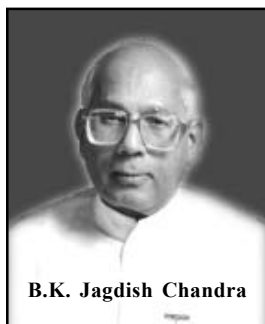


|| From the Mighty Pen of Sanjay ||

FROM SEEKING GOD TO BEING WITH GOD

During my childhood, adolescence and early youth - from 5th to 24th year of my life - I had a deep yearning to be face-to-face with God, who is the darling of my heart. Living a life without God, in those years, seemed to me to be like living in a tomb. I felt as if I was being spiritually



B.K. Jagdish Chandra

strangled. The world appeared to me like a cage, with escape-doors locked. I felt myself shut up in a closed dark room where I called aloud: "O Father Dear, where art Thou?" and the Father also called out "Dear child, where art Thou?", even as (as is said in *The Bible*) God had called Adam, when he had hidden from His presence: "Adam, where art thou?" So, I thought that, in my search for God, I was not alone but God was also in search of His long-lost children. I thought that I had to take just one more step in the right direction when I would be with Him; but, in that darkness, I didn't know how to take that one single step, and this was the cause of my great discomfiture.

A Mysterious Force

A mysterious force prevented me from being in the silvery presence of God. I had an inner, inexplicable feeling that God loved me fondly and that I also had a profound love for Him; but, some mysterious force had shackled my spirit or had fettered my thought so that I could not walk forward to be in the silvery or golden presence of God. I felt a strange closeness to Him; but, at the same time, I also felt that there was a subtle and invisible veil, which hid Him from me. At times, I had a sensation as though there was an angel-like, luminous Being that had passed by me silently as a whiff of wind, or a silent star-like existence that had moved, passing by me in a twinkle, or was looking at me; but, I could not see Him clearly and in His entirety.

I thought that I would not rest or wait passively unless I had found Him. And, yet, I was sure that He too was in search of me and He had also found me but, for reasons known to Him, he did not appear unto me in His full glory and divine majesty nor did He give me His Fatherly embrace. I had a feeling that
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FACING DANGERS IN LIFE WITH GOD'S POWER



We are all aware of the sudden violent happenings in New Zealand, Sri Lanka, Jammu & Kashmir and several parts of the world. Many questions arise in the minds of peace-loving people, who feel helpless on hearing of such tragic circumstances. On one side, those who live righteously have been instilled with a firm belief in God, and taught to be lawful, loving and benevolent onto others. However, on the other extreme, radical-minded individuals are unfortunately trained to become instruments for mass massacre. But in recent times it feels like the worst has occurred as worshippers from different communities have been targeted, and bombarded whilst they were in their places of worship, reciting prayers and invoking God's

blessings. Before these incidents in recent years, would anyone have had the slightest inkling of getting blown up or attacked when Prayer Services are in progress at the Mosques, Gurudwaras, Temples or other religious places?!

Many decades ago, the Knower of the entire World Drama Cycle, Supreme Father Incorporeal God Shiva, had revealed through divine visions how the fanatics of one religion or the other would become instruments to conspire and instigate such dangerous situations, and thereby horrify humanity all over the world.

What are those who are not attached to any extreme ideology to do? It is definite that they should listen to their pure inner voice of reason and truth, and continue to appeal for peace and order in Civil

Society. After all we human souls are born to glorify the values and virtues enshrined in our holy scriptures. Furthermore, the Supreme Father advises us directly through the medium of Pitashri Prajapita Brahma to practise Soul-Consciousness and Meditation. This process alone enables us to practically experience God's grace in life, receive His blessings in the form of highest wisdom to conquer all negativities, and transform thoughts of violence towards ourselves or others. This Self-Transformation slowly but surely will benefit the entire humanity.

God, the Ocean of Love, encourages us to become Rivers of Spiritual Love, as unconditional spiritual love is the most powerful basis for creating an atmosphere of peace and harmony. Every religion preaches oneness of the human race, and fatherhood of one Supreme Being or God, which proves that fanaticism, violence and terrorism have no place in any religion. Let us live by these facts, and invoke God's power for establishment of

goodness in the world.

Some people are sceptical about the reformation of these heartless perpetrators, but it's a reality that the percentage of these perverted minds who live and die for acts of violence is a small number; 99% of humanity still loves to live in peace, and share happiness, and celebrate every occasion of religious importance and festivity. **Every religion established through the cycle of 5000 years is so enchanting in its own way, and moreover, there are many similarities between religions that draw our attention to the fact that the values at the core or foundation of every religion are the same.** For instance, a majority of the believers of the original Deity Religion, now known as Hinduism, observe fasting twice a year for some weeks at a time; those faithful to Islam observe austerity during the month of Ramadan, when they observe purity of mind, speech and actions. Similarly Buddhism, Christianity, Sikhism, Jainism and the

other religious groups have their own distinct ways of expressing reverence towards the Creator, and are dedicated towards serving His creation in different ways. This service could be devoting time and finances for feeding the have-nots at regular intervals through the year, or providing medical assistance, sponsoring essential utilities or contributing in-kind. Some places of worship even cater for free meals in their Open Kitchens throughout the year for those in need.

While all of the above is commendable, it has become imperative that we now serve and care for others on a spiritual level. We earnestly appeal to our spiritual brothers and sisters around the globe to uphold respect for all religions, and maintain loving care for one another. In order to observe such an attitude and spirit, there is a need for us to rise above mundane issues, squabbles and disputes, and follow God's most elevated advice (*Shrimat*). Every

religion believes in the eternity of the human spirit, and harbours deep-rooted faith in receiving blessings from God, so what then is lacking in our daily lives? **What further is required to shift our consciousness from limited and regressive thinking towards that which is unlimited and progressive?**

In every religion, there are unique ways of offering obeisance and worshipping the Supreme Being, on the basis of unwavering faith. But as devotees of that one Supreme, how can we cultivate better understanding, and unleash the will-power to transform human consciousness for world peace?

Every religion believes that the Supreme Parent is the unconditional Benefactor of All, and the All-Powerful Source of Virtues, Spiritual Powers, Purity, Peace and Love, which are very, very essential for creating a spiritual outlook in the minds of ordinary citizens. Those of us who have been awakened spiritually believe very firmly

that all human beings are the divine children of God, and we therefore belong to one another as part of one universal family. There is a dire need of nurturing this sense of belonging in the hearts of all women and men, children and elderly, in this global village of over 7 billion human beings.

We at the Brahma Kumaris International HQ and Meditation Centres in over 110 countries, have understood and appreciated the beauty of this spiritual wisdom being conveyed directly by the Father and Mother of all souls. When we believe that God is All-Merciful, how can we think of entrapping ourselves in the world of bigotry, hatred, and violence in the name of God or religion?! **We need to remind ourselves regularly that**

God is the Eternal Supreme Parent of eternal human souls, and He is teaching us to love and respect one another as spiritual sisters and brothers. Let us live by this spirit of belonging and treat each other as ‘one of our own’. This awareness and consciousness created through the practice of Rajyoga Meditation would create a very powerful wave of world transformation, and bring an end to insecurity, anger and suffering.

