

|| From the mighty pen of Sanjay ||

RAJYOGA IN THE PRESENT AGE

Perhaps, the most important feature that distinguishes the present era from all the preceding eras is that there is tension all around in the atmosphere. The great hub-bub in the ever-growing cities, the noise of motor vehicles, factories and jostling crowds in market places – all these tell badly on man's nerves and cause him irritation. Never before were the cities so big, vehicles and factories so many or noise-pollution so much as today.

Again, the ways of living and earning one's livelihood have rapidly and enormously changed too. Science has made so many things of comfort, convenience and enjoyment available to man that his dependence on them and the number of his needs has greatly multiplied too. Thus, modern man needs more gadgets; his life has become more mechanical; he is more in hurry, and his worries have alarmingly increased. As such, man is placed in a situation of constant stress and strain. He takes most of the decisions in this state of tension and hurry and, thus, puts himself in further trouble. This state is as true of nations as of individuals.

In such a situation, a little practice of Rajyoga gives to man an inner tranquil. It gives him mental relaxation and, thus, enhances his capacity to judge things calmly and dispassionately. It enables him to live in peace and to let others live in peace too. This state of mind contributes greatly towards the betterment of the society, which is heading towards lawlessness; which currently thinks in terms of having more hospitals and doctors rather than having people who are practically healthy, and which also thinks more of law-books, law colleges, lawyers and law courts rather than of having people who, by their nature, are law-abiding or righteous. Rajyoga Meditation brings about a society, which is based on mutual love and regard, and where strife of all kinds is unknown and everyone enjoys the fruits of Nature. It creates a culture in which people, by their very nature, are peaceful, loving and lawful. They are holy, happy and healthy. They are active and

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THE ENTHUSIASTIC SPIRIT OF BRAHMA KUMARIS



On seeing the young sisters and brothers in the age range of 20 to 45, clad in spotless whites and actively involved in organising some or the other programmes of the Spiritual Dialogue, Mass Meditations and Spiritual Awakening public events, the question arises: How come such a big number of Youth are so involved in unique services to humankind? In contrast, when one looks at the daily newspapers of any region or country, one finds surprises but not of the pleasant kind; we are bombarded with mostly shocking events because human psychology has degraded to its lowest level, and people are behaving unthinkingly, egoistically and violently with much anger and greed in their hearts. We are reminded of the mythological story of Sage Narada going around the world to see if anyone is experiencing real happiness and peace; similarly, even if the entire globe is surveyed today, it is

quite difficult to capture happy and peaceful moments. The Governments in power are trying their best to bring about a lot of economic benefits to the poor, including a refined variety of digital gadgets for Banking and Property Transactions, etc. No doubt, it does save a lot of time for everyone, and those who have accepted these new systems in their daily lives, feel quite satisfied, but the Gross Happiness Index (GHI) that was recently monitored through Electronic and Print media tells us that most countries display very depressing figures in their GHI.

In order to reverse this depressing scenario and bring back the natural smiles and happiness in everyone's face, the Brahma Kumaris have been busy exploring many dimensions of human activity with course-correction, on the basis of God's wisdom and Rajyoga Meditation. The year **2017 marks the completion of 80 fulfilling years of Self-Empowerment, Spiritual**

Rejuvenation of Society, and Service to the Humanity; so, the Brahma Kumaris organised an International Conference-cum-Cultural Festival to honour this special 80th Anniversary on the theme, "God's Wisdom for World Transformation" from 26-30th March, 2017 at its Shantivan Campus, Abu Road, Rajasthan.

The Conference was well organised with participation of very high-level personalities from the Government and fields of Media, Administration, Art & Culture, Industry and Entrepreneurship and Social Services. It was a matter of pride that Hon'ble Prime Minister of India, Mr Narendra Modiji, consented to address the Inaugural Session of this great event via video-conferencing on 26th March evening, between 6-7 p.m. His Speech was based on the deep understanding of Spiritual Wisdom connected with our great country, Mother India. Simultaneously, his great concern for the upliftment of the poor and backward classes of society was reflected emphatically, when he invited members of the Brahma Kumaris Spiritual Family to cooperate in spreading the message and

contribute towards a few of his favourite schemes. The essence of his guidelines and speech is shared below for the benefit of our esteemed readers:

P.M. Modiji spoke of how this large network of Brahma Kumaris Centres and their volunteers can be used to bring about major changes in the country by the year 2022, when India will be celebrating 75th year of its glorious independence.

“Is it not our responsibility to do something to fulfil the dreams of the founders of this nation?” he asked. “Under the leadership of the Brahma Kumaris, we can bring about an energy revolution and a revolution in human lives”, he also added.

Noting the extensive use of solar power by the Brahma Kumaris, including a 1 MW solar thermal power plant set up by the institution, and its use of solar steam cooking systems to prepare up to 30,000 meals three times a day, he said India had set the target of producing 175 gigawatts of energy from non-fossil fuel sources by 2030.

In addition, 22 crore LED bulbs had been supplied by municipalities and other local bodies all over the country,

resulting in savings of Rs 11,000 crore. **He urged the Brahma Kumaris to spread awareness about LED bulbs all over the country to help reduce the country’s dependence on fuel imports.**

Referring to the demonetisation move of the government, **he also asked the Brahma Kumaris to ask their volunteers to use the Bhim App and help small traders in their locality do the same in order to speed the transition to a cashless economy.**

Turning to health, the PM said that **women volunteers from the Brahma Kumaris can aid the government’s immunisation programme to ensure a healthy future for the millions of children, who, otherwise, fall victim to serious illnesses.** This, he said, was a part of the Government’s aim of empowering women.

He also suggested that the Institution should launch an Online Certificate Course on Nutrition (OCCN), about which there is little awareness in the country. All universities in the country could be made a part of this effort, he said. Students in classes 9th to 12th

would particularly benefit from better nutrition, which would help them when they later start their families or careers, he noted.

P.M. Modiji then gave a patient hearing to Dadi Jankiji, the 101-year old Administrative Head of the Brahma Kumaris, and the suggestions of B.K. Nirwair, the Secretary-General of the Organisation.

Our hats off to the Organising Committee of this grand Conference!! True to its main theme, the Conference attracted number of illustrious and influential Guests, the names of some of whom are listed below:

- ▶ Mr L K Advani, former Union Home Minister and Senior BJP leader
- ▶ Governor of Assam, His Excellency Mr Banwarilal Purohit
- ▶ Governor of Gujarat, His Excellency Mr O P Kohli
- ▶ Lieutenant Governor of Puducherry, Her Excellency Ms Kiran Bedi
- ▶ Hon’ble Mr P J Kurien, Deputy Chairman of Rajya Sabha
- ▶ Hon’ble Mr Kalraj Mishra, Union Minister for Micro, Small and Medium Enterprises
- ▶ Hon’ble Mr Ramdas Bandu

- Athawale, Union Minister of State for Social Justice and Empowerment
- ▶ Hon'ble Mr Mahadev Jankar, Minister for Animal Husbandry, Dairy Development and Fishery Development, Govt of Maharashtra
- ▶ Mr Amara Ram, Revenue Minister of Rajasthan
- ▶ Mr Deep Kumar Upadhyay, Ambassador of Nepal to India
- ▶ Mr Kavinder Gupta, Speaker of the Jammu and Kashmir Legislative Assembly
- ▶ Hon'ble Justice Shri Shahibul Hasnain, Senior Judge, High Court of Allahabad, Lucknow Bench
- ▶ H.H. Swami Chidanand Swami Saraswatiji, President of Parmarth Niketan Ashram
- ▶ Acharya Dr. Lokesh Muni, Social Reformer, Writer and Poet
- ▶ Mr Gulab Kothari, Editor-in-Chief, Rajasthan Patrika
- ▶ Mr Deepak Chaurasia, Editor-in-Chief, India News
- ▶ Mr Sudhir Chaudhary, Editor-in-Chief, Zee Media Group
- ▶ Mr Sanjay Kulshreshtha, Editor-in-Chief, News Nation.
- ▶ Mr K Vaidhyanathan, Chief Editor, Dinamani
- ▶ Mr Reghu Ramachandran, Channel Head, Asianet
- ▶ Mr R Bhagwan Singh, Executive Editor, Deccan Chronicle
- ▶ Ms Anuradha Prasad, Editor-in-Chief, News 24
- ▶ Mr Santosh Bhartiya, Editor-in-Chief of Chauthi Duniya
- ▶ Mr Anurag Batra, Chairman and Editor-in-Chief, Business World
- ▶ Mr R.C. Raina, CEO, Navgraha TV
- ▶ Mr Kanak Sen Deka, Chief Editor of Dainik Agradoot, Guwahati
- ▶ Mr Wajood Sajid, Editor-in-Chief, VNI
- ▶ Dr. Archika, MD, Disha TV
- ▶ Ms Raveena Tandon, Bollywood Actress
- ▶ Ms Gracy Singh, Bollywood Actress
- ▶ Prof. Radhamadhab Dash, Vice-Chancellor of Shri Jagannath Sanskrit Vishwavidyalaya, Odisha
- ▶ Mr Rajiv Ranjan Nag, Veteran Journalist
- ▶ H.H. Bhikku Sanghsena, Founder of Mahabodhi International Meditation Centre, Ladakh,
- ▶ Mr Nawab Jafar Mir Abdullah, President, Imamia Educational Trust
- ▶ Dr. A.K. Merchant, National Trustee and Secretary General, Lotus Temple and Bahai Community
- ▶ Mr Ernesto Castellanos, Former Member of Parliament & Economist, Mexico
- ▶ Justice V. Eswaraiah, former chairperson, National Commission for Backward Classes
- This was the first time in the history of Brahma Kumaris Godly Service programmes that a **huge number of leading lights and well-respected members of Politics, Print-Electronic-Social Media, IAS, IFS came together on one platform to honour, in particular, the sacrifice, tapasya, and commitment to service of Pitashri Brahma Baba, Founding Spiritual Father of the Brahma Kumaris, our Respected Dadis, and other Senior BKs.**
- Participation from Respected Rajyogini Dadi Jankiji, Rajyogini Dadi Hirday Mohiniji, Rajyogini Dadi Ratan Mohiniji, Br. Brij Mohanji and Senior BK Zonal Head Sisters and Brothers added spiritual flavour to every event addressed by them.

We are very thankful to those Brahma Kumaris Sisters the instruments who guided the guests through deep Meditation sessions every evening, which were very much appreciated by the gathering, which totalled about 10,000.

