

From the Mighty Pen of Sanjay



## YOGA IS THE WAY TO COMPLETE LIBERATION



Every man in this world aspires for freedom, liberty or *Swatantrata*. The political parties and the governments of the day also profess that they would work for protecting the liberty, fraternity and equality of their people. The well-known Statue of Liberty in America symbolises that the American people consider Liberty as very sacred and that America, as a nation, stands for the liberty of individuals and nations. The Indian Constitution also, in the preamble itself, recognises and enshrines liberty as one of the basic rights to be enjoyed by its people. The Communists, all over the world, also avow that their aim is the economic liberation of the people from the yoke of the exploitative bourgeoisie class. During the days of struggle against the British Raj, All India Congress had the Liberation of India from foreign domination as its professed aim and cherished goal. Similarly, the scientists say that liberation of man's mind from age-old superstitions, blind faith and dogmas is one of their aims or one of the benefits of science. The psychologists also say that liberation of man from various complexes or bad habits is a noble aim of their research.

### Various Kinds of Bondages Remain to Be

So, we all aim at achieving Liberation, be it political, economic, social, mental or religious. To reach that goal, politicians, economists, social reformers, philosophers and religious preachers have been trying in their own ways. Many theories, ideologies, isms and so-called philosophies have been tried, but still the slavery of man to the State, to the dictators, to different wants and desires, to ill-health or to bad habits, has remained to be. None has been able to banish the crime, lawlessness, sufferings, mourning, accidents and disquiet. None has been able to stem the moral rot of the masses and liberate mankind from all kinds of sorrows and sufferings.

### The Reason of Failure

One singular reason of this failure is that vices like sex-lust, anger, greed, attachment and arrogance, which make a government coercive, unjust and inconsiderate; a dictator tyrant and an individual exploitative, corrupt, crime-minded and

(Contd. .... on page no. 34)

## CONTENTS

- ▶ Yoga is the way to Complete Liberation (*From the Mighty Pen of Sanjay*) ..... 3
- ▶ Dadi Prakashmani-Eptiome of Surrendered Life (*Editorial*).... 4
- ▶ Become a Worthy Child – A Conqueror Over Matter ..... 7
- ▶ Wishing A Happy Friendship Day to God, Our Best Friend! ..... 8
- ▶ Spiritual Connotations of the Indian National Flag ..... 9
- ▶ Our Late Dear Dadi Prakashmani: A Many-Faceted Dazzling Jewel of Spiritual Light of Preeminence and Parexcellence ..... 11
- ▶ The wise know the Fact: *Sanskar* repeats Itself ..... 15
- ▶ Self-Rule (Swaraj) improves The Emotional Health ..... 18
- ▶ Life is like a thrilling Game of Cricket! ..... 19
- ▶ The Departed Dadi Prakashmani: The Apple of All Eyes ..... 20
- ▶ Power of Good, Positive and Inspirational thoughts..... 22
- ▶ Keep always A Smiling Face .. 23
- ▶ Learn to live an Internal Life... 24
- ▶ Fill your mind Before your mind fills you! ..... 26
- ▶ Rakhi Festival: ..... 28
- ▶ Pearls of Virtues ..... 31
- ▶ Stop asking the protesting Question: "Why Me?" ..... 32
- ▶ Morning Musings & Night Notions ..... 33

### Rates of Subscription for

"THE WORLD RENEWAL"

**INDIA FOREIGN**

**Annual** Rs.100/- Rs. 1000/-  
**Life** Rs.2,000/- Rs.10,000/-

Subscriptions payable through Money Order/Cash or Demand Draft (*In the name of 'The World Renewal'*) may be sent to:

**Om Shanti Printing Press,  
Shantivan-307510,  
Abu Road, Rajasthan, INDIA.**

### For Online Subscription

Name of Bank: SBI, PBKIVV Shantivan,  
Account Holder Name: 'World Renewal'  
Saving Bank A/c No.: 30297656367, IFSC:  
SBIN0010638

### For Detail Information:

**Mobile:** 09414006904, (02974)-228125  
**Email:** omshantipress@bkivv.org

|| Editorial ||

# DADI PRAKASHMANI - EPTIOME OF SURRENDERED LIFE

## Honouring the 11th Anniversary of Dadiji's Ascension to Subtle Region



It's but natural for all those BK Sisters and Brothers from Bharat and Overseas Centres who had the honour and privilege of coming in contact with Revered Dr Dadi Prakashmani, lovingly known as 'Dadi Kumarka', remember her so much. She had showered her godly love and blessings on one and all, without distinction.

At the time of Dadiji's initiation as one of the Brahma Kumaris, her father mentioned that he considered her to be the divine soul of Saint Meera. From the age of 17-18 until she became avyakt, each day of her illustrious life had been eventful. Up to the age of 31-32, she participated whole-heartedly in 14 long years of Spiritual Learning/Training, Rajyoga Meditation practice, and participation in seminars, debates, and all-night Meditation Tapasya sessions. The divine name given to her by the Supreme Being through a trance-medium, 'Prakashmani (Jewel of Light)', proved to be 100% true considering her self-enlightenment and propagation

of purity, morality, spiritual values, godly wisdom and deep meditation. By the time she was 32 years of age her personality had developed into a great *Yogin*, who expounded *Sahej Rajyoga* and lived by the deep aspects of Godly Knowledge, as revealed by Supreme Father, Incorporeal God Shiva.

She was one of the most faithful, obedient and trustworthy members of the Management Committee of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, founded in 1937. Her specialties included being very regular in her Morning Meditations, Gyan Murli

Classes and other activities of the Spiritual Yagya, thereby helping in the establishment of a unique godly university of the Brahma Kumaris.

Along with Mateswari Saraswati, Didi Manmohini, Dadi Chandramani, Dadi Janki and other Dadis, she was always held in high esteem by especially the senior members of the Institution. Even Brahma Baba showered flowers of praise on Dadiji for her leadership role in the running of the Yagya, as well as establishment of godly Service Centres in different parts of India and other countries.

Dadiji was gifted with the ability to guide members of the divine family in maintaining **regularity, punctuality and divinity in daily life, as well as creating team spirit among the sisters and brothers, while evolving innovative ideas of godly service in different fields of activity.**

**Dadiji had the leanings of**



Dadi Prakashmani ji giving blessings to audience

**a great artist and vigor of a sportsperson, along with being sincerely humanist.** As the chariot gained more and more number of years, her aura of spiritual light and words of wisdom became the source of awakening and enlightenment for thousands and thousands of people. **Further, her magnetic vibrations and humble gestures conveyed love and respect to everyone, from any background or age or religion.**

High-ranking professionals valued her advice and guidance for leading a balanced and happy lifestyle, through the regular practice of early morning meditation, and study of godly versions. Prime Ministers, Presidents, Chief Ministers, Members of Parliament and Legislatures, eminent leaders of all professions, holy personalities from different faiths and belief systems, the youth and children, as well as village folk were always mesmerised by

her loving radiance, and inviting smiles.

Of all of Dadiji's commendable achievements, the following stand tall and proud:

- ▶ In September 1987, Dadiji was welcomed graciously by His Excellency, Javier Perez de Cuellar, the former United Nations Secretary General, Mrs Perez de Cuellar, and other dignitaries during her visit to the UN at New York, , when the **Brahma Kumaris received 7 Peace Messenger Awards for their significant contribution in the observance to the United Nations International Year of Peace.**
- ▶ In 1992, Dadiji was bestowed with an **honorary Doctorate Degree in Literature** by the Chancellor of Mohanlal Sukhadia University, Udaipur, by the then Governor of Rajasthan for her outstanding contribution to the cause of learning, spreading and development of spiritual, moral

and human values.

On the auspicious day of remembrance, 25 August 2018, we wish that our beloved Dadiji continues to empower us with nobility and spirituality, as well as unshakeable faith in the Supreme Being, and godly wisdom.

All the sisters and brothers of Madhuban: Pandav Bhawan, Gyan Sarovar, Global Hospital & Research Centre, Peace Park, Shantivan, Sangam Bhawan, Trauma Centre, and Shivmani Home, miss Dadiji's presence particularly on the special occasion of Raksha Bandhan, as Dadiji used to spend hours and hours meeting the different groups, revising the promises to be kept during Raksha Bandhan, and then tying the sacred thread on our wrists... **Let us invoke Dadiji on 26 August to come tie a subtle Rakhi around our wrists, and apply the tilak of victory on our foreheads!**

## FESTIVAL OF RAKSHA BANDHAN

**T**hough every religious festival of Bharat is considered to be sacred, but among all festivals, Raksha Bandhan is considered to be the most auspicious and divine. The normal practice these days is of sisters waiting for this auspicious occasion to tie the bond of pure and divine love

around the brother's wrist. However, perhaps this festival was observed from almost the beginning of Copper Age after the *Satyugi* deities lost their natural state of spiritual consciousness, at the end of Silver Age. It would have become a very important ritual when the path of Bhakti started with the worship of Supreme

Father, Incorporeal God Shiva, in the shrines of Shiva Temples. Raja Vikramaditya was instrumental in establishing the first Shiva Temple, well known as the '*Somnath Temple*' situated in the south-west region of Gujarat State. The Priests/Brahmins of yore used to tie the holy thread on the wrists of male members of

devout Hindus.

Later on, as we learn from historical events, when the Rajput warriors went to war, their sisters would tie red-coloured threads (*sutra*) for their protection. The ritual was symbolic of observing purity in thought, word and action.

Slowly the festival became popular during the Moghul period when the thread of Rakhi was tied by sisters around the wrists of those brothers who were on their way to the battlefield. This was also considered symbolic of a message to the brothers that they were protectors of their sisters from invaders, or any other elements who had corrupt minds, and evil intentions and vision.

As we reach the completion of the age of *Kaliyuga*, Supreme Father God Shiva, through His medium of Brahma Baba, gives us the message of leading pure lives for achieving real and lasting peace and happiness in life, as **Purity has always, and will always be the Mother of Happiness and Peace.** The divine daughters of Brahma Baba, Brahma Kumaris, have been spreading God's wisdom and honouring Raksha Bandhan Festival for decades by tying Rakhis unto the people from all backgrounds irrespective of faith, colour,

gender, or age. **Today, numerous people consider Raksha Bandhan to be an auspicious festival, and feel highly honoured and fortunate to receive these Rakhis from the divine Brahma Kumaris Sisters.**

Though there is a custom of brothers giving gifts or money to their sisters on this occasion, however the Brahma Kumaris sisters insist that the only gift they will accept is for people to renounce negativities from their lives, for their own benefit, as well as benefit of society. Very humorously, some BK sisters ask individuals (whoever they may be, and from which strata of society) to part with the '5 fake coins (*khote sikke*), and then further explain the ***khote sikke to be the five main negativities and defects that have invaded our inner world: lust, anger, greed, attachment and ego!***

**Just imagine how with the advent of new godly knowledge, systems and customs, a silent spiritual revolution and rejuvenation of divine laws are taking place on the occasion of Raksha Bandhan.** All of us are well aware of the present evils of violent and degrading behaviour by certain male members of society towards women and young girls, which

stem from severe body-consciousness and rampant indulgence in sensual gratification. But we are also witnesses to how the bond of purity and love, Raksha Bandhan, is strengthening the fabric of human society by divinising the outlook of brothers towards the sister-folk belonging to any religion or community, and by also empowering females to understand and use their own spiritual powers. **Brahma Kumaris Sisters feel very happy to be contributing towards this subtle but sure transformation in the outlook of millions of people, with a shift from physical body-consciousness to spiritual soul-consciousness.**

Further, the tying of Rakhi also conveys **Incorporeal Supreme Being God Shiva's beautiful message of becoming 'Holy and Yogi'** because He alone can ordain the entire humanity to return to its original stage of peace, love, wisdom and purity. Let's all join in this noble spiritual and divine transformation of global consciousness for creating a better and safe world for all our children, sisters, mothers and brothers.