It is a mistake to believe that terrorism or other kinds of violence can be eradicated through physical force, or the power of weapons... That can only invite more fear, violence and instability. It is heart-warming to hear stories of

misguided young people realising their folly, and renouncing the life of subversion and allegiance to negative entities. **So there is hope, and faith in the power of love and giving respect; let’s continue to empower ourselves with God’s wisdom to re-create that world designed by the Supreme, which has been praised by almost all our Religious Founders.** Avoid finding fault with each other, and share the beauty of spiritual wisdom being imparted by none other than God, the Creator. We sincerely hope that humanity at large will recognise the Supreme Being’s power, and become His instruments for positive, loving and powerful change; this will certainly prove our worthiness as God’s heir-child.

THE ASTONISHING WRATH OF NATURE: CYCLONE FANI

It was totally unexpected for parts of India to have been hit violently by the disastrous Cyclone Fani in early May 2019, after 20 years. Some of our Scholars have translated the word ‘Fani’ as furious cobra, which may be understood as a ‘dangerous

form of destruction’. Bharat is far away from the onset of monsoon rains, and so people were not expecting this kind of a calamity to affect more than a million people (who were safely evacuated), and cause damage to precious property

in several states of Eastern India. The United Nations has commended the Government of India and Odisha for having organised timely evacuation of people, thereby minimising the loss of life, and successfully handling disaster management.

As we hear from the Godly

Rajayoga Brahma Kumaris Retreat Centre in Puri, a few places especially on the coast have been badly damaged, with roads getting fully covered by mud left behind by the storm. We do understand that human beings can supersede even nature, but the revolt of nature at this time of the year was huge. Several organisations of the Indian Government collaborated to shift over 11 lakh people to safe-houses, and looked after them in every way possible for several days. The blessings of all the survivors would definitely be reaching those who became instrumental in this service right from the Respected Prime Minister, Chief Minister, Meteorological Dept, to the Disaster Management groups from different States. We send thoughts of peace in the remembrance of the Supreme to those 35+ people (as of Sunday, 5 May) who lost their lives due to the Cyclone.

While listening to the elevated Godly versions a few days back, we were made aware of the friendliness of Mother Nature and the

security she provides, when human souls evolve to their elevated character or 'deity-hood', having conquered all negativities 100%: **the weather would be comforting and optimal every day throughout the year, which is attributed to the purity and harmony in interactions between humans, animals and nature.** When human souls live by their true nature of serenity and love, they send a very powerful message through vibrations to Mother Nature, to come and sustain those who have conquered all types of weaknesses and elevated themselves to the highest consciousness of divinity. This is why some of our scriptures refer to the effect of deity-hood on animals and plants, and how the lion and the lamb are able to drink water from the same river, side by side; this reflects the balance of respect, dignity and stability of that perfect world. The Knower of the three aspects of time, Incorporeal God Shiva, has revealed through the mediums of Pitashri Brahma Baba and

Dadi Hirday Mohini the most beautiful fact that no natural disasters will ever occur during the ages of Living Deities, formerly known as the Golden (Satyuga) and Silver (Treta) Ages, for 2500 years. History also bears proof that is only when human beings come into upheaval internally and in their relationships (from Copper Age onwards) that they begin to disrespect and harm themselves, their relationships and Mother Nature too. The misuse of power and damage caused to Mother Nature by human beings has resulted in backlashes in the form of earthquakes, cyclonic storms, forest fires, droughts etc. It's high time that the human race collectively rectifies its mistakes, and helps Mother Nature return to her golden-aged stage, devoid of impurity and sorrow.

May all of you be touched by the inspirations of the Golden Age, and prepare yourselves to imbibe these spiritual treasures of wisdom in your lives!

Om Shanti,

–*B.K. Nirwair*



MAINTAINING ZEAL AND ENTHUSIASM WITH THE SELF-STAGE OF SOUL-CONSCIOUSNESS



– Rajyogini Dadi Janki,
Chief of Brahma Kumaris, Shantivan



Someone asked Dadi Janki the question: Dadiji, you have now completed 103 years and so how is it at this age you still have so much enthusiasm? What is the secret of this?

In response, she answered: Other forms of intoxication are harmful; but, this is such a useful form of spiritual intoxication that it creates *Lakshmi* from an ordinary woman and *Narayan* from an ordinary man! We say *Lakshmi* first and then *Narayan*; and we ask how they become this. Shiva Baba explains the answer in the *Murli* we hear every day. Whatever He has taught and explained to us just has to be brought into our lives practically. He makes it quite easy for us.

To have zeal and enthusiasm in our practical life, we need to cultivate the seed-stage of soul-consciousness and bodilessness. Yes, there is enthusiasm within me and why is this so? I have never forgotten my aim and the signs of this aim are, naturally and automatically, operating. Zeal, enthusiasm and

happiness are the signs. I feel if I don't do it; then, who will? From the beginning onwards, I have maintained two things in my intellect; whatever Baba speaks in the *Murli* I do not miss; I value it and bring it into my practical life, because the aim is to take the kingdom for 21 births. The *Murli* tells us that whatever we want to do, we can do. It is not that we want to do it but we are unable to do.

The first thing is to bring the mind into a state of peace. Then, the sense organs remain under our control; it's not the other way round. It is said that we need to have the senses under our command, although some find this difficult. When we bring our minds into a state of peace, our sense organs come in order and the soul becomes wise. He or she, then, knows what actions to perform and what not to perform. It is through Brahma Baba that Shiva Baba spoke to us and explained this knowledge of the soul, Supreme Soul and World Cycle so clearly. Brahma Baba's life became an example. The knowledge of the soul can

be recognised in a second and reviewed internally. The index finger points inwards towards the heart and not at others. Our finger, then, points upwards to the Supreme Soul. Knowing what the soul is, gives us light and, then, thinking of the One above gives us might, the spiritual power. This is the wonder of the Eternal World Drama (EWD). What did I do? I cannot get these things done. It is God. Yet, I never say I cannot do something. What is the face of an enthusiastic person like? Someone, who is enthusiastic, doesn't have ego and, at the same time, he/she will do what needs to be done and will not just ask others to do all the work. Doing things in practical life, is enthusiasm working naturally. This is a matter of one second. My enthusiasm has never decreased.

We came from Pakistan back to India and, in the first house, Brij Kothi, Baba would sit below the stairs and ask us to show him the soles of our feet. He

wanted to see if our feet were clean! He had a feeling for us that we should be so clean as he would say that wherever our feet would tread, we would be accumulating a great amount of income; and this has, now, been going on for so many years. With each and every step in the Confluence Age comes an income of multimillions. Our Baba taught us and also fed us Brahma *Bhojan*. We have received so much sacred food throughout our entire life, since we belonged to Baba.

Those, who do serve with a lot of love, make others enthusiastic too. When people see their enthusiasm and zeal, their companions also become very cooperative and it becomes very easy for all to work together. Whether it is through the mind, body or wealth there is natural cooperation. We have never asked for anything; but, with our enthusiasm, there comes the cooperation. In order to fulfil Baba's hopes, my heart always asks 'What shall I do today?' and 'What shall I do now?' I think about this two or three times a day. Whatever happened yesterday was good and what happens tomorrow will be good, that is a guarantee. We have to make others like ourselves in a natural way. This is the colour of God's spiritual company. There is a lot of power in being true.

When the heart is clean internally, the thoughts produced are, naturally, of good quality.

When there is enthusiasm, the plans for service occur naturally and others help and cooperate, and it becomes very easy to work together and have yoga easily. Then, we are natural *Rajyogis* and *Karmayogis*, and it all becomes practical. It is to know how to use this knowledge that is important. The knowledge of the soul, Supreme Soul and the knowledge of the deep consequences of *Karma* are all essential in our lives as we move around and forward.