The Organising Committee headed by Executive Secretary of PBKIVV, Bro. Mruthyunjaya, needs to be applauded for the Team's tireless and loving services in accomplishing this wonderful, well-organised, gigantic event!

A very elaborate exhibition about the History of the Institution, and activities of different Service Wings, was set up in the back portion of the Diamond Hall, which attracted the attention of all participants.

We express many, many thanks to the State represented by Hon'ble Ministers and Administrative Personnel represented by the Collector, SDM, DYSP, Chairman of UIT, Tahsildar, Chairpersons of Mount Abu and Abu Road Municipalities and other prominent members of social organisations.

We would also like to give

special mention to the very high-quality Cultural Programmes presented by a variety of groups from East India, South India, Mumbai and of course the Brahma Kumaris' Divine Light Cultural Group from St Petersburg, Russia.

The Inaugural, Plenary and Valedictory Sessions reached all corners of Bharat and abroad through the Brahma Kumaris Peace of Mind Channel, and for this our Mass Media Chairperson Bro. Karunaji, Executive Director of Godlywood Studio, B.K. Harilalbai, his Team Members, and of course B.K. Ravibhai from the Uplinking Station in Delhi deserve special applause!

All these programmes would surely inspire millions of people through Television, Newspapers and Social Media, and definitely help eradicate many social evils.

Radio Madhuban, based at Shantivan Campus, played an important role in broadcasting the Sessions, as well as interviewing the VIPs, thereby serving the citizens around Mount Abu, Abu Road and neighbouring areas.

All the Madhuban

Departments including Kitchen, Dining, Transport (Air, Rail, Road), Security, Electricity, Medical Staff Members of Global Hospital and Trauma Centre, are appreciated enormously for their tireless services.

As a mark of respect to the participating VVIPS, VIPs and other renowned Speaker Guests, the Brahma Kumaris presented them with a specially designed Memento and elegant Insignia/Plaque.

May our honourable Guests, and all Brahma Kumaris and Brahma Kumars, continue to move ahead and attain greater feats in the Divine Being's work of world transformation based on His own wisdom! One of the most pleasing moments of the Conference was the hoisting of a very large Incorporeal God Shiva's flag at a prominent height of 100 ft. in front of the Conference Hall, which will remain as a permanent symbol of our pledge to be ever-enlightened and occupied in sharing God's wisdom and spiritual inheritance with the world!

– B.K. Nirwair

**NEWS REPORT OF
THE INTERNATIONAL CONFERENCE-CUM-
CULTURAL FESTIVAL HELD ON THE OCCASION OF
80th ANNIVERSARY CELEBRATION OF
THE BRAHMA KUMARIS**

The International-cum-Cultural Festival held on the occasion of the 80th Anniversary of the Brahma Kumaris organization commenced at 10.00 a.m. on 26th March, 2017 and ended on 30th March, 2017 with the enthusiastic participation of eminent personalities like P.M. Modi, L.K. Advani, former Home Minister and senior BJP leader, several Governors of State, important media personalities, politicians, industrialists, entrepreneurs, artists, etc. PM Modi addressed the Conference through Video Conferencing from New Delhi.

***PM MODI URGED BRAHMA KUMARIS
TO AID IN GOVERNMENT PROGRAMMES***

Abu Road, March 26: Prime Minister Narendra Modi today urged the Brahma Kumaris to use their large network of centres and volunteers to aid the Government's efforts in the areas of renewable energy, nutrition and health, and for ushering in a cashless economy.

Inaugurating the 80th anniversary celebrations its Shantivan campus in Abu Road, Rajasthan, through video conference from Delhi, the PM lauded the institution for working with unity and dedication over eight decades to spread the light of India's spiritual knowledge all over the world.

Addressing more than 8,000 prominent persons from India and abroad who have gathered for the five-day celebrations, the PM stated that the Brahma Kumaris have more than 8,500 meditation centres all over the world. This large network of Brahma Kumaris Centres and their volunteers, he said, can be used to bring about major change in the country by the year 2022, when India will be celebrating 75 years of independence.

"Is it not our responsibility to do something to fulfil the dreams of the founders of this nation?", he asked.

"Under the leadership of the Brahma Kumaris,



we can bring about an energy revolution and a revolution in human lives", he added.

Noting the extensive use of solar power by the Brahma Kumaris, including a 1 MW solar thermal power plant set up by the institution, and its use of solar steam cooking systems to prepare up to 30,000 meals three times a day, he said India had set the target of producing 175 gigawatts of energy from non-fossil fuel sources by 2030.

In addition, 22 crore LED bulbs had been supplied by municipalities and other local bodies all over the country, resulting in savings of Rs 11,000 crore. He urged the Brahma Kumaris to spread awareness about LED bulbs all over the

country to help reduce the country's dependence on fuel imports.

Referring to the demonetisation move of the government, he also asked the Brahma Kumaris to ask their volunteers to use the Bhim App and help small traders in their locality do the same in order to speed the transition to a cashless economy.

Turning to health, the PM said women volunteers from the Brahma Kumaris can aid the government's immunisation programme to ensure a healthy future for the millions of children who, otherwise, fall victim to serious illnesses.

This, he said, was a part of empowering women, and added that India had recently become one of the few countries in the world to grant 26 weeks of maternity leave, up from 12 weeks previously.

He also suggested that the institution should launch an online certificate course on nutrition, about which there is little awareness in the country. All universities in the country could be made a part of this effort, he said. Students in classes 9th to 12th would particularly benefit from better nutrition, which would help them when they later start families or their careers, he noted.

Just after the address of PM Modi, Dadi Janki, the present Chief of the Brahma Kumaris, thanked and praised him for rendering the yeoman's service to the nation and for urging the Brahma Kumaris Organization to help in the government programmes. She also addressed him as 'my brother' and urged him to come to Baba's Madhuban sweet home by setting aside some time from his busy schedule.

B.K. Nirwair, the Secretary General of the Brahma Kumaris, showered praises on the PM Modi for his highly inspiring speech, and gave him the assurance of support and collaboration in the various government programmes suggested by him. He also invited him to come to B.K. Head Quarters to discuss on these matters for their practical implementation.

THE BRAHMA KUMARIS: A SPIRITUAL BEACON IN MATERIALISTIC MODERN WORLD

Abu Road, March 26: Senior BJP leader L.K.



Advani led a host of luminaries in paying tribute to the work of the Brahma Kumaris. Rajya Sabha Deputy Chairman P. J. Kurien and Bollywood star Mrs. Raveena Tandon were among the other dignitaries who lauded the Brahma Kumaris for serving society and setting an example of women's empowerment.

Members of Parliament, state legislators, senior judges, industrialists and media personalities who were attending the celebrations opined that the Brahma Kumaris is a spiritual beacon in the materialistic Modern World.

Speaking during the reception session inside the cavernous Diamond Hall, Asia's largest pillar-free hall, Advani said the Brahma Kumaris was the only institution of its kind in the world that had been founded and expanded by women.

"Just as the mother plays the key role in a family, women have played the main role in the growth of the Brahma Kumaris", he said.

Recalling how he had seen the institution growing since its early days in Karachi, before the partition of the subcontinent, Advani said the Brahma Kumaris were a source of moral guidance for the world and everyone could learn honesty and discipline from them.

Speaking of his association with the Rashtriya

Swayamsevak Sangh (RSS), Advani said the RSS had helped mould his character, and he had learned discipline from the Sangh.

“I learned from the RSS never to be dishonest in my dealings with anyone. This may be a small thing, but it has helped me serve society,” the BJP leader said.

Praising the idealism of the Brahma Kumaris, he noted that behind it were the ideal qualities of the institution’s members. Pointing to Dadi Janki, the 101-year-old head of the Brahma Kumaris, he said her long and active life was no ordinary achievement; it was a divine gift received only by those who lead exemplary lives.

Besides Dadi Janki, Dadi Hirdaya Mohini, the additional head, and Dadi Ratan Mohini, the joint head of the Brahma Kumaris, were present on the occasion, as were Mr. Devjibhai Patel, MP from Jalore, and Mr. Amara Ram, Revenue Minister of Rajasthan.

Dadi Janki was earlier extolled by Mr. P. J. Kurien as an example of women’s empowerment. He said the progress of the country should be measured by Gross Domestic Happiness (GDH), but not by Gross Domestic Product, and the Brahma Kumaris were contributing to India’s GDH.

“Brahma Kumaris epitomize India’s great culture and their message is a beacon of light in today’s world of extremism and terrorism”, he said.

Noting the leading role played by women in the Brahma Kumaris, Mrs. Raveena Tandon said that it was an institution full of maternal love and care. “We sometimes worry about what kind of world our children will live in, but there are still organizations such as the Brahma Kumaris that are spreading love in the world, and this gives us hope”, she said.

A highlight of the proceedings was the felicitation of several prominent media figures for

their services to society. They included Mr. Gulab Kothari, Editor-in-Chief, Rajasthan Patrika; Mr Deepak Chaurasia, Editor-in-Chief, India News; Mr. Sudhir Chaudhary, Editor-in-Chief, Zee Media Group; and Mr. Sanjay Kulshreshtha, Editor-in-Chief, News Nation.

Mr. K Vaidhyanathan, Chief Editor, Dinamani; Mr. Reghu Ramachandran, Channel Head, Asianet; and Mr. R Bhagwan Singh, Executive Editor, Deccan Chronicle, were also felicitated.

SOCIAL CHANGE MUST BE BASED ON SPIRITUALITY AND VALUES: GUJARAT GOVERNOR

Positive social change can be brought about only by a movement based on values and spiritual principles, and the Brahma Kumaris are working for this, Gujarat Governor, Hon’ble O. P. Kohli said.

Addressing thousands of dignitaries who have gathered at the Shantivan campus of the institution



for its 80th anniversary celebrations, Kohli said that many current social problems were the result of society turning away from spirituality towards a materialistic ethos.

“After we gained independence, there was no strong movement for social and cultural development, and, as a result, we see many

flaws in society”, Kohli said, adding that selfishness and lack of harmony were among the problems.

Spirituality and universality were the two special features of Indian culture, he said, adding that there was need for a movement for social change, which would come from change in individuals, for which a belief in a Supreme Power was needed.

Asserting that moral values were based on spirituality, he called for a positive and value-based perspective to bring about change in youth.

Brahma Kumaris, he noted, were working to change people from within and give their life the right direction. He lauded the institution’s work in the areas of women’s empowerment and ecological conservation, and its role in the *Swachh Bharat Abhiyan*.