Om Shanti

– B.K. Nirwair

# BECOME A WORTHY CHILD – A CONQUEROR OVER MATTER

– Rajyogini Dadi Janki,  
Chief of Brahma Kumaris, Shantivan



**W**e say *Om Shanti*: on one side is Baba and on the other side is our fortune. So, in between what do we have to do? We have to remember only Baba.

Baba has said that we have to make our time worthwhile or else we will not be happy-hearted. We should also know: Who am I and who is mine? I am a soul and I belong to the Supreme Father. There is nothing else that “I” and “mine” refers to. We have to go beyond this world of noise or sound to the world of peace or silence. We do not belong to this world. We should have the firm *sanskar* that ‘I am a soul and Baba is mine’. We should have this remembrance.

We can see that atmosphere in Shantivan is very powerful, which means that matter is giving its support. There is no carelessness seen in the atmosphere here.

We should see if our *drishti* and attitude have been transformed. As is the attitude, so is the vision. We have to become Baba’s worthy children.

Baba is taking us forward.

This is Baba’s wonder. He makes us sit in His plane and will take us back home. He says, “Remember Me and remember the Sweet Home.” We have to go back to our Metaphysical Home.

How will we go back to our home? Baba will take us back. We follow the foot-steps of our Father; and because we are His instruments of service our feet are not on the ground. This is why I say that our feet should not be on the ground because if they are, it will take time to go from here on the ground to there above.

We feel that Baba is enabling us to fly higher up so that we can go with Him. From the stage of ascending, we are now in the flying stage. No time is required at all in the flying stage.

Baba has made me belong to Him and drink the nectar of knowledge. He has fed me *Brahma Bhojan* and I have heard the knowledge through the mouth of Brahma Baba.

He has taught us how to do service through our mind, words and deeds. Our time, thought and breath must be kept for best

usage and be engaged in spiritual services. No breath should go wasted or become fruitless.

Now, it is the Confluence Age. We have to use our time, thought and breath in a worthwhile way, and, in this way, we have to earn an income.

Wearing the white clothes and having empty pockets, we are the rulers of the globe. We have to give Baba’s message to the world. Everyone’s attention should be drawn towards this message. We desire that the entire world should come to know and understand the meaning of “Who am I and who do I belong to?”

We are easy yogis, the Rajyogis. Live with the understanding that nothing is difficult and, then, we should not feel anything to be difficult. This is Baba’s wonder.

I never say that this or that is not right. To say or think about this is a waste of time. We have to utilise our energy in a positive way. We have to make our energy fruitful. ❖

## WISHING A HAPPY FRIENDSHIP DAY TO GOD, OUR BEST FRIEND!

–B.K. Viral, Mumbai

**W**e celebrate the 5th August, 2018 (1st Sunday of August) as World Friendship Day. Hence, along with wishing our friends around, let's take a moment now to wish a very Happy Friendship Day to God, our eternal best friend.

It's seen that the growth and development of friendship is easy between or among the same or similar people, having common approach and characteristics, i.e., those with the same or similar age, education, profession, hobby, etc. Hence, the friendship between me and God is very easy and natural since we both are souls, i.e., points of spiritual energies, having the same original qualities of purity, peace, love and happiness and having the same aim of benefitting the world.

A friend is one, who is always available for us, who we can talk to anytime. In fact, we share all our life's issues with our best friend. Incorporeal God Shiva is that faithful friend, who will never disclose our talks to anyone, who never judges or criticizes us. His love for us is unconditional; it is not based on who we are

and what we've done. His love is not fickle or temporary. He doesn't make promises and then fail to keep them. He won't turn on us and reject us. His love for us is eternal and everlasting. Further, unlike any human being,



He can stay with us at each and every moment of our life 24x7. As we begin to talk to God, our relationship with Him grows and develops and thereby becomes stronger. Keeping friendship with God is one of the easiest methods of remaining connected to Him, through which we can receive His guidance and experience His subtle help and support at every step.

It's said that as is our company, so we become. Hence, when we remain in the elevated company of the Supreme, we automatically experience the powerful

vibrations of His purity and peace, unconditional love, acceptance, encouragement and elevated vision for us, and His soothing presence makes us free from the worldly worries and anxieties. Indeed, being in the company of God, shifts our frequency to a very high level, much higher above the pull of all limits of negative and waste thoughts, and thereby give us a pure experience of super-sensuous joy and bliss.

Just as we go near the Ocean, we automatically experience it's cool, soothing and refreshing breeze without any effort; similarly, going closer to God, the Ocean of virtues, automatically makes us experience His divine attributes of peace, love and joy without any effort.

The best part of this spiritual friendship is that when we make God our best friend, everyone whom we meet also start becoming our best friend. His love flows into us, and with that love, we become love-full for others, who come in contact with us. As we get combined with Him, we are infused with love and co-operation for our soul-brothers. When we get coloured in His Divine company, we automatically share our attainments with all, our elevated state of mind comforts everyone around, we see everyone as

*(Contd. .... on page no. 10)*

# SPIRITUAL CONNOTATIONS OF THE INDIAN NATIONAL FLAG

–B. K. Subramanian, Avadi

The National flag of Great Bharat unfolds the secret that human beings could experience their real freedom and independence only in *Satyuga*. Are we human beings really independent and enjoying the life with full freedom on the land of *Kaliyuga* across the world? We could easily realise that all the individuals, either in a family or community or nation, are either dependent or interdependent on each other and one another for some or other human needs. While this is the factual situation over the entire globe, where is the independence for human beings on the land of *Ravan*? The real freedom and independence for the souls or the human beings exist either in the Sweet Home (*Shanti Dham*) or in the heavenly abode of *Satyuga* where they are free from all types of bondages.

The tricolour National flag with the picture of a wheel at the centre adopted by great Bharat, popularly known as India, has a meaningful spiritual truth behind it. No other country on the globe can speak about the spiritual meanings or connotations of the colours and the designs

imprinted on their national flags as significantly as India does on its own flag. The tricolour of



India's National flag represents the three worlds existing in and beyond the universe as portrayed in the third lesson of Seven Days Course imparted by the B.K. Sisters and Brothers, free of cost at all Rajyoga Centres located in different parts of India and abroad as well.

### Green colour at the bottom of the flag

Each colour has a special distinct attribute and a special feature as well. It is globally agreeable that green colour always stands for fertility, verdure complete prosperity, agrarian wealth and the flourishing state of humans endowed with greenish farms and gardens gifted by Nature. It could be understood from BapDada's

*Murli* that such a heavenly world existed in Bharat, five thousand years ago when Shree Lakshmi and Shree Narayan reigned over the entire sovereign empire across the world, housing their head quarter at an amazing golden palace in the erstwhile Indraprastha called (*Paristan*) then, which is presently known as New Delhi, the Capital of India. No one could imagine the unlimited health, wealth and happiness that prevailed for centuries in the period or age known as the Golden Age (*Satyuga*).

The cycle of birth, death and rebirth never stops even for a while as a result of which, the change will automatically take place without waiting for anyone to get transformed, refined or purified. According to the cosmic plan of the Eternal World Drama (EWD), the death of *Kaliyuga* will congenially give birth to *Satyuga*. When the '*Ravan Raj*' comes to an end, the '*Rama Raj*' begins to bloom and blossom with the fragrance of sovereignty purity, peace, love, prosperity, bliss and happiness.

### The white colour in the middle with the Ashok Chakra

Amongst all the colours, the white is the supreme. It is because white is not a distinct colour but is said to be the mixture of all colours. It is a common opinion that the white

colour always stands for peace and purity. All freedom fighters of India, including Mahatma Gandhi, Jawaharlal Nehru and Sardar Vallabhabhai Patel, wore only the white clothes, the symbol of non-violence, and thereby achieved their goals of freedom and independence for India. Prajapita Brahma Baba and the royal B.K. family members, even during the British regime in India, also wore only the white dresses, and, even now, the white colour dress code continues among the B.Ks. It can be understood from the keen and close observation that these men and women, always wearing the white costumes, observing celibacy and purity in food, will be naturally endowed with the eight powers incorporated in the Seven Days Course, namely (1) Power to pack up (2) Power to face (3) Power to tolerate (4) Power to discriminate (5) Power to judge (6) Power to cooperate (7) Power to adjust (8) Power to withdraw.

The white colour externally denotes the Confluence Age and internally alludes to the Subtle World. The dark imprints of impurities in the souls are erased and reprinted with white or pure and positive *sanskars* through Spiritual Knowledge (*Gyan*) and Rajyoga Meditation articulated by God Father Shiva through the lotus mouth of Prajapita Brahma.

The *Ashok Chakra* in the middle of the flag reminds us of the World Drama Wheel (*Shrishti Chakra*),

the colour of which has been imprinted in blue. The unlimited sky and the ocean are blue in colour, which is predominant in the universe. The blue colour stands for knowledge, the primary quality of God, called the Ocean of Knowledge. Since God is the Unlimited One from the perspective of attributes, the spiritual knowledge that He imparts to the souls of the humanity out of pure love and compassion, has no limits and limitations.

#### Saffron (orange) colour at the top

The saffron (orange) colour is nothing but sweet. The orange fruit has the power to transmit the cooling effect to the body. That is why the physicians advise the sick, inflicted with heat stroke and fever, to include more of orange fruits in their diet. It reminds us of the Sweet Home (*Shanti Dham*), where peace and coolness permanently prevail. God Father Shiva also abides there. The saffron (orange) colour stands for renunciation.

It is to be realized that the role of God in the Eternal World Drama (EWD) is emphatically different from that of the role of religious founder fathers like Abraham, Buddha, Jesus Christ, Mahaveer and Guru Nanak Dev. God's messengers and prophets cannot play the paramount role of God whose supremacy in all aspects is unsurpassable and

insurmountable. God's descent on to the corporeal world takes place once in five thousand years as predestined in the world drama since He is the highest, whole and sole Almighty Authority, who can transform the sorrowful mortal world into the heavenly, happy and immortal world.

