Council of Educational Research and Training (NCERT) has introduced courses on value-education which have been adopted by various schools. Prajapita Brahma Kumaris Ishvariya Vishwa Vidyalaya has also been providing its service in the field of value-education for many years. These courses prove quite useful in enhancing the standard of education, as these help students in their overall development. Though the NGO's and voluntary organizations can help up to a certain extent, it is the prime

duty of the school authorities and government to make efforts for improvement in school education.

EXPRESSING GRATITUDE FOR OUR TEACHERS

Sarvepalli Dr. S. Radhakrishnan, the second President of India, whose birthday, i.e., 5th September, is celebrated as Teacher's Day in India, was an outstanding teacher and he performed his role in various capacities with such excellence that he became a role-model for us. I quote the following lines in honour of all our teachers, from my poem "A Tribute to the Supreme Teacher", published in September 2013 issue of **The World Renewal**:

**They enthused Inner Light and Divine Might
Inculcated values for future Upright and Bright
Taught us "Be Positive" and "Value Time"
Honing our talents and skills, made us sublime.**

ROLE OF THE SUPREME TEACHER

God is remembered and revered as the Supreme Father, the Supreme Teacher, and the Supreme Guide in Indian tradition. It is God Shiva who gives us the true knowledge of the soul, the Supreme Soul and the Eternal World Drama. Through the corporeal medium of Prajapita Brahma, He teaches us the most esoteric knowledge for redemption from vices. God is now teaching us human beings so that we can attain our God Fatherly Birthright of Health, Happiness and Harmony in the forthcoming Golden Age or *Satyuga*. We are also grateful to Prajapita Brahma Baba and Mateshwari Jagdamba Saraswati, who became pioneers in spreading values, spirituality and positivity in the world. Let us conclude by praising the glory of our Supreme Father and the Supreme Teacher, in the following lines from my earlier quoted poem:

**We heartily adore God Shiva – The Supreme
Teacher of all teachers, sacred in extreme
Shivbaba has incarnated in Bharat –
His sacred land
Inspire and rejuvenate souls, spread virtuous
trend!**

THE RISE AND FALL

– B K Shikha, Pune

We rise and we fall. That's how the play goes on. In this unlimited drama of life, if each birth we take is shown as a step on the ladder where there are a total of 84 steps, we start at the topmost. Souls can join the ladder in the middle but once you are on the ladder, you can't leave in between. We all come down on our own but we can't climb back on our own. We need a lift, a very special one indeed which is capable of taking all the souls of the world back to their home whence they came down.

And this very special lift is provided to us by none but the Director of the drama. We have given so many names to Him. But the most common one is God. When we are about to reach the 84th step, God pays us a visit which is a special event that happens only once in the whole cycle and He comes with the special lift that carries us all back home.

This special lift is the knowledge of our true identity, the world drama and the power of God's love. Those who take this lift, receive the inheritance of 21 births of unlimited peace and happiness and the chance to play their part from the beginning of the cycle. And when the time is up we all make the Return Journey to our Original Home, only to start the play, all over again.



INCORPOREAL GOD FATHER SHIVA: UNIQUE TRANSCENDENTAL SUPREME TEACHER

– Dr. Brahma Kumar Yudhisthir, Ph.D., Shantivan
(Email: bky.divine@yahoo.com)

From the inception of our early childhood in human life of every human being, the role of teacher has a very tremendous importance when it is initially played by the mother. Nay, the mother's role as teacher is even played when the child is in mother's dark, benighted womb before he/she is born out to see first the welcoming light of the day in the wide open world.

Abhimanyu Learnt inside Mother's Womb

It is mentioned in the epic *The Mahabharat* that Abhimanyu, the son of Arjun and Subhadra, was learning how to enter in the *Chakravyuha* through his mother Subhadra, who was, when awake, listening to this as unfolded by Arjun.

But Abhimanyu could not learn about how to come out of the *Chakravyuha* because his mother Subhadra got into sleep while Arjun was narrating about the way out of it. In this way, it is understood that the first

teacher of Abhimanyu was his mother through whom he learnt about the episode of *Chakravyuha* even while remaining nestled in the darkest cave of his mother's womb.

Every Mother Plays initially the Teacher's Role

Likewise, for every one of us, every mother also plays the unique role of the first and foremost teacher who teaches everything through the exquisite expression of her body languages such as - through her loving kisses, gleeful eye movements, delightful gestures and postures of hands and head, fondling and cuddling the new born babe with earnest love and care. She also first introduces his/her father to the child, saying, "He is your father." Therefore, it is quite rightly and appropriately said, "The first school of citizenship lies in between the mother's care and father's kiss."

Kinds of Teacher

i. Mother as teacher (Mata

Guru): Mother gives birth to the child; she has to take special care of her senses from the time of conception to delivery; she has to bear the pains of travail during delivery of the new-born. She has to restrain her from taking non-vegetarian foods, thereby controlling the sense of taste, the tongue; from listening and reading obscene literature because all these will put negative impact on the growing foetus in the womb. Instead, it is believed that she has to listen and read the anecdotes relating to gods and goddesses, saints and sages if the child is to have divine qualities; she has to listen and read stories about warriors, if the child is to acquire warrior qualities. All these she does because her activities impact greatly in child-bearing and delivery from the time of conception.

ii. Father as teacher (*Pita Guru*): Father also takes



special care in his ways and manners as these have lasting influence on the child who follows the father's ways and manners in order to be like the father, as so the saying goes 'Like father, like son'.

iii. *Teacher as educator (Shikshak Guru):*

Teacher's role as educator has tremendous importance in the life of a child, who also follows his/her ideas and ideals, ethics and principles. It is said that true knowledge and education taught by real teacher liberates the disciples or students from bondages and vices.

iv. *God as the Supreme Teacher (Param Guru or Satguru):* Apart from all other teachers above, the role of God as the Supreme Teacher (*Param Guru or Satguru*) is quite unique in a person's life because he/she seeks Him as *the last resort* when every hope in life is nipped in the bud, and there is no other support left in life to take recourse to.