Earlier, Shree V. K. Saraswat, former Director General of DRDO, said that man was the link between the material and the natural world, and elevating human consciousness was necessary to create harmony between the two.

H.H. Bhikku Sanghsena, Founder of Mahabodhi International Meditation Centre, Ladakh, said that Brahma Kumaris provided great inspiration for women’s empowerment. “Somehow it is believed that women can’t do as well as men, which is absolutely wrong.” He sought collaboration with such like-minded organisations for making the world a better place.

**“SCIENCE AND SPIRITUALITY
MUST GO HAND IN HAND”:**

KALRAJ MISHRA

Holistic progress can come about only when material and spiritual development go hand in hand, Shree Kalraj Mishra, Union Minister for Micro, Small and Medium Enterprises, said while addressing dignitaries who had gathered here to

mark the Brahma Kumaris’ 80th anniversary.

He said that with the powerful spiritual leadership of 101-year-old Dadi Janki, the organisation was capable of showing the right direction to the country and the world.

On the second day of the five-day celebrations,



a host of prominent speakers lauded the Brahma Kumaris for setting an example of women’s empowerment and said that its message of peace was much needed in the world today.

Mr. Lalit Kumar, an outstanding scientist of DRDO, said that though scientific advances had made technology more accessible, people were becoming addicted to gadgets, so moral education was essential in the current times.

He also said that while science was proven through logic, spirituality could only be felt by personal experience, and congratulated the Brahma Kumaris on running their management smoothly with the help of self-motivated volunteers.

Veteran journalist Mr. Rajiv Ranjan Nag said that the fourth pillar of democracy was seeing a downfall in values as media groups were now becoming handmaids of business houses. He also said that the Brahma Kumaris was the only organisation of its kind in the world run by women on such a large scale, and added that society needed the *mantra* of *Om Shanti* more than ever before because it was under extreme stress.

Mr. Mahadev Jankar, Minister for Animal Husbandry, Dairy Development and Fishery Development, Maharashtra, said that the knowledge given at the Brahma Kumaris could bring about great transformation, and suggested that the organisation should also look into the field of animal welfare.

Dr. M H Ghazali, Editor, United News Network, said that India was the only country that could become a world *guru* because it had always given the message of peace. He urged the BKs to take the initiative to make value education a part of school curricula and also conduct an awareness campaign in rural areas about the role of right nutrition in good health.

Prof. Radhamadhab Dash, Vice-Chancellor of Jagannath Sanskrit Vishvavidyalaya in Puri, Odisha, said that the *mantra* of *Om Shanti* was meant to bring back peace into the world.

Earlier in the day, H.H. Swami Chidanand Swami Saraswati, president of Parmarath Niketan Ashram, said the Brahma Kumaris had shown how the world could be one family. "Chaos does not happen outside; it happens inside of us," he said, asking everyone to participate in building a culture of trust.

BK. Karuna, Head of Multimedia at the Brahma Kumaris, apprised every one of the latest media collaborations of the organisation. He said Tata Sky had launched a channel to show the daily activities of Brahma Kumaris centres.

B.K. Marcelo Bulk, Director of the Brahma Kumaris centres in Colombia, said that in the fast paced urban culture, where the only certainty was uncertainty, the loss of one's real, spiritual identity was a big crisis. This is where India, with its rich tradition and spiritual heritage, was making a difference by bringing peace and meaning to life. Referring to the decades of war in Colombia, he said: "Peace is not something that you can get by signing a treaty, but through deep reflection."

G.V.S.R. Anjaneyulu, MLA and Chairman of Shivshakthi Group, Hyderabad, said that practising Rajyoga meditation as taught at the Brahma Kumaris had given him a great deal of internal satisfaction. He also said that knowledge of peace and happiness could not be received from top universities, but from spiritual organisations like the BK.

Asserting that spirituality had answers to current challenges, Dr. G. Vivekanand, Advisor, Telangana Government, proposed that the Brahma Kumaris should work to spread their knowledge in the rural areas of his state.

Applauding the selfless service of the Brahma Kumaris, Acharya Dr. Lokesh Muni, social reformer and writer, said that the organisation was working tirelessly for creating a new society.

Ms. Anuradha Prasad, Editor-in-Chief, News 24, congratulated the organisation for demonstrating the values of purity and simplicity. She urged the BKs to help in converting Rajniti (politics) into Rashtraniti (inclusive governance).

Mr. R.C. Raina, CEO, Navgraha TV, said that the Brahma Kumaris had taken woman power forward. He said that to bring about social transformation, the country's education system, politics, and structure of family, religion and spirituality needed to be revamped.

Giving her inspirations, Dadi Ratan Mohini, Joint Chief of the Brahma Kumaris, said that spirituality should be manifest in our speech and conduct. "I may consider myself good, but what do others feel from my words and behavior?" she asked.

Prof. Ramesh Mittal, Chancellor, Medi-Caps University, Indore, said that the Brahma Kumaris were upholding moral values which, were vanishing fast from society. He requested the institution to seek the government's help and start courses in educational institutions to impart moral education.

Mr. Anurag Batra, Chairman and Editor-in-

Chief, Business World, said that the Brahma Kumaris had done more for others than any other institution in the country. At a time when people were more interested in physical fitness, he said, mental disorders were on the rise, and the teachings of the Brahma Kumaris is helping to build one's mental muscle.

Mr. Sankar Laskar, Chief Editor of Asomiya Khabar, published from Guwahati, said that after having visited the Brahma Kumaris campus, he believed he would be able to change his perspective from a material to a spiritual one.

Kanak Sen Deka, Chief Editor of Dainik Agradoot, published from Guwahati, appreciated the work being done by the Brahma Kumaris and drew a parallel between their teachings and the teachings of Mahatma Gandhi and Srimanta Sankardev, the 15th Century saint and social reformer from Assam.

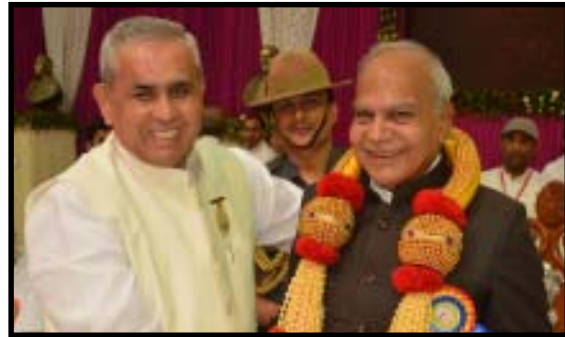
Mr. Atul Agarwal, Editor-in-Chief of Hindi Khabar, said he had received soul energy in the Brahma Kumaris campus and wondered how everyone here remained happy and every moment seemed to be festive.

Ms. Shivani Aggarwal, Channel Head of Pragya TV, said her life had been changed by her association with the Brahma Kumaris, and emphasised on the need to see events and news in a detached manner, without their affecting one's life.

Mr. Bishabhar Newar, Chief Editor, Chhapte Chhapte, Kolkata, said that with science at its peak, we may know what is happening across the world but we are moving away from each other and do not know what is happening in our neighbourhood. Without spiritual power, science cannot solve our problems, he said.

The highlight of the morning session was a 'royal' felicitation of senior members who have played a pivotal role in the Brahma Kumaris' services for several decades.

THE BRAHMA KUMARIS IS STRENGTHENING ROOTS OF INDIAN CULTURE: ASSAM GOVERNOR



“The country is being divided on the lines of caste and religion, but these divisions are not a part of our culture, and they should be removed”, Assam Governor Banwarilal Purohit said here.

Speaking during the 80th anniversary celebrations of the Brahma Kumaris, Purohit said that Indian civilisation had survived because it was based on *dharma*, and the Brahma Kumaris were keeping the roots of *dharma* healthy and strong.

“There is no institution as pure and great as the Brahma Kumaris in this country”, the Assam Governor declared, adding that he had been “mesmerised” by his visit to the institution's Shantivan campus.

Recalling the ‘seven social sins’ mentioned by Mahatma Gandhi, he said he saw total sacrifice in the Brahma Kumaris. “You are doing God's work”, he said, and urged people to connect with the organisation.

Seeing the use of solar energy by the Brahma Kumaris, including a solar steam cooking system used to prepare meals for up to 40,000 people, had been an eye-opener for him, the governor said.

Applauding the work of the Brahma Kumaris, Mr. Kavinder Gupta, Speaker of the Jammu and Kashmir Legislative Assembly, said that

development needed to be holistic.

Prof. Prafulla Kumar Mishra, the Vice Chancellor of North-Odisha University, Baripada, Mayurbhanj, Odisha, India, conferred on Dadi Hridaya Mohini, the Additional Chief of Brahma Kumaris, the degree of Doctor of Literature (Honoris Causa) for her contributions towards spreading the message of values, spirituality and social service in her unique role as a messenger of the Incorporeal God.

While conferring the degree Prof. Mishra said praising highly the noble contributions of Dadi Hridaya Mohini: "It is a matter of glory for the University to confer the degree on her. I personally feel great and glorious in conferring this here on this grand celebration of 80th Anniversary Celebration of the Brahma Kumaris Organization, which is engaged whole-heartedly in its exemplary work of spreading the message of love, universal brotherhood, values, spirituality and world peace."

In addition, several journalists were felicitated for their services to society. They included senior journalist Bhavya Srivastava, K. Jaya Prasad, Chairman and MD, Metro TV and Mega TV, Sreeraj Menon, Director, Sakhi TV, Thiruvananthapuram, Santosh Bhartiya, Editor-in-Chief, ChauthiDuniya, Ajay Dave, Group Editor, S Live Channel, P P Wangchuk, Editor-at-Large, The Hindustan Times.

Several dignitaries from Nepal also attended event. Speaking on their behalf, Justice Mohan Bahadur Karki, Chief Justice, High Court, Nepal, said: "When there is no peace, life is meaningless, even if one has all the wealth in the world." He also added that the wandering of the human mind was a big problem of our times and one could learn the art of training it through Rajyoga meditation.

Mr. Markandeya Adhikari, Vice-Chairman and Managing Director, SAB Group, said that in the

present time of insecurity and instability, the Brahma Kumaris was doing great service through its centres round the world. He urged media houses to highlight its work, noting that TV channels are inundated with negative images.

Mr. Kailash Adhikari, Director, Governance Now, said that in the fast-paced modern life, people were missing the experience of happiness, peace, and contentment, which reside in one's heart.

Mr. Shailesh Kumar, Group Editor, PTC News, said that in a world where even religious places had been commercialised, and where extremism and war were pushing humanity to the edge, the Brahma Kumaris is a beacon of hope. He applauded the organisation for taking up the cause of peace.