May God bless the readers with a heavenly life on this earth and inspire them to "Be Holy and Rajyogis." ❖

(.....Contd. from page no. 8)  
divine souls, see their specialities, and, thus, are able to accept them as they are and have the feeling of oneness, unity and compassion. Further, this elevated state of mind greatly boosts our work efficiency, increases creativity and enhances our skills, talents and capacities.  
Hence, when we become dear to God, we automatically become loving and dear to ourselves and to all people of the whole world, who, in turn, also bless us. And these blessings from all act like a lift, which brings happiness and contentment for us. Making God our best friend helps us contribute to His divine task of world transformation, thereby enabling us to realise everyone's dream of seeing the Perfect Divine Land, the illustrious Golden-Aged *Satyuga* once again. ❖



# OUR LATE DEAR DADI PRAKASHMANI: A MANY-FACETED DAZZLING JEWEL OF SPIRITUAL LIGHT OF PREEMINENCE AND PAREXCELLENCE

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

**O**ur late dear Dadi Prakashmani was a very remarkable cheerful self with glowing and well-chiselled divine features, which were quite attractive, magnetic and unforgettable. Her pristine purity, undiminishing zeal and unlimited happiness were quite reflected transparently on her features. When she met the Beloved BapDada, the latter poured down His flowing and smothering love upon her with such an open heart that she was completely overwhelmed. By seeing her, a strong impression could be imprinted on any young impressionable mind that she must be a rich, charismatic, dynamic and influential personality of preeminence and parexcellence with embodiment of many exemplary qualities, who was being attracted to God, the Supreme, and drawing the unlimited love of the Supreme Soul like a rust-free needle is attracted naturally to a powerful magnet.

## **A Prismatic Personality**

Like a prism, she was a

many-faceted dazzling jewel of spiritual light with a magnetic and powerful personality of pre eminence and parexcellence.



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

Her qualities and specialties inspired and also helped many people in their personal, professional and spiritual efforts. Her qualities of purity, love, mercy, peace, power, inspiration, yoga and

spirituality, and the specialties of good governance, constructive approach and balance between love and law helped many souls a great deal in achieving mastery, efficiency and skilfulness in their personal, professional and spiritual spheres of activities.

## **Knowledgeful and Yogi Self**

She was both a knowledgeable self (*Gyani Atma*) and a yogi self (*Yogi Atma*), as she made a perfect balance in acquisition of spiritual knowledge and practice of Rajayoga meditation. The powers of spiritual knowledge and Rajayoga meditation were being quite crystallly reflected in her manners and behaviours while she was coming in interaction with others. She showed the mastery of spiritual Knowledge and spread the fragrance of meditative power and thereby surcharged the atmosphere and surrounding environment and created a sweet, spiritual and divine ambience.

The powers of knowledge and yoga made her to like all; she was also appreciative of all others, who come to meet her. She was very keen in discerning the qualities and works of all even in her instant glance. Like a perfect inspiring teacher, she knew that appreciation is an

effective incentive for all in order to galvanize their spiritual efforts or any works they do. So, she was appreciative of one and all who met her, irrespective of their any or many differences whatsoever. Her selfless love touched and overwhelmed the heart and soul of the inmates of the organization and those people who approached and eagerly met her.

#### **Her Way of Reading *Murli***

Her way of reading *Murli* in morning classes was also very interesting, inspiring and entertaining as well. She was reading *Murli* once or twice and churning the points of knowledge in it before coming to relate it to the class. Her way of relating it was very interesting and inspiring with tinge of humours also. It produced alacrity and dispersed boredom. She also had a habit of using body language with gestures and postures of her hands and head. Sometimes, she also laughed while explaining any point of knowledge in *Murli* with citing of examples. At times, she also asked questions to the brothers and sisters in the class about their spiritual efforts they made. In these ways, her way of reading and relating *Murli* was all the more enlightening as well as inspiring and entertaining as she made thereby the whole class

alert, enlightened and inspired.

#### **A Very Humble Soul**

Even though she was the administrative head of such a vast spiritual educational institution of the world, yet she was a very humble soul. The sense inordinate ego of post or position did not touch her mind, heart and soul. It was mostly observed that whenever she met any prominent personalities of national and international stature like the religious leader, the President and Prime Minister of India or the Secretary General of the United Nations Organization (UNO), etc. she used to welcome and congratulate them with her folded hands and bowed head. She was, truly and undoubtedly, the embodiment of humility, which is incomparable even now.



This humility was the most cardinal quality in her fair and unblemished character.

#### **Right Choice of Prajapita Brahma**

The bases or criteria of selection for any post or position are individual's personal qualities, spiritual study, efforts and experiences. Prajapita

Brahma Baba would have preferred her as the next Chief of Brahma Kumaris Organization (BKO) due to her qualities of *obedience, truthfulness, honesty, integrity, serviceability and managerial ability*. This was, undoubtedly, his right choice and selection of her for this post after the expiry and ascension of Jagadamba Saraswati (*Mamma*) to the Subtle World in 1965. No doubt, her prominence, pre-eminence and par-excellence in qualities, spiritual efforts, service and experience brought her to the limelight, and ultimately to this enviable post. This post was another added feather to her cap. She was a leader in making because she had acquired such leadership qualities through her personal spiritual efforts along with the incentives and inspirations of the Incorporeal God Father and His corporeal instrument, Prajapita Brahma.

#### **An Able and Skilful Administrator**

As an able administrator she was very just and judicious. She used to move to every department and listened to grievances and requirements of all and took perfect decisions to the satisfaction of all. She also gave necessary directions and advices for the benefits and wellbeing of all, working in various departments. Almost all

were happy with her able and skilful administration in the affairs of various Departments, Service Wings and Trusts under the Organization.

As a person, she was very simple, humble, generous, forgiving and also a very smiling self. Her own personal life was an open book and practical example for others to emulate her. After she took over the charge of administration, the speed of spiritual service increased greatly due to her administrative skill and personal nature. Moreover, she also contributed to this speed of service by visiting many countries of the world with her message of peace, love, and Universal Brotherhood of Man and Fatherhood of the Incorporeal God, and thereby influenced many souls to come to the organization and change their thought and lifestyle patterns according to God's Supreme Directions (*Shreemat*). This helped in speedily establishing many spiritual centres/branches both in the country and abroad and increasing the strength of the students and followers.

**A Cheerful and Beloved Mother**

She had developed many qualities of a mother such as love, affection, compassion, cheerfulness, forgiveness, help,

cooperation, patience, tolerance, adjustment, caring and sharing, etc. Like a beloved mother, she poured out her love and affection on all and spiritually nurtured them without any discrimination. A jewel has many facets, which radiate its prismatic lights and colours, and she was more like a prism in showing her endearing motherly qualities and abilities even though she was a celibate. Likewise,



she had many parenting qualities and specialties that flourished in her in a divine family atmosphere and radiated from her while coming in interaction with the various souls, both dedicated inmates and others. The title of a beloved mother is, undoubtedly, well-fitting and justified to her dignified and credit-worthy maternal personality as she was the embodiment of many motherly qualities.

**Laurels for the Organization**

She had travelled to countries like USA, Britain, UAE, Australia, Austria, Russia, Japan, Kenya, Belgium, Brazil, Columbia,

France, Spain, Germany, Italy, Ireland, Denmark, Sweden, Holland, Singapore, Sri Lanka, etc. including many states of India and addressed large gatherings for furthering the spiritual service and spreading the message of God's descent upon the earth. She was also quite electrifying during her travel. Anyone, who came to her, felt and got recharged with the spiritual power and vigour. The souls forgot their body-consciousness and instantly came to realize a state of soul-consciousness by coming in contact with her.

She brought many laurels for the organization and also for her. Due to her benevolent contribution of service to the humanity, the United Nations Organization (UNO) awarded the institution with an International Peace Medal in 1985 and it was



also awarded with five National Peace Messenger Awards. Personally, she was awarded with the Peace Messenger Award in 1987. She was also decorated with the *Dharma Ratna Award*, and many other

prizes and mementos. She was also awarded with the honorary Doctor of Philosophy (Ph.D.) Degree by Mohanlal Sukhadia University, Udaipur, Rajasthan, India for her incomparable socio-spiritual service to the nation and world at large.

### **A Symbol of Women Empowerment**

She was a fitting symbol of women empowerment. The Brahma Kumaris Organization (BKO) is a socio-spiritual-cum-educational organization led mostly by women. As its Administrative Chief, she had inspired many lives of mothers, sisters and children, who were once feeling dispirited, dejected and hopeless. With the power of her spiritual knowledge and Rajayoga, she injected new hope and courage in them and enabled them to stand upon their own feet and inspired many of them to surrender their lives for the service of the humanity. Now, they are engaged in this service in almost 4,000 branches in 140 countries abroad including India. When our country lags behind in empowering women, she has really empowered them as never before with the power of charismatic personality.

### **A Rare and Magnanimous Person**

Her departure in 2007 has really left a vacant place in the

organization. However, her departure was an event in various scenes of the drama. The organization is still running without her but her influential personal charisma is still felt lacking. But, even in her physical absence, we feel that we are still fragrant with her spiritual presence, fostering love and care. She remained decorated with the garlands of blessings; she was the apple of eyes of Bap-Dada; she was a rare and magnanimous person, who distributed her love, affection, cooperation and bewitching smiles to all even while undertaking her responsibilities; she gave the genuine feelings of Brahma Baba and Mamma that she developed in her and was raining down boons and blessings upon all. She was also Baba's unique hand in spiritual service, who always remained merged in Him; and to such a serviceable legendary elephantine and dignified Dadi jee, who was ever rich in meditative pursuits and spiritual opulence, we offer our humblest obedience, thanks and gratefulness in our heart of heart.

### **The Prakash Stambh**

Though her physical presence is a great loss in the present moment, yet we still feel her spiritual presence as we know that she is still playing her role on the world stage in the Advanced Party with a different

feature - physical countenance or body-chariot. It is only a replacement of her role. However, we can repair this loss by inculcating her qualities and specialties in ourselves and rendering services like her to the millions of still deprived souls.



*The Prakash Stambh*, built in her memory, is a great attraction for many souls, and stands as a fitting monumental memorial of her, thereby reminding and demonstrating symbolically all of us of her manifold qualities, abilities and specialties and of her unforgettable contributions to spiritual services to the world at large.

She was inspiring all of us with her *Gyan* (knowledge), *yoga*, *dharna* (inculcation) and *seva* (service). Her most famous instructions that she has left for us is: "*Nimitta, Nirmana Aur Nirmal Bhava*" (Be trustee, constructive and clean.) If we can translate this instructive sentence in our practical life, this will be a fitting tribute to her unforgettable personality. ❖



## THE WISE KNOW THE FACT: *SANSKAR* REPEATS ITSELF



–B.K. Rose Mary

**T**hough the ordinary people get surprised when others often behave in a peculiar way, the wise and insightful ones know the fact that people behave according to their *sanskar* (tendency formed after repeated action) and always repeat what they have been practising. It was this insight that helped Birbal, the Chief Minister of Emperor Akbar, to solve a nearly impossible problem.

