

|| From the mighty pen of Sanjay ||

RAJYOGA PRACTICE: THE ONLY WAY TO ATTAIN PEACE

Every human being in this world makes life-long efforts to attain eternal happiness and constant and ever-lasting peace. In fact, man's all actions are directed towards the achievement of this goal. But, the great turmoil and unrest in the world, despite all efforts, makes one ask: "What really is the way to realise this universal aim?"

Can man realise full measure of peace and happiness if he has abundance of material objects to gratify his senses?

Evidently not, because from one's observation of the nature of things as they are, one can easily conclude that success in material pursuits does not necessarily lead one to inner happiness as there are other factors also involved. The source of true happiness lies not merely in material objects, rather it springs from the equanimity of mind; it comes by stabilising the mind in the self. We all know well that if man's mind is disturbed, even the choicest dishes served to him would be tasteless, or great honour showered on him or even a grand reception accorded to him, would seem meaningless.

Moreover, man's indulgence in sense-objects 'consumes' him in the process, for we all observe that, gradually, man's physical organs become unserviceable, his frame becomes frail and weak, his senses become feeble, his body wears down, the sap of his life gets sipped up and the zest and vigour spent up.

We also notice that one man likes an object fondly whereas to another man the same thing is an anathema and he wants to get rid of it as soon as possible. Does this not prove that happiness is not dependent upon or proportionate to the material objects one can store up? In fact, it has its bearing on one's mental attitude and one's inner state of being.

Further, we observe that worldly objects are constantly changing; by their very nature they are ephemeral. So, how can something that has no permanence, be a source of *constant* peace or *permanent* happiness? Furthermore, we all know

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SINGING HIS PRAISE FROM THE HEART - “GOD OF GODS”

Ever since I have been awakened spiritually, it has been my regular, daily practise to elevate my consciousness to the farthest end of the universe so as to feel the depth of my relationship with the Supreme Father. His direct teachings have helped me to understand the beauty of my own being, based 100% on truth, love, compassion that brings on the highest form of bliss.

Recently, I was so impressed watching the trailer of a new spiritual documentary film of the Brahma Kumaris called, “**God of Gods**”. The story-writer has put in great effort to research truth about the Supreme Being, God, and has uncovered many hidden truths about God’s existence, symbolized by the form of ‘Light’ in most religions.

The worship of Jyotir Lingam (oval-shaped image of the flame) leads us to the thought process of concentrating the mind on the symbol of ‘Jyotir Lingam’. This has been found to be the best practise that takes one into deep meditation, and the realisation of the Self being ‘star-like spiritual light’.

Secondly, we focus on the question, “What is my relationship with God, the Supreme Almighty Being?” Saints, Sages, Rishis and Tapasvis have had the most beautiful experiences of Self-Realisation in the form of eternal conscient light, “**jeev-atma**”. On the basis of revelations by the Supreme Being, each human soul is a self-luminous star of divine light that lives eternally. This has answered an age-old question about the existence of the Supreme and other

souls, who are very similar in form but very unique in treasuring their respective sanskars. These sanskars become the basis of playing unique, individual roles in the Eternal World Drama. The Supreme Mother/Father happens to be the Creator, Director and Principal Actor of the entire World Drama. All human souls descend on earth to play their individual roles beginning from *Satyug*, the Golden Age, until the end of *Kaliyug*, Iron Age.

While enacting our roles we lose the natural awareness of soul-consciousness in the middle of the World Cycle, (after 21 lifetimes or 2500 years). On losing that prime position of the pure and divine Self, we human souls start worshipping the symbol of Supreme Light, which is image of the Shiv Linga, and invoke His grace for upkeep of our purity, virtues and faith. Temples were built 500 years before Christ by King Vikramaditya and others, and prayers offered therein invoked Lord Shiva’s blessings and always brought on the experience of God’s presence as the

unique form of light. The devotional music and dances were means of invocations that accompanied the symbolic ritual of *Aartis* performed at different hours of the day.

Even members of the Royalty used to join in these Prayer Celebrations. The Kings and Queens would place their crowns before the image of the Supreme Being, drawing attention to the truth that they had in fact received the crowns of sovereignty from the Supreme Himself, or the 'King of Kings'. It is hardly known to many of our beloved spiritual sisters and brothers all over the world that the Incorporeal Supreme Being Himself descends to reveal the truth about the entire World Drama Cycle, in which He is the Redeemer and Bestower of the Lost Paradise. **His ways of restoring sovereignty and dignity to worthy human souls are not by sheer chance, but by imparting the highest form of Education. This spiritual understanding empowers individuals to practise the highest art of Rajyoga**

Meditation where human consciousness is raised and stays connected with Incorporeal God Shiva (whose very name means 'Benefactor'), through thoughtful, pure, powerful vibrations and an internal, invisible spiritual connection.

Any person diving into the depths of meditation can invoke God's blessings, virtues and powers for performing elevated and righteous karma, which become the basis of regaining the States of Self-Realisation and God-Realisation. These States of Realisation are undoubtedly possible to experience when we receive Spiritual Knowledge, and an understanding of Rajyoga Meditation, directly from the Supreme Teacher or Satguru, Incorporeal God Shiva. God is never 'born' like human children, through the womb of a physical mother, nor does He 'die' like human beings. So as God is uninfluenced by the Cycle of Life and Death, He fulfills His hidden promise of re-incarnating in Bharat through the corporeal

medium of Prajapita Brahma. He descends but just once in the entire World Drama Cycle of 5000 years in order to fulfill His promise of granting liberation (*Mukti*) and fruition (*Jeevan-Mukti*) to all human souls. **That time of His descent to guide humanity on the path of purity, salvation and fruition is the most auspicious Confluence of Kaliyug and Satyuga of which 80 years have already been accomplished.** His sincere and unconditional wish for every spiritual child (human soul) is that we realise our true nature, and regain our lost inheritance of paradise on earth.

Sharing this message, a team of our young brothers and sisters led by BK Brother Venkatesh have very successfully completed the documentary film of an hour and 20 minutes: "God of Gods", which will be released shortly. The film is very realistic and produced in all humility and complete honour of the Supreme Parent, Teacher and Satguru, and will serve His

innumerable spiritual daughters and sons. May all of you be the lucky ones to receive the message of God of Gods and the Almighty's blessings, through the medium of this film, and reclaim your Godly birthright of Jeevan-Mukti!

Let's cooperate in respecting each other's belief systems, and sustain our unconditional love and regard for God, our beloved Supreme Being.

In conclusion, we would like to share recent elevated Godly versions for the benefit of our Readers: "You have now clearly understood the contrast between Shiva and Shankar. Shiva resides in the highest-on-high incorporeal region, whereas Shankar is a resident of the subtle region. Only the one Father resides in the highest-on-high place. He is the Father, the highest-on-high, incorporeal One, whereas Shankar has a subtle form. Shiva is the Innocent Lord, the Ocean of Knowledge.

"You now understand that Shiv Baba, the Innocent Lord, has come to

fill your aprons. He explains the significance of the beginning, the middle and the end. The significance of the Creator and creation is very simple, yet even the great rishis and munis did not know these easy things.

Since those who were rajoguni (the middling level of purity) did not understand these things, how can those who are tamoguni (impure ones) understand?

"The Innocent Lord is Shiv Baba. He says: I do not have a body of My own. I am incorporeal and people worship Me in My incorporeal form. They celebrate the birth of Shiva. The Father is beyond birth and death. He is the Innocent Lord, the One who will come and definitely fills your aprons with the imperishable jewels of knowledge. This is the knowledge that the Ocean of Knowledge comes to give you.

"Everyone has been remembering the eternal home, saying: We want to be liberated from sorrow. You children understand that no one can receive

liberation in the middle of the drama. The main foundation burns away; that religion itself disappears and only some of its images remain. You know that the deities used to rule and that their images still remain.

"Humans cannot be called residents of the subtle region. They say, "Salutations to the deity Brahma and the deity Vishnu". Human beings take 84 births. You children know that you originally belonged to the deity religion; that religion used to give so much happiness.

"This is an eternal, predestined play, and so the golden age has to come again. It only happens in Bharat because Bharat is the eternal land for it is never destroyed.

"This is the impure land of kings, and the Father takes you to the divine Rajasthan. He doesn't give you any difficulty at all. You simply have to remember the Father and the inheritance. This is the silent chant. You don't need to say anything through your lips. You don't need to

repeat anything in a subtle way internally. Just remember the Father in silence while sitting at home.

“You are all now in the stage of retirement. When people reach the stage of retirement, they don’t have any thought of vice. Everyone has to return home, and so remember the home. Your faces would be turned towards the home.

“Even when preparing food at home, do it while in remembrance of Shiv Baba. Normally, when someone is at home cooking food, she remembers her beloved family. Remember the One from whom you receive the inheritance for 21 births.

“Yes, there will definitely be obstacles in the sacrificial fire of the knowledge of Rudra. When your influence finally spreads, people will come to bow down to you. Have patience! Do not become impatient!

“Some illnesses are cured instantly, whereas others continue for even one or two years. Therefore, there is only one

answer here: continue to remember the Father and all your bonds will end. The Father says: The more you remember Me, the more your sins will be absolved and the more your intellects will continue to break out of all bonds. There is also the bondage of sins and lust is the number one sin. You are now becoming conquerors of sin. When all your accounts have been settled, the account of happiness will begin. If you don’t have remembrance, how can you accumulate?

“Only God can tell you the truth; everything else is false. Just look at the contrast between what God explains and what humans explain! You now understand that you attain salvation by following shrimat. What can those who do not follow shrimat be called? Atheists! Even though they know that God is making them into theists, if they don’t follow His directions, it means they are atheists. Shrimat is given in order to elevate you. “Just become a point. Simply put a dot to

everything. Do not listen to anything at all. Hear no evil, see no evil, talk no evil! Do not listen to anything except the things that God tells you. Become bodiless and continue to forget everything else. You souls are now listening through your bodies. The Father comes and explains to you through Brahma and shows you children the path to salvation.