Dr. Archika, MD, Disha TV, said that peace was a pre-requisite to progress; it begins from the self and spreads to the world. "Peace is gained when we organise and manage our life, especially when there are challenges, and fill ourselves with gratitude and forgiveness", she said.

Justice V. Eswaraiah, former Chairperson, National Commission for Backward Classes, said that behind the expanse of the services of the Brahma Kumaris was knowledge given by the Almighty Himself. It was a thing to be experienced personally, he said. BK Amirchand, Vice-Chairperson, Brahma Kumaris' Social Service Wing, said what was drawing more and more people to the organisation and its teachings was its core value of purity.

Congratulating Brahma Kumaris on putting on a grand show for the 80th anniversary, Kondal Rao, Chairman of Lamco Group of Industries, Hyderabad, said the organisation was now winning praise for its work everywhere.

Mr. P.P. Wangchuk, Editor-at-Large at Hindustan Times, New Delhi, said: "The atmosphere here is filled with peace and love.

All of us will be returning home happier and more satisfied.”

Rajyogini BK Godavri, Sub-zone Incharge, Mulund, Mumbai, said that people often asked her to share with them her secret to happiness. “Learning spiritual knowledge changed my life,” she answered.

**“THE BRAHMA KUMARIS IS FOR
PEOPLE OF ALL FAITHS”:
B.D. PRADHAN**



“The Brahma Kumaris is empowering people to lead a life of peace, and it will soon turn into a socio-spiritual revolution” Deep Kumar Upadhyay, Ambassador of Nepal to India, said here.

Bhimsen Das Pradhan, an MP from Nepal, said that Brahma Kumaris was not a religion but ‘a secular fold’ that included people of all faiths, and it was giving light to the whole world. “Had it been a religion, it would have been fragmented by now,” he said.

Recalling his experiences of serving the nation abroad, former Indian diplomat, Shree Ashok Kumar Attri said, “In whichever country we work, we try to present India in good light. Brahma Kumaris are the real and true ambassadors of our country because they represent our culture.”

He was impressed by the smooth management at the Brahma Kumaris campus. “Nobody is being told anything here; everything seems to be going on effortlessly,” he said.

Mr. Wajood Sajid, Editor-in-Chief, VNI, said that the Muslim greeting ‘*assalam alekum*’ was the translated version of ‘*Om Shanti*’ and vice versa. He said that the founder of the Brahma Kumaris did a great job by handing over its administration to women because the universe is beautiful because of mothers and sisters.

Mr. Nawab Jafar Mir Abdullah, President, Imamia Educational Trust, said that the foundational pillars of Islam and the Brahma Kumaris were the same; both believed in the oneness of God.

Mr. Rajiv Nishaana, Group Editor, Samachar Varta, urged the Brahma Kumaris to initiate and organize more workshops for journalists so that they could experience peace of mind, as it was a rarity in the profession.

Senior Rajyogi B.K. Surya said that if India combined its political and spiritual powers, it could become a lighthouse for the rest of the world. “We are citizens of a great country. Let us take it back to its original glory,” he said.

B.K. Shukla, National Coordinator, B.K. Security Services Wing, said that the three things are essential to bring about a change in the self are knowledge, will power and the art of transformation. Faith in the self and in God formed the foundation of a good life.

Dr. Savita, Coordinator, Women’s Wing, RERF, said that spirituality gave us a mirror in which we could see ourselves and our shortcomings, and Rajyoga meditation was the means to change one’s thinking.

The conference-cum-festival ended with a grand success giving the message of values, spirituality and world transformation.

GOOD PEOPLE MUST JOIN PUBLIC SERVICE TO CHANGE INDIA: MRS. KIRAN BEDI



The Lieutenant Governor of Puducherry, Mrs. Kiran Bedi, called the youth with values and character to join public service in order to bring about positive change in the country.

Speaking during the valedictory session of the Brahma Kumaris' 80th anniversary celebrations, she put forth three suggestions to promote social transformation and to improve the lot of the elderly and the terminally ill.

She said that instead of putting pressure on children to succeed in a particular profession, parents need to teach them human values. Once children acquired such values, they were bound to become good engineers, doctors or politicians, she said.

"This is why the Prime Minister is promoting yoga", she said, adding that the Puducherry government had decided to make yoga an integral part of school education in the union territory.

She then said that the country would change only when government officials, who influence and implement policies, changed. She suggested that the Brahma Kumaris should help to provide coaching to youth associated with the institution so that they could join public administration.

"When these youth join public services, they will bring their values with them. . . . Public service must not become a business; a public servant should have the spirit of service", she said.

She also suggested that the Brahma Kumaris should help to provide palliative care to the elderly and the terminally ill, as there was a severe shortage of such care in the country. "No one can give better palliative care than our Brahma Kumari sisters. . . . It needs no money, only compassion", she said.

Earlier, Dr. A.K. Merchant, National Trustee and Secretary General, Lotus Temple and Bahai Community of India, said there was need to reflect on the five macro-level challenges faced by humanity, including climate change, financial upheavals, proliferation of nuclear weapons, human rights violations, and mismanagement of critical natural resources. All current problems, he said, must be resolved with a combination of science and spirituality.

Apprising the audience of the India One Solar Thermal Power Project in Abu Road, its Project Head, B.K. Golo Pilz, said that an initiative that started 25 years ago was now a source of energy at the Brahma Kumaris' Shantivan campus.

He said that he had benefitted a great deal from his connection with the organisation, and firmly believed that the way to resolving global issues like climate change was to transform human consciousness because the physical world is the manifestation of the inner world.

DECLARE MOUNT ABU 'A GLOBAL SPIRITUAL CITY: SANTOSH BHARTIYA

Union Minister of State for Social Justice and Empowerment Ramdas Bandu Athawale has assured government support for a suggestion to make Mount Abu in Rajasthan a world spiritual city.

Speaking during the valedictory session of the Brahma Kumaris' 80th anniversary celebrations, he applauded the organisation for its noble work

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THE INCORPOREAL BABA IS TRANSFORMING THE SOULS NOW



– Rajyogini Dadi Janki,
Chief of Brahma Kumaris, Shantivan



Nowhere in the world during the whole cycle of Time, will you find people as happy as we BKs are. Now, we realise the value of what Shiv Baba is teaching and giving us. In the evenings especially, we get the answers and feelings of ‘who am I’ and ‘who is mine?’. Do we ever get upset? No, we are those who remain stable, healthy and happy in the mind. When the mind is healthy, the body also follows to become healthy. We can stay ever happy and healthy by imbibing the wealth of knowledge. No matter what happens in the world; in fact, even at the time of destruction, if we stay in His remembrance, we will, undoubtedly, remain very happy.

From the day *Sakar* Baba had the vision of destruction, he knew that it would take place but, now, everyone is wondering when it will happen. God knows everything. Baba says that the establishment of Heaven is His unique role in the drama. It is Baba’s part to create the new

world. It is also Baba’s part to adopt the children who will go to Heaven. We are the children of the Supreme Soul. We all Brahma Kumaris and Kumars here are all brothers and sisters. We are all souls.

Our soul-conscious stage needs to be such that those, who are body-conscious, also start understanding that they are also souls. In the kingdom of Lakshmi and Narayan, there is so much royalty that the thought – ‘this is mine’ – never arises in the mind. Take care that you don’t have such kind of arrogance as: I am this one. I have *my* own shop; *my* own house, etc. Whenever you listen to the *Murli*, experience the newness. Whatever Baba says, happens practically. Baba says: “Wherever you live, take the 7 day course and study the *Murli* every day. Make *Amrit Vela* powerful every day; prepare and also serve food in Baba’s remembrance.” When the History Hall and Pandav Bhawan were being built, we were eating there. We sat in four

lines and Baba was observing the faces of those serving the food and of those eating also. He was telling us that nothing should be left on the plate.

We have received a lot of love and affection from Baba. We receive love, because we are Baba’s beloved, long-lost and now-found children. Baba’s love attracts us and we automatically go beyond body-consciousness. There is magic in the *Murli*; it transforms our lives. Baba says that the intellect is locked by *Maya* and only He has the power to open it. We are the *gopas* and *gopis* who have a lot of love for Baba. What is soul? What is body? The soul is imperishable the body is made up of the five elements. The soul has the three subtle faculties of mind, intellect and *sanskar*. The mind – the thinking faculty – has come under the influence of sense organs. The intellect – the judging faculty – has the ability to change everything, and all our

actions are recorded in the form of *sanskar*, the recording faculty. Baba explains this to us. Baba, who is Incorporeal, is very sweetly transforming us now from corporeal to incorporeal, from vicious to viceless and from egotistic to egoless. First, we receive love and affection and, then, we develop a faithful intellect to connect with the Father.

This is the only time in the whole cycle when we make effort to die whilst alive - and there is much happiness in this dying from the old and vicious *sanskars*. Even if we die now, there is no sorrow, as we realise that we are just shedding our outer body. Mamma was never subservient to anything. If we spread negative vibrations, the soul will be sorrowful as it moves on. At the Confluence Age, Baba says: “You are Brahmin souls; so, with a faithful intellect conquer *Maya* and be the destroyers of attachment. Have love, affection and mutual understanding; and maintain the aim of attaining perfection”. We get together every day to bring changes in ourselves. We have to change our *drishti* and attitude. Let us maintain the fortune of the treasures received from Baba and have a big heart to distribute these to others. Leave the sense of the limited. Baba is unlimited; He gives us the unlimited kingdom. Dadi always feels great when Baba says, “You are Godly students. Do you consider yourself to be Godly students?” Elevate your intellect as God is Truth and the colour of His Company will definitely colour us. Whatever He speaks is truth and His teachings make our intellect peaceful and pure.

By doing service to humanity we become kings. By accumulating service with empty hands, we develop the intoxication of where we are now and where we are moving to. It is through Rajyoga education that Baba has given us the fortune to become the king of kings. The picture of the three

worlds should be brought to the notice of all souls, as we have to move to *Paramdham* – the Supreme Abode of Peace. As instruments, we are playing our parts here. So, with love, affection and a faithful intellect, we come into the rosary of victory. Whatever Baba wants, He will get it done and we just have to be His ever ready instruments. ❖

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in several fields, including women’s empowerment and environment, and said no



Bro. Ramdas Bandu Athawale ji

progress was possible without peace.

Earlier, addressing the dignitaries Mr. Santosh Bhartiya, Editor-in-Chief of Chauthi Duniya, read the proposal to declare Mount Abu, an abode of holy men for centuries, a Global Spiritual City.