Role of Teacher and Education in Human Life

Quality of education, student and life largely depends on the teacher who transforms consciousness of human

beings leading to liberate them by directing them from 'darkness of ignorance to light of knowledge', from death to immortality', from 'untruth to truth'. A quality education can transform societies in a single generation, provide children with the protection they need from the hazards of poverty, labour, exploitation and disease, and give them the knowledge, skills and confidence to reach their fullest potential. 'Role of teachers' has been glorified as "Teachers are the builders of the nations", role of education is also eulogised as "Education is the backbone of the nation", and role of children or students has been praised as "Children are the future of the nation". The aims and objectives of education are to produce men of qualitative calibre, character, charisma with all round personality, productive capacity to face the challenges of own life, society and nation, and to reform, remould and change the destiny of the self, society, nation in particular and the world in general by *thinking globally and acting locally*.

The aims and objectives of the teacher and his/her education are also to produce

enlightened, elevated, empowered, emancipated, excellent, efficient citizens with self-realization and God-realization who are to be imbibed with the spirit of One-World-Family based on the foundation the *universal brotherhood* of souls and *Fatherhood of One and Same God*, the Almighty, Incorporeal Supreme Soul. A *truly educated person is he who has actually assimilated knowledge, but not merely accumulated it*.

Plight of our Present Education System

Considering the highest and noblest aims and objectives of education, the plight of our **present education system** is not quite up to the mark as most of them are still remain unfulfilled. It is largely observed that in our present education system which is **merely degree-oriented**, our colleges and universities pour out products more in quantity but **poor in quality** and **lower in employability**; instead of being of **charismatic character** many of them are of **compromising character**; they are not the sort of **all round personality** but that of **split personality**; instead of **facing the challenges** of life

squarely they flee from them cowardly; how can they change the destiny of the society and nation when failing to change the fate of the self, their own person?

Instead of being self-realised they are self-indulgent; instead of being God-realized many of them are goon-and-goonda-realized; instead of self-sacrificing and selfless nature they turn out to be of blood-sucking and exploiting nature; many of them are not enlightened but benighted, not lover of God and goodness but that of Devil and evil; many of them are not excellent and efficient but rather ordinary and deficient.

So, the present system of education is quite inadequate and unequipped to fulfil the above-mentioned nobler aims and objectives of education, and various stakeholders of education have already realized or are realizing this fact that introduction of values and spiritual education is the urgent need of the hour in order to overhaul the present education system. The present-day party-based governments only go on changing the education policy of the former

government 'keeping the old wine in new bottle' or adding some new colour to old one just for sake of giving a new tag of its own party. But the basic purpose, aims and objectives of education are left un-served for long. That is why God, the Supreme Teacher, has already descended upon the earth in order to perform and serve the basic purpose, aims and objectives of education which are left un-served and undone by the human stakeholders of the present education system. This noble task He is now doing through the Brahma Kumaris Organization (BKO) by imparting completely new course of 'values and spirituality-based Rajayoga education' which is totally absent in our present curriculum; and it is due to the utter lack of this education the evils and ghosts of all sorts of immorality, debauchery and corruption are reigning in all spheres of life in our society at present. Who else will exorcise these ghosts except the benevolent Incorporeal Almighty God Shiva? It is an ever agreed and accepted fact that whenever any human effort fails to perform and achieve anything, *the Divine Effort*

succeeds in doing so.

Role of God as Supreme World Teacher

Incorporeal God Father Supreme Soul Shiva is the only unique transcendental Supreme Teacher who is called the World Teacher (*Vishwa Guru*). He is the only and Supreme Source of all values, virtues, qualities and divine powers. As the only unique transcendental World Teacher, His role and activities are also transcendental in the sense that no other teacher in this world can repeat what he does on this earth by leaving His metaphysical abode and entering the body-chariot of Dada Lekhraj which He takes in loan and renames him Prajapita Brahma for the noble task of transformation of souls and world-transformation. Manifest are the activities of God Father Shiva as the Supreme World Teacher which are reflected in the practical life of Brahma Baba and through the functions and activities of almost 9,000 centres of Brahma Kumaris Organization in 145 countries of the world including India. The various noble activities He performs as the World Teacher through His corporeal medium Brahma are mentioned as follows:

► He gave complete holistic

knowledge of soul, Supreme Soul, the World-Cycle including the history and geography of complete world civilization in a *Kalpa*, a period of 5,000 years, which repeats cyclically.

- ▶ He teaches the ancient Rajayoga and trains the souls for their purification, redemption and elevation from their human stage to the deity stage.
- ▶ Through His incomparable spiritual knowledge He gives liberation (*Mukti*) and liberation-in-life (*Jeevan Mukti*).
- ▶ He gives knowledge of *Maya*/Devil/Satan/*Ravan*, the symbol of sins and vices, and empowers the souls to conquer over them.
- ▶ He gives knowledge about the inculcation of divine virtues, values, qualities and divine powers.
- ▶ He promulgates 'Ordinance of Purity' to make the souls pure and dictates them to "Be Holy and Be Yogi".
- ▶ His knowledge changes the thought and lifestyle patterns of souls and enables them to get peace, purity, prosperity, health, wealth and happiness.
- ▶ He teaches the esoteric knowledge of Philosophy of Action (*Karma Darshan*).

▶ He creates perfect coordination among the Man/soul (*Purusha*), Nature (*Prakriti*) and God (*Param Purusha*)

▶ As Teacher, He also plays the roles of Creator, Director, and Main Actor (CDMA) because He Creates the New Age Creation, Directs the human souls, and acts as the Main Actor respectively in this Eternal World Drama repeatedly *Kalpa* after *Kalpa*.