When the heart is true, God is definitely pleased. When the heart is clean whatever thought arises easily becomes a reality and we never become disheartened. To become disheartened is a big mistake. One should never allow oneself to get depressed. When we are enthusiastic, we will inspire others rather than nodding off! One shouldn't groan but should conduct oneself and keep his face full of enthusiasm.

Everything works with enthusiasm, zeal and a very good attitude. One should not have jealousy towards others. Each one's service is its own; so, one should enjoy each other's service to keep the enthusiasm high and bring others into this too. Baba is

sitting there and watching us. Look at Him. He has done wonders.

When God Shiva's hand is over our heads and He is consoling and pacifying our heart; then, the heart becomes filled with peace and purity and becomes happy. To listen to knowledge and tell others make the atmosphere very good. One must be very clever in listening and speak what is important. One should listen with peace, patience and a lot of love. Baba shows us what we have to become.

Shiva Baba is making us the spiritual servers in this Confluence Age. The proof of having a clean pure heart will be revealed in practical life. How many years have I been maintaining enthusiasm? Some are enthusiastic for 10 years; and, then, it becomes one's nature and the basis of spiritual effort. At this Confluence Age, one should have spiritual awareness to move forward in life.

When I first came to knowledge, Shiva Baba was explaining the four Ages and that in between the Iron Age and the Golden Age is the Confluence Age. In many *Murlis*, He speaks of this period of time and the value of it. The act of becoming Lakshmi or Narayan and taking

(Contd. on page no.11)

IF OUTSIDE SILENCE IS GOLDEN,
INNER SILENCE IS PRICELESS

– B.K. Sister Shivani



Reaching at home after a long day's work, do you request children and others to leave you for a few minutes of silence? Or when there is an argument or when you are in a noisy place, do you wish for moments of silence?

But, even when we sit in silence, does the mind often make 'noise' by way of thoughts of the whole day such as those of worry, judgment, fear, pain or anger? It is very rare that pleasant and peaceful thoughts arise in our mind that relax us. In those moments, we realize that staying quiet is not the solution. *The only solution is to make our mind silent.*

We play our roles in this physical world through the medium of communication but our original state is one of inner silence. Life is felt as pleasant when the mind learns to think slow and right. *A silent mind creates fewer and purer thoughts leading it to experience contentment and peace.*

Our original home is the metaphysical Soul World (called *Param Dham* or Incorporeal World) where we do not have bodies, because there are no

elements, and we don't even have thoughts. We are tiny sparkling point-of-light or energy. We live there quietly in the presence of God as peaceful souls. Even, today, we find inner and outer silence very soothing because it connects us, at a deeper level, to our original form and nature. As we, the souls, come down into the physical world and take a body to play different roles, we come into action and interaction. For thousands of years, the mind gets fed with information, beliefs and experiences. It creates thoughts while we are awake and even when we are asleep. When thoughts clutter the mind, we find it harder to silence it although even when we long to emerge our power of silence.

The Inner Sanctuary of Silence

The saying goes: "Well begun is half done." We were taught to begin any task with one minute's silence – silence after waking up, before having meals, before studying, before taking important decisions. It was an inner preparation for the mind to calm down and to focus. We also maintain silence in order to

connect with God and invoke His powers. *Inner silence provides a powerful start.*

But, often, we do not silence the mind before making important beginnings. If the mind is not calm enough, it creates wrong thoughts unknowingly, based on past experiences such as: "There will be so much traffic, will I reach on time? How will this examination go, last time I did not fare well... then, this will happen, that will happen, etc. ..." Our negative vibrations radiate to the scene. The weak beginning without silencing the mind may affect success.

A silent state of mind does not mean zero thoughts. *It means that we should create necessary, elevated and right thoughts.* Necessary thoughts mean thoughts of day-to-day actions. Right or elevated thoughts mean pure and powerful thoughts based on soul's original qualities of peace and wisdom. Silence not only increases efficiency but also keeps us mentally strong. *A mind, which is concentrated and silent, thinks clearly; so, intellect can make correct decisions.* The body remains physically healthy when

our mind is healthy. Relationships will also be loveful and free from conflicts.

Many of us go on retreats to recharge our inner self. We enjoy the ambience of a quieter atmosphere there. The positive effects of the retreat last for a few days. But, let us remember that within ourselves is a stillness, a sanctuary to retreat at anytime and anywhere for a few minutes through practice of Rajyoga meditation. We withdraw from the situations and emotions, focus on positive thoughts, connect with God, emerge our original *sanskars* and return to the situations with power and stability.

We should practise this *mantra*: "I am a pure soul. My every thought and word are clean. No indirect messages, no hidden motives. I radiate respect to every soul. Purity is my gift to everyone I meet today. I understand that people I meet, today, will have different *sanskars*. I accept each one as they are"

By practising this *mantra* every hour and, then, bringing it into practical behavior, will align our thoughts with our words and actions. ❖

(.....Contd. from page no. 9)

the kingdom for 21 births happens at the Confluence Age. We get a great deal of help from Him. He gets things done and does it through others. Who created this game, this play? If we understand the Creator; then, we understand the Creation.

Shiva Baba has taught us such easy yoga. From deep within whenever there is any pain, we say the word 'Baba'. Baba, automatically, becomes present at the right time. He tells us to remain in the spirit of our enthusiasm and not to worry, but to keep on going. He has so much power and He is our sole Companion. He is with us; so, we can be the detached observers and enjoy playing our roles.

I have the fortune of remaining always happy by seeing my own part and everyone else's part like a witness. If one has understood this; then, the enthusiasm will expand around the world! One should keep what is useful for oneself inside and use it in one's practical life. ❖

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EMOTIONAL INTELLIGENCE FOR THE NEW ENTREPRENEURS



– Jayanta Roy, CEO & Principal Consultant,
JRMC Global, Mumbai



During the last four years, much of my work has been dedicated to understanding entrepreneurs' stories of struggle and perseverance. Lately, more entrepreneurs have begun speaking out about their internal struggles in an attempt to combat the stigma of depression and anxiety that makes it hard for the sufferers to seek help.

For starters, there's the high risk of failure. Research data says that three out of four venture-backed startups fail. The entrepreneurs often juggle many roles and face countless setbacks such as loss of customers, disputes with partners, increased competition, staffing problems, etc. To complicate the matters, the new entrepreneurs often make themselves less resilient by neglecting their health.

Majority of startup business owners endure a silent struggle, whether they're making a consistent profit or not. Many of the challenges that entrepreneurs face tap into some of the core psychological challenges that we all face. 'Emotional intelligence' has emerged on the scene in the last few years as the "Secret Formula for Success" and extremely crucial for the new

entrepreneurs. Emotional intelligence is the skill of detecting and understanding emotions in others as well as these arising in oneself. The people with emotional intelligence are, generally, good at managing their own emotions and helping others manage theirs.

Being an entrepreneur, one can feel a roller-coaster ride. You can't control everything that happens; but, if you have a high emotional intelligence, you can get better at acknowledging your emotions in difficult situations without stuffing them down or erupting at an inappropriate time.

Being able to control your emotions is the key when communicating with investors and other important allies, who are linked to your business. If you're able to *empathize* with your customers, you'll be able to find new effective ways to market your products to your target audience.