B.K. Mruthyunjay, Executive Secretary of the Brahma Kumaris, said that there were many religious cities in the world, but there was no city of spirituality on the international map. He said that the organisation would make all efforts to make India a spiritual “lighthouse and might-house” for the world.

B.K. Nirwair expressed his utmost pleasure for the suggested proposal to showcase Mt. Abu as the “the Global Spiritual City” and assured all necessary help and collaboration in this regard. ❖

THE MYSTERIOUS ENIGMA OF LIFE AND DEATH



– B.K. Sujoy, Durgapur (W.B.)

“Every man’s life ends the same way. It is only the details of how he lived and how he died that distinguishes one from another.”- Ernest Hemingway.

The opposite of life is death. What is death? We can easily answer it as ‘the cessation of life’ though it is not so easy to answer what life is. And how does one describe the term ‘cessation’? The teachings of the Supreme Father God Shiva help us to ponder over this issue. Baba tells that all of us will pass away eventually as part of the natural process of *karmic* account between body and soul. Therefore, he advises us to always remember the fact of the impermanence of life.

Death is not the end of life; it is merely the end of the physical body in which we, souls, inhabit in this life. Our fear of death comes from the fear of ceasing to exist and losing our identity and existence in the physical world we are familiar with. Death of the body may be a great shock to the soul, especially if there is some attachment with the body, and

the thought of new set of circumstances in the new body may seem quite bewildering. As the body and brain are not quite developed in early childhood, the soul cannot express the thoughts appearing in its mind or memory; so, it only laughs and cries when it wishes to express itself. By the time the organs of body are developed, the soul forgets everything and becomes accustomed to the new conditions of life and new parents and relatives. The predominant *sanskars* developed during the past lives soon begin to manifest themselves with new details.

Actually, death occurs when the body becomes unserviceable due to old age or disease, or when it suffers a fatal injury, as a result of which the soul leaves the body which sheltered it. Now, the question arises: when will my body be unserviceable? or when shall I encounter a fatal injury? The most possible answer may

be that it is the result of one’s setting of *karmic* accounts with other souls. At the moment of death, the soul withdraws its energy from the organs of the body and vacates its seat in the middle of the forehead. Like a bird, it leaves the cage of body made of skins, bloods and bones; and taking its accumulated *sanskars*, it, then, enters into a foetus in the womb of the new mother, which develops into a new body. From the very birth, the past *sanskars* of a soul are apparent; as we see the “new born” in the state of its being happy, sad, shy, mischievous, quiet, violent or agitated.

The Bhagwad Gita presents this eternal truth in a different manner as it states, “There is no death as such because nothing dies, only the form changes. Life is a continuum.” This indicates that death happens many times in the long journey of a continuous life. Death is merely incidental and it is something that happens in between during the long continuum of life.

Time is understood to be moving in eternal cycles that go on repeating for ever. It is but natural for the souls to go through these time cycles. We, the souls, begin our life upon earth with an era of complete peace and happiness, called the Golden Age; and, then go

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PRACTISE SOUL-CONSCIOUSNESS FOR STRESS-FREE LIVING

–B. K. Surendran, Bengaluru

The world, now, is reeling under multifarious types of stress. From children to elders all are suffering from stress. Due to stress many people are afflicted with various types of diseases. All the diseases, in general, are the consequence of stress. Similarly, diabetes is a silent killer, which is spreading like wild fire in the world.

The turbulence and turmoil in the world are the result of body-consciousness. When one is body-conscious, he is infected with vices such as sex lust, anger, greed, attachment, ego and their various manifestations. When these vices are manifested in people through their thoughts, actions, interactions and relationships, they create havoc in the lives of people and its consequences are clearly seen in the world. These evils are the vices, which are responsible for most of the stress in the people of the world.

But, it is unfortunate that many of us do not identify these

vices as our enemies. If these vices were natural, people would have liked them and accepted all kinds of violence triggering from these vices as natural. All types of discrimination particularly subjugation, inferiority and superiority complexes are the result of rampant body-consciousness. Relationships are breaking up and the institution of family is disintegrating. Family life is a bigger casualty due to stress. The root cause of stress is body-consciousness.

Soul-Consciousness

We seem to have forgotten our true spiritual identity. We are all spiritual beings inhabiting in physical bodies in this world. We deal with people looking at their bodies and discriminating them as white, black, tall, short, and so on. We forget that the outer body is the apparel or the mask. The soul manifests its presence through the mask of the body. But people get attracted to the mask, getting trapped in the body-consciousness. If we are always in the awareness that I

am a soul, manifesting through the body, I can be a master of my sense organs, mind and intellect. Then, I, the soul, can regulate and control my feelings and emotions. I can always be in my real 'I' sense.

Body-consciousness pollutes our mind and intellect. As a result, our relationships become selfish, as these are based on some self-interests and expectations. Soul-consciousness, on the contrary, gives us spiritual energy to enjoy life and maintain balance in life. It gives us an opportunity to become aware of our essential qualities of wisdom, purity, peace, love, happiness, bliss and power. We can engage in active life by stabilizing on the platform of these seven wonderful qualities of the self. Soul-consciousness helps us to have positive thoughts, attitudes and do positive actions. It gives us extra strength to put a full stop to past events and also those events, which are of no use to us.

It helps us to become egoless, humble and simple. It also helps us to inculcate and maintain purity in life and to look at everyone with a pure outlook. Our interactions with others become selfless without any attachment while we give happiness to others. Basically, it helps us to practise meditation

in a natural way. It helps us to maintain self-respect and self-dignity while we give respect to others. It helps us to handle stressful situations with ease and peace.

When we interact with people duly understanding that we are dealing with souls, it gives us utmost satisfaction. Accordingly, our relationship and dealings become smooth and sincere, free from any kind of stress. Soul-consciousness itself gives us inner strength and silence; it makes our words sweet, soft and brief. We can withdraw our attention from others' bodies and also the world of sound and fury while being very much in the world. We can always be stabilized in soul-consciousness and travel to the world of silence. Our early morning meditation is very powerful and natural and we enjoy meditation with super-sensuous joy. It gives us extra strength to handle any kind of adverse situations and problematic people successfully. We can focus our attention on ourselves to make corrections from time to time and avoid any kind of sinful thoughts, words and deeds.

We all know that we all are actors playing our respective roles on the stage of the world. We can maintain an attitude of witness and enjoy the part played by every soul as it unfolds. This makes easier for us to connect with God at any moment, anywhere and everywhere. Thus, we become constant yogis. This gives us a natural ability to be away from the attractions of *Karma Indriyan* – organs of actions and also sense organs. If we want to enjoy solitude and introversion, it is necessary for us to be soul-conscious. We can be self sovereign and rule over our mind and intellect and *sanskars* and also the five sense organs. We become fearless under all circumstances. Most of the mental and bodily diseases can be cured by the practice of soul-consciousness. It also gives us a chance to attain our *Karmateet* stage in a natural way. So, let us practise soul-consciousness for stress-free living. ❖

OVERCOMING THE FEAR OF INTERACTING OR SOCIALIZING

There are various activities that you are perhaps afraid of doing, but you know that they are very useful activities to indulge in, e.g., the act of socializing or interacting with people, either on a one-to-one basis or in a group. In a party or a situation where lots are people are enjoying the company of each other or in a meeting with your boss you feel out of place and uncomfortable. *The problem might lie in a negative image of the self or low self-esteem, lack of confidence, fear of the other's opinion about you, lack of spiritual strength, past failure in having done so, being influenced by the other person's role or position etc.* How do you overcome this fear? By interacting with more and more people. The more you interact and mix up with them and express your viewpoint fearlessly, you realize that it is not a problem. Even if you make a mistake or you feel unsure, with practice you will see that there is no problem.

Most of our fears are overcome with the practice of doing what we are afraid of. If you do not take a brave step forward in order to overcome the fear of expressing yourself, you will continue to be the victim of this fear. This fear is then a negative energy that paralyses your intellect as a result of which your concentration and your decision-making power reduces. It also disorganizes your ideas and confuses you whenever you express yourself in front of a person. More over fear produces clumsiness in your words, body movements and actions and makes you lose your image of credibility. It gives an impression of nervousness and low self-respect to the other. You have to overcome it, and you will manage to do it with practice and by changing the vision that you have of others: they are not a threat, they are not judges who are going to pass a judgment against you, they are offering you the opportunity to express yourself. *If you value yourself, you will not be afraid of not being appreciated by them and others will finally appreciate you.* If you do not value yourself, the opposite will happen. ❖

RAJYOGA: THE ONLY WAY TO TRANSFORM BHARAT INTO THE WONDERLAND OF DEITIES



—B.K. Subramanian, Avadi, Chennai

We humans beings, the highest creation among all other living beings, can view, observe, learn and apprehend that all types of studies, novelties and subjects like science, technology, medicine, arts and crafts including spirituality are on a progressive move towards a point of destination which may, otherwise, be called *perfection*. Hitherto, none except the subtle Brahma Baba has attained that stage of perfection or excellence in Godly studies. All scholars in the mundane world are only practitioners in their respective fields of worldly studies. No research scholar knows where the point of culmination exists, i.e., *perfection, completeness or comprehensiveness*. On the other hand, Rajyoga research, the spiritual study or the noble versions uttered by God Father Shiva are completely distinct from the contents and methods of teachings and preachings adopted by religious heads or leaders of different faiths and followers over the entire globe. But, the Rajyogis are aware of

their ultimate stage as they have a clear, vivid and comprehensive idea about their goals, targets, aims and objectives and how to achieve them by regular practice of Rajyoga meditation. The predominating aim of the Rajyogi is to become completely viceless, devoid of any type of flaw or bad quality, and to release themselves from the bondages of lust, anger, greed, arrogance, jealousy, attachment, etc., which are harmful to the self as well as to humanity as a whole. At the same time, they make constant endeavours to achieve their ultimate goal and ambition, i.e., to become like Sri Lakshmi and Sri Narayan by inculcating all sterling divine qualities, Godly attributes, powers, divine knowledge, etc. Thus, they are very clear in their aims and objectives where both ends meet, i.e., annihilation of viciousness and acquisition of virtuousness in the self.

In *Kaliyuga*, all human attempts and efforts towards knowing the truth about the soul, God and the World Drama (i.e., the cycle of birth death and

rebirth), had failed due to utter ignorance and misapprehension of the true spiritual knowledge.