▶ With His teachings the hope of regaining *the lost paradise*, the Heaven (*Swarga*), which is also known as *Sukhdham* and characterized by dwelling of ideal deities with embodiment of all divine values, virtues and powers, is quite in the offing.

▶ Through His teaching He benefits the souls by fulfilling their long-cherished aspiration of Self-realization and God-realization.

The Teacher's Day

The day of September 5, the birthday of Dr. S. Radhakrishnan, the second president of India, is celebrated devotionally in India as *The Teacher's Day* (*Guru Divas*).

On this grand and auspicious occasion, it is our humblest

obligation and bounden duty not only to offer praises, floral tributes and also sing hymns to both the human guru Dr. S. Radhakrishnan, all other teachers of the country and



Dr. S. Radhakrishnan

the world, Prajapita Brahma and the Divine Guru God Shiva but also to inculcate their teachings, ideas and ideals, directions, principles and codes of conduct of spiritual thought and lifestyle patterns in our daily life, manners and behaviours while interacting with our fellow brother and sister souls in the whole humanity. Celebration of this day with commitment by translating the significance of 4D's - Dedication, Determination, Devotion and Divinity - will go a long way in motivating, guiding and enlightening the ignorant souls and ushering in a heavenly world upon the Planet Earth, which is our only habitat in the vast Solar System.*

INTEGRATING SCIENCE AND SPIRITUALITY

– Mr. Paresh N. Naik, Margao, Goa

Science has very much revolutionized the world. It has made everything very easy and accessible. It has brought astonishing changes in the field of health, defence, education, entertainment, communication and social life. The goal of science was to help man in achieving his goals easily, but due the abusive nature of human beings, technologies have brought more harm than good. We, human beings, have become completely addicted to the gadgets of science and have forgotten the important aspect of spirituality. *Maya* has completely conquered over us. Spirituality is the only medium through which we can realize our positive qualities, divine powers and create elevated thoughts.

Spirituality is above the science. Science is the study of the Matter. Science explores the material aspects of nature only through its limited scientific methods and techniques. But the knowledge of self, the nature of thoughts or Consciousness or

spiritual energy, i.e., the Primary Reality as clearly accepted by all of the famous scientists and physicists, is beyond the scope of Science because 'Self' is not observable and quantifiable. With the practice of the spirituality, one can experience the inner peace and happiness which science cannot give. Science has provided us with many facilities but as science is advancing we can see the end of this world. It is science which has introduced atomic bombs, Intercontinental Ballistic Missiles (ICBM,) air jets, B-52 bombers, pistols, guns which can destroy the world in a few minutes.

The more man has come nearer to scientific discoveries rendering him material pleasures and the more he has created wonderful things in his pursuit of

pleasure and happiness, the more his life has become chaotic and sorrowful. The life today is not of contentment, happiness and inner peace but of bewilderment, dangerously close to the state of madness in which the contact with *inner reality* has been lost. It is time that man embraces the finer aspects of spirituality.

Spirituality, in reality, is a faculty which could be termed as science as it intends to transform personality of person by bringing a change in consciousness and helps one to imbibe virtues and qualities so as to become a better man or woman in society. Spirituality, in essence, is art of living. Spirituality can guide and put constraint upon science and its curses. By integrating both science and spirituality, we, in fact, can bring two giant forces together so that harmony is brought in man, society and universe. Now, at the end of this Old World *Kaliyuga*, we should not move on to the Material Science but we should move on to the Spiritual Science to lead a peaceful and happy life.

SIMPLICITY AND ROYALTY

There's great beauty in simplicity. It is not plainness; however, it is plain in the sense that words and actions are enacted with great royalty, full awareness and with so much significance. Simplicity takes us away from artificialities; it simply accepts, and, in that acceptance, shows us grace and humility in every circumstance.

AWAKE TO THE FACT OF GOD'S ADVENT

– B.K Subramanian, Avadi, Chennai

In the modern scientific world *Maya* has robbed the inheritance of peace and silence of the individual man and also of society as a whole as human beings have become puppets in the hands of *Maya*, the symbol of vices. Many in the world believe in God; but, how many know His real name, form, abode and acts. Man is under the illusionary impression that viciousness in him like anger, lust, greed, ego, etc., are natural instincts and common to all people in the world. They fabulously use the words Hell and Heaven as expressly denoted in the legends, scriptures and religious books. What do we see today? It is conspicuous to everyone that no perpetual or perennial peace and happiness do exist on the practical side of the human life and even if such feelings or intuitions are experienced, they do remain only for a short period.

Today, we see in *Bhakti Marg* that many rituals and ceremonies are being performed either individually or collectively with the hope that bad and evil

happenings will disappear and good things will emerge and occur. Nobody seems to care or follow the noble teachings and guidance of the enlightened personalities who appeared in the world from time to time. It may not be impertinent to say that we are living only in the man-made world, i.e., *Kaliyuga*. This is the sorry state of affairs of the human life prevalent over the entire globe. At this juncture, the Incorporeal God who is the Omnipotent One and the Supreme Father of all souls has already descended into the body of human being and rename him as Prajapita Brahma to reveal the entire story of the human world drama.

All the five vices like lust, anger, greed, ego and attachment were acquired by human beings during the mid-period of the cyclic rotation of birth death and rebirth from *Dwaparyuga* onwards and not at the inception of *Satyuga* and *Tretayuga*.