“You know that you are using your bodies, minds and wealth for making Bharat into heaven on the basis of shrimat. The first thing to ask souls is: What is your relationship with the Supreme Father, the Supreme Soul? What is your relationship with Prajapita Brahma? That is the unlimited Father, and then there are all the different genealogical trees; they must have all started from one. The Supreme Father, the Supreme Soul, created the world through Prajapita Brahma, that is, He changed souls from impure to pure.”

Om Shanti

- **B.K. Nirwair**



MAMMA WAS COMPLETE WITH ALL DIVINE VIRTUES



– Rajyogini Dadi Janki,
Chief of Brahma Kumaris, Shantivan

I knew Mamma before, but I was not very close to her as I was to Dadi Kumarka (Dadi Prakashmani), who had a friendship with her, was. They both were younger than me in age. Mamma was very active; she was quite different from us. As compared to other sisters, Mamma looked to be quite glowing. As soon as she came to *Om Mandali*, all noticed a change in her, which they all liked and they were surprised as well. When I came to Karachi, some brothers and sisters asked me if I had seen Mamma and met her. I thought that they were referring to Baba’s consort Jashoda Mata. I said that I had met her, but I came to know only three days after that they were actually referring to Mamma.

Mamma’s austerity used to inspire one and all. The change that came in Mamma in one-two years was commendable. Mamma’s eyes, words and personality – all these had been transformed into divinity. When Mamma used to speak Godly Knowledge, it would seem as if she was not explaining what Baba had told but she had first

imbibed it into her and, then, she was explaining it. There was a



Mamma

lobby near Mamma’s room. Whenever I saw Mamma, I either saw her seated on the roof or sitting on the chair in lobby and was meditating on Baba. Seeing Mamma doing *tapasya* inspired me a lot.

Mamma talked very less

When Mamma spoke *Murli* (Flute of Knowledge spoken by God Shiva through Brahma Baba); then, we listened to it with a rapt attention and become like a statue. Her *Murli* usually lasted for an hour and 30 minutes, and we too listened to it with concentration. In the entire *yagya*, Mamma

used to talk very less. I liked this virtue of her a lot. I received this inspiration of introversion from her. She would come very less into relation with others. However, she would occasionally talk to Didi Manmohini a bit. I told Didi that I was afraid of Mamma, not because I had committed any mistake, but I hesitated, without any reason, to go near her. One day, Mamma held my hand and said, “Janak, are you afraid of me?” I said, “I’m not afraid, but since I never talked to you, I hesitated to come near you.” Then, Mamma said, “Okay, let’s have a spiritual chitchat from today.” Mamma talked to everyone with so much love and regard that everyone became emotional.

Mamma would first do and then teach

Mamma used to say that if someone had committed any mistake once, it must not be repeated again. Thus, I too vowed that I would keep my record in such a manner so that I would not need to get the teaching from Mamma again. Mamma would never teach anything by speaking, but would first do it herself. Once, we had not woken up at 4 a.m. for the Nectar Time (*Amritvela*) meditation. Mamma came at 4 a.m. and saw that no one had woken up;

then, she gradually came downstairs and went to the kitchen. Thus, someone or other would come to know, then she would say, "Mamma had seen and gone." Then, we all woke up, got ready and stood up in front of Mamma. Then, Mamma smiled and said, "Look, the devotees in your temples are ringing the bells and you deities are asleep." Since then, I have never slept during the Nectar Time (Amritvela).

Mamma always said, "Jee Baba", "Haanji Baba"

Mamma was never concerned about what was cooked in food and how it was. Whatever she got, she would accept it with love. She never said, "Today, salt is less or excess" or "Today, vegetable is good or not good." During meal time, Mamma never looked here or there. She sat so calmly, eat silently and then went away. She used to accept the meals like 'Prasad'. When Baba said something in front of Mamma, she never had any question. She always said, "Jee Baba, Haanji Baba." She had such a high regard for Baba. When I was in Pune; then, Mamma came to us thrice. She had impeccable faith in every word of Baba. She never showed the ego of her great intellect.

Mamma – The Conqueror of Mind

Once, in Pune, someone asked, "Mamma, how do you keep your mind calm?" Then, Mamma answered, "This mind is our small baby; I tell him, when I'll need you, I'll call you, then, it sits silently." Thus, she was the conqueror of mind. Once in Karachi, Mamma was seated in the office. I asked her, "Mamma, what spiritual effort should we make?" Then, Mamma said, "Always feel that this is your last moment." Since then, I have never forgotten Mamma's *mantra* that every moment is my last moment and I have to remain in Baba's remembrance.

The Incognito Goddess – Mother Saraswati

Mamma never showed off. She did a lot of service but she never said that she had done so much service. After doing Godly service (giving Godly message) for one and a half month in Bangalore, Mamma came to Pune. She had done a lot of service, but did not tell anything about it. Then, we asked about the service there and she said, "Service was good." She said this only, but did not say more than this. Thus, Mamma never shared with others about the work she had done. She was like a recluse and, to the same

extent, she was austere also. I saw Mamma in the form of Radhe, in the form of Saraswati, and in the form of Jagdamba also.

An Amazing Way to Give Teaching

Baba used to give teaching during the spiritual class when all were present. If Baba had to give teaching to someone, he would write a letter, but Mamma's way of teaching was different. She would say in the ears of that brother or sister or give an indication and would say with a lot of spiritual love. It was not like that she would give teaching on the basis of hearsay. Mamma would spare some time and give teaching with divine love. And, amazingly, Mamma would not let him/her feel that she was giving teaching after someone's complaint against that person. Due to such a noble way of teaching, everyone felt that what Mamma was telling was for his or her own welfare. Baba's teaching used to be very powerful, as one required to have the power to hear and understand it. Therefore, only a powerful soul could digest Baba's teaching. That's why, generally, if Baba had to give teaching to someone, he would not speak to the child directly but would tell Mamma in the presence of that child, so that he/

she would understand that because of him/her Mamma had to hear so many things. Then, that child would admit his/her fault and keep attention towards it in future.

Mother of Civilisation and Discipline

Mamma never considered Baba as an ordinary soul. She always gave complete regard to Baba, to what he said and also herself followed it. Many children would consider Brahma Baba as ordinary; therefore, Mamma would get all of them seated and teach them not to commit a great mistake of taking Baba as ordinary and also impressed upon them that each and every word of Baba was so valuable. Thus, she would instill in us the values of civilization and discipline. Mamma's way of speaking was very respectful, loving and sweet. By teaching us about customs and traditions, civilization and culture, Mamma made us worthy and thus, by beautifying us with virtues, she kept us children in front of Baba.

Mamma's Specialties as Yagya-Mother

Ever since I saw Mamma, all the signs of Shri Lakshmi were clearly visible. Mamma was complete with all divine virtues. She used to pay a lot of attention on the practice to become detached from the body.

Mamma's practice of becoming detached from the body was worthy of learning for us. Whoever came in front of Mamma to say something, his voice would stop or he could not speak much. She was always number one in the personality of Purity, Royalty, Renunciation, and in fulfilment of duty. Mamma played the part of being Baba's loyal daughter and divine mother of us Brahma Kumars and Brahma Kumaris. The words that were uttered from Mamma's mouth in the form of advices or suggestions, became blessings for the listeners. All experienced that our Mamma had no selfishness; what she was doing was for their wellbeing. Even those, who were of the age of her grandfather or great-grand fathers, used to call her mother and considered her their well-wisher.

The Spiritual Form of Mamma

Mamma would daily read *Murli* or listen to it through tape-recorder. Even though it was 11

p.m. yet Mamma would sleep only after reading the next day's *Murli*. As much as she remained firm on her duty, to the same extent she became a Godly student as well. We always saw Mamma as alert and accurate. We never saw her eyes tired. We always saw her eyes engrossed in Baba's remembrance. Mamma had so much politeness that when Baba would say (in *Murli*), "Mother-Father's Love and Remembrance"; then, Mamma would not consider herself as mother, but by indicating upwards, she would say that this was love and remembrance of Godly-parents. Mamma would consider herself as mother only in fulfilling duty and giving sustenance. Mamma did not accept the status of mother, yet she completely fulfilled the responsibility of mother completely. In front of Baba, she would be a small baby and in front of Brahma Kumars and Brahma Kumaris and devotees, she would take the form of Mother Jagdamba. Such a great soul was our Mother Saraswati!

A GREAT SOUL

A great soul is one whose every thought and every act are great. Not a single thought should be ordinary or wasteful. No action should be ordinary or meaningless.



RAJAYOGA SERVES TO ACHIEVE THE MULTI- OBJECTIVES OF HUMAN LIFE



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

At present, every individual human soul is completely devoid of real peace and happiness. Today, modern man is like the ‘biblical prodigal son’ gone astray and insane in the wilderness of value-free world of rank materialism, corrosive corruption, nasty sexism and sensualism, voluptuous consumerism and fickle sentimentalism. Man’s mind is quite negatively aggravated by his willful segregation from values and spirituality, blind indulgence in Seven Deadly Sins - lust, anger, greed, attachment, ego, indolence and jealousy - due to his wrong identification with body, his transient delights of futile sensual bodily pleasures and his dogmatic divorce from God, the Supreme Soul, who is the only source of all values, virtues, powers and qualities and the Spiritual Root of

sustenance for the whole mankind and the vast Cosmic Universe. Thus, the materialistic mania and consumerism craze of the so called modern human beings have thrown the vehicle of human health and life out of the *regulated gear* and also out of the *much-glorified values-led trodden track*.

Today, the backward movement of spiritual discipline is in sharp contrast with the forward movement of scientific materialism, which modern English poet T.S. Eliot, like Ruskin, is disposed to view as an advance to death as expressed in his famous poem *The Wasteland*: “The endless cycle of idea and action,/Endless invention, endless experiment,/ Brings knowledge of motion, but not of stillness,/ Knowledge of words, but not of silence,/ Knowledge of words, but ignorance of the word./The

cycles of Heaven in twenty centuries,/ Brings us farther from God and nearer to the Dust.”