But, the most thrilling fact and incredible secret divulged by God Father Shiva through the lotus mouth of Prajapita Brahma, the human medium (Chariot) of Incorporeal God, the Supreme Divine, is that Bharat had been reigned over by deities (elevated human beings) for a period of two and half millennium during the Golden Age of Satyuga and *Tretayuga* which is called the wonderland of deities and also known as Paradise or Heaven. During those two eras, the deities enjoyed and experienced a heavenly life for 21 births in the same ancient land of Bharat. There was infinite bliss and the deities enjoyed the most wealthy, healthy, happy and holy life and time in each era.

When the deities fell down from the top of the ladder of purity, they birth after birth touched the last step at the closure of *Tretayuga*, and the Crown of Purity they were

adorned with faded and finally disappeared. At this point of time, a new era, i.e., *Dwaparyuga* came into existence. During this era, the earlier pure, sovereign and potential lifestyle of the deities changed into impure lifestyle in which vices such as sex lust, anger, greed, ego, attachment, etc. crept into the souls of human beings the evil impact of which continued for over a period of 2500 years both in *Dwapar Yuga* and *Kaliyuga*. The elevated human beings (deities), who were once worship-worthy by nature, turned to worshippers as common ordinary human beings. Their virtuous characters turned to be vicious characters that paved the way for unprecedented sorrows, sufferings, anguish, disquiet, poverty and paucity, etc. in their life.

There are two epical poems in the English literature written by John Milton, who describes in his *The Paradise Lost* and *The Paradise Regained* how man lost and regained his Paradise that was offered to him by God. In fact, it is the inhabitants of Bharat (*Bharatvasis*) who lost their Paradise that existed in *Satyuga* and *Tretayuga*. The same, old *Bharatvasis*, who originally belonged to *Adi Sanatan* Deity Religion, are destined to regain their original land of pure Bharat, called Heaven.

Rajyoga meditation is the only effective method and righteous way that can transform ordinary and impure human beings into extraordinary and pure deities. Such divine act is now being performed by God Father Shiva Himself in a subtle manner, who imparts spiritual knowledge and training of Rajyoga practice to the human souls, His prodigal spiritual children, in order to rejuvenate them again. This is how the Paradise that was lost is being regained now. ❖

POWER OF POSITIVE THOUGHT

– B.K. Usha, Kampli (Karnataka)

**Apply “3 P” rule to your thoughts:
Make them PURE, POSITIVE and
POWERFUL.**

– Dadi Janki ji

Thoughts are the foundation of our actions; while actions decide our character. It is important to begin with a positive thought.

In order to have positive thoughts, we should be aware of ourselves and for that we need to question: who are we? What is our original nature? This self-realization helps us to connect with our original nature of PEACE. When we practise soul-consciousness, our positive qualities and powers become accessible and we learn to escape from the vicious cycle of negative thoughts, feelings, actions and *sanskars* that pull us down.

In Rajyoga meditation, we visualize the self as a tiny point of light, emanating rays of peace, love and purity and this brings out the innate goodness lying deep within. This opens up our keen understanding and perception and we begin to see things, situations and people with much more positivity.

WORLD HISTORY REPEATS ITSELF IN EVERY KALPA



– B.K. Rose Mary

There is something common between science and scriptures – both teach that entropy operates in the material world. Entropy is a measure of the disorder or randomness of a system. Simply put, things move from order to disorder during the passing of time. Take, for example, the room we live in; it needs a regular cleaning and regular maintenance; it simply doesn't stay neat on its own. So is the case with system of things on earth – it starts in virtue and ends in vices.

Scriptures say that human history had a perfect start with each one treating the other as a child of God. But, during the passage of time, this true and great view was contracted to false and limited me-and-my-family attitude; and this resulted in decline and deterioration of values. Such decline in values would finally reach a stage where humanity would find itself in great danger necessitating divine intervention to restore original

purity of earth and its inhabitants. Now, the questions are: At what frequency does such restoration take place? and why do we find different opinions about the duration of each cycle?

Scriptures in India say that each cycle of *Kalpa* – a period of 5,000 years – consists of four Ages – *Satyayuga* (Golden Age), *Tretayuga* (Silver Age), *Dwaparyuga* (Copper Age) and *Kaliyuga* (Iron Age). In the Golden and Silver Ages, no one wrote history or scriptures because occupants were righteous by nature! Besides, these people had the experience of living virtuously in a hostile environment, i.e., in the concluding phase of the *Kaliyuga*. Such ones do not need scriptural guidance to manifest virtues in the most favourable environment of the Golden and Silver Ages!

When people fell into egoism (me-first attitude), purity and perfection which they had been enjoying in their physical

bodies, minds and environment got lost; and cataclysmic changes marked the beginning of the Copper Age. Thus, it is in the Copper Age that scriptures and histories began to be written, which would naturally be done depending on various factors such as the knowledge of their previous births, the degree of their love of truth and the requirements of the time and circumstances of the writers, etc. This paves the way for truth and untruth to get mixed up as it happens in a dream. Suppose, you went to a shop in a commercial street in the evening, and, then, were having a dream of it later in the night. And in the dream, you correctly read the name board of the shop you visited. However, name boards of the nearby shop you see in your dream may not match with reality! This means that the mind simply recalled what it could and completed the picture with imaginary details. Not only in dream but also even in real life, mind acts in the same manner. For example, try to remember a big gathering you attended in the past, and your mind will supply both the truth and fabricated information – picture of some people around you in the gathering will be correct and others will be mind's own

creation. Something similar also happens when details are written depending on the past-life memories – some things will be true and some things will be of mind’s own creation! Hence, details about the previous switchover from the Iron Age to Golden Age would vary from culture to culture even though the essence would remain the same.

In different cultures around the world, we have about 175 flood myths. Myths are truths conveyed in story-setting. All of them say that the forces of Nature destroyed a morally deprived world, and a new world started thereafter with a few people. *The Bible* states that after the dissolution of the old world through the Deluge (a huge flood) the new world will start with 8 persons. In India, it is said that the wicked old world ended with the *Mahabharat* War in which weapons of mass-destruction were lavishly used with cataclysmic effects, and a new system of things started thereafter. Beneath all the details, both the Western and Eastern scriptures states this implied truth: An Old World Order that became extremely decadent was destroyed through some means, and a New World Order was brought

in. In other words, the World history repeats itself in every *Kalpa*.

The fact that the cycle of the world is becoming old and new, is hinted by Jesus in *The Bible* as follows:

1. According to *Septuagint Bible* [Greek version of the Old Testament that was in use at the time of Jesus], The ancient world ended and a new world started in the year in 3134 BC (<http://www.newadvent.org/cathen/04702a.htm> of *Catholic Encyclopedia*; 2 Peter 2:5; 3:5-7) Interestingly, this ancient Bible account of a global flood is common to three major religions – Jews, Christians and Muslims. The parallel secular history of Sumerian Kings that begins immediately after the Flood “suggests a Flood date close to 3000 BC.” In contrast, books that support theory of evolution may claim that history is linear and millions of years old which they state depending on the dating methods such as Carbon-14. But, carbon dating has its problem. Its results vary according to the objects that are made subject to it. It may show the shell of a living freshwater mussel to be aged over two thousand years, and coal, oil, and natural gas that

are supposed to be millions of years old may show as aged in the tens of thousands of years. Problems are many with this carbon dating method. One of the problems is that C-14 is forming today faster than it is decaying. And another problem is that earth’s magnetic field is decaying exponentially which would affect influx of cosmic rays, which, in turn, affect C-14 formation rates also. Willard Libby, who invented the C-14 dating method to determine the age of biological materials by measuring their Carbon-14 activity, found that this method has proven somewhat accurate back only in about 2000 BC, and wrote, “History extended back only to 5000 years.” (*Libby* 1958: 531) (<http://www.biblearchaeology.org/post/2005/12/A-Universal-Flood-3000-BC.aspx#Article>).

2. In India, it is taught that each *Kalpa* (a cycle of 5000 years) ends with *Mahabharat* War and a Golden Age will start thereafter. (*The Bhagavat Gita* 4:7) Aryabhata, the great mathematician and astronomer of India in the 5th century CE, examined the astronomical positions recorded in *The Mahabharat*, and wrote in his work, the *Aryabhattiya*, that

the approximate date for the previous *Mahabharat War* was to be 3100 BCE.

3. Inscription found in the Jain Temple at Aihole prepared by Chalukya King Pulakeshi says that the temple was constructed 3735 years after the *Mhabharat War*, and 556 years of the Saka Era. (Today, the Saka Era is 1939 while Christian Era is 2017). Hence, (1939 - 556 = 1383) 1383 years ago, the temple was constructed. 1383 years backward from the present year of 2017, we reach 634 AD which is the year of inscribing this. That means in 634 AD, 3735 years had already passed from the time of happening of the *Mhabharat War*. So, the date of the *Mahabharat War* dates back (3735 – 634) to 3101 BC. (<http://www.jainglory.com/research/meguti>; <http://www.kerurtown.gov.in/tourism>)

4. Dr. E. Vedavyas, who surveyed the researches on astronomical dating of *The Mahabharat War* done by 120 scholars over the past hundred years, says that 61 of them fixed the *Mahabharat War* to have occurred between 3000 and 3200 B.C. (*Astronomical Dating of the Mahabharat*

War, written by . Dr. E Vedavyas, Agam Kala Prakashan, Delhi)

Thus, all the above references clearly show that the previous *Kalpa* ended around 5000 years ago. Going for earlier date would not make sense; because population almost doubles about 50 years [the projected world population for the year 2026 is 8 Billion; it was 4 Billion in 1974, and 2 Billion in 1927, according to *United States Census Bureau*]. If we make a chart backward like 1 Billion in 1874, ½ Billion in 1827, we will very soon reach the number of population as just two in less than a few thousand years! People simply do not think of the implication of saying that human history is linear and millions of years old. Instead

of actual 50 years in which population doubles, try giving 500 years – even then present population would be reached in less than just 16,500 years!

Thus, all evidence points to the fact that the present *Kalpa* is very close to its expiry date (which is also confirmed by such major threats as climate change, sea-level rise, accelerated rate of species becoming extinct, increasing number of countries developing nuclear weapons, etc.). The great transformation will take place through the combined events of atomic wars, civil wars and natural calamities, following which the next cycle of 5000 years will start with the commencement of the Golden Age in its first phase. ❖

INTROVERSION

The ability to enjoy one's own company is one of the greatest gifts life has to offer. Learning to turn my thoughts away from all my responsibilities at the day's end and take my mind into a state of peace and benevolence enables me to carry greater and greater loads without feeling the burden. When my inner landscape is full of beautiful thoughts, everything I do is a pleasure. Then, gently I calm down the chaotic situations in life; and I am able to offer solace to the troubled minds.