A small moral story is reproduced below that reveals the subtle fact about the advent

of God into the Corporeal world. A message spread in a village and the nearby hamlets that a tiger has intruded into the village. On hearing this news, the villagers were puzzled, ran here and there to protect themselves with the help of deadly weapons. They could not sleep during the nights fearing that the tiger might enter into their houses anytime. Sleeping became a nightmare for the villagers. Nevertheless, they could not find the tiger in their villages for many days and months. Then the villagers started thinking that someone had spread this message falsely with an intention to create panic amongst them. Eventually, the villagers decided to resume their normal work and went to sleep. Do you know what happened on the particular night when the villagers went into sleep? The ferocious tiger entered their village and killed many people.

What do we understand from the above moral story? In *Bhakti* we worshipped various gods and goddesses in the form of idols/images or statues for many decades and centuries believing that they were all different manifestations of the One God. When the One, the real Incorporeal God incarnated into a ripe and well experienced man living in the family way, to reveal His real identity and

(Contd. on page no. 30)

PLAIN LIVING AND DIVINE THINKING

– B.K. Prabir Kumar Bose, Bhubaneswar

Very few of us try to find out what life can give us. Most of us do not think at all; we just eat, do our routine work, sleep, and die. For majority of us, life emerges from the unknown and dissolves into the unknown. What a waste of life this is!

We are living in a dream of illusion and ignorance. The purpose of life cannot emerge from earning education. Have we ever tried to know ourselves and the unknown? Do we know who we really are? Can we imagine where we really came from? Do we understand what our capabilities are?

Plain Living

Only a few of us know how much a life can offer and how to use it properly, wisely and judiciously. To be blissful and happy, we must differentiate between wants and needs. Our needs are a few but wants are unlimited. The desire to fulfill the present and future wants gives rise to attachments. With the passage of time, these attachments result in vicious and

complicated results. The truth is that human needs at all times and in all spheres are so few that Nature can take care of them. The key is to eliminate the unlimited wants. To achieve the state of plain living with peace and happiness, one needs to develop a sense of detachment towards worldly wants.

We at Brahma Kumaris, through thousands of centres in India and overseas, practise spiritual principles of plain living. We eat simple vegetarian food cooked with love and devotion. This nurtures purity of body, mind, and soul. This is a unique place where the Incorporeal Supreme God Shiva Baba directly teaches us the eternal secrets of life through *Gyan Murli*. He teaches us to remain soul-conscious and renounce body consciousness, thereby being free from the attachments of body, relationships, and worldly belongings.

Rajyogini Dadi Janki, the Chief of Brahma Kumaris, who has completed 100 years of age, is an inspiring figure of love,

compassion and courage all rolled into one. Her strength comes from her love for God and she always says, “We are one, and are the children of Supreme One”. To achieve plain living, one must speak to the Supreme God Shiva through the stillness of inner consciousness and walk with Him as His companion.

Attachment to the body and the material world is stagnating and prevents the soul from flowering into immortality. While it is good to enjoy the good things of life, we should not become so attached that we suffer if these are taken away from us. Nothing is permanent and any attachment breeds fear, jealousy, competition, etc., thus preventing us from enjoying our life to the fullest. Shiva Baba teaches us to renounce bodily consciousness and free the self from bodily attachments and relationships in order to achieve eternal peace and happiness.

Thinking About God

You cannot perceive God if you continue to be in the darkness of ignorance. To know God is to LOVE Him first. To love Him, we must at least have some knowledge or conception of Who He really is. God Himself has come to reveal the truth about His true identity of being a soul, but He is a Supreme Soul. His name is

Shiva (the Benevolent One). His form is a point of light and He resides in *Paramdham*. He is Incorporeal and free from the cycles of birth and death. He is the Ocean of bliss, wisdom, peace, love, happiness, purity, and power.

We can realize God. consciousness only by using the power of thought and intuition. It is common experience that when we calm our mind and open our heart and soul to Him with love and sincerity, we can see how approachable He is. We can see how readily He responds to our call. Pure and divine love removes the barriers between the seeker and the Creator.

I quote here the divine experiences of Swami Vivekananda with his intoxicated guru – Sri Ramakrishna Paramhansa.

During a discussion, Swamiji

asked His master, “Sir, have you seen God?” Sri Ramakrishna replied, “Yes, I see Him just as I see you here, only in a much more intense sense. He continued, “God can be realized. One can see and talk to Him as I am seeing and talking to you. But who cares? People shed torrents of tears for their wife and children, for wealth and property, but who does so for the sake of God? If one weeps sincerely for Him, He will surely manifest Himself.” Swamiji said that for the first time he found a man who dared to say that he had seen God. For the first time, someone believed that religion was a reality to be felt and to be sensed in an infinitely more intense way than we can sense the world. Swamiji has narrated many such divine experiences of cosmic consciousness in his autobiography.

We can experience God’s

existence through meditation during which the soul connects and forms a loving link with the Highest Almighty Authority, the Supreme Soul. This initiates an exchange of pure and powerful energy, which in turn, recharges the corresponding attributes of the soul. By frequent and regular practices of Rajyoga, we are drawn closer towards Him and His boundless love, thereby ultimately forgetting our illusory self in the blissful awareness of God. We are in tune with the frequency of God, thus experiencing an eternal relationship.

This verse from Gita (Verse 12.8) comes to my mind again and again; “Fix your mind on me alone, rest your intelligence on me alone, thus you live in me always hereafter, there is no doubt.” Isn’t this a wonderful promise from God to all of us?

TALKING TO ONE’S SELF

When you talk to yourself in your mind, which self do you address? And how? Usually, people do not talk to their divinity, but to the most superficial aspects of their everyday personality. And often it is a stream of fears, complaints and mindless repetition of old things. If we talked that way to another human being, we would have to apologise. Learning to talk properly to the self is a spiritual endeavour. Thoughts from the past and worries about the future do not create good conversation. Instead, learn to talk to yourself in mind as if it were a child. Talk to it with love. If you just force a child to sit down, he won’t. A good mother knows how to prompt her child into doing what she wants. Be a good mother to your mind, teach it good, positive thoughts so that when you tell it to sit quietly, it will. Love your mind. Stay happy.