One ghee merchant had borrowed 500 gold coins from his colleague. But, when it was time to repay them, he refused to do so and claimed he never borrowed the money. The merchant, who had lent the money, went to Akbar, the Emperor, for justice, who, in turn, assigned Birbal to find a solution. Birbal listened to both sides, then asked for ten days' time and sent both the merchants away. He, then, ordered for 10 tins of oil. Each tin contained 10 kg. of oil and in two of them Birbal put a gold coin. Then, he called ten merchants including those two merchants involved in the dispute and gave each of them one of the tins saying, "Examine this

oil carefully, determine the price and return them after three days." But, he ensured he gave the two containers with the gold coins to the two merchants whose case was pending. The merchant, who had lent the money, was an honest man; and as soon as he found the gold coin, he returned the coin to Birbal. But, his dishonest neighbour found the coin and did not return it to Birbal. In other words, both acted according to each one's inner impressions (*sanskars*), and Birbal easily proved who was guilty. The *sanskar* acting as an invisible force behind everyone's act was one of the main themes of Jesus' preaching (*Mathew 12:35*). The martial arts legend Bruce Lee too knew that people act out of their *sanskar*, which is not influenced by expectations of other people: "I'm not in this world to live up to your expectations and you're not in this world to live up to mine." Eckhart Tolle put the same thought in different wordings: "If the structures of the human mind remain unchanged, we will always end up recreating the

same world, the same evils and the same dysfunction."

The people with vicious *sanskars* would show it whenever opportunity is available. Even after the much publicized death sentence given to the Delhi gang-rapists, number of gang rapists did not decrease. That's how *sanskar* works. Even when people reap what they sow, only humble people take lesson from it whereas the arrogant become more arrogant (which means experience does not change *sanskar*). Bhishma (a character of *The Mahabharat*) was the symbol of such people. In his previous birth, he was cursed for stealing a cow that belonged to sage Vashishtha – a habit he repeated more forcefully in his next birth by fighting for the Kauravas, who stole all the cows from Virat (*Virat Parva: 7*). Even the highly educated people go against their knowledge and have no problem to call "fair is foul and foul is fair." For example, in his essay *The Economic Possibilities for our Grandchildren*, the great economist John Maynard Keynes wrote in 1930, "For at least another hundred years, we must pretend to everyone that fair is foul and foul is fair; for foul is useful and fair is not. Avarice, usury and precaution must be our gods for a little longer still." (*Keynes and the Ethics of Capitalism* by Robert Skidelsky).

The fact that knowledge and experience do not have much effect on people shows that they want to go by their *sanskar*. When you try to share some important spiritual points with others, most people respond saying: "It is easy to preach." This is an indirect way of saying "I am not interested" (which means preaching does not have much effect on people's *sanskar*). Even good examples do not have much effect on people's *sanskar*. For example, Mahatma Gandhi joined politics for the benefit of others; yet this lofty example has no effect on others, who join politics for their own benefit. The religious leaders spoke against ego as the root cause of all human problems; yet after their death, the followers continued with their ego and its divisive *sanskar*. Ironically, people know ego is the root of all evils and hate it when it is found in others, yet they love it when it is found in their own life, which means knowledge has no effect on most of the people. Contrary to the experience, people seek permanence in impermanence, thereby seeking security in the accumulation of wealth and relationships. Germany remained divided as East Germany and West Germany for 44 years; and, then, showed the example of reunion; yet this good

example has no effect on other countries (such as North Korea and South Korea) that still remain divided at a very great cost to themselves. A few countries (such as Switzerland) have never taken part in any war, yet this good example has no effect on other countries. At least 108 million people were killed and many others suffered other losses in various wars in the twentieth century alone (<http://www.nytimes.com/2003/07/06/books/chapters/what-every-person-should-know-about-war.html>). And there were 263 wars fought during the period of just 116 years from 1900 A.D. ([http://www.war-memorial.net/wars\\_all.asp](http://www.war-memorial.net/wars_all.asp)).

All this goes to show that *sanskar* rules individuals and nations alike. People act/react as though they were on automatic mode, recreating the mistakes they did in the past rather than starting afresh in the present. The more they repeat, the stronger their *sanskar* becomes. No wonder, the character *Ravan* of the epic, *The Ramayan*, is shown as having 10 heads, which means he followed his *sanskar* as strongly as though having 10 heads/minds. It fittingly symbolizes people living in the *Kaliyuga*, who repeat their vices as strongly as though each one has many minds. Interestingly, the

name *Ravan* is a combination of *ra* (delighted over) and *vani* (voice/sound); hence, he stands for all those, who delightfully listen to their chattering mind, which is externally faced into all directions, seeking *temporary* benefits that come and go; hence, *Ravan* is also called *Maya*, and *Ravan* is the ruler over people in the second half of each *Kalpa* (*Murli*: 3.10.2017; 14.11.2017). India's great sage Patanjali too knew this. When he defined yoga as "*Chitta vritti nirodha*" (neutralization of the habitual motions of thoughts), he obviously implied something that happens cyclically within one's self. Because, the word he used is *vritti* (from *vrutta* = circle), this means thoughts associated with ego-centric desires and attachments. For example, the thoughts of "I need," "I want," "I like," "I hate" and "I reject ...." (50000-70000 thoughts per day) *revolve* constantly around the axis of ego like a vortex. Thus, there is something that happens cyclically within an individual, the result of which is repetition of *sanskar*.

What happens to individuals happens to the world history. It is also like what happens to water: it turns into vapour that goes upward when heated, then flows downward when cooled and becomes like stone when

frozen. In the concluding phase of each *Kalpa* (a cycle of 5000 years), God, the Almighty, elevates the willing children, teaching them *Rajyoga*, which qualifies them to take birth in the Golden Age. Then, they start descending in quality through various Ages and become like stone-hearted in the Iron Age, and the cycle repeats. No wonder, the word for history in some language is called *vruttanta*, which is a combination of *vrutta* (circle) and *anta* (end). It means history is cyclic – it starts as new and ends as old, and old is made new again, and it repeats eternally – a thought that is loudly conveyed through the famous religious teaching of the Trinity found among the Hindus, Christians, Egyptians, Babylonians, Greeks, etc. In the Trinity, three gods are shown to be engaged in the action of Creation, Preservation and Destruction respectively. It means the first half of each cycle is the new world and the second half is the old world. Thus, there is comfort (*Aaram*) in the first half of each cycle where the good *sanskars* generated by God, the Supreme Soul (*Param Atma*), the embodiment of virtues, rule over people, and there is suffering in the second half where evil *sanskars* generated by *Ravan*, the

embodiment of vices, rule over people (*Murli* 17.11.2017). Since the memory of what happens during the concluding period of each cycle (also called Confluence Age) is carried forward to next cycle, the word for comfort becomes *Aaram* (*aa* = come + *Rama* = Supreme Soul (*Param Atma*), which means that humans experience real comfort only at *the coming of God*, who trains them how to conquer over *Ravan*, the symbol of vices; and this conquest over vices makes them qualified to inherit the Golden Age.

Those, who want to replace their old *sanskar* of vices with new *sanskar* of virtues, can do so by learning *Rajyoga*, which our Supreme Father Shiva Baba is teaching at this Confluence Age. In *Rajyoga*, one goes

beyond *vani* (sound) to the land of *nirvana* (place without sound) where Supreme Soul resides, and also imbibes qualities from Him. This gives one the power to replace those cyclical movements of thought-energy in one's ego with elevated thoughts such as "I am a soul (*Atma*), made of qualities such as knowledge, purity, joy, love, peace, power and bliss, which have their source in the Supreme Soul (*Param Atma*) Shiva Baba; hence, one must remain in constant remembrance of God, the Supreme Soul, to see everyone as the soul (*Atma*), the child of God, to always be linked with His qualities and, thus, to lead a simple and spiritual life of peace, purity, prosperity, stability and serenity." ❖

### DETERMINED THOUGHTS

Determined thoughts disperse the clouds of negative situations. A lot of negative situations are bound to come in our way, resulting in grief, pain and disappointment. At that time, such difficulties are felt to be insurmountable and seem to last forever. I need to recognise that the difficulties I face are like passing clouds. These clouds that gather around me at times, are only temporary - sooner or later they will fade away. Understanding that no problem lasts forever will help me develop the determination I need to work on my problems. I will, then, be able to face any situation with ease and without tension.

## SELF-RULE (SWARAJ) IMPROVES THE EMOTIONAL HEALTH



–**B.K. Sujoy**, Durgapur (W.B.)

*“I can forgive, but I cannot forget” is only another way of saying “I will not forgive.” Forgiveness ought to be like a cancelled note - torn in two, and burned up, so that it can never be shown against one. – Anonymous*

**W**e cannot deny the significance of emotions in human life. Emotions are a part of a person's being that are highly overlooked. Emotions always involve the working of body, mind and spirit. They play a very important role in all the three “entities” and have the power to transform something into nothing. If used properly, the emotions can be a catalyst for change and a hidden force behind manifestation and creativity. When we are out of balance in our emotions, it can wreak serious havoc, not only on ourselves, but also on the people around us.

Many people believe that out-of-control emotions can cause disease and pain, plus it can tear apart important relationships. Therefore, it's very important to address and clear out stuck negative emotions, suppressed feelings of anger, pain, guilt or shame, for maintaining good relationship and living a healthy emotional life.

Modern education is not dealing with the 'hygiene of

emotion' to promote harmony in a diverse society. But in this era of internet and social media where illusion has become a reality, people have once again begun to realize the importance of spirituality in managing emotions and feelings. Spirituality can take us closer to self-realization and increased self-esteem, which leads to self-compassion and which is necessary to command emotional health.

Emotions are an important aspect of our consciousness; therefore, it will be useful to investigate as to which part of the brain is involved in their arousal or manifestation, for that will take us to the location of consciousness or soul itself. Emotions form a major factor of one's personality and behaviour and the latter have their source in cognitive sides of mind; so, the study of the parts of the brain involved in emotional exteriorization will help us trace the seat of the soul of which the mind is a component.

Let us consider the whole mechanism of emotion

exteriorization from another angle, comparing it with a bicycle or a motor car. The mechanism of exteriorization is of two kinds – (i) Facilitatory and (ii) Inhibitory. The first one facilitates the manifestation of the former and can be compared to the pedals, the flywheel, the chain, etc., of the bicycle and the other can be compared to its breaks. Now, let us consider the situation in which the rider of a moving bicycle suddenly finds that someone is crossing the road just a few feet away and in front of him. He immediately applies the brakes to come to a halt. Now, the pedals, the flywheel, etc., are all in a state of motion but someone on the saddle, realizing the danger ahead, decides to stop their motion and, therefore, applies the brake mechanism. Without his doing that, the brakes themselves would not have come into action to stop the motion. Likewise, the very existence of the two kinds of mechanism - facilitatory and the inhibitory - leads us to believe that there is an entity, who decides to apply either of the two kinds of mechanism itself, similar to the rider in the case of the bicycle. Moreover, the cycle is meant to take the rider to a destination and so is the body which is just a mechanism meant for achieving a purpose. So, from this analogy, we come to the conclusion that there is a metaphysical entity, called the



soul, in the brain, which uses the facilitatory or inhibitory mechanism of the body and its various systems for achieving a purpose.