The Urgent Need of the Hour

So, the urgent need of the hour is to work for the forward movement of spiritual discipline and promote values and spirituality among the human souls of the world through yoga and Rajyoga meditation. Keeping this in view, the United Nations Organization (UNO) officially declared June 21 as International Day of Yoga (IDY) accepting the proposal of Indian Prime Minister Narendra Modi during his address to UN General Assembly on September 27, 2014 wherein he stated: “Yoga is an invaluable gift of India’s ancient tradition. This tradition is 5000 years old. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony

between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Day of Yoga." So, it is an abiding duty for all human individual souls to take the opportunity of the occasion of celebration of the International Day of Yoga (IDY), June 21, 2017 to implement the views expressed in this proposal.

Praises of Yoga:

Sri Ravi Shankar, the founder of "Art of Living" praised the initiative of Modi jee, saying: "It is very difficult for any philosophy, religion or culture to survive without state patronage. Yoga has existed so far almost like an orphan. Now, official recognition by the UN would further spread the benefit of yoga to the entire world." He also added, "Yoga makes you like a child again. When there is *yoga* and *vedanta*, there is no lack, impurity, ignorance and injustice. We need to take *yoga* to the doorstep of everyone and free the world of misery." Sri Aurobindo praised *yoga*, saying, "All life is *yoga*; *yoga* is all life."

Shreekrishna also praised it stating, "*Yogah Karmashu Kaushalam*." God Father Shiva also praises Rajyoga, saying, "In order to make the souls pure, I have come to teach Rajyoga. There remains no other way to become pure. Had people known this secret, then they would not go to bathe in the Ganges, nor also go to the fairs (*Melas*). In the water of these rivers, they have been bathing since Dwapar Yuga, thinking that sins would be destroyed by taking a dip. But the sins of none ever gets destroyed (*Sakar Murli*, 27.04, 2016)."

Other Yogas and the Brahma Kumaris' Rajyoga



Yoga, in current circulation, has come to be known by its varied nomenclature. There are many kinds of yoga/meditation such as Mantra Yoga, Tantra Yoga, Kriya Yoga, Kundalini Yoga, Japa Yoga, Dhyan Yoga, Bhakti Yoga, Jnana Yoga,

Karma Yoga, Hatha Yoga, Sankhya Yoga, Tatwa Yoga and Patanjali's Rajayoga. The most popular concepts of yoga are *asanas*, physical exercises/stretches, breathing exercises, and other techniques to relax and focus the mind. But, all these practices serve only the physical benefits of the human being or soul, thereby turning man into a complete consumerist (*Bhogi*).



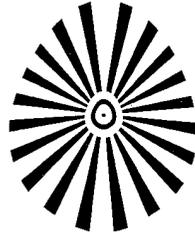
In contrast, Brahma Kumaris' Rajyoga Education System (RES) is a compact multi-discipline. Rajyoga is the integration of the characteristic features of various disciplines such as Silence, Science, Philosophy, Education, Medicine, Psychology, Psychiatry and Psychotherapy, Religion (*Atmic Dharma*), Values, Spirituality, *Bhaktiyoga*, *Jnanayoga*, *Karmayoga* - all rolled into an integral one, which

can lend to its devoted practitioner the elixir and nectar of celestial life and the lever of holistic health, progress, development and wellbeing here and hereafter.

So, considering the widespread deterioration, disintegration, disorganizations in all affairs of human life due to ethical, moral fall and spiritual bankruptcy, and the conditions of human soul in the tight grip of devilish sins and vices, Rajyoga Education System (RES), which promotes holistic development, peace, health and happiness, has become inevitable and indispensable as the crying needs of the hour to educate students, in particular, at school, college and university levels, and also other individuals, in general, in Rajyoga Education & Healthy Value-based Lifestyle Education for the holistic development of their personality.

The word 'yoga' is derived from the Sanskrit term 'yuj', which means to unite, join or connect. Therefore, Rajyoga is the only unique way for spiritual union, connection and communion of the individual human soul with the Universal Supreme Soul, the God Father of the humanity. Such spiritual union empowers the human being/soul to overcome all sins

and vices and enables him to live life peacefully and happily with spiritual awareness or soul-consciousness. Rajyoga is called the 'King of all Yogas' as a sign of royalty due to its exclusive spiritual connotation and special contributions in the sense that it gives us a clear understanding and realization of our soul/spirit/self and God-realization by enabling the soul to reunite,



Incorporeal God Father Shiva

reconnect and re-commune with the Supreme Soul in order to regain our lost Paradise and lost values, virtues, powers, qualities as our birthright from Him and also the passport to holistically healthy and heavenly life. It also helps us to rediscover and utilize the potentialities already latent within us, to develop the strength of our character and create positive thought patterns, attitudes and responses to life by changing the wasteful and negative ones. In fact, it is the yoga par excellence, which makes the human soul a *Karmayogi*. In essence while practice all other yogas helps to

achieve outer physical health, practice of Rajyoga helps to achieve the inner mental, moral intellectual and spiritual health in a holistic stage.

Rajyoga is a Sacred Way of Life

Rajyoga is a sacred way of life, which involves four principles of life such as taking pure *sattvic* food/diet (*Aahar*), good conduct (*Achaar*), thinking and positive thoughts (*Vichaar*) and behaviour (*Vyavhaar*). It also involves spiritual study, silent meditation practice, inculcation of divine virtues and maintaining of healthy relationships and rendering of selfless service. A pure yogic life does not mean renunciation of action or personal, familial, social and professional responsibilities. A Rajyogi, who is free from all sorts of addictions and unhealthy habits, celebrates the spirit of universal love, cooperation and harmony in life and maintains equilibrium in adverse situations, thereby demonstrating the values and spirituality in practical life and ensuring his inner calm and composure in the face of trials and tribulations.

Rajyoga for Development of Holistic Health

In 1948, the World Health Assembly defined health as "a state of complete physical,

mental and social well-being and not merely the absence of disease or infirmity.” The individual human soul/being is a composition of body and soul and is called a *Jeevatma* [*Jeeva* (body) + *Atma* (soul)]. So, sound *holistic health* has its *mental, emotional, psychological, moral and spiritual* dimensions and manifestations. *Human life is, thus, the result of coordination between body and its sense organs, on the one hand, and soul and its mind, intellect, impressions, on the other hand; and Raj-Yoga is the key element for maintaining this coordination.*

Raj-Yoga is called the *Sanjeevani Buti*, as it generates the health-recovering and life-giving spiritual energy in its practitioners. “Rajyoga meditation has tremendous *medicinal, psychotherapeutic and healing potentialities* in the sense that it cures many psychic disorders by creating a *quantum shift in deep psychic layers within the human soul* and, also thereby with zero expense, brings psychosomatic order and harmony and develops peace and happiness with its *holistic healing efficacy* and salubrious impact

on the **soul-mind-body matrix** that every human being is essentially and originally moulded of (Dr. Yudhisthir B.K., 2016).”

Rajyoga for Inculcation of Values and Spirituality

Values and spirituality are inextricably linked with Rajyoga meditation, which links the soul/spirit to the Supreme Soul, the ultimate supreme source of all qualities values, virtues, powers and spirituality, through a platonic loving communion thereby leading to the long-cherished reunion of the soul, the spiritual child, and the Supreme Soul, the spiritual God Father. All kinds of values - universal or temporal including human, social, ethical, moral, spiritual, economic, aesthetic values, etc. - are demonstrated by our actions (*Karma*). Our actions (*Karma*) begin as thoughts, feelings and emotions. *Values and spirituality* are to be developed together because values – often the most essential and desired – are seeded in spirituality. Their relationship is inextricably interrelated, interlinked and interdependent. Establishing oneself in the state of soul-consciousness through the practice of Rajyoga meditation gives the much-

needed power to develop values and spirituality and for their practical application in everyday lives. When spirituality is developed, values emerge; and when values are developed, they increase spirituality. Rajyoga meditation makes this development and emergence *practically possible*.

Rajyoga for a Value-based Lifestyle

Rajyoga meditation gives a new, pure, positive and proactive mould to lifestyle through its capacity of bringing inner psychosomatic changes in the soul or consciousness. *Lifestyle* is the way a person lives, and his way of life and style of living reflect his attitudes and values, virtues, powers, potentialities and qualities. A values-framed, values-led and values-based life is self-capable, self-empowering, meaningful and fulfilling in the sense that the person is the embodiment of values, which he not only extolled, preached and espoused but also practically help and implemented in his personal and public life, and it is also very useful in serving the family, society, nation and world with the altruistic spirit.

(to be contd...in next issue)

TECHNIQUES OF LETTING GO

– Sister Padmapriya, USA

Letting go is a beautiful process where you allow yourself to become light and create space inside your heart. You let go of the old stuff that occupied your heart and let new things to come in. Letting go is an invitation for newness and new energy to fill in.

Some of the things we should let go are as follows:

- (i) Past bitter memory and experience.
- (ii) Persons who hurt, betrayed and harmed you in any way or you believe they did something wrong to you.
- (iii) Memories and happenings of any place where you got involved with anybody who harmed.
- (iv) Any situation which you are unable to accept the way things occurred to you.
- (v) Loss of a loved one or object.

Techniques of letting go are as follows:

Technique 1: Draw a 'Tree of Attachments'

Take a paper and pen. Draw a simple tree with 3-4 branches. See yourself as the bird sitting

on a branch of this tree. Name the branches as the areas of attachment in your life. The leaves in the tree represent the attachments in that particular area.

For example, you can name one branch as 'work' and the leaf could be 'irritation with my boss'. The other leaves could be 'expecting a raise in salary' and 'cold war with a colleague'.

Once, you have placed your attachments on the tree diagram, you will get a visual of what you are going to work on. The visual energy helps both the subconscious and conscious mind to dissolve the strings that has been created.

You can visualize yourself as a 'bird' that is holding the branch tightly, e.g., you are unable to let go as you want something from that person/situation so badly that you are caught up in this expectation like 'they have to apologize to me', 'they are so mean', etc.

What I have to let go here?

I have to let go that branch of my expectation. Some of our

common expectations are: 'Everyone has to be nice with me!'; 'Everyone should love me and not gossip about me!' and 'Everyone should respect me!'

These are some of the thought patterns which we ourselves have created and we ignorantly hold on to these expectations. We have fed our feelings on these expectations and, now, we find it hard to change them. Instead of we ourselves trying to change our own inner system, we vainly stress others to change their behaviour according to our own liking.

Technique 2: 'Inner formulae for feelings/emotions'

We have created numerous formulae inside us since our childhood and keep creating them as we experience life.