BALANCE WORK WITH RELAXATION

– Mrs. Manjula Bose, New Delhi

Swami Yogananda advised us to be “calmly active and actively calm” which means calmness should always be maintained while we are in action or in inaction. In reality, generally we associate stress with work, and a relaxed feeling with our inactive state.

There is a story about a villager who was enjoying his morning nap, lying on a string cot under a tree, while a traveller came and asked him the reason of wasting time like that. He advised him to be busy in action, so that he can make a lot of money, buy things and can be very happy. The villager’s reply was: “Why go through so much trouble to attain a state of happiness, when it is already there?”

Both of them were right from their own perspectives. One was thinking about being active and by accumulating more money he can be happy, while the other thought inactive state is the best way to be happy.

According to Swami Yogananda, if we can balance our action and inaction in proper

way, with proper attitude, then they can lead us to the path of liberation and joy. He said work should be done as active meditation and the meditative state should be an active inward search to experience our soul consciousness, our blissful nature. They are not separate, but complement each other. One is the inner experience and the other is its outer expression through action.

But, in life, we act mostly out of compulsions, mainly to look after our families, to perform duties towards society and others. We keep ourselves busy in making more money and to accumulate more physical comforts all through our life. But, at the tired end of our life, we feel exhausted, and we can think of only being inactive to have some peace.

We get some very valuable suggestions from *The Bhagavad Gita* (12th Chapter) which says that by abiding some spiritual values in our nature we can face life’s challenges with more courage, clarity and confidence.

By explaining the meaning of “*Dharma*” and “*Amritam*” (Chapter 12/ Verse 20) it says that these two aspects must be observed in our each and every work.

“*Dharma*” means, whatever duties we do in life, these should be done with a spirit of well-being of all. There should not be any conflict between self-interest and other’s interest. “*Amritam*” means our inner blissful nature, which can be realized through meditation. When we realize that the spark of divine consciousness (soul) exists in me and in all, then positive values like compassion, understanding, tolerance, etc. automatically blossom in our nature, and we can work in peace and harmony with others.

When work is done only for self-gratification, excluding the well-being of others, the result can never bring peace of mind. Even the monetary profit which comes along with our selfish work, by nature’s law, becomes the cause of one’s downfall and misery.

The great *karma yogi* Swami Viveknanda said, “Work should be done for one’s own spiritual liberation, and for the good of the world. By winning over greed and weakness, we should work like a master, not like a slave; and should always rely only on truth, which can

strengthen our body mind and soul in a positive way.”

By daily practice of meditation, when we make our mind pure, elevated, free from all negativities, we work as an instrument of God, and relate to others also as God’s manifestation. Our psychophysical energy, which is our capital resource for our actions, can be enhanced by the application of some spiritual values in our life.

Today’s consumerist culture is ruining our human values in many ways. It also indirectly brings stress and tension in our daily life. When we want to be rich at the cost of others, or we want to get more comfort by destroying comforts of others, the end result cannot be peace in our life. By nature’s law, ultimately we suffer with the pain and unhappiness we have caused to others. Being over-powered by greed, anger and intolerance, individuals feel exhausted. They burn their own happiness by the fire of negativities created by them. This alarming situation can be seen all over the world today.

Life also can brighten up, if we take little break, and cultivate some creative hobbies, be in nature, or read some inspiring books, and make life more meaningful. It is important to balance work with right kind of relaxation.

The concept of combining qualitative improvement of mind with quantitative growth and production in work is a necessity in today’s world.

By qualitative development of human mind, society can be free from violence, crime and war. And if a developing country like India pays more attention on quantitative growth through honest and efficient team work, then poverty, illiteracy, etc. can be removed from society. By balancing these two aspects through our action, we all can be true *karma-yogis*, and also can contribute to society and make this world a more loveable and liveable place to stay in.

MAKING THE JOURNEY WITH THE RIGHT REALIZATION

It’s so easy to become caught up in my physical role - my name, physical personality and looks; the social setup or family I’ve been born into, my friend circle, the school I went to, the person I married, the organization in which I work, the various material objects I own or possess. I forget my true identity, the spiritual being, and that it is me, the spirit or soul, who is experiencing life through this physical body and surrounding circumstances. The physical, human side is essential, but it’s the spirit, the being, the energy, which makes the journey. The physical body is the vehicle through which the journey is made. The people who exist in my life are also energies making their journeys through their respective vehicles. Looking at myself and others, when I realize who is making the journey and I remember this and maintain this spiritual consciousness throughout the day, I’m able to access spiritual treasures of peace, of power, of love and joy and see the same in others. It is because of not remaining in this remembrance; I remember and identify with the vehicle and experience my false identity. That is why we find ourselves empty of these treasures today. As a result there is a tremendous increase in interest in meditation throughout the world. Unlike in the past when this interest was seen primarily in the East, today relaxation and meditation is a blooming industry in the Western countries.

The more I become trapped by a materialistic consciousness, and the more I lose contact with my inner self, the less freedom I experience. The search of happiness through the physical senses brings temporary, short-lived gains. My life lacks depth when the only things I know, realize and feel are related to the loads of information I receive from the physical sense organs, and I become disconnected from the spiritual dimension.

GODLY LIFE ITSELF: **THE TRUE 'BHARAT RATNA' AWARD**



– B.K. Leela Rao, Vasai, Mumbai



At this stage of my life I can proudly say that I am a student of Godly University. I am truly overwhelmed with the fact that the Supreme Father is my Teacher. As days are passing by, I feel, I am the luckiest and fortunate soul on this planet. Hence, I am willing to share my feelings and experiences with the divine family who really understand the meaning of a Brahmin life.