In the light of this, it should be clear that it is the soul, which becomes corrupt and degrade because of its negative emotions and it is also the soul, which gets purified and elevated and, thus, experiences peace and bliss.

In order to remedy the negative emotions and situations in life, one has to practise Rajyoga Meditation. Meditation or yoga is a process of conscious care of one's inner being. As one becomes aware of one's identity of being a soul, a conscient being, he/she is no longer bothered by the labels of gender, age, caste, nationality, qualification, social status, etc.

Rajyoga Meditation is the method and practice, which enables one to transcend body-consciousness and to stabilize in the awareness of self and control its emotions, thereby enabling one to achieve self-rule. This frees the self or soul of all morbid thoughts and psychopathological states and gives it purity and lasting peace. It frees the mind from the wrong notion that peace and happiness lie in gross things of the world, and thereby gives the practitioner of meditation an experience of lasting peace and happiness. In this way, self-rule (Swaraj) improves the emotional health. ❖

|| August 29: The Sports Day ||

## LIFE IS LIKE A THRILLING GAME OF CRICKET!



–B.K. Yogesh Kumar, New Delhi

Life is like a thrilling game of cricket  
In which, any time, you may lose your wicket.  
If you play it with God's wonderful company,  
He will save you from defeat, misery and agony.

*Maya* is your opponent in this game's 50-50 over format,  
Hit the ball of problems with your self-confidence bat.  
With great footwork, timing and shot selection,  
Play all deliveries with care and complete perfection.

Lust, anger, greed, attachment, ego are *Maya*'s evil think-tank,  
Wear the costume of soul-consciousness to defend yourself from their attack.  
As time is running out and overs are becoming less,  
Build a strong partnership with God and feel ever confident and fresh.

He is always there to guide from the non-striker's end,  
Build a massive score of good deeds with help of God, the Friend.  
Let the virtues of purity, peace, love, tolerance, patience plunder more runs,  
And remember God, the Supreme Coach, and His tips to win the game with all gains.

Now get the ball of opportunities, swing it in all directions,  
Maintain accuracy and pace, with attention and divine interactions.  
Use the armour of Supreme Coach's elevated protection,  
Receive the blessings of God and all to get man-of-the-match selection. ❖



## THE DEPARTED DADI PRAKASHMANI: THE APPLE OF ALL EYES

– Dr. B.K. Narsaiya,  
Gyan Sarovar, Mount Abu

In the Eternal World Drama (EWD) of life, many personalities while playing their roles in it come to this worldly stage and also go away from this stage during the passage of time. Many of them are dead and have passed into oblivion. But, only a chosen few still continue to remain ever fresh and memorable in the memory of the people even though they have already left the stage of the world. The departed Dadi Prakashmani was one of such chosen memorable personalities, as she has remained still unforgettable due to her magnificent qualities and a lot of contributions she has made to the field of spiritual services.

### Loved by One and All

She was a lovable personality as she was very kind, loving and cooperative to all and she pours down her love to them without any discrimination. Love is the prime emotion that is present in almost all souls, but Dadi Prakashmani was full of such emotion, which comes flowing

to anybody who comes to meet her. It is due to this quality, she was also deeply loved by one and all both from the nation and abroad. It cannot be exaggerated to say that she was *the apple of all eyes*.

### Dadi was Called Kumarka

Though she loved one and all equally yet she had special love for Brahma Kumar brothers in her heart because she considered them as the right hands of Brahma Baba and Shiva Baba in being the responsible instruments of the socio-spiritual services of the world. The Brahma Kumar brothers leave no stone unturned to fulfil the dream of both the corporeal father and Incorporeal Father, who have established this institution to transform human beings/souls into deities and establish the Golden Age of Heaven. It is due to their hard working efforts, renunciation, meditation and service of the brothers, she had developed a soft corner in her heart for them, and that is why she was endearingly called *Kumarka* (of Kumars).

### Possessor of Many Qualities

To her credit, she was a possessor of many qualities and abilities, which made her unique among the millions of the spiritual children of God Father Shiva. She had developed to a greater degree the qualities and abilities of love, cooperation, compassion, forgiveness, charity, commitment, renunciation, service, faith, courage, tolerance, introspection, contemplation, etc. These qualities made her come to the limelight and thereby she attracted the attention of Brahma Baba, who finally chose her to discharge the duty and responsibility of the Chief of the Brahma Kumaris Institution after Jagadamba Saraswati, who passed away in the year 1965.

### Unique Protector and Server of Yagya

She was completely devoted and dedicated to the spiritual service of the *Yagya*. All human beings who transform their life from their earlier *Shudra sanskars* to *Brahmin sanskars* naturally become the protectors and servers of the *Yagya*. But, Dadi was the unique protector and server of the *Yagya* in the sense that her whole life from the beginning to her departure was a marvelous example of *Yagya* service. She was engaged in this service in her thoughts, words, actions, manners and behaviours. In fact, she was an authority in performing various

Yagya activities in accurate details and proved herself as the unique protector and server of the Yagya and is, therefore, ever remembered for her service in its long history even to present date.

### Exemplary Model of Inspiration

She was an exemplary model of inspiration for others. In following her daily routine from early in the morning up to the time to go to bed in the night, she was quite punctilious in following the Divine Directions (*Shreemat*). In all the four subjects - knowledge, meditation, inculcation of divine virtues and spiritual service - she was exemplary and accurate to a great extent. That is why she became an ideal model of inspiration, emulation and imitation by millions of sisters, mothers, daughters, brothers not only of this spiritual institution and but also of many others of the outside world.

It is due to this inspiring power she could transmit the spiritual knowledge throughout the world, open many service centres in various parts of the globe and hoisted the flag of God Father Shiva, and, thus, became the torch-bearer to disperse the darkness of ignorance of many human souls. She also managed these service centres with her managing skills, talents,

powers and abilities on the basis of Supreme Divine Directions (*Shreemat*).

### A Cheerful Self

She was a cheerful self, and this was very clearly reflected in



her talks, manners, behaviours while she was in interaction with the divine family members as well as the outsiders, who came to meet her. She was the embodiment of spiritual smile. Her smiles had miles to go and could create smiles in lips of the many, who remained ever depressed and had never even smiled for years together. She instilled life, cheers and smiles in them by the motivating power of her knowledge, meditation and service. It is rightly said that a cheerful and smiling person can do more service through his/her instant silent vibrations than a person making hours of verbal sounding speeches.

### A Magnanimous Personality

She was a very generous and magnanimous person as she firmly believed in giving. She was going on giving whatever - be it knowledge, qualities, powers, virtues and values - she had

achieved in the spiritual educational institution. She gave all without expecting anything in return from them as she had a great faith in the dictum: Giving is taking. She used to say that if one goes on giving to others, he/she will be given in multi-fold returns by none other than God Himself, who is the real Giver, Bestower and Benevolent One. Actually, by giving, one never does become poorer; rather one becomes richer due to the boons and blessings of those, who get or receive what one gives to them.

### Dadi Still Lives in the Heart of All

It is an undeniable fact that Dadi Prakashmani ever lives in the hearts and minds of most of us because she is still ever alive through her glorious contributions even though she has left her mortal coil in 2007. Her spirit is alive and continuing doing spiritual services by joining in the Advanced Party. We have been much inspired, influenced and benefited by her ideas, ideals, works, activities, qualities and abilities. We can pay her our glorious tributes if we can follow and emulate these in our practical day-to-day life, works, manners and behaviours while coming in interaction with others.

She has left the world making

(Contd. .... on page no. 27)



## POWER OF GOOD, POSITIVE AND INSPIRATIONAL THOUGHTS



– Dhwani Jaishankar, Chennai.

**A**s a student of Ayurveda, I often hear in our discussions of disease and treatment, that half the treatment is done when the patient believes that the cure is near. The very thought of death or lifelong illness is crippling. As part of our clinical training, we are asked to visit the patients admitted in our hospital, interact with them, examine their illness and learn from them the pattern of illness and the principles of treatment. During one such occasion, I met a woman suffering from a chronic skin disease. She was a septuagenarian, suffering from the painful disease for over a decade. Due to her disease, she had already undergone several sufferings of the whole body in general, with ulcers on her legs that would bleed and hurt so terribly that she would end up crying in pain. She was frail, not interested in food or sleep, disturbed, irritable and ever so frustrated.

During my brief interaction with her, I realised that her mental affliction was more than or as severe as her physical illness. Trying very carefully not

to sound too authoritative or preachy, I gave her a gentle suggestion of cheering up. I told her from what I was taught: Half the illness would vanish just with good, positive and inspirational thoughts. She shrugged it away, saying that she has heard a lot of it and that such statements are just nice to say but not practical in real life when a situation occurs. I understood that she was no more interested in conversing and left her alone. But, it is to such people that we need to tell about Louise Hay.

Louise Hay (October 8, 1926 – August 30, 2017) was not a born legend. She was a common citizen of the world, just like you or me. But, through her inspirational life, she went on to being dubbed as “the closest thing to a living saint” by the Australian media.

Her childhood was unstable and impoverished. Her upbringing was tormented and her teen years were marked by abuses. Louise ran away from home and ended up in New York City, where she became a model and married a prosperous businessman. Everything seemed to have improved, but it

was not until the marriage ended 14 years later that her healing really began. She started her studies at the Science of Mind Church in New York City. Here, she studied the works of authors like Florence Scovel Shinn, who claimed that positive thinking could change people’s material circumstances, and Ernest Holmes, who taught that positive thinking could heal the body. About five years later, in 1977, she wrote her own book *Heal Your Body*. She also studied about Transcendental Meditation (TM) from the works of Maharishi Mahesh Yogi at the Maharishi International University in Fairfield, Iowa.

Around the period of 1977-78 (aged about 51 or 52), she was diagnosed of cervical cancer. After self-analysis, she came to the conclusion that the onset of this disease happened because she held on to her resentment at her childhood abuse and rape. She put her philosophies into practice. She put her foot down and refused conventional treatment. She began a regime of the value of forgiveness, coupled with therapy, nutrition, reflexology, and occasional colonic enemas. She claimed in an interview that she rid herself of the cancer by this method; but, while swearing to its truth, she admitted that she had outlived every doctor, who could confirm this story. By 1984, she

was declared to have been cured from the disease, just by her self-healing methods. Around the same time, she began leading support groups for people living with HIV/AIDS, which she called "Hay Rides".