Person + Response = Expectation = Happiness (Match)

Person + Response = Expectation – Sadness/Hurt (Mismatch)

Some examples: –

There is an inner expectation from your spouse that he/she should understand.

Spouse + understanding = understanding–Love (Match)

Spouse + conflict = understanding–Dislike (Mismatch)

Boss + Appreciation =

Appreciation – Feeling great
 Boss + Corrections =
 Appreciation – Lower self-
 esteem

Situation + Result = what I
 wanted – Happiness

Situation + Result = what I
 wanted – Grief/Sadness/
 Worry

We all have inner formulae
 for our feelings and thereby
 our behaviours. There is an
 inner reasoning. When the
 inner formula matches (green
 signal), you easily create
 positive feelings. When it does
 not match (alarm, red signal),
 you create negative emotions.

When your teenager kid
 does not listen to you, you try
 to blame one part of the
 formula that my son/daughter
 does not listen to me and you
 get frustrated/worried about
 it. You make all effort to
 change your son's/daughter's
 behaviour and become further
 upset when they do not work.

But, spirituality inspires us
 to change the other parts of
 the formula and also enables
 you to change the formula
 itself!

**You are the creator of the
 formula:**

You can use your wisdom
 and experience to design a
 new formula that works
 irrespective of the external
 environment. That is the

power of self-realization and
 the magic of the inner world.
 You will feel such deep inner
 power inside you that nothing
 can touch you.

The other parts of the
 formula are 'listen' and 'the
 feelings' created through it.
 Instead of expecting that
 'certain behaviour' from your
 kid, you can change your inner
 formula to give you peace of
 mind and still have patience to
 work with him/her.

**Designing a new formula
 for the teenager kid:**

Teenager + Behaviour
 (listen) = Openness – Feeling
 okay (parent)

Teenager + Behaviour (not
 listen) = Openness +
 Understanding + Acceptance
 = Feeling okay

In the above formula, I
 program my mind that instead
 of expecting 'Listening'
 output from my teenager kid,
 I am going to be open and
 show more acceptance and
 understanding towards his
 behaviour. If he listens to me,
 that is okay. If he does not
 listen to me, this is a chance
 to increase my level of
 awareness, and that is also
 okay. Here, I have channelized
 my energy to change my
 expectation/programming
 towards openness/tolerance/
 understanding so that I could

be peaceful inside.

**Technique 3: 'Meditation on
 Freedom'**

**Layers of Dependence and
 Strings:**

When we are born on this
 earth, each one of us naturally
 gets woven with the layers of
 strings and dependence on this
 world. These layers keep us tied
 up in the material world and
 sometimes do not allow us to
 access the real 'me', and the
 inner treasures merged within.
 As we grow up, we learn to
 derive peace, love, happiness
 and all sorts of human needs
 from these layers. Gradually, we
 let the outside layers to control
 our inner world. The inner world
 consists of our consciousness,
 thoughts, feelings, decisions,
 intuition, beliefs, perceptions,
 memories and so on. The subtle
 invisible energy is within this
 inner world that expresses itself
 in the outside world.

For example: When my inner
 consciousness is of love, I think
 lovingly, I feel love, I see love, I
 record loving memories, I take
 loving decisions and, ultimately,
 manifest love in action through
 my body, relationships, objects
 and environment.

How to connect with your
 inner being? How to find your
 real self? How to access your
 inner core? How to tap into your
 inner potential? How to be

centred? What is mindfulness?

All these above questions have the same answer. Peel down each layer one by one. Go deeper and deeper until you reach your inner core. This can be done through the practice of meditation.

Guided Meditation to touch the inner core and feel your real self:

Relax your body...feel your breath... breathe in and out...I gently let go of my environment layer...I go beyond my surroundings, noises and the place I live...I am free...Now, I move on to the next layer of work...I let go of all my worries, responsibilities, and the role I play in my life...Nothing is mine...I let go...

I am free...Moving on to the next layer of material objects and possessions...I let go of all the things I use in my life...they are given to me for a reason and temporary use...They are not mine...I let go...

I am free...Moving on to the next layer of relationships...I let go of all the people I know in my life... I let go of all my loved ones...I let go of everyone that surround me...I fly beyond as if I am a free bird...I accept them but I let go as of now...

I am free...Moving on to the next layer of body...I let go of the awareness of my body...each part in the body...each cell in the body...I am free... they are not mine...the body is my vehicle...I am separate from my body...I use my body to express myself...

I am free...I have no layers around me...I am so light...I am centred...I see my inner being... I see my light...this is me...The real me...pure light...pure love...just peace...I am peace...I am at my core...complete light, peace and acceptance...I feel myself... ❖

MARRYING SPIRITUAL PRACTICES WITH ACTIONS

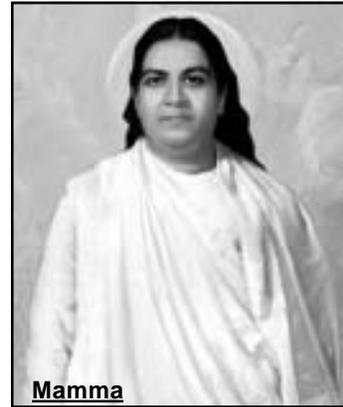
Spiritual practices and life are interconnected; so are my thoughts and actions. It is not possible to separate them. The immediate influence of any spiritual practice like meditation is on the quality of my thoughts. The quality of my thoughts is then reflected in my day-to-day actions. As the quality of my actions improves, it starts influencing my thoughts positively and the quality of my spiritual practice also starts improving. When I really understand this, it becomes clear that the right way to live is to marry both these sides within my life, i.e., meditation and practical life: marry the process of improving the quality of my thoughts with my actions, because both are interconnected with each other.

Actions performed by being too action-conscious, in a wrong, non-spiritual consciousness, have led to a monotonous and meaningless existence, an existence without permanent peace, love and joy, thereby causing feelings of discontentment and an emptiness in many hearts. On the other hand, religious or meditation practices, which were done with the aim of bringing peace and happiness in our personal life as well as in relationships, but were performed in seclusion (by detaching or becoming aloof from society), did not achieve the desired objectives and was unable to influence life positively. This caused spirituality to become disconnected from reality.

I want my consciousness to become such that I can experience the richness of a life of actions, interactions and relationships of the world, but adorned (decorated) with the jewels of the energy and spiritual power that only meditation can provide. ❖

MAMMA: THE DIVINE MOTHER OF ALL HUMBLE SOULS

—B.K. Rose Mary



Just as the lights of traffic signal carry specific messages, ancient myths and legends too convey certain messages of truth. A closer look at them suggests that they are all symbols of persons or people who appear on the real world drama stage in the concluding phase of each *Kalpa* (a cycle of 5,000 years).

When the present *Kalpa* entered its final phase, the corner stone of the new world society or Golden Age was laid down in 1936 by God Shiva Himself, who chose Dada Lekhraj (the founding father of Brahma Kumaris Organisation) as His human chariot for imparting divine knowledge to the ignorant souls and renamed him as *Prajapita Brahma*. His God-given name meant that he would have many mouth-born progenies during the course of time. In effect, it was Brahma who had started a new creation at the most chaotic period of history, when the world, caught between two World Wars, was groping in darkness of political

uncertainty, great economic depression and religious oppressions. Many souls started flocking to learn from God Shiva, who was teaching spiritual knowledge and Rajyoga, using the mouth of Brahma Baba. Most prominent among them was a 17-year old Radhe, who later became the first administrative head of the Brahma Kumaris and a divine mother figure in the institution.

These modern-day events are fore-shadowed in the ancient mythological story, which is actually a fragmented recollection of what happens during the final phase of each *Kalpa*. The story goes like this: At the beginning of creation, there was chaos all over. While thinking over the problem, Brahma heard a voice saying that knowledge could help him achieve order. So, from Brahma's mouth emerged the magnificent figure of Saraswati – the goddess of knowledge and wisdom. Dressed in white, she rode on a white swan (the symbol of purity and

discrimination), with books in one hand and in the other a musical instrument, called the *veena* (symbolic of her playing the *veena* of knowledge with ease). By way of sense, thought, understanding, and communication, she helped Brahma to see how to change chaos into creation. When she played the *veena*, he heard the soothing music amidst the roar of commotion. Chaos started taking shape; the sun, the moon, and the stars were born. The oceans are filled up and the seasons changed. The joyous Brahma then named Saraswati as *Vagdevi*, the goddess of speech and sound. Thus, Brahma became the creator of the world with Saraswati working side-by-side as personification of wisdom.

Saraswati being born from the mouth of Brahma, seated on lotus, riding on a swan, etc. shows that the story is to be understood in its spiritual sense, but not in its

literal sense. The sun, moon and stars that were born were “the sun of knowledge, moon of knowledge and stars of knowledge.” (Murli 25.11.2016) Hence, the creation means re-creation or rejuvenation of souls, thereby filling them with purity and divinity to help create a new world order. Radhe, born in a materially rich family, was brilliantly intelligent and had splendour of multi-talents, yet her essential quality was humility. Hence, she instantly accepted the truth that was flowing from God Shiva through the mouth of Brahma Baba. The word for ‘humility’ in Indian languages is *vinaya*, which means being led by the (divine) knowledge. This knowledge also resembles the meaning of the name Saraswati, a combination of three words: *Sara* (essence), *swa* (soul), and *wati* (woman). Thus, the name ‘Saraswati’ stands for woman who knows the truth about her identity as *Atma*, a child of *Param Atma* (the Almighty Supreme Soul) and moves in the flow of life or lives her life accordingly. Goddess Saraswati (from the root *saras* meaning “flow”) was also a personification of an incognito (Vedic) river, named Saraswati which is believed to have existed in ancient times. Etymologically, the compound

word ‘Saraswati’ is explained as: *Saaram vaati iti saraswati* (she who flows towards the absolute is Saraswati) thus, edifying the ability of knowledge and communication to steer one towards the spiritual absolutes. Her superb communication skill was evident not only in imparting spiritual knowledge to her spiritual children but also in successfully handling the ignorant opponents of the Brahma Kumaris Movement (BKM) during its earlier phase. Even to the Magistrate at the Court, she said, “She could not take oath in the name of the Scripture, which contains untruth about *Param Atma*.”