THE JOURNEY OF SELF-DISCOVERY AND ATTAINMENT OF DIVINITY



—**B.K. C.M. Bindal**, Jaipur

When we talk about the soul, Supreme Soul, divinity, rebirth, *karma*, salvation, etc., we, generally, get confused and many questions crop up in mind such as: Why is worship necessary? Does the soul work as the manager of the body? Is the soul beyond gender identity?, etc. The answers are plenty but none is satisfying as one needs to be enriched with spiritual knowledge to understand the eternal truths of life. The concepts of life need not be analysed and understood only with a logical mind as the scientists use the knowledge of the Big Bang theory to say that the universe has a beginning, that everything started at some point of time, and that the world drama is not eternal. This is a good example of how the mind can only understand things like the existence of the universe with a beginning and an end. But, the truth is that it is eternal, and it has always been here in some form or the other without any

beginning and end.

The Journey of Self-discovery

Spirituality not only gives answers to the deeper secrets of life but also helps to live consciously with a meaning and purpose. One should understand that life is not about acquiring or deriving material benefits but about constant giving and sharing. There is always a question in the mind: Why should one always be good? The present life is seen as full of hatred and problems, and each one of us wants to be smart enough, competitive, manipulative and ambitious, and tries to get the benefits at the cost of others. But the awareness of real self brings one real understanding, peace and power. When we understand that ‘I am a soul and that each one is a soul’; then, we develop a spiritual vision and understand and empathise with others. The other secret is to understand God as our Supreme Spiritual Father, our Shiva Baba,

who has deep and enduring love for us. When we remember Him and hold Him in our awareness, we naturally put a full stop to the flood of wasteful and negative thoughts.

In the culmination of the journey of self-discovery, we are nothing but the selves with no ego, no pride and no self-centredness and selfishness. From this self-realization springs the fountain of selfless love for all. This journey is easy as well as an arduous one. It is an arduous task for those who are seeking their preconceived goals. But, when one keeps treading the spiritual path, the destination becomes clearer for the seeker to whom the heaven finally opens up. Take the journey within and you will find that it is much more of fun, more thrilling, exciting and mysterious than a story book or drama. The more you travel within, the more dark corners you encounter get enlightened and the more strengths you develop to surmount the psychological malaise of greed, envy, desire, ambition, anger, brutality, jealousy, arrogance, undue anxiety and sorrow. When you travel deeper within, there is a complete draining out of negativities, and a spontaneous freshness develops, which is qualitatively different, thereby bringing about a qualitative

change in action that brings care, affection, responsibility, sensitivity, love and compassion. This brings clearest consciousness and freedom from bondage, thereby leading to discovery of truth. The truth is moving, living, eternal and dynamic. This journey enables one to attain the divinity and stage of liberation, peace and bliss.

The Soul to Work as Manager

Sanity determines the normal working of mind. When it is so, each one learns to be joyful and light-hearted. The function of the body becomes easy and makes it healthy and strong. So, we tell the body to be so. Secondly, we tell the mind to be positive and creative and, thus, it pursues the learning. However, we limit our possibilities to planning in order to be disciplined in public life. But, planning is always subordinate to the nature. Thirdly, we tell the emotion to be compassionate and not to get into the affairs of others. As nature has a plan for everybody, no other person can think to plan somebody else's life. If we allow emotions to take over such impermissible aspect, we may be defeated and become depressed. So, if the soul works as the manager, it will ensure

that there is no inertia in body, mind and emotion. Generally, all philosophical books guide us to adopt the practice of yoga, meditation and such other practices for self-improvement and liberation in life. Some learn quickly, some may take time and some may advance to the learning stage. We always learn through experience and from philosophical masters about which things to be repeated and which things not to be repeated again and again. This is a task of human control and provides brakes in life. There can be no vehicle without brake and, if it is without brake, it becomes dangerous. The same is the case with the mind, body and emotion, if they are without brake. Remember, there are two important qualities of the soul to work as manager; one is faith in yourself and nature, secondly, the patience through which the results manifest. Now, how should you connect to the soul? Every morning, you greet the soul when you wake up, and keep connecting with the soul as you connect with any other person. Respect it with whole-heartedness and acknowledge its two qualities; then, it may definitely respond. Feel that the soul is the "manager" of your life. Then, you do not have to

go to The Himalayas to approach the soul.

Whether Ritual Worship is Necessary?

We, generally, take recourse to a lot of rituals while worshipping a deity and offer varied sets of worshipping materials on different religious occasions and festivals. The Hindus, Christians, Muslims and other religious people follow their respective ways of worship. If one wants to post a letter, he has to go to post office; if he/she wants to spend a few moments with God, he/she will have go to the designated place of God. And, in that sense, it is not bad on any score. If we think deeply and ask: "What does worship give us?" The answer is satisfaction. What does He (God) get out of our worship? Does He need our worship? He requires no validation of worship, praise and genuflection, which were and are the need of the earthly rulers. So, what might be the need of Him (God)? He is looking for a true devotee. All philosophical scholars have said, "Unless you feel love for God, it is all useless". Love alone surpasses the most arduous *sadhana*. How does one show one's love towards God? It cannot be possible by singing any type of song, *bhajan*, etc.

There must be Divine love which cannot be narrowed down. It is expansive and covers all creations, seeing the underlying unity of all, and such love is spontaneous and permanent. It engenders bliss and promotes peace and harmony. Thus, a devotee should have such credentials of universal love, which can be manifested with a spiritual vision and eye of wisdom. The underlying principle is that when you hurt any person, you are hurting the Divine Being; and this is the basic principle of all religions. Even if you worship, its value is to you and not to God. Its purpose is to cleanse you and bring forth the gems of universal love, the adornment of human life. As spoken by all saints, love knows no caste, colour, creed or nationality. "Love should be embracing the entire humanity and the world. Translating the thought of "Love all, serve all" into action is the real worship, which pleases God.

Soul is beyond Gender Identity

The "soul" or "*atma*" is neither a male, nor a female. It is beyond such gender identification. According to the accumulated *sanskaras*, one gets reborn in the body of a woman or man or of a human-

being having characteristics of both the sexes. The soul, which has the three faculties of mind, intellect and *sanskar* is called a "point-of-light" or "*bindu*" which resides in the middle of the forehead. Depending upon the nature of *sanskaras*, it has either "*samayojanishakti*" (power or tendency to attract) or "*vibhajanishakti*" (power or tendency to be attracted). When there is dominance of *samayojinishakti* in one's latent *sanskaras*, the disembodied soul attains the body of a woman. When there is dominance of *vibhajanishakti*, it attains a male body. Where there is an approximate balance between the two, the soul attains a body having characteristics of both the sexes. Such sexual differences hardly have any value. In fact, there is no sexual difference in *atma* (the soul). There is only psychological and glandular difference in bodies of man and woman, despite harmonious functioning of body and mind in both. Therefore, soul or *atma* is beyond the gender identity.

Every Moment to Be Spiritual

Everyone is so busy in life that he/she is not able to think of spirituality. Our mind is our own enemy. Gautam Buddha said,

"Your worst enemy cannot harm you so much as your own unguarded thoughts do". Now, the question arises: How to convert the mind from being an enemy to becoming a friend? One has to be strong and humble so that there can be no deviation from the path of spirituality. Even a small activity like eating or washing becomes an indispensable part of spiritual activity. While doing every activity every now and then, if every moment's work is dedicated to Him, anger and jealousy disappear, and peace prevails. All our unguarded thoughts would become automatically disciplined. When a person decided to dedicate his entire time to spirituality, he was given an office work. He wondered, "How will I perform the spiritual work!" So, he met his Master and asked him to explain the question: What is the difference between me and others? I am doing only the office work while others are doing the work of worship and, thus, they are engaged in spirituality." The Master replied that what one does every moment is not important, but what is important is that while doing any job, whether he is connected with the Eternity or not. If he is connected; this

enables him to get detached from the effect or bondage of activity he is doing. When we pursue something as a service, we are able to give our full effort without expecting any personal gain. When you carry with yourself the desire for gain or victory, there is always a chance of loss or defeat too. However, if you remain detached after you have done your task or made your point thoughtfully, you remain in freedom, peace and eternal joy. When you forget the sense of detachment, you may be in pain. So, work must be done not only with sincerity but also remembering the Eternity or remaining connected with it every moment.

Incorporeal God Father Shiva

We learn the true basic knowledge of spirituality only through the acquisition of spiritual qualities in life, thereby reaching to greater heights of peace, humanity and harmony. The nectar of spiritual knowledge alleviates sufferings. We receive this nectar of knowledge from the teachings of *Murli*, flowing straight from Incorporeal Shiv Baba through the mouth of Brahma Baba at the Brahma Kumaris. Acquisition of the whole *Rudra* knowledge (*Rudragyan*) is based on the pillars of purity, peace, humanity and perfection in divinity. The soul is present in each of us and it becomes elevated to *sattopradhan* from *tamopradhan* stage on the basis of our elevated actions. Each of us has a *karmic* account. Every person is benefited with the fruit or the result of his own action (*karma*). Only when we recall that we are soul (*atma*), which is the embodiment of seven qualities of knowledge, purity, bliss, love, peace, happiness and power, we come back to the truth. Resultantly, we do not feel that we are more important than others; rather we feel that we all are the spiritual brothers as the children of one and the same God. We have to kill our ego, pride, jealousy, anger, brutality, and all other negative thoughts and ill wills. We will, then, remain guided by the Universal and Cosmic Mind and driven by the dictates of *Rudragyan*. The *karma* is the chief factor in every one's life, which determines one's destiny and rebirth. The *Rudragyan* says, "True humility

is surrendering your mind and heart to God, but not your hands". By purifying our *karma* and having attained all dignified qualities, we can easily rise to the *sattopradhan* stage and become true Brahmins. ❖

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through the Silver Age, Copper Age, and finally Iron Age, which is the stage of complete corruption where we find ourselves at the present moment. This is the only transitional *Sangam* time at which we can create a meaningful life through the acquisition of spiritual knowledge, practice of *Rajyoga* meditation and inculcation of divine virtues. This contemplation creates such an awareness in us that we, the souls, should live our life happily and peacefully. It helps in empowering the souls to accept the natural ebb and flow of the state of human existence in the form of death (ebb) and life (flow). The further reality of such awareness is the non-existence of death. The soul is ever immortal; then, as a soul, how can I die? I can only enter or leave a body in 'birth' or 'death', respectively but my subtle form of spiritual light can never be extinguished at all. This is a matter of soul-consciousness. I, the soul, live in the mortal coil of the body, called *Jeeva*. The soul, called *Atma*, is eternal and fearless. So, the human being, who is called *Jeevatma*, should never fear death. ❖



THE VIRTUE OF CONTENTMENT



—*Dr. Brahma Kumar Yudhisthir,*
Ph.D., Shantivan, Associate Editor

In modern days of rank materialism (*Vastuvad*) and consumerism (*Upbhogvad*), most people are seen spending most of their time and life in accumulating wealth of various kinds like money, landed properties, flats, ornaments, metals like gold and silver, etc. There is a rat race among the people to achieve more and more of these things, but still they are not satisfied at all because they are caught up in a vicious circle: “The more they are satisfied, the more they are famished.” The hunger for these things, which is born out of the vices of body-consciousness and mad possessiveness, goes on increasing in them and famishing them more. Thus, the more they have, the more they want. The study of Economics says: “Human wants are unlimited. After one want is satisfied, the other one takes its place.” In this way, contentment, peace and happiness elude from the people who are possessive in nature and hungry for material wealth and are mad after consumption of

things. Voluptuousness is, therefore, called a vice/sin.