Her work with AIDS patients drew fame and she was invited to appear on 'The Oprah Winfrey Show' and 'The Phil Donahue Show' in the same week, in March 1988. Following this, the book *You Can Heal Your Life* immediately landed on the New York Times best-seller list. More than 50 million copies sold around the world in over 30 languages and it also has been made into a movie. *You Can Heal Your Life* is also included in the list of 50 Self-Help Classics for being significant in its field.

She continued guiding chronically ill patients suffering from depressing diseases such as cancer and AIDS all through her life. She was just so full of life.

Through the various books she has authored, she has clearly described how she fought the odds just by her thoughts. She was an epitome to prove that *every thought affects every cell in the body*.

Louise Hay died in her sleep on the morning of August 30, 2017 at age 90, after about 40 years of happy healthy cancer-free life. Her life story is certainly the best example to be quoted to anyone, who feels that positivity is just a matter of preaching and not something that can be practically followed. She indeed lived up to her affirmation, "I go beyond barriers to possibilities".

Yes, positivity is possible. Yes, positivity is scientific. Yes, positivity is true. All it takes is a *positive thought* - not momentary, but consistent. And that *positive thought* becomes the way of life and inspiration for others to live with hope in spite of illness and disease. And that way of life will certainly heal every cell of the body. This is such a positive and inspirational thought: "*Life is good, and so it is!*" - Louise Hay ❖

## KEEP ALWAYS A SMILING FACE

– B.K. Sapna, ORC, Delhi

Keep always a smiling face in every situation,

Cry not and grieve not is Baba's Direction. You'll not be peaceless and not lose thy heart

If donation of jewels of knowledge, love and peace is your part.

Don't run after bodily beings, but remember God alone;

Display your kind heart, as you aren't like a stone.

Remember Him always, perform your duty And shun hatred as that will snatch your divinity.

Respect your own self and also respect all; Be a fragrant flower even in the fall.

God Father is the Bestower of Happiness and Bliss;

Enjoy His vast Creation and let the credit be His.



Follow the Directions of God, the Supreme Father of all beings, Remember Him and His Powers will give you wings.

Smile always, for your smile has to go miles For dispersing from the hearts of many their evil guiles. ❖

# LEARN TO LIVE AN INTERNAL LIFE

– B.K. David, Paignton, England

**M**ost people do not realise that they wear red shoes and have a bright red nose like a clown. We must learn to live an internal life but not the life full of external show like that of a clown with red shoes and red nose without reward in a circus where people laugh at him thinking he is a fool.

It's simple: if you do not wish to be treated and seen as a clown, you need to stop acting like one. You need to take control of your mind and its thinking process. Only when you develop your self-discipline and self-respect and stop being extroverted, can you become the Ringmaster of your life.

## **The Spiritual Whip of Life**

Do you own and carry a whip of happiness? Most people unknowingly carry the whip of sorrow and use it on themselves every day.

The spiritual whip of life is invisible and so is its working. With this whip you can whip yourself into shape and become happy, loving and rather contented and walk of life with great peace in your shoes. People have no such spiritual whip of life or whip of spirituality

that can whip them back into shape. Only when you truly want peace and to be a better person will the spiritual whip appear in front of you as if by magic.

The wise people will live with spirituality and face life with truth. So, when someone laughs at them behind their back, it will not affect them and when they turn round, people will see them only smiling.

As happiness is the greatest gift in life, it's also a wonderful advert, reminder and beacon to those that try and hurt you that they must be very unhappy.

## **Reawaken Your Qualities**

As we go deeper within ourselves and look for the things we want in life – peace, love and happiness, the more chances we have of finding them. The fact that you want them means you once had them. So, it's just a case of re-awakening those qualities and specialties and letting them grow big and strong as they once were. Just as you try to reawaken your qualities; and, likewise, try to awaken your friends to a new life.

You need to get your peace and love out of the loft if you want a peaceful and loving life. As a

child, did you have baby boots; and grew out of them and they got put away in the loft? When you remember these boots and go searching for them and when you find them, do you have to think if they belong to you? You would not question if the boots are yours and that they still belong to you. They might have been long forgotten but once in your hand, they are part of you and your life again. So, it is with your qualities, virtues, specialties, and values like peace and love.

Now, you need to reawaken all the forgotten and latent qualities within you, so that they can come back to life. If necessary, you can travel back in time and think of the glorious days when you were full of peace and love. Get lost in the good times of your past and let it re-emerge today and let it become part of you again.

You always have the choice of wearing your baby boots (virtues and qualities full of innocence) that were once full of love and peace, or to put on your everyday hobnail boots of today, which cause you to walk with a limp, get sore feet and make you forget how great you once were. These hobnail boots have the habits of always taking you in the wrong direction and, at times, even against your conscious wishes. Which boots shall you wear today and make

part of you? Will you put on and wear all day, today, the boots of good or bad habits?

**Simplicity – The Key to Happiness**

Simplicity holds the treasures to all you ever wanted and dreamt of. The trouble now is: modern life acts as a blindfold that stops you seeing what is really good for you. Simplicity is a forgotten and invisible key that hangs around your neck and this alone opens the door to happiness. Materialism, wealth and fame and being consumed with body-consciousness are all one-way keys that cannot open any doors to goodness but, instead, lock those doors and lock you out.

Everyone wants happiness yet everyone also carries around with them the key that locks them out from that very happiness. If your key (life) was the key to happiness, then you'd be very happy right now. The reason you are unhappy is that your key is the wrong key which will not open the door of happiness. You end up hitting your head against the only door that leads to the happiness you want. And what will that head banging achieve? Only a headache. Only you can open your door to your happiness if you wish.

**World of False Shadows**

Rare is the one that chases after God and His virtues. The

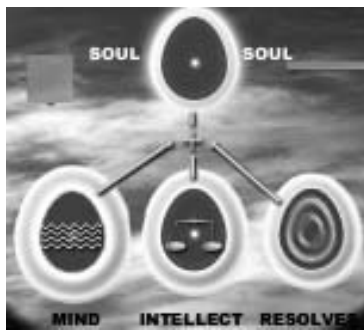
world chases endlessly after the illusions that they gain wealth and satisfaction from and through their bodies.

We all lead a life where false promises are given, but it's all too common to be fooled. People will offer you the world until they have secured your money in their pocket and then they show you the door. It's a world of false shadows where body is total master that rules the world and is the ultimate king.

The shadow of the body-consciousness is always dark. The shadow of vices makes all unhappy as it casts the shadow of misery over all souls and clouds the clarity of all minds.

**The Real You is the Soul**

You really don't have to look at the clock on the wall when you're wearing a watch. Do you forget that you are the soul and that you have a body? Everyone thinks they are nothing but body.



You have a body but that body is not you. The real you is inside you - the soul, a conscient point-of-light. The mind, intellect and impressions (*sanskars*) are the

inner faculties of the soul. Is your mind a garden of light or garden of fight? The people, who bury their jewels and money in garden of their mind, will have to eat raw onions and garlics and smell like them. Those, who wear the jewels of peace and love and eat fruit, will smell like the flowers.

Are you guilty of looking at your body time and again throughout the day? When you look at your body and at other people's bodies, it will always be at the expense of your soul. Giving attention to falsehood causes your soul to wilt. If you forget to water a plant, it wilts. If you ignore the fact that you are a soul and do not feed your spiritual mind the right food and give it your attention, it too, will grow weak and wilt.

If you focus on what you feel you really want in life and only look within yourself for it, it's most likely you already have it within you. And who can deny you having that which you rightfully own and has been in your possession forever?

Everyone should get back what rightfully belongs to them. You will need to work hard and pay great attention to get it back as life is a struggle with a hundred distractions every day to pull you away from achieving your goal, if you let it.

*(To be Contd. ...)*



# FILL YOUR MIND BEFORE YOUR MIND FILLS YOU!



–B. K. Yogendra,  
Solar Power Plant, Shantivan

**A** lot has been talked about the mind and its management. There are many theories explaining the working of mind. Many great personalities have achieved their respective feat because they have understood the significance of power of mind. Many seekers have tried to explain the working of mind with different philosophies and analogies; so, it's a must to understand this subject specially for professionals from various competitive fields. Our state of well-being is decided by the state of our mind; a positive mind-frame shall always give you that extra mile in critical situations, be it sports, fierce competitions, test of your endurance, your patience or purpose of life; because, in any case of calling, the state of mind will decide the ultimate winner. Those, who know this secret or part of it, have already started reaping the benefits from it. So, let's see into this if we could solve this riddle and try to get into the mystic of mind!

## What is Mind?

Mind is the thinking faculty of the soul in which the thoughts originate. The best analogy for Mind is the Ocean; as there are continuous waves rising in an ocean, similarly, thoughts keep rising in the mind. Just as the patterns and shapes of the waves depend upon various conditions like wind, atmospheric pressure, gravitational force and underwater disturbances; in the same way, our thoughts are also created due to various inputs, external as well as internal.

## How does it work?

The functioning of mind mainly works or happens in two ways: The "Outside In" approach, wherein thoughts are created due to various external sensory organ inputs; and the "Inside Out" approach, wherein the thoughts are generated through the intelligence gathered from the database of experiences that are recorded in the memory, also called 'Sanskaras' or 'Personality traits'.

The resultant output is the combination of both the

"Conscious mind and Subconscious mind" working continuously in tandem, which decides the personality of a person.

## ***Bhogi* approach Vs *Yogi* Approach**

The person with "body-conscious" oriented approach shall be driven by the external inputs generated by the sensory organs; such a person is called a "*Bhogi*", who is happy to spend his time and resources, indulging in sensual pleasures, in the pursuit of happiness, which is but an illusion. This will give rise to a personality, which is restless, anxious, with lots of mood swings, incoherence, impatience and unstable mentality.

While the person with "soul-conscious" oriented approach shall be driven by the thoughts arising from his innate nature. Such a person shall be more inclined to hear the inner voice, be more introverts and open to learning and not be governed by the external influences and attractions. It is this approach that shall lead him to be more humble, simple, serene, contented, centred, focused with more control over his thoughts, words and actions; and, hence, he is called a "*Yogi*".

The purpose of our lives is not just about fulfilling our daily needs and wishes, just as other species on the planet do, but to



contribute our energies to a greater cause beyond self. We, as human beings, have been superior to all other species because our strength lies in our power of thinking, imagining and analysing, which is not possible on the part of the other species. The challenge of our present times is to convert our strengths into a purpose. This is possible only if we become soul-conscious and create thoughts of our original nature of love, peace and purity.

**Check and Change**

It is through 'Rajyoga Meditation' that we begin to contemplate on certain questions like: What is going on in my mind? When I feel negative, what do I think and do? Do I stop for one minute's meditation every hour to control the 'traffic' of the mind? Do I stay in the present moment and remain mindful of the quality of my actions? What do I feel about myself today? Do I change negative thoughts about myself into positive ones? How do I see others? Do I always have good thoughts about other people or do I create critical or judgemental thoughts based on past experiences? Such checking brings about a permanent change.