No wonder, she became the divine mother-figure of all the Brahma Kumaris and Kumars and inspired them with her divine qualities and outlook. People, who are really humble, realize that the Scriptures are filled with so many symbolic details, yet they fail to have clarity on vital subjects such as “Who am I?”, “Who is God?”, “How to connect with Him? etc.” Those, who recognized God and came to study Rajyoga, received motherly sustenance from Mamma.

The very essence of the teachings of the Brahma Kumaris is: “*Nar Narayan ban jaye*”, which means “Let human

being become divine” by imbibing the divine qualities from the Supreme Source, God Shiva, the Incorporeal Being, through the practice of *Rajyoga* meditation. In *Rajyoga*, one engages in a mental tour in which the intellect leaves this physical world, travel through subtle world and reach the soul world, where the Supreme Soul (*Param Atma*) resides and has sweet conversation with Him. This empowers one to lead a pure and virtuous life. Such souls receive the God Fatherly inheritance of 21 births in heaven, where they live in complete peace, purity, prosperity, love and happiness. This continues until the *Kalpa* revolves into second half where they forget God and their true identity and, thus, begin to experience sorrow. God arrives in the Age of Transition (*Sangam Yuga*) to restore the souls back to their original self and, at the end of the *Kalpa*, they, along with rest of the humanity, return to *Shanti Dham* (the land of peace where *Param Atma* resides). Thus, the Brahma Kumaris and Kumars go through three worlds: They “go to the land of peace, then the land of happiness, then to the land of sorrow and then to the land of peace once again” (Murli 7.12.2016). ❖



THE TRUE MEANING OF LIFE NOW



—B.K. David, Paignton, England

The meaning of life is not to have a tidy home, a well-paid job, career, new car, a lot of spare money, manicured lawns, a well ordered shed with many tools, to go on holiday a few times a year, drink wine or wear clothes that make you look attractive. The meaning of life is not to clean your car in the West or sit in a cave in the East.

If your life sounds to be any of these and you head in any of those directions, it would be wise to stop, re-evaluate your life and change it. If you do not alter and change, life will change you with its whip and bitter pills of reaction that automatically kick in when the use of falsehood becomes too overpowering and dominant.

Invisible ‘reaction pills’ will be placed in your drinks and on your plates that are served on the table every day for you to swallow. Eventually, you’ll learn that life cannot go without consequences and punishment. However, there are also pills of reward that dissolve in water. It is time to turn the tides and

tables to understand the true meaning of life that reveals your soul and points to the glory of God, the Supreme spiritual Father, Teacher and Preceptor. *To clean your mind and show your pure happy face is the true meaning of life now. Are you capable of showing such meaning that reveals your soul and points to the glory of God? If not, then try to turn the tides of your life from sad to happy, from falsehood to truth, from crawling to flying, and make a huge stable table for yourself to sit at which you can be able to support yourself the world’s people, who are crawling on the floor of broken glass.*

A life with add-ons

As summer sun will make you hot and you cannot have snow without the cold, so your life also comes with many add-ons. It is unavoidable to live without add-ons and if these add-ons you experience in your life as pleasant pluses that make you happy, that will be due to your good *karma* performed in

the past. If your add-ons follow you as negative add-ons that feel at times like barbed wire or hand grenades going off in your head that cause you to feel sorrow and heavy; these all also depend on your past actions and thoughts that were negative or bad.

Your life is like a lake

Your life is like a lake and your thinking and actions are the stones you constantly throw in it. If your lake remains still and calm with only ripples of peace emanating in your life from morning till night, class yourself as most fortunate. Many create tidal waves of sorrow that are caused by their poor quality of lifestyle that builds into a storm with dangerously high waves that weaken them and can also drown even strong swimmers (ignorant and emotionally strong in their negative ways). In your life, the more quality you have, the more peace you have: the more you walk in the rain, the more chance you have of getting wet.

Your past life kicked a rugby ball (life) high into the sky that causes you waiting under it today to catch. Many drop the ball as they are very easily distracted by their bad habits and senses and by what others are doing around them. Some

will catch their ball (life) kicked by them in the past as their concentration and health is good and will be able to run quickly, dodge and swerve, and try a score.

Your past is a diet of both good and bad actions and thoughts that have fed you up until today and will have made you either healthy or sick. This rich or poor diet will impact on your life and influence the manner or way how you feel today and make you thin or fat (happy or sad). Your present state of mind and happiness caused by your past will have to be lived and suffered by you today. Everyone is programmed by their actions and thinking of yesterday, last week, last year and last life.

Life, like rugby, is best played when you are winning. Who wishes to labour and is always tackled and thrown to the hard ground? For many, their lives are cold, played in the mud, and they lose every game.

The gun of 'want and desire' has crippled and poisoned the world and made everyone into midgets with shriveled minds that can distort truth and mistakenly make falsehood as the aim of their life and goal. Bad *Karma* has shot everyone's legs off and the world is crippled with sorrow

and pain. Man uses the crutches of bad habits and vices to support and aid him in his poor life. Man wrongly thinks that he has resolved his life with his aim, so true. Yet, his wood crutches of bad habits and vices become warped and weak and give him splinters as he walks hand-in-hand with them down his slippery path. Man leads himself down to the coal pit every day to spend his time at the coal face of sorrow. It is with this coal face of bad habits that everyone lives. This habit continually wears people out and makes their faces so unhappy, ugly and miserable.

Need of flame of Light and Truth

Life is now lived being walked down the dark path of ignorance. The crutches, the tight grip, the struggle, the ill-health, the limp, pain and splinters are all exposed by the burning flame of light and truth.

Man's only defense for his crutches and life, to his disruption and destruction of nature's balance and dark path that creates his ill-health and sorrow and to everything else he does, is his ignorance. One day, soon everyone will regret their path and will struggle to scramble back up to the surface of truth and feel the face of happiness shinning down on

them.

You need a burning flame of truth inside your minds in order to light up the darkness that surrounds you. You need this torch of truth to see clearly how you are trapped, so that you can escape from its clutches and live up above in the rays of truth.

The once sweet honey that was once on everyone's lips and carried in their hands and on their fingertips has become bitter and sticky with sorrow.

Karma is a master surgeon on constant call-out that operates on everyone at some point in their life. Everyone really has half a leg and heart and is, thus, physically and mentally disabled. If the people are unhappy and have sorrowful mind at times; then, they are disabled and have made themselves incapable of living life as it should be led. Unfortunately and ironically, people are now expert in making themselves unhappy!

Everyone is unaware that they have been holding the gun of *karma* all their life to their head and pulling the trigger and firing the bullets of bad habits and falsehood at point blank range. Their finger has been on this gun's trigger all their life and they have shot many, including themselves, and

caused much pains and sufferings in the world.

People easily spread pains and sufferings across the world from their gun's mind as they walk and live in their life that has become a shoot-out. Sorrow is spread today as easily as runny honey on a piece of bread. The bitter taste of sorrow is in everyone's mouth and it does not matter what language you speak as everyone understands this universal language of sorrow spoken by everyone so fluently.

Do not play the game of dice with your life

The meaning of life is not to live in a dark cave with no clothes on and only a painted face and bindi for company. Neither is the meaning of life to be found in a detached bungalow on top of a hill with your parked car having just been cleaned on the drive that's next to your pruned lawn that overlooks the sea and the sunrise. Do not play the game of 'dice' with your life' after cleaning your car.

A person should learn to live not for comfort but for truth, which might also mean even walking on the pavement in the rain with no umbrella. If you have truth in your heart, you will not be ruefully

concerned that you have no shoes on whilst walking in your journey of truth. The persons, who live for truth, will not see the pavement or feel the rain if they are walking on the blueprint of the future new world and focusing on it and working on how to implement the plans mentioned in it.

Angels live only on earth

Angels live only on earth and will never be found sitting on a cloud. You need to always think, study, plan, act and build constructively in life. With these steps, you will feel safe and contented, thereby knowing that you are building for the future and wishing to live with truth and true comfort.

Soon, you should be able to open your building to the public; thus, letting them enjoy its furnishings and cool

interior. You will be happy as you know that this building, which you have built, will last forever. Any plans created with God sitting next to you will last forever.

God knows that the human soul needs a home on earth because the soul, like the earth, lasts forever. The soul cannot ever live on a cloud, dressed in white and playing a harp of nonsense whilst looking down with smiling on people's suffering. An angel never looks down but teaches people to look up.

So, now, choose between trying to hide under your old dilapidated table with its wood-worms and half a leg and getting busy in turning your life into a 'strong, stable and able table' that can support to serve a million stars (souls).

Turn Tolerance into Strength

You have the power to tolerate anyone and any situation. But, tolerance is not just suffering in silence. It means going beyond any personal discomfort you may feel, and giving a gift to whomever you would tolerate. Give your time, attention, understanding, compassion, care - all these are the gifts, which, paradoxically, you also receive in the process of giving. And, as you do so, you will experience your own self-esteem and inner strength grow. In this way, you can also turn tolerance into your strength.

MATESWARI JAGADAMBA SARASWATI: A MULTI- FACETED PERSONALITY

—B.K. Banshidhar, Bhubaneswar

Mateshwari Jagadamba Saraswati, whom every Brahma Kumar and Brahma Kumari lovingly called “Mamma”, was the first Administrative Head of the spiritual organisation.



Her original name was Radhe, but she was called “Om Radhe” when she came to reside in the precincts of “*Om Mandali*”. She had a razor-sharp intelligence and personality of multi-faceted splendour. When she spoke,

which was little, it so appeared as if flowers of wisdom trickled down from her mouth. She was full of vigour and vitality. Radhe owned a very powerful, wonderful and attractive personality. She was gentle in her demeanour yet discreet at the same time. Her memory was legendary. Once, she met anyone, she could recognize that person even in a crowd after several years. She had a soft and sweet voice and was a good singer. Divinity seemed to flow in her voice and her songs were a balm to the listeners’ hearts.