Concept of Contentment:

The Oxford Advanced Learners’ Dictionary of Current English defines the term ‘contentment’ as “the state of being contented; satisfaction; ease of mind; a feeling of fulfilment.” Thus, ‘contentment’ refers to contentment or satisfaction of all aspects of human personality, be it mental, emotional, intellectual, financial, moral and spiritual for leading a holistic and contented life in society while coming in mutual interaction with various people in the global environment at present.

Contentment is both a Value and Virtue:

The term ‘values’ in *Sociology* refers to the ideals, customs, institutions, etc., of a society toward which the people of the group have an affective regard. These values may be positive such as cleanliness, freedom, love, mercy, truth, charity, peace, contentment, forgiveness or education; or

negative such as hatred, falsity, cruelty, crime, or blasphemy, etc. Contentment is a socio-spiritual value in the sense that people in the society respect a contented person who is self-satisfied with his limited means of living and never hankers for possession of excessive money and materials.

The term ‘virtue’ refers to moral excellence; goodness; righteousness; conformity of one’s life and conduct to moral and ethical principles; a good or admirable quality; uprightness; rectitude. Contentment is a virtue in the sense that a contented person in his personal, social and spiritual life conforms to the moral and ethical principles of thrift, economy and still remains happy, peaceful and cheerful with whatever he/she has at his/her disposal, and with the abundant belief and faith in the grace of God Father.

There is no Wealth like Contentment:

A contented person feels himself as the richest of all as his/her needs are limited in comparison to others in the society. In this way, he/she never feels any lack of anything whatsoever. He/she remains inwardly satisfied; and that is why he/she never desires more of any outside material things. In fact, he/she really experiences that less is more.

Such a person never asks for anything or being; he/she is given the things or beings before he/she asks for the same. He/she feels wealthy in his/her mental and moral disposition. Thus, it is



appropriately said, "There is no wealth like Contentment."

I Got what I Wanted:

Contented person is inwardly and spiritually tuned with God, the Creator, the Giver and Bestower of boons and blessings. With this tuning and connection of soul with the Supreme Soul, he/she is linked to the Ultimate Source of all values, virtues, powers and qualities, and gets automatically recharged thereby getting all these from Him as a birthright from the Supreme Spiritual Father of all souls of the whole Mankind as a soul. With God as his/her strength, support and backbone, such a person realizes that He is with him/her at all times and also feels his/her basic, fundamental, vital, socio-spiritual needs fulfilled and satisfied. He/she never

remains in a dream world of wilderness but lives on the ground realities and feels the fountain of seven essential qualities of soul and Supreme Souls such as knowledge, peace, love, happiness, purity, energy/power and bliss practically being showered upon him/her by the Merciful, Benevolent and Blissful God, the Bountiful and Absolute Almighty Authority. Though such a God-loving person feels that his/her body remains in this mundane, material and physical world, yet his consciousness remains far above (beyond physical world of gross matter) in the metaphysical world of incorporeal spirit. Thus, such a spiritually-oriented person remains oblivious of the hunger for the needs and desires of material things and beings as he/she is busy in drinking the nectar of spiritual love and bliss by fixing his/her consciousness in the Supreme Consciousness that resides in same metaphysical world Above. He/she finds himself/herself quite merged in Him and the divine *oneness of the spirits* being *two-in-One*. In such merged state of bliss and beatitude, the human soul in its utter divine bewitchment spontaneously

speaks out automatically in its soulful moment: "I Got what I wanted (*Jo Pana Tha So Paa Liya*). Also in this deeper state of keen engrossment in God, the human soul declares referring to God: "Wherever I am seeing, you are there." (*Jidhar Dekhta Hun, Tu Hi Tu*). In this way, the contented person feels enriched, impressed, elevated, sublimed, self-realized as well as self-enlightened.

One who is contented can make others so:

In order to change themselves people wish to see the ideal examples before them so that they can easily change their lifestyles. The contented person becomes *an ideal example* for these people to follow and imitate him/her easily and practically like him/her. That is why it is rightly said, "Example is better than a precept." By seeing a person who is embodiment of contentment, and through personal interaction, discussion and exchange of views and opinions with him/her, one learns the practical ways, manners, behaviours and lifestyles of ideal contented person and tries to mould one's *modus operandi* of living in the

like manner. In this way, the contented person becomes a practical mould for the learners to set themselves in that mould.

One original mould produces so many like itself. Thus, the saying goes, “One who is contented can make others so.”

The contented person is loved by all including God:

People also like to love the contented person because he/she does not become a problem for the family members, neighbours and others in society. He does not demand anything extra from anybody and from society like the possessive persons who are mad after money, properties, positions, fame, prestige, etc. and thereby become problems for all in the society. The contented person serves as a lighthouse of knowledge and experience for others who are ignorant of living a life of contentment with limited wants and necessities.

Not only people in this world love the contented person, but God, the Above One, also equally loves such a person, as he/she has acquired one of His qualities and thereby becomes an example and divine representative of the quality or attribute of contentment. The contented person creates an aura around him and an atmosphere of divinity in the environment and the

atmosphere which attracts others towards him and God.

The contented one is worship-worthy:

In India, as our traditions and customs held it, the Indian gods and goddesses are worshipped due to each of their special embodied qualities and/or attributes. In the same way, worship of goddess of contentment (*Santoshi Devi*) in all parts of India is quite famous. She is worshipped by many on Friday, a special day earmarked for her worship and offered jaggery (*Gud*) and gram (*Chana*) only as offerings, which shows her as the embodiment of contentment whereas other gods and goddesses are worshipped with offerings of expensive ingredients like flowers, fruits, sweets, ignited incense sticks, etc. It is also believed that where the goddess of contentment, *Santoshi Mata*, goes, all other gods and goddesses follow after her. In other words, if in a particular house the members are quite contented, they never feel the lack of riches (which goddess Lakshmi symbolizes) as they themselves feel enriched due to their economic lifestyle; neither they feel the lack of knowledge and intellect (which goddess Saraswati symbolizes);

nor also they feel the lack of power/energy (which goddess Durga symbolizes). Thus, they achieve the blessings and benedictions of the most favoured and cherished worship-worthy gods and goddesses and live an exemplary life of peace, happiness and contentment. So, in this way, the persons are regarded as blessed and worship-worthy due to their feeling and realization of divine association with these gods and goddesses whom they love, pray and worship most devotedly and reverently in their lives. In other words, they become worship-worthy by worshipping the worship-worthy gods and goddesses, just as a piece of iron gets magnetized by coming in contact and association with the magnet.

The contented ones are destined to live in Heaven:

The Heaven or Paradise - the Kingdom of God - which is otherwise known as *Shivalaya*, is established by God Father Shiva and meant for the contented ones who are destined to live in it. Those who are the role models of the virtues of renunciation and contentment here at present will be in very near future the denizens of the Paradise – the Royal Place of Plenty and

Bounties, Joy and Pleasure, Bliss and Beatitude, natural Beauty and Nicety, all Perfection and Excellence.

The Nature, which is full there, will serve them voluntarily for their pleasure and merriment with all sorts of natural songs and music, fruits and flowers of varied beauties and fragrances, being completely at the beck and call of their thoughts and wishes. They will be served there with 56 kinds of menu, all sorts of functions and festivities for their full and utmost satisfaction and fulfillment. They will swing there in the supra-mental and celestial joy in the state of highest elevation and sublimation. In fact, the sole divine prize of the Paradise is deservingly made and meant for the contented ones.

The contented souls will take rebirth in the Royal Family:

The contented souls are very fortunate to take their rebirth in the Royal Family in the forthcoming Golden Age of *Satyuga*. Being the natural heir, they will inherit the royal thrones of the first Emperor and Empress birth after birth after the expiry of the period of their

reign. The subjects will remain pleased with the contented heirs as they will follow their forefathers completely, thereby keeping a fine balance in the rule of love and law. The divine forces and natural forces will cooperate and coordinate with them during the period of their reign in perfect unison according to the cosmic scheme of the Eternal World Drama (EWD) of life. There will be the reign of peace and happiness throughout the Kingdom, and all will live their life in perfect order under the vast canopy of God's unlimited Grace and Bliss. Their paths of life will be strewn with flowers; and beautiful fairies in their utmost love and respect will garland them in and out in all occasions of ceremonies, functions and festivities to their fullest mirth and pleasure.

There will be natural safety and security for all without any police force and judicial system of this *Kaliyugi* world as there will be complete and natural demonstration and implementation of the professional ethics and etiquette, which the deities of the Paradise will have in the already merged *sanskars* of their pure souls.

There will be complete physical and mental health without the current network of medicals and doctors as all heavenly deities will be perfect with their sound mind in sound body. They will have the golden body (*Kanchan Kaya*) and their inner souls will always radiate their refined glitter, thereby reflecting it through their gleeful features of face and countenance, and also with their dazzling gaze.

Let the contented souls live their lives forever for 21 births in the span of 2,500 years to their fullest with their voluntarily earned virtue of contentment. *

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 effective, alert and efficient and elastic and accommodating. It improves human relations; increases man's stamina; frees him from worries; saves him from wastage of 'Thought Power' and brings about an atmosphere of good will. In other words, it brings about the Golden Age or the World of Deities and the Divine Sovereignty upon the planet Earth. ❖