My spiritual journey started way back in 1988 in Vasai, Maharashtra. I was attracted towards this knowledge because of its crystal clear logic and no blind faith at all. I became a regular student of meditation and listened to sweet *Murli* daily. BK sisters with their shining and smiling faces always inspired me, while their sweet nature nurtured me like a baby princess.

I was born in a lower middle class family. I took up a job while studying to sustain myself due to poor financial condition. During the day I used to work in H.M.T watch factory at Bangalore, and in the evening I

used to attend an evening college. After marriage, I came to Mumbai and luckily became Baba's child. Life was going smoothly until in an unexpected scene in drama, I lost my 18 year old son to Cancer. But looking back, I feel contented and happy for him as he also got a chance to visit Madhuban and attend divine family programs.

Year after year passed and again in an unfortunate scene in drama I had also to face a challenge in the form of Cancer. But when you have BABA as your most beloved Father, Teacher and Supreme Surgeon, then every challenge becomes a joyful game. BapDada saved my life and made my faith stronger in Him. Because of my husband's job, we have travelled to cities like Nasik, Hyderabad, Chennai, Bhilwada but BABA has always been with me and I

have remained connected to BK centres at all these places.

Recently, in June 2016, I had the golden opportunity to attend the 'Meditation Programm' for Mothers, who have been practising Rajyoga for more than 20 years. The whole programme was beautiful and the divine presence of Dadi Janki Ji, Dadi Ratan Mohini Ji and senior brothers and sisters made the environment full of spiritual energy. With her powerful inspiring words Dadi Ji greeted us as *Bharat Mata, Shiv Shakti Sena, Jagat Mata, Gyan Ganga*. All this was so overwhelming that our joy knew no bounds.

This incomparable Godly life itself is the '*Bharat Ratna*' award in the real sense and it continues for 21 births non-stop.

TOUCH THE STILLNESS

Every action has its seed in a thought and every thought is a creation of the thinker, the soul. I choose what thoughts I want to create and as is my thinking so are my actions and also my experience in life. Going within, I touch the stillness and pure love that lie at the core of my being and every thought that I create is of benefit to myself and of benefit to the humanity.

HEART ATTACK–ITS SUCCESSFUL TREATMENT THROUGH RAJYOGA



– Indrajit Nath, Megha, Cuttack

On 2nd December, 2013 at 6.20 a.m. early morning, I fell down on the floor of my house while watching the television. I had suffered from a heart attack and was left unconscious. When I came back to consciousness, I realized that a few of my teeth had also broken down. I was taken immediately to the S.C.B Govt. Medical College & Hospital, Cuttack, Odisha where I contacted with the Cardiologist for the treatment of my disease. By the advice of the doctor, different types of tests were carried out like ECG, Echo, & TMT. The Doctor verified the test results and no problem was revealed except high blood pressure.

At last, Angiography test was carried out. The test result revealed one blockage in the heart but where the stent could not be installed. So the doctor referred to an urgent by-pass surgery, failing which the results could be fatal. The doctor also told me that the heart attack was caused due to heavy smoking. The Cardiologist advised me to arrange money of Rs. 4 Lakhs for the by-pass operation. I contacted many

physicians in Odisha regarding my case; all of them unequivocally advised me to go for the by-pass operation; without which I would not survive.

I referred my case at Satya Sai Super Specialist Hospital, Prashanti Nilayam, Andhra Pradesh but was not satisfied. So I moved to Satya Sai Super Specialist, Hospital, Bangalore. I consulted with the doctor over there who verified my previous reports and record along with Angiography cassette. As per doctor's advice by-pass operation had to be done and date and time was fixed for the same. All along this, I kept asking God to cure me without operation.

However, the prescribed day approached and I reached the hospital for the operation. I was very nervous and before the operation procedure was to start, I again called out to God, the Supreme Surgeon and asked Him to be there for me. Suddenly, the Surgeon discussed my case with his seniors and also with the Director of the Hospital. After discussion, surprisingly they decided to postpone the operation for a few days. So, I returned to my village in Odisha.



In the meantime my official colleague B.K. Amulya Bhai learned about my condition and helped me for online registration of CAD programme to be held at Brahma Kumaris, Mount Abu from 12.08.2014 to 18.08.2014 and 04.06.2015 to 11.06.2015 along with my wife.

CAD programme was in itself a unique experience. We were taught about Heart disease, Heart attack, Blood pressure, Meditation, Rajyoga and Spiritual life. We were provided with different types of fruits, healthy meals, tea, coffee etc. free of cost. The programme was unique as it identified negative thought patterns and tendencies like anger, fear, sadness, hurry, worry, sense of isolation and Type A behaviour as key factors triggering 'dis-ease' in the body. Through a series of counselling sessions, patients were encouraged to recognise their

faulty habits and take up the responsibility of reviving their own health.

The training programme continued for seven days. Under the guidance of Dr. Satish Gupta, we went through the counselling sessions who also prescribed some medicines for the treatment of my heart disease. The whole atmosphere was so loving warm and reverberating with waves of peace and spiritual power. I think this type of help and co-operation exists nowhere in the world. After I returned from the programme, I felt powerful from inside. The experience and knowledge gained during the CAD programme prepared me for *spiritual care* through Rajyoga and *physical care* through proper diet, exercise, sleep and with proper medicine.

Now, I am obeying the following points meticulously as mentioned below:-

1. *Amritvela* : at 4.00 AM. to 4.45 AM.
2. Morning Walk: at 5.00 AM. to 6.00 AM.

3. Having healthy diet of Ankurit Moong, Almond, Ankurit, Methi and lukewarm lemon water in empty stomach.

4. One tea spoonful *Isabgol* before meal.

5. Always attending *Murli* class with practice of Rajyoga Meditation.

6. Filling-up the chart, writing a letter to God, introspecting the points of *Murli* and Meditation before going to sleep.