As an entrepreneur, it's about you choosing to live the life you want to live. Choosing something and, then, building it. Understand and leverage your own humanity. Emotionally intelligent leaders/entrepreneurs bring out the best in their employees/partners/stakeholders. It's the foundation for cultivating respect,

a unified vision and good morale, which, in turn, lead to improved productivity. Such entrepreneurs may, in fact, find an ambiguous business situation desirable, even enjoyable. They tend to see things more positively than others.

Developing emotional intelligence can be challenging but satisfying. It calls for a greater emphasis in society on the emotional arts of empathy, altruism and cooperation. It emphasizes on the healing, nurturing and uplifting power of positive emotions such as love, joy, enthusiasm, gratitude, compassion, peace, unity and wonder. These emotions serve as soul-boosters and enable to cope with the messes and miseries of life. To be emotionally intelligent, one needs to become more self-aware by meditating regularly in which one learns to step back from his/her emotions as and when they flare; and thereby focus on experiencing him/her innate qualities of love, peace, purity, happiness, bliss and power. And when that happens, then, one remains calm and fully attentive, loving and fully available, compassionate and contented, joyous and fully present in the moment. ❖

HEALING MIND AND BODY THROUGH MEDITATION AND SPIRITUAL PRACTICES



–Dr. Romi Singla, (MD, Pulmonary
Medicine), Rupnagar, Punjab



Rachel Naomi Remen, MD, has rightly stated: *“Helping, fixing, and serving represent three different ways of seeing life. When you help, you see life as weak. When you fix, you see life as broken. When you serve, you see life as whole. Fixing and helping may be the work of the ego, and service is the work of the soul.”*

Due to the technological advances of the past century, there is a change in the focus of medicine from a caring, service-oriented model to a technological, cure-oriented model. Technology has led to phenomenal advances in medicine and has given us the ability to prolong life; but, now, even spirituality is often linked with healthcare. Spiritual or compassionate care involves serving the whole person including his/her the physical, emotional, social, and spiritual aspects.

Research studies suggest that people, who have regular meditation and spiritual practices, tend to live longer through a possible mechanism: interleukin IL-6. Increased levels of IL-6 are associated with an

increased incidence of disease. A research study involving 1700 older adults showed that those, who attended church, were half as likely to have elevated levels of IL-6 than those who did not. The authors hypothesized that religious commitment may improve stress control by offering better coping mechanisms, richer social support and the strength of personal values and worldview. Different studies suggest that 60% to 90% of all patient visits to primary care offices related to stress. There are *n* number of “bodily” illnesses attributed to various aspects of the disturbed “mind” such as Hypertension, Atherosclerosis, Heart diseases, Worsening of Asthma, Obesity, Diabetes, Headaches, Migraine, Depression, Anxiety, Gastric Ulcers, Irritable bowel syndrome, worsening of Alzheimer’s disease, accelerated aging by 9-17 years, premature death, sleep dysfunction, back, neck and shoulder pain, to name a few. Also, there is reduced immunity, in general, leading to frequent ‘common colds’! Alongside increased vulnerability to other infections, un-meditated

mind affects body in as much increased cortisol production, thereby leading to ‘slower healing’. A few studies of women with breast cancer have shown significantly high rate of diseases among those women, who experienced traumatic life events and losses within several years before their diagnosis. There is no denying the fact that we, the physicians, cannot be “healers” without healing the minds. As mind leads to bodily ailments, its power has to be harnessed to heal the body.

It has been noted that patients, who are spiritual in nature, may utilize their beliefs in coping with illness, pain, and stresses of life. Studies indicate that those, who are spiritual in nature, tend to have a more positive outlook and a better quality of life. One study showed that the spiritual wellbeing was related to the ability to enjoy life even in the midst of symptoms, including pain. The spiritual beliefs can help patients cope with disease and face death. Bereavement is one of life’s greatest stresses. A study of 145 parents, whose children had died of cancer, found that 80%

received comfort from their religious beliefs after 1 year of their child's death. Those parents had better physiologic and emotional adjustment. In addition, 40% of those parents reported a strengthening of their own religious commitment over the course of the year prior to their child's death.

In many patients' lives, spiritual or religious beliefs may affect the decisions they make about their health and illness and the treatment choices they make. It is critical that we, as the physicians and health care providers, listen to all aspects of our patients' lives that can affect their decision making and their coping skills.

Some spiritual stances can lead to negative coping: more depression, poorer quality of life and callousness towards others. This is seen when patients view a crisis as a punishment from God, have excessive guilt, or have absolute belief in prayer and a cure and, then, can't resolve their anger when the cure does not occur. Generally, however, spirituality leads to 'positive coping'. Patients seek control through connection with God, try to forgive others, draw strength and comfort from their spiritual beliefs, and find support from a spiritual community. These actions lead to less psychological distress.

Spiritual commitment tends to enhance 'recovery' from illness

and surgery. For example, a study of heart transplant patients showed that those, who participated in spiritual activities and said their beliefs were important, complied better with follow-up treatment, had improved physical functioning at the 12-month follow-up visit, had higher levels of self-esteem, and had less anxiety and fewer health worries. In general, the people, who don't worry as much, tend to have better health outcomes. Maybe spirituality enables the people to worry less, to let go and live in the present moment. Spirituality is the power of hope and positive thinking.

A spiritual history of patients helps the physicians recognize when cases need to be referred to chaplains/priests. It opens the door to conversation about values and beliefs, uncovers coping mechanisms and support systems, reveals positive and negative spiritual coping, and provides an opportunity for compassionate care.

Specific spiritual and meditation practices have been shown to improve health outcomes. In the 1960s, Benson began research on the effect of spiritual practices on health. He found that 10 to 20 minutes of

meditation twice a day leads to decreased metabolism, decreased heart rate, decreased respiratory rate and slower brain waves. Further, the meditation practice was beneficial for the treatment of chronic pain, insomnia, anxiety, hostility, depression, premenstrual syndrome, and infertility and was also a useful adjunct to treatment for patients with cancer or HIV.

It is, however, important to recognize that patients come to physicians to seek care for their medical condition. Therefore, it is critical that when discussing spiritual issues with patients, the physician listens and supports and does not guide or lead.

In summary, meditation and spiritual practices are relevant to patients and physicians alike during the process of healing the mind and body. It is an important element in the way patients perceive/face chronic illness, suffering and loss. Physicians need to address and be attentive to all aspects of suffering of their patient – physical, emotional and spiritual. Doing so is part of delivery of compassionate care. I think we can be better physicians and true partners in our patients' living and dying, if we can be compassionate, if we truly listen to their hopes, their fears, and their beliefs and incorporate these beliefs into their therapeutic plans. ❖



DAILY MEDITATION PRACTICE WILL CREATE A REMARKABLE DIFFERENCE IN THE APPROACH OF MAINTAINING OUR RELATIONSHIPS



–B. K. Sujoy, Durgapur (W.B.)

Buddha has rightly stated: *“A good relationship is when someone accepts your past, supports your present, loves you and encourages your future.”*

Health, wealth, happiness and human relations are some of the important treasures that make our life complete and worth living. If any one of them is lacking, we feel the life to be incomplete. Hence, the nourishment of better and friendly human relations is very essential. All of us are mutually united through the social system and there is a feeling of equality amongst us that makes life meaningful. It is with the help of other’s co-operation that we can lead a satisfactory and happy life. For better human relations, we should give significance to others and should create a feeling of oneness. It is only in collective groups that man can hope to grow and develop easily and successfully.