**How to fill your mind before your mind fills you?**

*Practising the State of Soul-*

*Consciousness:* By sitting in silence and observing the self as a conscient point-of-light soul (*Atma*), we dive into the depths of solitude, into our inner consciousness. This process helps us recognize our original *sanskaras* of peace, altruistic love and compassion, contentment and harmony; and thereby connects the soul with the Supreme Soul, the Ocean of all divine virtues and source of all divine powers.

The company you keep determines your immediate state of mind: Your conscious mind takes inputs from your surroundings, it may be the people accompanying you or the things that keep you preoccupied. Always be in the company of people, who are righteous, proactive, self-motivated, and constantly strive to progress on spiritual path.

God, our Supreme Father, Teacher and Preceptor (*Satguru*), is the perfect Companion; hence, we must practise being in His sweet company while performing any task. 'He is not just the Supreme Soul; He is my Father, my Teacher, my True Guide and my Friend.' Keeping company with Him brings transformation in the self. We must not waste time in getting caught up in concerns about the body, people or the world. We have to pay

attention to yoga; and, then, we will receive strength. This will make our *karma* elevated, selfless and divine. As we connect to the Supreme, we are able to absorb the spiritual energy in its purest form from God. It flows into our *sanskaras* and changes the *sanskara* of negative thinking into positive one. Practice of Yoga is simple: "I am a soul, a child of God, the Supreme Soul; with this thought in mind and intellect, connect the soul with Him." This gives us the power to change our *sanskaras*. ❖

(.....Contd. from page no. 21)

it much better than ever before. It is our first and foremost duty also to further her ideas, ideals, works and activities by contributing whatever we have physically, mentally, ethically, morally and spiritually. It is a fact that no one can replace Dadi Prakashmani, but it is also a fact that we can try our level best to be like her through our speedier spiritual efforts, and thereby fulfil the dreams of Brahma Baba and Shiva Baba in establishing the forthcoming the Golden-Aged Paradise/Heaven/*Shivalaya* to which the soul of Dadi Prakashmani was fully devoted and dedicated in body, mind and spirit.❖



## **RAKHI FESTIVAL: THE UNIQUE SYMBOL OF SACRED LOVE, SPIRITUALITY AND PURITY**

– Major B.K. Bharat Bhushan,  
Gyan Sarovar, Mount Abu

**T**he sacred land of India is a country of various fairs and festivals, which people celebrate with observance of all traditional ritualistic norms, fervours and enthusiasm in order to satisfy their *Ishta Devas* and *Devis*. People irrespective of their differences of castes, colours, creeds, faiths, beliefs, religions, languages, genders, places of births celebrate the festival of *Raksha Bandhan* in their own respective ways and manners. This day begins with tying a *Rakhi* string on the sibling's wrist by the sister. *Rakhis* are an image of adoration and fondness of sisters for their dearest brothers and other siblings. The brothers and siblings, moreover, comprehend the genuine significance of *Rakhi*, and a brother by expanding his wrist forward, he guarantees to shield his sister from all hardships of her life. The sisters, likewise, apply the vermilion (*kumkum*) dot or powder on the forehead of their brothers and siblings and perform *Aarti* before them for invoking God's blessings and

gifts for their brothers and siblings. At the end of the day, *Raksha Bandhan* is an equivalent word of adoration and emotions that are shared by the brothers, sisters, siblings and kins.

### **What is *Rakhi*?**

The term '*Rakhi*' refers to a sacred thread of love and protection, which the sister is used to tie on the wrist of her brother. She expresses through this her love for her brother, put upon his forehead a *tilak* of rice mixed with vermilion and feed him some sweets to sweeten his mouth; and in return of her love, the brother swears to help her in, and protect her from, any untoward happenings, circumstances and situations in life. In some sections of society, the Priests or Brahmins tie the sacred of thread of *Rakhi* on the wrists of people, but it is almost common in all sections of society that sisters usually tie the thread of *Rakhi* to shower her love upon brothers on the occasion of *Raksha Bandhan* upon brothers' wrists, put *tilak* upon their foreheads and

sweeten their mouths in return of which the brothers promise to protect or come to the rescue of the sisters in times of unforeseen circumstances or times of dangers and difficulties, trials and tribulations, odds and oddities that happen in the path of her life. The celebrations continue throughout the day with families reuniting and doing fun activities together, and with happiness spread all around. The siblings, who are living away from each other and one another, send their wishes through phone or email and *Rakhi* is sent through the *Rakhi* cards. In this way, *Rakhi* represents as the sacred symbol of their mutual reciprocation of love and protection, spirituality and purity in relationships.

### **The Legendary *Raksha Bandhan***

There are various legends associated with the festival and festivities of *Raksha Bandhan* and it also finds a prominent mention in *The Mahabharata*. One such legend is the legend of Queen Karnavati and Emperor Humayun. According to the Indian medieval history, Queen Karnavati of the Rajput Kingdom, Chittor, had sent a *Rakhi* to Humayun, the Mughal Emperor of Delhi, seeking his help against the oppression of Bahadur Shah of Mewar. Emperor Humayun knew about the significance of *Rakhi* in the

Hindu community; hence, he accepted her request to protect Queen Karnavati.

The other is the popular legend of King Bali and Goddess Lakshmi. According to this legend, Lord Vishnu was immensely pleased with his devotee King Bali; and, thus, granting him a boon of immortality, He promised heavenly protection for his kingdom. In order to fulfill his promise, Lord Vishnu left his abode *Vaikunthdham* and came to stay with King Bali. Soon Goddess Lakshmi also visited King Bali on the *Shravan Poonima* day being disguised as a poor Brahmin lady and tied *Rakhi* on his wrist. When King Bali tried to offer her some present, she revealed her true identity and asked the King to send Lord Vishnu back with her to *Vaikunthdham*.

Another is the legend of Yama (the god of death) and Yamuna. This legend states that on every *Shravan Poonima* day Yamuna used to tie a sacred thread on Yama's wrist. Yama was so moved by the serene significance of this custom that he declared it as a boon that whosoever gets a *Rakhi* tied on his wrist from his sister and promised her protection, it will become fructified and demonstrated as her protection in the true sense of the term.

Since then the ritual of tying of a sacred thread, *Rakhi*, on the wrist of brothers is celebrated with much fervour all over the country. Since then *Raksha Bandhan* festival celebrates the eternal bond between brothers and sisters all over the country.

As per the Hindu calendar, the festival of *Raksha Bhandhan*, which celebrates the sacred relationship between a brother and a sister, falls on full moon day (*Poonima*) of *Shravana* month – the month of August. It is a Hindu festival, popularly known as '*Rakhi*', which will be observed this year on the 26th of August, 2018. The festival of *Raksha Bandhan* is primarily observed in India and is also celebrated in all Hindu Diaspora/communities all over the world. Despite being a Hindu festival, people from other religions and communities too enjoy the festivities and celebrations. The dates of the *Raksha Bandhan* festival vary every year because of the fact that it is based on Hindu calendar and Hindu calendars are based on the Solar Cycle. It is one of India's most joyous and fun-filled festival, which promotes the message of unconditional love and affection shared between the siblings. *Rakhi* is an emphatic emblem of love and protection. The sacred thread of *Rakhi* acts to bind brothers and sisters in a pure and

spiritual relationship and it also intends to signify a harmonious relationship among the people of all religions, cultures and languages irrespective of their outer physical diversities, thereby developing unity, integrity and peaceful co-existence among them.

#### **Raksha Bandhan - A Monsoon Festival**

As a festival of monsoon, *Raksha Bandhan* has a deeper meaning in the sense that monsoon season is the best time to get sufficient rain water, and the rainy season eliminates all the dirt and complexities of life as a principle of purgation of human souls, and presents all with the new vision, hope and prosperity to enjoy life to its brimful. That is why the Hindus consider the month of *Shravan* as a holy one to celebrate the pure bond of love between the siblings and arrival of good fortune.

The ceremony of '*Shravan*', organized on the day of *Rakhi Purnima*, has a special significance for the farmer communities of different parts of India, and the farmers of the States like Jharkhand, Madhya Pradesh, Chhattisgarh and Bihar worship the gods like Indra, the god of rains, and Varun, the god of water, and also Soil for its fertility. A good harvesting season depends on adequate

rain water, which monsoon provides for farming activities.

*Raksha Bandhan* festival has also greater significance for the fishing communities of India, and the fishermen families of States like Maharashtra, Goa, Gujarat and Karnataka observe the celebration of *Rakhi* festival or '*Nariyal Purnima*' through different rituals. They completely depend on the sea for their livelihood. The monsoon season has a positive effect on sea water as well as on fish. Therefore, these people celebrate this festival to please these deities and the ocean by offering them coconuts (*Nariyal*) on this event for their better earning prospect and peaceful, prosperous and happy life.

#### **Raksha Bandhan Marks A Change and New Beginning**

The rainy season of *Shravan* also indicates a drastic change. Change or transformation/alteration is necessary to pave the way for a forthcoming new one. So, the Brahmin communities in the states of Andhra Pradesh, Kerala, Tamil Nadu and certain parts of Odisha observe the day of *Shravan Purnima* as '*Upakamam/Upakarma*' and on that day they change their threads (*Janeyu*) worn upon their bodies.

The season of monsoon also signifies destruction and eradication of all unwanted

elements from nature and from human lives that are unnecessary and have no usage and for paving the ways for arrival of new ones. It, thus, also marks a new beginning of the advent of peace and prosperity, health and happiness. This is why the people of Gujarati communities celebrate '*Pavitropana*' through worshipping Lord Shiva, the *Nataraj* - the symbol of destruction, on the day of *Shravan Purnima*, and praying Him for a prosperous future on this special occasion.

#### **Significance of the term 'Holiness' or 'Purity'**

It is largely observed that women and girls, who represent the fair sexes in the society, are unfairly treated in our male-dominated society. They are being inhumanly treated by male members in the devilish forms of rape, abduction, torture, harassment, molestation and murder under the influence of vicious male tendencies, and are, in these ways, put to unprecedented hardships and troubles and become deprived of their *basic human rights*. Males go on roving and ravishing the innocent fair sexes in order to satisfy their unquenched thirst for sex and sensuality. In villages, cities, towns and big metropolitan and cosmopolitan cities like the capital cities, increasing cases of rape,

abduction, torture, harassment, molestation and murder are reported in the daily newspapers, which highlight the shameless details of the inhuman male acts upon the half of the population of females, who are called *half-partners* or *the better halves (Ardhangini)* of the males in our Indian society and also other societies of the world.

In modern days of rank materialism, sensuality and prevalence of seven deadly vices like sex-lust, anger, greed, attachment, ego, indolence and jealousy, when there is the utmost deprivation of basic human rights of fair sexes, there is a great *significance* of the festival of *Raksha Bandhan*, which is also associated with the term 'Holiness' or 'Purity'. People are advised and instructed to observe purity and holiness in their minds or thoughts (*man*), words (*vachan*), deeds (*karma*), visions (*drishti*), attitudes (*vritti*) by changing the state of their body-consciousness to soul-consciousness.