Dr. Satish Gupta is next to God for me; because of his treatment, diet-chart and blessings of Shiv Baba, heart blockage was cured without by-pass surgery. Now I am living a healthy life free from any heart problem. I again attended the CAD programme in June, 2016 held at Shantivan.

I heartily salute and offer my wishes to this institution whose members offer their services with such love and selflessness. I also advise the patients, who have been prescribed to go for angioplasty or by-pass surgery, to go and attend the CAD

programme. The angioplasty or by-pass surgery does not actually prevent its recurrence, or improve life expectancy in the long run but the knowledge of healthy diet and practice of Rajyoga meditation not only helps in opening of artery blockages but also helps the heart patient to get the willpower in order to sustain a healthy and positive lifestyle.

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disclose the spiritual secrecy behind *Bhakti*; then the people decline to accept His teachings. They fail to believe in the Incorporeal and non-physical form of God and His real identity as a radiant and vibrant point of light with all powers. But, as and when the final time comes for the dawn of a new Era of *Satyuga*, the people will instandy awake but then it may be too late for them to make entry into Heaven may no longer be possible.

So, awake and arise! Now or Never.

REQUIREMENT :

- Urgently required two B.K. Kitchen Assistants (Male, good speaking ability in Hindi), for working in the Kitchen of SLM Global Nursing College / Global Hospital School of Nursing near Shivmani Home, Talhati, Abu Road – 307510 (Raj.).
- **Qualification:** High School Pass, **Age:** 35 to 45 Years
- **Experience:** up to 2 years cooking experience
- **Contact:** either by E-mail: nntagrawal@gmail.com, or
- **Mob.:** 08432403244 / 94141413717

STRESS-FREE LIFE AND SPIRITUAL EMPOWERMENT THROUGH RAJYOGA

– B. K. Banshidhar, Bhubaneswar

Modern life style has become more and more an important factor in influencing the health of the people of most developed countries and developing. Unhealthy behaviour is responsible for increasing mortality of the people, diseases like cancer, diabetes, and cardiovascular, respiratory diseases. There is increasing evidence that a healthy lifestyle including appropriate diet, satisfactory physical activity, and healthy weight can provide significant cardiovascular and metabolic benefits. From that we come to know that different modern life style patterns affect our health physically, psychologically, and socially. Seeing this busy world, the Welsh poet W.H. Davies stated emphasizing the need of leisure and relaxation in his poem "Leisure" as follows:

*What is this life if full of
care,
We have no time to stand
and stare.
No time to stand beneath the*

*boughs
And stare as long as sheep
or cows.
No time to see, when woods
we pass,
Where squirrels hide their
nuts in grass.*

In a world of sorrows, really it is difficult to find a person who leads a stress free life. Before discussing the aspects of living a stress free life, we must first know what is stress.

Stress is a form of pain that comes to tell that there is something one needs to change. Lifestyle stress is a situation which indicates that we have to be alert all the time in mind and body. But, often we recognize stress as a normal situation. This results in alteration in attention, thought processes, body functions and structures/organs, thereby resulting in various physiological and psychological conditions.

Causes of Stress

The untoward and undue events, situations and circumstances at work places are the causes of stress such as

the followings:

1. Conflict with colleagues
2. Non-communicative colleagues
3. Competing with a colleague,
4. Dealing with aggressive people
5. Too much work
6. Not having enough time
7. Being fired
8. Being over qualified
9. Being under qualified
10. Demotion
11. New job and
12. Noisy environment

The second cause that leads to stress are the events, situation and circumstances in family such as:

1. Death in family
2. Selling home
3. Divorce or separation
4. Buying home
5. Marriage
6. Vacation
7. Maladjustment with in-laws
8. Festivals
10. Shifting homes
11. Money and wealth
12. Children.

Almost 90% diseases in people are psychosomatic diseases. There are a number of gymnasiums & health clubs in every town and cities, but still sickness and stress in mind and body continues to exist and it has its roots in negative and wasteful thinking.

According to science, 15-20 thoughts per minute come to

human mind. Out of these, 80% are related to past, 15% to future & 5% belong to present. So, almost 95% of thoughts are unnecessary and of negative quality. Due to this faulty conditioning of mind, we have lost the capacity to create positive thoughts in our life. For example, if a boy does not return in time from the school, negative and waste thought start to take their hold in the mind of his parents. Waste and negative thoughts deplete our spiritual and mental power and the body also begins to experience the side-effects of such thoughts such as exhaustion, headache, blood pressure, etc., while the mental signs of stresses also begin to show up such as (i) tension, (ii) anxiety, (iii) tightness, (iv) evasion, (v) resistance, (vi) reactive, (vii) friction, (viii) discontentment, (ix) anger, (x) worry, (xi) guilt, (xii) impatience, (xiii) apprehension and (xiv) tiredness.

Reasons of Stress in Physical Body

Our thoughts create our feelings which, in turn, influence our performance and behaviour. Experiences are created by our thoughts and repetition of thoughts creates one's belief and attitude. Thoughts are like seeds to plant in one's mind. The more

one holds on to a particular thought, the more power one invests in it. The positive thoughts generate energy and strength. Negative thoughts rob one's power and strength and make one feel tired and drained. If thinking is unreasonable, negative and irrational, it leads to feelings of sorrow, panic, fear, jealousy, etc., and this has a direct impact on our behaviour which in turn becomes unsupportive and unproductive, be it in the working place or in the family or in any sphere, thus leading to stress.

Stress may Affect the Health

As rightly said, stress can undermine your health. The connection between stress and high blood pressure, heart disease, and many digestive problems is well established in the medical literature. Stress creates hormonal and blood sugar changes, causes the body to excrete nutrients and adversely affects the immune system.