Human life is always social and it can never be led as isolated islands separate from one another. Our thoughts, speech and actions have their impact on others in the society;

so, our conduct towards them should be friendly and cordial so that we can remain united with them. In fact, for a better life of quality, innumerable number of people and their thoughts have their influence upon us. Our good wishes and pure feelings also attract others towards us. Hence, we should inculcate in ourselves the virtues of love, compassion, empathy, co-operation, sacrifice, self-less service, etc. These virtues are like the invisible anchor of a ship, which unites others with us. Whatever we give to the people is returned to us in a different way. If we decide to give peace and happiness to people, our relations with them will surely be cordial. We receive good wishes from them, which help us to solve our problems of life spontaneously. If innumerable number of people are lending their moral support; then, that works faster than the use of any medicine.

Today, the values that can bring human beings close to one another have either deteriorated or they have lost their human value. The state of relationships creates more of sorrow, pain,

helplessness, conflict and disappointment rather than bringing peace, happiness, or a sense of belonging. Largely the main cause of breaking of the social organizations is lack of spiritual values and their application in life. Spirituality is neither worship nor social and religious rituals; but, it is adopting a positive attitude towards our own self and others, which generates mutual co-operation, peace and happiness instead of confrontation, peacelessness and sorrow in life.

The very first priority of spirituality is learning to know and experiencing one’s original and true self. This builds a bridge between people as we realise the commonality of our spiritual identity. We can see that we are all one and the same in our essence. We, then, develop spiritual love for others. When we look at others with love, we open our hearts. Our ego is kept in check because we want to reach out and help others. As we meditate, we experience state of calm, peace and joy. These feelings of tranquility remain with us for long after our meditation and also radiate from us to others

and the environment. We are able to stay calm in the face of challenging situations or differences of opinion, not allowing situations to escalate into anger. In the midst of troubles, conflicts and struggles we are able to find solutions and remain open to adjusting and compromising approach in order to ensure a peaceful resolution.

Rajyoga meditation practice helps us to connect with the Supreme and experience His divine love. The more we learn to love and be loved, the rays of peace and harmony enter our hearts and homes and are reflected in every aspect of our life, thereby radiating to all those we meet. With daily meditation practice, we observe a remarkable difference in the approach of maintaining our relationships. As we become calmer and more loving, we will notice that it has a positive impact on all our relationships. Not only will our own relationships be more harmonious but also our positive approach and attributes will have a ripple effect on others.

Rajyoga meditation practice is a process in which we take our attention away from the outer world and focus it within on our own real self. As we do so, we begin to experience our innate qualities. Self-awareness gives us the power to choose good and positive thoughts over those, which are negative and wasteful. We start to respond to situations, rather than just react to them. We begin to live with harmony, create better, happier and healthier relationships and change our lives in the most positive way. ❖

RIGID OR FROZEN PERCEPTIONS

Like water, which over a period of time freezes and takes the form of frozen ice cubes, when kept in an ice tray; the perceptions of different things, people and events, inside our consciousness, which come onto the surface of our consciousness regularly (i.e. which we shape our thoughts, words and actions based on them, regularly,) take the form of rigid perceptions over a period of time. These rigid or frozen perceptions, which, sometimes, never liquefy in our entire lifetime, are commonly called our beliefs, which can stick in our consciousness like ice cubes and be difficult to uproot at times. One of the greatest harms that holding to a set of beliefs does, is that it doesn't let us see from other peoples' point of view.

Let's suppose that two people look at the same painting from two different points in a room. One describes what she sees and how the painting looks to her. Then, the other one describes how the painting looks to him. Both perceptions are bound to be different to some extent. They are different because they look from different angles, different points (places) of viewing, in the same room. So, who has the right view? Neither. But what both of them see is right from their point of view. Another example is: there is Mrs. A at my workplace, whom over a period of time, I have been seeing from a certain point of view and have started perceiving to be inefficient. Bringing this perception into my consciousness, repeatedly, has frozen this perception inside my consciousness and it has taken the form of a belief, which may be incorrect or correct, partially or completely. Now, even if three different people who have all seen Mrs. A from three different points of view, i.e., in three different set of circumstances, and have seen three different shades of the same virtue, i.e., efficiency in her; come and share their different, but all positive and right perceptions with me, depending on their respective circumstantial view, I will not agree with them and not respect their perception because a person with unfrozen perceptions would at least give a hearing to others' perceptions, but someone with frozen perceptions, i.e., with fixed beliefs, is not able to do that and is not able to empathize with or see from others' point of view. ❖



THE PHYSICS NOBEL PRIZE, 2017 SHEDS MORE LIGHT ON SOUL AND SUPREME SOUL



—B.K. Rose Mary

The Physics Nobel Prize, 2017 was awarded for the detection of Gravitational Waves. This discovery is praised as so significant that it would usher in “a new era of astronomy” (<https://www.newscientist.com/article/mg-23030783-800-ligo-sees-new-gravitational-wave-from-more-doomed-black-holes/>) because it proved what Albert Einstein predicted in his Theory of General Relativity, 1915. The scientists working in LIGO (Laser Interferometer Gravitational-Wave Observatory) have detected Gravitational Waves from the violent merging of two Black Holes roughly a billion light-years away. Regarding this discovery, *The Washington Post* reports: “The two black holes that merged were massive: one hole was 31 times the mass of the sun, and the other was 25 solar masses. They twisted together to form a single spinning hole 53 times more massive than our star. The missing three suns’ worth of mass became energy, expelled as gravitational waves.”

Gravitational waves are the waves associated with gravity. It is produced when two objects orbiting one another end up

“producing ripples in the actual fabric of space and time”. The Theory of General Relativity states that an object produces a dimple (or warping) in the shape of space and the passage of time. This understanding was a great leap from Newton who only knew of Gravity but did not know how it holds the moon, planets, sun, stars and galaxies together in the universe in their respective orbits.

In 1915, Albert Einstein realized that Newton’s laws of motion and gravity didn’t apply to objects in high gravity or at high speeds, like the speed of light. In his General Theory of Relativity, Einstein envisioned gravity as a distortion of space caused by mass. Craig Freudenrich (Ph.D.) explains this using a simple illustration: “Place a bowling ball in the middle of a rubber sheet. The ball makes a depression (gravity field) in the sheet. If you roll a marble towards the ball, it will fall into that gravity field - it will be attracted to the ball and may even circle/orbit the ball before it hits. Depending upon the speed of the marble, it may escape the depression and pass

the ball, but the depression might alter the marble’s path. Gravity fields around massive objects do the same.” (<https://science.howstuffworks.com/environmental/earth/geophysics/fundamental-forces-of-nature1.htm>). An object like the earth bends space-time around it, causing objects like the moon to “curve in” towards it. The sun, much larger than the earth, causes such a deep distortion that the planets of the solar system orbit around it instead of flying away.

Einstein’s theory predicted that certain colossal events in space (such as a collision between two Black Holes) would create gravitational waves. These waves would be distortions in the fabric of space-time, where it is stretched and shrunk, and they would travel from the event outward throughout the universe like ripples spreading from a splash created in a pond. This is what, now, the scientists in LIGO have detected with their superbly sensitive instruments - even though the distortion in space-time was just one-thousandth the diameter of a subatomic proton.