She applied the principles of economy and simplicity in managing the affairs of the institution. Her exemplary powers of judgment and discrimination, coupled with her innate benevolence, inspired enthusiasm and devotion in others. She was loved by one and all and fondly called Mamma, meaning the mother. She was a constant source of inspiration and guidance, who

would set standards with her spiritual lifestyle. Mamma obeyed *Shreemat* accurately without fail and never used to question Baba. She would accept any instruction issued by Baba humbly and would say “O.K. Baba”.

Mateshwari always carried out the instructions given by Bap-Dada with faith and love. She knew that work would be done successfully as this was the instruction of the Almighty Authority, and she was the instrument to carry out the instruction.

Once, she was instructed to attend a court case relating to *Om Mandali*. As she stood in the court room in front of the Judge, the lawyer of opposite party asked a tricky question to offend Mateshwari: “Have you ever sat in the lap of Dada Lekhraj?”. Mateshwari at once answered with a smiling face: “I hope you have a grand daughter. When your grand daughter sits in your lap, how do you feel?” She continued her reply, saying, “Dada Lekhraj is the Grand Father of Human creation. When we sit in his lap, pure love of God through the Grand Father is showered upon us. We feel elated. It is our luck to sit in the lap of our Grand Father.” Mateshwari was fearless in all circumstances as she had complete faith in God.

Therefore, she is shown sitting on a lion.

In Delhi, a sister used to come to the B.K. centre to learn Rajyoga. Her husband opposed this and even tortured her severely. Soon, she left the house and began to stay in an Ashram for destitute women and from there she started attending the classes at the B.K. Centre. This made the husband more furious. Once, Mateshwari came to that centre. The man heard the news and came to meet Mateshwari the next day in the early morning. After the completion of the morning class, Mateshwari was sitting on a chair and doing meditation. The man reached the centre and forcefully entered the ground floor and asked the sisters, "Where is your Mateshwari?" Because only the sisters were in the centre, nobody dared to oppose this man. The man was so furious that he broke the chairs and a table lying there. When he did not get Mateshwari, he moved to first floor in spite of the refusal of the sisters. He did not find Mateshwari there and moved to the second floor where Mateshwari was in deep meditation. When Mateshwari saw this man, she gave a divine vision to him and offered the chair in which she was sitting and she moved to the cot. The man thought for a second and

then sat hesitatingly on the chair offered to him. He experienced such deep motherly affection and good vibrations for nearly 15 minutes that he did not ask any question, but sat in silence and uttered "Ma, Ma". He then got up and left the room in silence.

The man came with so much anger but went back in peace, invoking the Mateshwari. There were such various incidents where Mateshwari showed love, courage and fearlessness. Hence, she is truly regarded as goddess in various names such as *Durga, Shailputri, Brahmacharini, Ramachandi, Kushmanda, Skandamata, Katyayani, Kali, Gouri, Sidhidatri, Santoshi Mata, Jagadamba.*

Mamma imbibed and propagated this spiritual knowledge so lucidly that it captivated the listeners. Thus, the mission of Brahma Kumaris grew in acceptance, recognition, strength, success and popularity and Mamma came to be known as *Yagya Mata Jagadamba Saraswati*. Such is the legend of Mamma that her practical spiritual contributions in a life span of 46 years would fill volume after volume.

Her versions were so sweet and lucid that anyone could understand her. Her speech was so powerful that the gates of intellect got opened. Her

determined speech made many people follow the divine path.

Mateshwari's most notable quality was introspection. She loved to be in solitude. She was the image of maturity. She was very accurate in her thoughts, words and actions. She was very loving, so that no one felt any ill feelings towards her. She would fill enthusiasm in every body's heart. She was very stable on the point of knowledge of drama. She said, "Whatever happened is fixed but it will not repeat now but only in next 5000 years". She also said, "Whatever happens in the drama is for our benefit." She deeply reflected on spiritual teachings and then disseminated their finer points to others. She inspired everyone to replace their weaknesses with virtues and told them not to compare themselves with others. She encouraged new aspirants, offered them personal guidance and found spiritual solutions to their problems.

Whatever Mamma said, she did not just say in words but she brought them into practice immediately.

Mateshwari passed away on June 24, 1965, but her glorious and practical life of spirituality and meditation continue to inspire still the members of the institution. ❖

UNDERSTANDING AND PRACTISING EASY SPIRITUALITY

–B.K. Viral, Borivali (West), Mumbai

There is increasing awareness in the world today of the importance of Spirituality and Meditation. However, many are still unaware of what Spirituality is; hence, they are unable to get its easy practical benefits. To aid their understanding, here is given a very simple explanation of spirituality and meditation as follows:

Meditation means caring for the mind

Meditation simply means taking care of the mind. Just like the musician takes care of his instrument, singer takes care of his throat, cricketer of his kit, etc, we need to take care of our mind, because the mind is the most important resource we have. While the skills and talents that are useful in one profession may or may not be of use in other professions, the mind is only one resource, which is used universally across all professions. And, indeed, if any marvel is created outside, it is first created in the mind. Hence, caring for the mind is of utmost

importance.

Even though we may have the best of skills but if the mind is disturbed or not in control, we are not able to use the skills we have. That is the primary reason why our attention is shifting from individuals with high Intelligence Quotient (IQ) to individuals with more Emotional Quotient (EQ) and now to more Spiritual Quotient (SQ).

Since it is the mind, which takes care of everything else, caring for it ensures that everything else is automatically cared for.

Thoughts lead to feelings

The main function of the mind is to create thoughts. Now, if I create a negative thought for other that ‘He is useless, spoilt’, I will be the first to have feelings of negativity, which will, in turn, affect my vision and perception. If I create a positive thought that ‘He is a wonderful person’, I will feel very nice inside. Hence, as is the thought, so is the feeling.

Spirituality simply means that while doing all actions and fulfilling all responsibilities, I

keep a check on what I am feeling inside. If my feelings start going in a negative direction, I have to check the thought behind the feeling, and then change the quality of thought. This will, likewise, change the feeling. Hence, this allows me to maintain good feelings and experiences throughout the day.

Going forward, I am then able to keep an attention on my thoughts, and change them as soon as needed. Hence, I am able to change my thoughts even before going in the low-feeling stage, and, thus, allowing me to maintain an elevated state of mind throughout the day.

Going beyond the Blame

However, it is often observed that the biggest obstacle that comes on way of changing our thoughts is the blame game. Many times, we blame situations or people for our current situation or our state of mind. But looking closely, we encounter a different picture. Let’s understand this by some examples. Suppose, you are travelling by road and get stuck in a traffic jam, along with many other cars. In this situation, when everyone is getting equally late in the traffic jam they will not respond in the same manner. Some will keep getting irritated inside the car, some will step out and start shouting or fighting,

some will catch up with their favourite music, some will re-schedule or postpone their plans and so on.

It is understood here that had the situation been responsible for each one's response, then the same situation/stimulus should have created the same response in everyone. But, that is not the case. Although here the situation was the same, yet the responses were different.

Similarly, if a student fails in an examination; in response, he may create the following thoughts such as 'I am no good', 'What will everyone say?', 'I have let down my parents', which make him dejected. Depending on the magnitude and duration of such thoughts, the student may feel low for a few minutes, few hours, years or even commit suicide. Alternatively, another student may take this as a challenge and, in the next attempt, pass out successfully in examination with good performance. Hence, the power lies not in the outer situation but in the inner thoughts we create in response to the situation we face.

Similarly, when a senior scolds some of his subordinates equally for the same fault, one may lose his self-confidence, other may remain upset for the

whole day, while another may put a full stop immediately afterwards.

From the above discussion, we have understood that rather than the outside situation, it is the thoughts that we create inside our mind in response to the situation, determines our state of mind. We can change the state of our mind by shifting our focus from looking solely outside situations and people to looking inside and changing the thoughts in our mind.

'Inside-Out Approach'

The two words in the term "human being" refer to two aspects of each one of us.

1. The word "Human", which has come from the latin word "humus" meaning soil, refers to the body and all associated physical things like looks, clothes, achievements, status, etc. These things are our outside physical features or aspects.

2. The word "Being" refers to all the non-physical aspects, including thoughts, feelings, attitudes, perceptions, memories, subtle habits, qualities, specialities, etc. These are our inside non-physical aspects.

Both these aspects are of equal importance. We, generally and usually, focus all our attention on the outside aspects,

thinking if we do well outside, we will automatically feel good inside, i.e., if I achieve or succeed outside, I'll be happy inside. This can be called the Outside-In approach to life.

Spirituality teaches us to take care of the inside aspects while doing everything outside, i.e., be happy inside while doing everything outside. This can be called the Inside-Out approach to life.

With the former approach, we keep our happiness only at the final destination. This means during the life's journey, we allow ourselves to feel stressed, fearful or angry because we think that we can experience happiness finally at the end only. However, although we do become happy as we reach the destination, this happiness lasts for only some moments, since we will then have another goal to achieve and, then, another round of stress begins and this cycle goes on.

Whereas in the latter approach, we understand that happiness is a journey but not a final destination. So, it is important to look at all the good things during the journey of our life and to enjoy them to the full right now as we move on. This approach is much more likely to bring happiness for us during our

journey than waiting for it to appear at end of the journey.

Taking care of the Self

What does it actually mean to take care of the self? The answer is very simple! When we take care the body, the primary things we focus on are diet and exercise. It is the same for the self and/or mind.

Diet of Mind – Pure Information

One of the key determinants of the thoughts we create is the information we put in our mind, i.e., all that we read, see or hear. Hence, the easiest method to change the quality of thoughts is to change the quality of the information we put in our mind.

Hence, spirituality just means consciously putting pure positive spiritual knowledge daily in our mind. Such a regular daily diet of spiritual knowledge takes care of the mind, nourishes and empowers it and also makes positive thinking absolutely effortless.

Even setting aside just 10-15 minutes daily in a disciplined way for putting spiritual knowledge in our mind can have a significant impact on it and benefit us during our daily routine activities.

Exercise of Mind – Rajyoga Meditation

Rajyoga meditation technique

not only makes us feel good during its practice, but also has a strongly beneficial effect throughout the day. In other words, it brings about a positive change in the quality of our thinking, and, hence, reflecting the quality of these thoughts in our behaviours and practical life. Thus, meditation simply means creating a series of positive and elevated thoughts, which creates a positive and elevated state of mind.