The adrenal glands are directly affected by stress. They are responsible for the "fight-or-flight" response. The adrenal glands produce their hormones in response to stress. In a stressful situation, they raise your blood pressure, transfer

blood from your intestines to your extremities, increase your heart rate, suppress your immune system and increase your blood's clotting ability. If stress persists for a long time, then it can have a severe damaging effect.

Stress can be Reduced

Living a life free from stress is not rocket science but requires the willingness to make changes in our thought process. One should focus on creating positive and elevated thoughts while filtering out the negative and unnecessary ones.

With Rajyoga meditation, one can learn to be in any situation and accept it with an optimistic stance. Meditation practice helps one to be calm and see the people and situations in a detached way. We are no longer clouded by past experiences, or shielded by inaccurate views of who we are but we see situations more clearly, more empathetically and show a deeper understanding for other people's actions and behaviour. In other words, meditation enables to focus on the positive.

Rajyoga meditation is the journey within, of going deep inside and knowing our deepest fears and strengths. This is a

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or all intertwined.

In that case, nothing else remains for which there may be need for any moral sanctions, ethical code, political constitution, social norms or economic discipline. Then all talk of life's goal, man's aims or a nation's objectives also becomes meaningless. It is like a man disbelieving his own self or a man committing his own spiritual suicide.

Is thought a form of Material Energy?

Science has, no doubt, landed man on the Moon, yet it remains to be answered rationally by scientists and otherwise people as to what mind is. If mind is the name given to thought, then one would like to ask: "What is a thought". Is thought also a kind of energy?" If it be said that the mechanism of brain converts the electrical impulses into thoughts, then one has to explain what 'emotions' and 'feelings' are. The sensory nerves, we all know, carry only the messages to the green or the white matter of the brain and record changes in it, but who it really is who receives those messages and perceives those changes? No doubt, brain is the main instrument for perception,

control, command and recollection, yet who it really is who operates through this mechanism? Further, how will one explain the para-psychic experiences, like precognition, premonition, ESP, etc?

Again, what has one to say about the stuff that a thought is made up of? Is thought really a form of material energy? If that be true, then thought, like all energy, has mass and is propagated. Further, if a thought is propagated, it surely has some velocity of propagation. Can anyone say what the velocity of thought is?

Has thought any dimensions of time?

The latest theories of science consider the speed of Light as the ultimate top-speed of the universe. The Light, they say, takes about eight minutes to travel from the sun to our earth. After one has carefully listened to the latest findings about the sun, one can sit back and try to recapitulate these facts. It surely takes much less than a second to think of the sun. Does it not mean then that thought flies in a matter of seconds or a small fraction of a second? How does one explain this if one considers thoughts to be a form of material energy?

Moreover, all will agree on this that thoughts are abstract and dimensionless because we can imagine the sun and the far-off galaxies and the regions beyond the galaxies almost within the same time. Also thoughts cannot be construed or reckoned in scientific terms because it can fly into the past and the future, the dimensions of which cannot be covered in the concept of velocity. One can only guess and say that the velocity of thought is multi-umpteen billion years per impulse. But, one really must confess that, despite all the fund of knowledge of mind that psychology has placed at our disposal, one does not clearly know what thought or Mind is. One can only wish that God had not kept so much to Himself. But if God had not kept certain things to Himself, man would have been only too arrogant about it all.

The Mystery exploded

Now, let it be known to all that God does not keep all this to Himself. At a certain point of time in world history, He does share this knowledge with man and one should be pleased to know that He has already revealed this esoteric knowledge and has already exploded the mystery about Mind. He has

explained it at length that Mind is not Matter nor Matter is Mind. Thought is not a form of material energy. It emanates from the conscious and super physical and supernatural entity, called soul. Soul has no mass, no weight. Thought or Mind does not have the velocity that can be measured in scientific terms, for thought is the basis of all kinds of measurements rather than a measurable thing. The soul, from which the thought arises, has no time-dimension; it is eternal. So, thoughts can traverse all barriers of time and go to events of the remote past or reach the realms of the distant future. Mind is only another name for the consciousness of the soul. It refers to that faculty of soul which manifests in the form of volition, will, attention, cognition, etc. Thought is a conscient or a spiritual energy which also has a moral dimension and which perceives and expresses sentiments and emotions.

What kind of energy is thought?

If Thought were a form of material energy, it could cause sensations but not feel the sensations. For example, sound takes the form of intelligible and meaningful words or melodies but sound itself cannot understand the word or appreciate the songs. Light can enable a person to see a man's face and sound communicates to him certain words uttered by the latter, but it is the thought which enables him to understand with what intention or what background and feeling those words were uttered and what inner sentiments were reflected in the speaker's face. Evidently, by its very nature, thoughts are unique. It is not made of the stuff the other forms of Energy are made of. It is an energy that knows other forms of energy: it is an immaterial entity which feels various forms of Matter and Energy and yokes all of them to serve its purpose and to give it happiness.

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journey to the truth of who you really are. This is the practice in which just beyond our every day usual consciousness, spiritual empowerment begins. Spiritual power gives you the power to choose *creative* thinking rather than *automated* thinking, to respond rather than react, to feel peace, love and harmony instead of feeling stress, conflict and chaos.

Meditation also helps you to disconnect from damaging habits of thought, feeling and reaction. This results in a conscious, positive release of energy which improves the quality of your attitude, actions, and interactions. The processes of going within, disconnecting from harmful habits, connecting to your innate spiritual resources, and reconnecting with your external life, are responsible for achieving personal spiritual empowerment.

Conclusion:

So, for leading a stress-free-life and achieving spiritual empowerment one needs to learn Rajyoga meditation. To learn meditation, one may please visit the nearby Rajyoga Centre run by Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. The Rajyoga course is offered free of cost to all people irrespective of their differences in castes, religions, languages or socio-economic background.

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