The amazing fact about this is that what scientists in LIGO have detected now with physical equipments, had already been seen by Einstein’s third eye of his intuitive wisdom. Being able to see something without the

help of physical sense belongs to something immaterial or spiritual. This proves something important about the make-up of the human beings - we the human beings are not some material parts put together, but are, in essence, Souls (*Atma*), an immaterial or spiritual entity, and the body is only our outer costume; and only such immaterial or spiritual beings (souls) can see things without the medium of physical organs.

In other words, Albert Einstein, the human being (soul), used the meditative power of Soul (*Atma*). This nullifies materialists' claim that 'consciousness' or 'soul' is the emergent feature of brain, which they conclude hastily, seeing the link between brain and mind. When they find damage to the brain affects the workings of mind, they simply conclude that thinking has its origin in the brain. Interestingly, more serious neuroscientists realize that both body and mind are separate, yet one cannot work without the other: "There is no physical evidence that your brain has ever had a single thought, that it projects a realistic picture of the world, or that it creates mind as a by-product of cellular activity the

way a bonfire creates heat. Instead, the brain displays physical activity as thoughts take place, the same as a piano's keys going up and down as a performer plays." (Deepak Chopra). "The brain is not the mind; it is an organ suitable for connecting a mind to the rest of the universe. By analogy, Olympic swimming events require an Olympic class swimming pool. But, the pool does not create the Olympic events; it makes them feasible at a given location." (*The Spiritual Brain, A Neuroscientist's Case for the Existence of The Soul*, written by Mario Beauregard and Denyse O'Leary, Page - 6). Just as the swimmers are not the emergent feature of swimming pool, consciousness or soul is not the emergent feature of brain or body. Thus, the truth is like what Sir Thomas Browne beautifully summed up: "We are men, and we know not how; there is something in us that can be without us, and will be after us; though it is strange that it has no history of what it was before us, nor can I tell how it entered in us." (*Religio Medici*, Page - 87). That 'something that is in us yet that can be without us' is the soul, the immaterial or spiritual entity that builds our body like

birds build their nests, and it is this immaterial or spiritual entity that can see without the medium of physical organ, as seen by 'the third eye' or the intuitive eye of wisdom of Einstein.

In view of the above, one can easily see the amazing power of soul (*Atma*), which made people like Einstein capable of intuition. If one looks at a human cell with enough attention, he/she will know the power of the immaterial soul/spirit, the spiritual entity, that runs his body. Each human cell has many thousands of genes, and they are arranged around three billion DNA base pairs and thousands of proteins having distinct characteristics, codes and separate functions. The mechanism required to make such a single cell is vastly more complex than a supercomputer. This gives us an indication as to how much of complexity and what kind of ingenuity would have been required to make a human brain, which is built and used by soul. Such a soul can intuitively see what physical organs cannot see.

The discovery of gravitational waves adds also to the growing evidence that the universe is fine-tuned, ordered and governed (rather

than an accident), which highlights the majesty and magnificence of God, the



Supreme Soul (*Paramatma*), the Supreme Intelligent Being and His intelligence behind this universe. The existence or presence of such Supreme Soul is a sure guarantee that the entropy and moral decline will not go unhindered, but a Golden Age would be recreated at the right time by Him. This is in agreement with common sense also. We know that population and pollution are steadily increasing and resources are decreasing, which cannot continue eternally. It means that the situation was better and better as we go tracing back deeper and deeper into the past, and our third eye can see the starting point of a Golden Age and many such cycles of history, as Einstein saw, with his third eye, the gravitational waves, which were happening “even a billion light-years away”.

If Einstein’s third eye could see a too subtle thing as gravitational wave from such

long distant past, anyone’s third eye can see a Golden Age that had been established a few thousand years ago. For example, in the past, many people knew that history is cyclic but not linear. Even the word for ‘history’ in some language is called “*vruttanta*, which is a combination of ‘*vrutta*’ (circle) and ‘*anta*’ (end). It means history 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 teachings of the Trinity found among the Hindus, Christians, Egyptians, Babylonians, Greeks, etc. In the Trinity, three gods are shown to be engaged in the actions of creation, preservation and destruction respectively. It means that the first half of each cycle is the new world and the second half is the old world. But, how long is the duration of one cycle? The way population multiplies gives a clue to this. For example, 4 children can be born from 2 persons in less than 5 years. Even if we assume that it takes 150 years for 4 children to be born from 2 persons, it would take only 4950 (150 x 32) years to have the present population of 7.7 billion (2 multiplied 32 times) from just

two persons. Interestingly, the Golden Age was being recreated at “every 5000 years” (*Murli*: 11.12.2017), which means that history is an endless cycle of elevation and entropy, and the task of recreating the Golden Age (whenever moral decline reaches its peak) is just “His duty,” says God Himself (*Murli*: 28.02.2019; *The Gita*: 4:7).

What precedes the establishment of the Golden Age is the God’s noble task of spiritual training of the seed-population, who will inherit the heaven in the Golden Age. This is what our Supreme Father God Shiva is doing from 1936 through the teachings of spiritual knowledge and Rajyoga education system; it is a system by which God restores and rejuvenates the human souls by enabling them to inculcate His own divine attributes. His magnificent majesty makes us wonder what an inheritance such a Heavenly Father holds for us for cooperating with Him during this brief auspicious period, called the Confluence Age, that precedes the forthcoming Golden Age. The glory and glamour of the Golden Age are too wonderful for anyone to describe in words. ❖

THE APPLIED KNOWLEDGE (UPAVEDA)

—T.V. Jayaprakash, Palakkad

Excellence is never an accident. It is always the result of high intention, sincere effort and intelligent execution, which represent the wise choice of many alternatives. Choice but not chance determines one's destiny.

Dharma is the law that governs all actions. *The Rig Veda* states, "*Ekam Sath, Viprah Bahuvividhah Vadanti.*" (The truth is one, the scholars simply call it by various names.) Religion is a way of life.

A self-controlled person, moving among the objects with his senses free from attachment and malevolence, attains tranquility. As per the Hymn of non-Eternity (*Nasadiya Sukta*), Gods came later, after the creation of this universe.

The Applied Knowledge (*Upaveda*), is the subject of certain technical works. Brahman is the nature of truth, knowledge and infinity. It is said that Brahma framed *The Natya Veda*. From *The Rig Veda*, he drew forth the words, from the *Sama Veda* the melody, from *The Yajur Veda* the gesture and from *the Atharva Veda* the

sentiment.

Life leads to wisdom. Wisdom creates attitude. Attitude evolves into action. Action becomes fruitful. Fruitfulness means returning to the soul. The concept of soul depends on completing the cycle. Attitude with aspiration can achieve and accomplish anything. If life has no meaning, you should give meaning to life.

Laughter is the light of life. There is no need of language to laugh and smile. Whenever we suffer and become sad, we depend on God to grace our self. Today is a gift, presented with blessed moments. Share your knowledge with all others, otherwise it will be a mere squander. Experience is wisdom for the bliss of life. Life is a drama. We do not know those, who cry inside the mask. Others never bother about your past or future. Therefore, be pleasant with the present for a blessed moment.

We want to be old when we are young. When we are old, we want to be young. This is the irony of generations. Sometimes, you need to be alone, not to be lonely, but to

enjoy your free time try to be yourself. Simplicity is the luxury for the happiest soul. Be a human with humanity.

Every moment is a blessing. Every one is unique. Every day is a festival. Therefore sing, dance and celebrate; smile, serve and celebrate. Smile is the beauty of life and the weapon for triumph. May this moment be the beginning to give the sense and throb of life to the life! Richness in beauty of life is derived from the hidden knowledge of happiness. Life may not be up to the expectation; still you have to dance, even if there is no music to celebrate the party in the journey of life.