#### **Redefinition of Raksha Bandhan**

*Raksha Bandhan* is not only limited or confined to the physical protection of a sister by a brother. It is also redefined as the sacred thread of spiritual protection of soul from Satan/Devil/*Ravan/Maya*, who represent seven deadly sins and vices like

sex-lust, anger, greed, attachment, ego, indolence and jealousy, and other negative tendencies in human beings (souls). It can also be redefined as the sacred tie that unties from all types of physical attachments [*Bandhan* (Tie or Bondage)] to detachments *Nirbandhan* [(Bondage-free or Freedom)], which enables the soul to fly like a free bird being free from the cage of the body and feel liberated from sins and vices, born out body-consciousness.

**God's Directions on Fastening of Rakhi**

According to the versions of *The Geeta*, whenever religion declines God Father Shiva descends down upon the earth to protect the souls from the Satanic and Devilish elements through His spiritual knowledge and training of Rajyoga meditation. Rajyoga meditation is the mental and spiritual link or reunion of the soul with God Father Shiva, the Supreme Soul. This knowledge and meditation enable the souls to realize their true and original spiritual identity and to recognize their Incorporeal Supreme Spiritual God Father. God Father Shiva, who is the ever holiest of the Holy, teaches the souls and directs them to observe purity or celibacy in physical relationship



and in thoughts, words and actions. He also promulgates the Supreme Ordinance – “Be Holy and Be Yogi” – in the *Sangam Yuga*, called *the Amritvela*, the meeting point of auspicious nectarine time between the end of *Kaliyuga* and the advent of *Satyuga*. God Father, who is the Ocean of Knowledge, the Liberator and Redeemer of all souls, throws adequate light on the term ‘holy’ by emphasizing upon its three meanings and advising the souls to inculcate theses meanings in life and behaviour in order to be holy or pure in true sense of the term. These three meanings are: (i) Be holy = Be pure (*Pavitra Bano*); (ii) holi(ya) = past is past (*Jo holiya, so ho liya*); (iii) ho-lee = I

became of One God Father (*Main Bhagwan Baap ka ho liya*).

**Spiritual Efforts to Be Holy and Yogi**

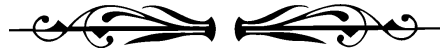
Even though God Father teaches the spiritual knowledge and training of Rajyoga meditation to all souls free of cost through Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya (PBKIVV) in its 4,000 branches in 140 countries including India, it is only one’s personal *spiritual efforts and oath taking to be holy and yogi*, which really comes to help one to inculcate holiness practically in life and behaviour while interacting with other souls. Really, one achieves what he/she wishes and makes efforts for it (*Jo karega, so payega*). ❖

**PLAYING WITH PEARLS OF VIRTUES**

– B.K. Urvashi, Mount Abu

Occasionally we forget how fortunate we are to have the freedom of choice: liberty to express our desires, choose our friends, clothes, religion, music, food, careers, partners, etc., while a significant part of our world is oblivious to the same. But are we really living a life of independence? **Or does my mind become suffocated at times with unproductive thinking? Can I select golden thoughts of positivity, inspiration, determination, love etc as I wish?** True freedom and self-respect cannot be bestowed externally by God, fate or any human being. It begins with me liberating myself from unworthy thinking, thereby empowering my words, actions and character for an admirable life and future.

# STOP ASKING THE PROTESTING QUESTION: “WHY ME?”



–B.K. Sudarsan, Unit - 8, Bhubaneswar

“Why Me?” is the first question a person asks when he/she encounters a problem or when any tragedy strikes him/her, because he/she always expects good to happen ever in life. Somewhere along the way, like this person, we have become convinced that life should be all good, all the time. God is good; so, life should be ever good and fair. Therefore, whenever anything bad or suffering happens, we take it personally or individually and come up with the protesting question: “Why is this happening to me?”

Arthur Ashe was a top tennis player of his time. While at the peak of his career, he was detected with a fatal disease, which was disheartening. He received sympathetic letters from his fans from all over the world. But, one of them asked him, “Why you? How could God do this to you?”

To which, Arthur replied, “More than 50 million children take up tennis. Less than 5 million get basic coaching. Only 10% of those 5 million learn professional

tennis. Less than 50,000 play in Circuit A. Some 5,000 compete for the Grand Slams. Barely 50 of them make it to the Wimbledon. Exactly, 4 people



make it to the semi-finals, and only 2 to the finals. There’s only one, who gets the cup.

All the success I achieved and the cups I lifted, I never questioned God, “Why me?” When God blessed me with victory and happiness, I never asked, “Why me?” Now, when I have this disease, why should I ask, “Why me?”

Suffering is caused due to our grievances, desires and constant dissatisfaction with the world, which intensify and tortures the mind because of this persistent protesting question: “Why me?”

But, one never enquires, “Why not me?” In life, you obtain something only when

you are competent and fit to receive it. For example, a smart, intelligent and diligent student is able to get admission in a good university. Maximum work is given to the most proficient individual. The law of nature is that greater responsibilities or adverse situations come only to those, who have the capacity to handle them.

Adversities or challenges also help us grow. If questions like ‘why me?’ and ‘why now?’, etc. keep surfacing, it means that the suffering is not yet enough and more lessons still remain to be learnt and imbibed.

Therefore, one needs to stop asking ‘Why me?’, stop asking “What more suffering will come tomorrow?” Instead, ask yourself what you are going to do, how you are going to develop in the adverse or challenging situation. It is not easy, but if you start with compassion, you will begin to see the good and positive in such situation.

For example, if someone is very nasty to you, there must be a reason. You should look to have some knowledge and understanding of this person, and thereby know why he/she gets so nasty and irritated.

Maybe he/she is very weak, maybe he/she does not understand you, or perhaps you

do something to upset him/her. If you can understand the cause, you can defuse those burning emotions you feel. Even if he/she is behaving very badly, all you can do is to walk away, you don't need to be attached to the situation, you don't need to carry it with you.

You have to be honest with yourself. When others speak ill of you, if what is said is not true and is just malicious or mischievous gossip, you don't have to feel pity for yourself, rather just let go and move on.

If what is said has some truth in it, you can reflect, correct and look to make improvements, and after that let go of any regretful feeling.

This will be possible only when we appreciate our inner beauty and hidden potential, and thereby lift ourselves. Accept what it is. It is only in truly accepting that we don't know the whole picture – or why things happen as they do – that we can move on. It is not for any of us to say why things happen as they do. Life may not be fair, but you can be fair; and be the best human being you can be. Remember the following points to be the best human being:

- i). Happiness keeps you sweet.
- ii). Trials keep you strong.
- iii). Sorrow keeps you human.
- iv). Failure keeps you humble.
- v). Success keeps you glowing.
- vi). Faith keeps you going. ❖

## Morning Musings & Night Notions



"Once people are not here physically, the spiritual remains. We still connect, we can communicate, we can give and receive love and forgiveness. There is love after someone dies."  
– Sandra Cisneros

"That's the whole spiritual life. It's learning how to die. And as you learn how to die, you start losing all your illusions, and you start being capable now of true intimacy and love."  
– Eugene H. Peterson

"Out of the quietness with God, power is generated that turns the spiritual machinery of the world."  
– E. Stanley Jones

"A spiritual partnership is between people who promise themselves to use all of their experiences to grow spiritually."  
– Gary Zukav

"We are spiritual beings whether we want to admit it or not, and inherent in our DNA is a design to return us home - home to our true essence, our greatest self, our limitless self."  
– Debbie Ford

"I always say that people should not rush to change religions. There is real value in finding the spiritual resources you need in your home religion."  
– Dalai Lama

"The deeper you get into Yoga you realize it is a spiritual practice. It's a journey I'm making. I'm heading that way."  
– Sting

"My music is the spiritual expression of what I am - my faith, my knowledge, my being."  
– John Coltrane

"I love both the thorns and flowers, and also the thorns that turn into flowers."  
– God Shiva



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

inefficient; a nation violent or a community aggressive and expansive in its aims; a son disobedient or a father harsh; a student disregardful or a teacher careless; a clerk corrupt or an officer idle and demanding; a citizen law-violating and a ruler power-drunk; cannot be eradicated by any human being.

Undeniably, spiritual education is the only way for sublimation of ignoble habits and perverted instincts of man, and Rajyoga is the only practice or discipline that can set a person at peace and eradicate evils from his mind. It is the divine education that can root out conceit and crookedness from man's mind and prepare him to face all situations in life, thereby maintaining his equanimity. Discipline born of spirituality can



straighten one's mind and give to it peace, geniality and happiness, born of purity and simplicity. So, the Divine Knowledge and Rajyoga practice are the only paths of liberation from ignorance, vices and

sufferings. Only these two can pave the way to Liberation and Beatitude. And, such refreshing knowledge and effective Yoga for the overhauling or rejuvenation of soul is taught by Incorporeal God only, at the end of Iron Age (*Kaliyuga*) when all souls have descended full-length from the ideal and when Golden Age, the era of World Peace, has to be re-established.

Ignorant of this fact, many *sadhus* or so-called religious preachers have been saying that all paths lead to the final Liberation or Freedom (*Mukti*) and Liberation-in-Life or Fruition (*Jeewan-Mukti*), i.e., the highest state of mental, spiritual, political, economic, social, religious and cultural welfare. In order to gain the favour of all, they enter into such glib talks as: "Gentleman, you may perform pilgrimages, *Yagyas* or acts of worship (*Puja*) or any *Japa*, and then you will reach the goal of Ultimate Liberation, provided you are sincere in your belief and avowal."

Such men do not realise that all these persons, doing different sort of things, differ in their faith, habits, *sanskars*, culture, way of thinking and acts and have different goals in their minds and cannot, therefore, reach the

same one goal. All of them have varying conceptions of the self, of God, of *Mukti* and of *Jeewan-Mukti* and march on the opposite paths; then, how can all reach the same one destination? If all the paths were the paths leading towards God, why should they not be called the 'Paths of Yoga' or the 'Paths of Knowledge'? And, since true Knowledge and true Yoga is one, why should they contradict each other? This should lead us to the conclusion that the only true path for Liberation and Fruition is the *Raj Path* or the Royal Road of Knowledge and Yoga which God, the Truth, teaches by personal incarnation.

For the benefits of the mankind, we shall, therefore, now announce that the Incorporeal God, the Most Beloved Father of Humankind, has been revealing the true Knowledge of Rajyoga of *The Gita*-fame to bestow real freedom on all the souls. Let all yoga-lovers take note of it and let all God-lovers rise to the occasion. We beckon all brothers and sisters the world over to drink deep from the fountain of refreshing and life-giving knowledge, which God has blessed and has full measure of bliss that He gives to the souls. ❖