Here's how meditation works: When I create a thought like 'I am a peaceful being', it creates a feeling of peace in my mind. Then, I create the thought of happiness, thus, creating the feeling of happiness. Continuing to create a series of such thoughts for a few minutes, creates a series of such feelings, which accumulate eventually to create a powerful state of mind.

Along with creating thoughts, it is also a good practice to complement them with their visualisation through intellect. When the mind (the faculty of thinking/thoughts) and intellect (the faculty of visualisation) work together, it gives us easy spiritual experiences. This, in other words, is called the practice of easy spirituality by using the faculties of mind and intellect.

Taking a simple example, I would request the readers to perform this simple exercise slowly and gradually:

First of all, select a place, e.g., your home, workplace or friend's home. Suppose, you select a friend's home. Then visualise yourself getting up from where you are sitting, come out from your apartment, go towards your vehicle, go by road to friend's home, slowly see the colour of the door, walk inside, see the furniture around, then gradually go to the place where your friend is, interact with him, ask about his health, hear his story/experiences, talk with his family, have some breakfast with them, take an orange, see it, peel and eat it, etc., and finally come back home in the same way you went.

You noticed that the mind did not fluctuate while doing the above practice or exercise physically and get this experience. Also, you will actually get the same experiences of being at your friend's home with the third eye of your mind and visualization through intellect without being physically present there. In fact, one may even experience mentally and intellectually through thought and visualization

the taste of the orange without even eating it physically. In fact, this is the power of the mind and intellect to experience so.

Rajyoga meditation, which we learn at the Brahma Kumaris, involves using the faculties of mind and intellect to experience the original seven qualities of the soul (purity, peace, love, knowledge, peace, happiness and bliss) through mental and intellectual connection of the soul with the Supreme Soul, the God Father of all Souls.

In very basic terms, it involves creating spiritual thoughts about the self such as: 'I am a peaceful being', 'I am a pure soul', 'I am the energy using this body', 'I am the master of this body', 'I see through the eyes', etc. We need to visualise ourselves as a very tiny sparkling, conscient point-of-light in the centre of the forehead. Hence, the first step of practising easy spirituality is stabilising ourselves in the awareness of the soul-conscious stage; then, we can move towards the next step of connecting the soul to God by creating and visualising thoughts such as: 'Like me, God is also a point-of-light', 'I am a peaceful soul, He is the Ocean of Peace', 'Powerful vibrations of peace are reaching me', 'I am getting filled with the power of peace',

'I am full of God's peace', etc. By creating spiritual thoughts and visualization, you must understand and get a glimpse of how such Rajyoga meditation practice, in just a few minutes, creates a powerful, long-lasting and elevated state of mind. It is a very simple, scientific and practical technique of connecting directly to God and harnessing and experiencing His powers, which make our routine life very easy and enjoyable.

Spirituality is actually about directly connecting and communing with Him, experiencing His powers and filling the self with those powers. This practice of easy spirituality acts like recharging of our soul-battery and making all our daily works, relationships, application of spiritual knowledge in practice, etc., beautiful and easy.

Conscious response to situations

We have seen above that our response to situations is most important. Spirituality also teaches us that before the day starts, we can visualise a common particular situation occurring, and, then, see ourselves consciously choosing to respond to it in a particular manner, which, we feel, is comfortable for us. This creates a recording within us, and it

becomes more likely that we actually respond in that chosen manner practically when the situation comes. In this way, we easily shift from an automated reaction to a proactive chosen response; hence, securing a chosen comfortable state of mind.

Connection between diet and exercise

If you ask someone with a weak body to exercise, it may be impossible for him to do so. First, he needs to eat a good healthy diet for a few days to build a certain level of strength, and, then, proceed to exercise.

Similarly, asking the mind to remain stable in challenges in today's times may be too difficult. Instead, we first need to give it a high quality diet of knowledge for a few days, through which it becomes easy and natural for us to create thoughts of stability and calmness even while facing challenges outside.

Also, we have to understand that meditation involves creating or programming of elevated thoughts. Hence, knowledge of which thoughts to create or programme in meditation is of prime importance. This, again, comes from the spiritual knowledge first.

(to be contd....in next issue)

HOW OLD IS EARTH? – DIFFERENT THEORIES BASED ON CERTAIN REASONING

–Dr. Veena Mani,
Principal Scientist, ICAR-NDRI, Karnal

The answer to this question – How old is earth? – is not straight forward. There are two major schools of proponents for the age of earth based on their own logics. One group says that it is probably 6000 years old while the other group says that it is of billions of years, i.e., 4.5 billion years old. Both have predicted the earth’s “age” using certain assumptions. There are other assumptions based on Hindu mythological record, which do not have much clarity with regard to it, as they have extended the age by assuming that solar days and divine days were not the same. Now, the Supreme Father Himself has revealed the secret that world history repeats itself in every 5000 years. Let us consider all the viewpoints critically and weigh the different aspects so as to wipe off the illogical information generated through science as well as various religious scriptures, which seem to be not so conclusive.

Proponents of the theory of young earth

The basis for the assumptions made by the proponents of young earth is derived from *The Bible*, although in this scripture too it is not expressed clearly. According to *Genesis 1*, the earth was created on the first day of the creation (*Genesis 1:1–5*) and that has been taken as a point of beginning to calculate the age of the earth. So, the age of the earth can be estimated by taking the first five days of creation (from earth’s creation to Adam), then following the genealogies, i.e., the family tree from Adam to Abraham (if we add up the dates from Adam to Abraham, we get about 2,000 years, using the Masoretic Hebrew text of *Genesis 5 and 11*), then adding up the time from Abraham to date, i.e., 4,000 years ago as history is available showing that Abraham lived about 2,000 B.C. (Reference: Russell Grigg, “Meeting the Ancestors,” *Creation*, March 2003, pp. 13–15).

So, a simple calculation is: 5 days+2,000 years+ 4,000 years = 6,000 years (the first five days are considered negligible).

There are number of other publications in which calculations have been given using English translation of the Masoretic text; and with careful attention to the biblical details, the historians have arrived at the conclusion that the earth’s age is about 6,000 years, or about 4000 B.C.

Two recent books authored by Floyd Nolan Jones, (*Chronology of the Old Testament*, Green Forest, AR: Master Books, 2005) and James Ussher (*The Annals of the World*, transl. Larry and Marion Pierce; Green Forest, AR: Master Books, 2003) based on data from a number of works conducted from 16th century till 1993 and showing their calculations arrived at the conclusion that the age of the earth may range from 5501 to 3836 B.C. with an average date of creation of the earth being 4045 B.C., thus, pointing towards the possibility of an average of about 6,000 years.

Historian Bill Cooper’s research (Reference: Bill Cooper, “*After the Flood*” book published by New Wine Press, UK 1995, p. 122–129) also provides convincing dates from different ancient cultures. One

of these is Anglo-Saxons, whose history has 5,200 years from creation to Christ (according to Laud and Parker Chronicles). The other one Nennius's record of the ancient British history has 5,228 years from the creation to Christ. According to Irish chronology, the date for creation is about 4000 B.C. Mayans had given date for the Flood of 3113 B.C.

All of these dates predicted by meticulous works of these historians, thus, suggest that probably dates are of thousand years in contrast to billions of years as proposed by other schools of thought.

Proponents of the theory of old earth

The concept of young earth was challenged in late 18th century. The idea of millions of years is based on Geology (study of earth science). The author Bodie Hodge published an article entitled "How Old Is the Earth?" on May 30, 2007 (last featured February 21, 2009) in which there are details of the researches carried out by many geologists (Abraham Werner, James Hutton, William Smith, Georges Cuvier, and Charles Lyell) based on the interpretations of Geology, rather than *The Bible*. Abraham Werner estimated the age of the earth at about one million years.

Smith and Cuvier believed untold ages were needed for the formation of rock layers. Hutton said he could see no geological evidence of a beginning of the earth; and building on Hutton's thinking, Lyell advocated "millions of years."

After Lyell, in 1899, based on the cooling rate of a molten sphere, William Thomson calculated the age of the earth at a maximum of about 20–40 million years which were previously calculated to be 100 million years in 1862 (reference: Mark McCartney, "William Thomson: King of Victorian Physics," *Physics World*, December 2002, physics-world.com/cws/article/print/16484

With the development of technique of radiometric dating, in the early 20th century, the age of the earth was shown to expand radically. In 1913, Arthur Holmes (Reference: Book entitled "*The Age of the Earth*") gave an age of 1.6 billion years. Terry Mortenson, (Reference : in *The Geologic Column*, book eds. Michael Oard and John Reed, published in 2006) predicted the age of the earth to its present estimate of about 4.5 billion years (and about 14 billion years for the universe).

Drawbacks of the studies conducted for prediction of long age of earth:

Let us also critically evaluate the methods used for the radiometric dating. A great number of methods have been used for this purpose. The results from one method completely undermine those from the other *radiometric* methods. One of the methods is based on *carbon-14* (¹⁴C) *dating*. It is well known that as long as an organism is alive, it takes in ¹⁴C and ¹²C from the atmosphere; however, when it dies, the carbon intake stops. Since ¹⁴C is radioactive, having half-life of 5730 years, that means that half of its radioactivity will be reduced in 5730 years, Still ¹⁴C activity is found in things, such as wood trapped in lava–flows which, otherwise, are presumed to be millions of years old by other radiometric dating methods, If these items were really millions of years old, then they shouldn't have any traces of ¹⁴C. The organic substances like coal and diamonds which are found between rock layers, which are considered to be millions of years old; but by seeing their ¹⁴C activity, they cannot be expected to be more than a few thousands of years. So, which date, if any, is correct? The

diamonds or coal cannot be millions of years old if they have any traces of ^{14}C still in them.

Similar kinds of discrepancies are seen in the case of *potassium-argon dating*, which has been considered as one of the most reliable methods. Dr. Andrew Snelling, a geologist, points out several of these problems with potassium-argon and a number of other methods used for radiometric dating and showed inconsistent results. This shows that these dating methods are completely unreliable and indicate that the presumed assumptions in the methods are erroneous.

Keeping in view of the above observations, it appears that these are all only assumptions and there is no trace of truth in them.