Love is like the tides. Sometimes, it comes closer, otherwise goes away, but always stays eternal. Life is eternal and ultimate with omnipotent love. Love is a medication to heal painful situation. Keep yourself away from desires and become rich. Money is a currency, just a paper; but, its purpose makes it divine.

Experience teaches us to learn about life. In between, time never waits. Life is a gift. Enjoy the present. Celebrate it with happiness. Give something to life and get many things from it. Being better than yesterday, will bring the best for later days. Every day is like a thread from its beginning to the end of life.

The best place, I find, for you is to stay in your mind. A beautiful mind is the beauty of the soul. Give rest to the mind by emptying it of your stresses because experiencing a stress-free and restful mind is equal to be blessed. Let yourself be the model for others by being the exemplary one through the examples of your life.

Silence is not ignorance. It can be profound love. Generate opportunity to prove your ability. Otherwise, skills become a waste. Work pressure is nothing compared to the pressure of not having any work. When you are in right path, there is no path left for wrong thoughts. The present moment is to get the best from you.

Look at yourself and not at others for happiness. When we know we are nothing, we will be something. The time available with you gives you the best opportunity for you to learn.

Concepts are the bases of any research. Creativity depends on formulation of ideas. Nurturing proper attitude is essential for education. Taking proper stand at proper time and place, decides your action and behavior. Imagination is necessary for creativity and arts but don't stay intertwined with imagination. Freedom is your natural habit. Happiness, generosity and human values bloom only if you are free. Without freedom, attitudes sink you, information becomes valueless and ideas become heavy. Information is not education, but only a factor of it.

Silence is words dissolved in wisdom. Feeling alone with yourself in the crowd is a sign of wisdom. When you praise somebody, you are accepting their good deeds. Love what you have and be happy. If somebody gives you respect, it is because of their greatness. A person who respects all, is great and rich. But, self-respect is one's faith in oneself and one's own wealth and contentment. ❖

THE RIGHT INTENTION FOR HAPPY RELATIONSHIPS

Never do anything for anyone, rather do only for yourself. It sounds selfish, but herein lies the secret of being selfless.

With relationships, words like sacrifice, compromise and adjustment are often attached. Each word sounds more like a suffering rather than happiness. Relationships give us the opportunity to do a lot for others, but we need to check our intention. If we think we are doing it for them; then, we could be doing it outwardly but not necessarily be happy inside. If we have negative thoughts of unwillingness or resentment and we do the right action, neither we nor they will be happy, because they will receive our mental energy. And, then, we would feel that we did so much for them and they are still not happy. Before doing anything, introspect "why do I want to do it" because they will be happy; "why do I want them to be happy" because they matter to me and there will be harmony in the relationship; if there is harmony, I will be happy; so I am doing it for my happiness, but not for them.

Actually, we are always doing it for ourselves, but we believe that we are doing it for them. We are not making any sacrifices or compromises, we are doing it for our own happiness; and this is liberation. We no longer feel like a victim; we are doing everything for our own self; we are responsible for the consequences of the decision and the most important fact is that we don't expect them to do anything for us. Let's think of all the things we feel we have done for people and yet felt very let down by them; let's check today, till we, finally, come to final answer: I was doing it for myself. ❖



DEIFIED AND GLORIFIED BRAHMA KUMARIS: THE SPIRITUALLY EMPOWERED WOMEN OF THE WORLD

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

It was, generally, considered that women (wooed by men) are those, who are wooed by men for being their better-halves, doing domestic works, handling their household chores, providing sensual pleasures, producing children and continuing their clans or future generations. However, in spite of all these works and responsibilities handled by the women for men, the women were and are being exploited still, unfortunately and ironically, by the male chauvinistic and dominating society at present for no faults of their own. The problem of this exploitation lies in the wrong, twisted and narrow mindset of men. It is quite ironic that while women form almost half of the human population of the world, still they are, in general, being deprived of their due status in the society being regarded as weaker than men and are also being relegated to the background. William Shakespeare's statement like "Frailty thy name is woman" is not the right estimate of women in the current millennium. The descent of God Father Shiva in the body-chariot of Dada Lekhraj whom He renamed as Prajapita

Brahma has brought about a sea-change in outlook of men towards women and their status, and the statement like "Where women are worshipped, deities reside there" ("*Yatra Narishu Pujyante Tatra Ramante Devta*") is soon going to be a stark and authentic reality.

God Shiva Empowered Brahma & Brahma Kumaris

Incorporeal God Father Shiva,
the Supreme Soul, the Supreme



Spiritual Father of all souls of the humanity, is, now, spiritually empowering all human souls including both men women and children by imparting spiritual knowledge of the roles of souls, Supreme Soul and World Cycle in the cosmic scheme of the Eternal World Drama (EWD) by establishing the unique global socio-spiritual-cum-educational organization, which is named Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya (PBKIVV) in India and Brahma

Kumaris World Spiritual University (BKWSU) abroad. Amongst all the embodied souls of the world, Brahma Kumaris are called the Spiritually Empowered Women of the World (SEWW), because even though God Father Shiva delivers the versions of spiritual knowledge through the lotus mouth of Prajapita Brahma; yet, the vase of spiritual knowledge is especially entrusted to them for its dissemination to souls in various parts of the world through its worldwide centres/branches, and this organization is named as such since it is mainly run and managed by them with the help and support of Brahma Kumar brothers. With this justified nomenclature of the organization, these spiritually empowered women are regarded as the daughters of Brahma (Brahma Kumaris) being the embodied souls in their female physical costumes.

Brahma Kumaris changed the concept of women

Brahma Kumaris are those God-chosen divine women (women) who are, now, wooing and inviting the human souls including men, women and children to enlighten them, in

order to change them by killing in them the demon (Satan/Devil/Ravan/Maya) - the symbol of seven deadly sins or vices like sex-lust, anger, greed, attachment, ego, indolence and jealousy. They are the models or bright examples of purity in body, mind and spirit, and with



their personal self-change they are seeking to serve others and mould them in their own cast of divine peace and purity. Their snow-white fully covered dress reflects their immaculate inner and outer peace and purity and also proves to be a great attraction for others to follow their values-based lifestyles. The scientific reason or basis behind the white colour lies in the fact that white absorbs all other colours in it, and the spiritual basis is that white is also the symbol of peace and purity. More than ten lakh human souls have changed their previous devalued and degrading lifestyles of consumerism culture and have transformed them by adopting a pure, peaceful, virtuous and values-based lifestyle according to the lifestyles of the divine, deified and glorified Brahma Kumaris sisters.

Entitled as the Spiritual Magicians (*Ruhani Jadugarni*)

It is due to their deep divine inner and outer attraction, the human souls are magically attracted to them because the original and essential qualities of the souls are peace and purity. Their peace and purity attract the peaceless and impure souls with the desire for peace and purity, which they have already lost due to their ignorant involvement and indulgence in the sins and vices.

Through the divine light of their enlightened eyes, the human souls also get the revelation of real point-of-light form of soul/self/spirit and the Supreme Soul, and thereby they get the long-sought-after wish of self-realization and God-realization fulfilled. With these revelations, they also get reminded that they were once deities (gods and goddesses) of heaven, and, now, they are fallen into the present decadent, defiled and impure human stage through the passage of time due to their indulgence in vices, which they have to conquer over and elevate them further into the deity stage. As the ways and behaviours of Brahma Kumaris work like magic in transforming the souls, they are regarded and entitled by



some human souls as the spiritual magicians (*Ruhani Jadugarni*).