Some reasonings based on mythological works

Another concept about *measurement of time is with respect to its cyclicality*; and logically speaking time is always represented on paper as a circle. A second repeats itself in a minute; minute in hour; hour in day and days in year and on bigger levels the time scale is represented as yuga or epoch; and yugas form *Kalpa*. A *Kalpa*, in Hinduism, is a period of time which consists of four ages namely, *Satyuga*, *Tretayuga*,

Dwaparayuga and *Kaliyuga*, which get repeated in the cycle. However, according to this, the duration of each *Yuga* is questionable. A complete *Kalpa* starts with *Satyuga* and via *Tretayuga* and *Dwaparyuga* leads to *Kaliyuga*. Our present time is *Kaliyuga*, which according to Hindu mythology, started at 3102 BCE with the end of the *Mahabharata* War. According to the Laws of Manu, one of the earliest known texts describing the *Yugas*, the lengths are 4800 years + 3600 years + 2400 years + 1200 years, for a total of 12,000 years for one arc, or 24,000 years to complete the cycle, which is approximately one precession of the equinox. These 4 *Yugas* follow a timeline ratio of (4:3:2:1). In these assumptions there is no mention of a year of the demigods or any year longer than the solar year, which is consistent with description in The Holy Science.

However, the more recent and popular interpretation from *The Srimad Bhagavata* (3.11.19), these 4 *Yugas* follow a timeline ratio of (4:3:2:1) and timescale is stated as follows:

“The duration of *Satyuga* equals 4,800 years of the years of the demigods; the duration of *Tretayuga* is 3600 years and that of *Dwâparayuga* and *Kaliyuga*

equals 2,400 and 1,200 years of the demigods, respectively. It is mentioned therein that *one year of the demigods is equal to 360 years of the human beings*. Considering this, if we calculate the age of one time cycle it will be as follows:

The duration of the *Satyuga* is, therefore, 4,800 x 360, or 1,728,000 years; the duration of the *Tretâ-yuga* is 3,600 x 360, or 1,296,000 years; The duration of the *Dwâpara-yuga* is 2,400 x 360, or 864,000 years; and the duration of last one, the *Kali-yuga*, is 1,200 x 360, or 432,000 years in total.

But, applying the wisdom and intellect, it seems to be very difficult to comprehend that a *Devi/Devta*, with physical human body, could live *one year* equal to 360 years of the human world. How is it possible that one day of *Devi/Devta* (as mentioned in the scripture) is equal to one human year? This seems to be impossible for a physical body on this earth; so, the above calculations given by Hindu mythology do not sound palatable.

But how to be sure about the saying that “the history repeats itself?”. Simply turning to history books may not help, as history writing itself began in the second half of the *Kalpa* – *Dwaparyuga* – only when the

mankind fell from soul consciousness into body-consciousness, and thus, began to be ruled by “lust, anger and greed, etc.” (*The Gita* 16:21). It certainly requires reasoning and divine insight.

Growth rate in human population also points towards younger earth

Other logical explanation for younger earth can be derived from population density on the earth. Since all the favourable conditions for the sustenance of life are present on this earth only and other planets are not suited for life, the population density on earth is increasing gradually. In the year 0001 it is documented to be only 200 millions and was 1 billion in the year 1804; 2 billion in 1927; 3 billion in 1960; 4 billion in 1975; 6 billion in 1999; 7 billion in 2011 and is expected to be 8 billion in the year 2025. If the population has increased from 200 million to more than 7.5 billion in about 2015 years only, to say that the earth’s age would be of million of years as its history also seems impossible.

God’s Revelation

The Supreme Father and Supreme Teacher has revealed the authentic secrets about the Eternal World Drama in a very simple and understandable way as He *Himself is revealing this knowledge, obviously it is true.*

He has revealed the truth that world history repeats itself in every 5000 years, which is called a *Kalpa*. This *Godly Knowledge speaks about repetition of history, not about its age.* When He says world history repeats itself in every 5000 years, its actual longevity is simply incalculable. If one asks proof for the accuracy mentioned about TIME, it is not possible to answer this question, as it is not written in any history book since the recording of history, epics and other documents started from *Dwaparyuga* only. According to evolutionists (which have extremely different approach) also, the Stone Age of the *Homo Sapiens* existed for 1,90,000 years before beginning to make written records about 4,000 to 5,000 years ago. Prehistoric man built megalithic monuments, made beautiful cave

paintings and kept records of lunar phases. Why would he wait for two thousand centuries before using the same skills to record history? Thus, *the time scale given by God Himself is the only truth..*

But, to have strong belief in this, one has to have trust and faith in Godly Knowledge. The first and foremost piece of knowledge is about “*our own self, that is, we are the beings (conscious immortal spiritual energy called self or soul) having our experience through human body*” and then the knowledge “*about God and belief in Him that He is also the Supreme immortal spiritual energy like us but He does not come in the cycle of birth death and rebirth. He has His abode in Paramdham, which is above this world of five elements in contrast to the certain existing beliefs that He is omnipresent or He takes avtaars/births in different Yugas*”. Once the mind accepts these two eternal truths, then it becomes easier to understand the history of the eternal world drama. ❖

Many believe that it is ignorance to trust the innate goodness of human beings, because you will be taken for a ride. But won't this mistrust gradually affect my own character and perception of life? **Is it worth being insecure at every step just because others are dishonest?** It is only when I have extra expectations of others that I get disappointed with their inability to reciprocate my love and trust. God loves me irrespective of whether I am worthy of His love. **His faith in me is so pure and powerful that it transforms me. So, let me give as God gives; let me trust as God trusts.**

(.....Contd. from page no. 3)

from our own experiences and experiences of others that man spends his whole life-time in acquiring objects, storing them up, making them fit for consumption then consuming them up and, if by force of circumstances, arising from his past actions, he loses these objects, the same things become a cause for mental agony.

The above analysis is not meant to lead one to conclude that man should not work to fulfil his material needs. As long as one has physical existence, one will require things such as food, clothes, shelter, etc., and, if one does not have these things, the unfulfilled material needs can upset one's mind. Further, passivity would gradually lead to sloth which is a vice. So, what is meant to be conveyed is that the pursuit of objects or amassing of wealth alone does not lead one to the fulfilment of the urge for eternal and complete peace.

Rather, one requires health, mental rest, calmness, and good relations with other beings also in one's life.

The Law of Action

Deep reflection would lead one to conclude that peace and happiness depend on the kind of actions we do. Thus, goes the well-known saying: "As you sow, so shall you reap." Even the atheists should have faith in

the Law of *Karma* because this law is the spiritual version of what is called by the Scientists as Newton's Third Law of Motion. Action never goes waste, i.e., without producing any effect. Man cannot escape the result of what he has done. Whether one is a saint or a sinner, one has to reap the fruits of his *Karma* – this is an inviolable rule. One may or may not be able to see, with his gross eyes, the effects of one's *Karma*, but there definitely is the just dispensation. Things may take some time to happen, but in this world, which runs according to some eternal laws, there is no inequity and floundering. The man, who causes some harm to others, suffers instantly, mental unrest and, if he does not suffer

at that moment, he dies a sad man and, if his end be not so grievous, he does have to suffer in the next life.

For instance, don't we see that, when a man loses his temper in his dealings with others, his mind suffers unrest then and there, besides, he gets the bad habit of shouting and bursting and of being a short-tempered man? His fits of anger result in more tension in the mind, in estrangement of relationships and, thus, he gets caught up in the whirl of confusion and frustration. Further, the emotional disturbance causes certain glands in his body to throw harmful secretions into the blood-stream and this causes him great physical harm too,

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leave aside the punishment he has to suffer later because of causing sorrow to others. One has to face the same type of consequences when one indulges in other vices, viz., sex-lust, greed, attachment and pride. So, one can rightly conclude that the vices, or the sinful acts, committed in our past lives are the source of our pain and sorrow, and the root of it all lies in our mind.

Rajyoga is the Only Way

Rajyoga is the only way that one can take to purify one's mind. It helps to maintain a state of inner calmness and stability. It destroys the seeds of sufferings that lie in the mind in the form of latencies (*Sanskars*). There is no other effort in the world, which can render our past doings ineffective or can wash off their effects. By means of Rajyoga practice, one is able to establish mental connection or union with the Supreme, the Highest Self through loveful remembrance. One feels as if one is bathing in bliss or is in the shower of divine love. Yoga provides to man an inexhaustible source of super-sensuous happiness, which is not dependent on material objects. It also brings about transformation in man's mental attitudes and, thus, enables him to have equanimity of mind under all circumstances. ❖

SOUL-REALIZATION

—B.K. Manjula Baijal, Guwahati, Assam

The most beautiful time of the day is the morning, the start of our daily routine, which should begin in the remembrance of our original self and that of Incorporeal God, the Supreme Father of all human souls. Whenever we get up in the morning, we should sit in the silent reflection of being a soul: 'I am a spiritual energy, which is completely different from the physical body. I radiate vibrations of peace, love and purity. I descended from the Sweet Home of Light in order to give radiant light to the world.' To make visualization easy, we experience the soul to be a star of subtle light at the centre of the forehead, just in between the eyebrows. Then, we take a moment to focus the mind on God, the Ocean of Silence. God can be experienced as a non-physical energy, full of spiritual love, as a source of pure spiritual light. He is someone whose aura is so supremely charged that it envelopes the soul with unconditional love.

This is a beautiful meeting of the soul and the Supreme Entity, God, which energizes and strengthens the inner being or soul, purifies it immensely and fills it with the seven primary virtues of Knowledge, Purity, Peace, love, joy, bliss and power.

This also helps one to stay in soul-conscious stage throughout the day. This does not mean that we stop performing actions or do not take care of our work and other responsibilities. But, we perform all those duties with the awareness of being a soul, a child of God, and that means experiencing the form and qualities of the soul. As we transform our awareness and reflect on our original dot form and that of the Supreme Soul, we go beyond the limited consciousness, thereby thinking: 'I stand on the field of service and my responsibility is to bring benefits to the whole world.' In a state of limited consciousness, we disturb, rather than benefit, other souls. However, in a state of soul-consciousness, we bestow upon the world the blessings of the Benevolent Supreme Soul. ❖

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