The Rivers of Spiritual Knowledge

As per Hindu tradition and description in a couple of *Puranas* like the *Narada Purana*, the story of Bhagiratha and Ganga relates that King Bhagiratha's austerities brought back to life his dead ancestors, the off-springs of Emperor Sagara, who were destroyed by Sage Kapila whose meditation was disturbed by them and, as a result of this, the angry sage opened his eyes and reduced them into ashes. The grandson of emperor Sagara prayed for



forgiveness to Sage Kapila, who said that they will attain salvation (*Moksha*) when in future King Bhagiratha of the lineage will bring down river Ganga from heaven to earth. After several generations, Bhagiratha was born in the family and performed great austerities to impress Brahma and Shiva. This act of Bhagiratha brought down the Holy River Ganga from heaven to earth; and she descended from heaven and Lord Shiva held her in his matted locks so that the flowing power of Ganga does not destroy the earth. She, then,

travelled on the surface of the earth purifying all that she touched. One of the most important reasons why many people want to be cremated on the banks of the Holy Ganga and want their ashes to be immersed in river Ganga is that they hope to attain salvation (*Moksha*) or liberation from the cycle of birth, death and rebirth. This spot is believed to be the place where *Ganga Sagar Mela* is held annually in the South of Kolkata where the river Ganga merges with the Bay of Bengal.

The above story is not literal but quite symbolic in its meaning. In the story, Shiva is symbolic of the Incorporeal God Father Supreme Soul Shiva; Brahma is symbolic of Prajapita Brahma in whose body-chariot the Incorporeal Bodiless God Shiva enters to play His own roles of Generation, Operation and Destruction. The river Ganga is symbolic of the Brahma Kumaris, the rivers of spiritual knowledge, who were adopted by the Incorporeal God Father Shiva through Prajapita Brahma and received the nectar of spiritual knowledge from Him through the lotus mouth of Brahma. These Brahma Kumaris Sisters went to all different corners of India and the whole world to dole out this nectar of spiritual knowledge, thereby purifying the almost impure and decadent human souls, who are

symbolic of the ancestors of King Bhagiratha, and rejuvenated them from the ashes of body-consciousness and again made them soul-conscious in their regained spiritual rebirth.

The Earlier Great Devotees of God Shiva are, now, Brahma Kumaris and Kumars

It is said that during His descent in *Sangam Yuga* the Incorporeal God Shiva imparts spiritual knowledge and training of Rajayoga to His most staunch



faithful devotees as the fruits of their deep love for a n d

devotion to Him during the cult of devotion (*Bhakti Marga*). Many of those earlier great devotees of God Shiva have taken rebirth as Brahma Kumaris and Brahma Kumars – the mouth-born progenies of Brahma - in the fag-end of *Kaliyuga* only to be adopted by God Shiva through him at present during the Age of Transition or Confluence for getting His spiritual love, knowledge, qualities and powers as their heavenly birthrights as the result of earlier devotion to Him. God Himself says, “Knowledge is the result of devotion.” This spiritual knowledge gives self-realization and God-realization to the

Brahma Kumaris and Kumars and makes them the embodiment of renunciation (*Tyaga*), meditation (*Tapasya*), and world service (*Vishwa Seva*).

True Rama & True Sita are Symbolic of God Shiva & Soul

In the Hindu Scripture *The Ramayana* – the story of Rama, Sita, Hanuman and Ravan - it is mentioned that the prince Rama of Ayodhya took the help of monkeys, called the Army of Monkeys (*Bandar Sena*) including Hanuman to rescue Sita, his beloved spouse, from the clutches of Ravan, the King of Lanka, who had abducted her in the false guise of a sage when she was alone in the cottage of the forest in the absence of Rama and Laxman. It is mentioned that Ravan asked for alms and Sita had to cross beyond the three



debarring lines (drawn by Laxman as the safety lines) in order to offer alms to him, who was, then, able to abduct her and took away her in his flying chariot to Lanka, and kept her captured in the forest. Sita suffered as a result of crossing beyond the three lines.

But, this story is symbolic in its true meaning. Sita is, actually, symbolic of all human souls, who have been under the capture or clutches of the ten-headed Ravan, who is the

symbol of sins/vices. His ten heads, including five each of men and women, are symbolic of five vices – lust, anger, greed, ego and attachment in which both men and women indulge and thereby suffer in life. Lanka, the



so called kingdom of Ravan, is the island, which is symbolic of the whole earthly world, surrounded by the waters of seas and oceans, and looks like a vast island. Rama is symbolic of God Shiva, who descends down upon the earth to save the human souls from the five vices by teaching them spiritual knowledge and Rajayoga. The Army of Monkeys (*Bandar Sena*) is symbolic of the Brahma Kumaris and Kumars (B.Ks.), who were earlier quite fickle like monkeys in their manners and behaviours but got transformed with the acquisition of spiritual knowledge, inculcation of values and virtues in their life with the practice of Rajayoga meditation. Hanuman, the leader of monkeys, is the symbol of Prajapita Brahma, who is adopted and transformed by God Shiva, and helps Him with the salvation army of B.Ks. in His noble task of savaging the bereaved and benighted souls, the symbolic Sitas, who invoke God Shiva with their Save Our Souls (SOS) calls, for their relief, release and redemption from

sins/vices and thereby from the resulting sorrows and sufferings.

The Brahma Kumaris, who are now purified, transformed, elevated from their earlier degraded and down-trodden human stage and, thus, spiritually empowered by God Father Shiva, actually, represent the embodied human souls in their physical women forms, thereby symbolizing Sita, Draupadi, Parvati, etc. It is also said that Parvati was in deep meditation in Himalaya for winning the heart of Shiva and getting Him as her spouse, and there Shiva was relating the immortal story (*Amar Katha*) to Parvati, who is symbolic of the devoted and meditative Brahma Kumaris. These Brahma Kumaris are, now, listening to the spiritual knowledge delivered by Incorporeal God Shiva through the lotus mouth of Prajapita Brahma for getting the boon of immortality and also offering the same boon to other embodied souls as the spiritual and immortal children (*Amrit Ke Santan*) of God, the Lord of Immortality Himself.

Shiva Shakti Sena & Pandava Sena

God Father Shiva descends down upon the earth to destroy the Satanic and Devilish Forces of the major seven deadly sins or vices such as sex-lust, anger, greed, attachment, ego, jealousy and indolence, which have kept

the human souls, His prodigal spiritual children, in complete bondage. In order to destroy these forces, the Incorporeal God Father Shiva, as the Supreme Highest Spiritual Commander (SHSC) of *Shiva Shakti Sena & Pandava Sena* recruits and chooses the impure *Shudra* souls, purifies and liberates them of these seven deadly sins or vices, transforms them into a group of pure Brahmins, including Prajapita Brahma and his mouth-born progenies, known as Brahma Kumaris and Brahma Kumars, who take spiritual rebirth by due transformation of themselves, and, finally, forms the Spiritual Salvation Army (SSA), which involves *Shiva Shakti Sena* consisting of all the Brahma Kumaris including mothers and daughters, and *Pandava Sena* consisting of all Brahma Kumars including both bachelor and married brothers.

The Brahma Kumaris are, in other words, called the *Shiva Nandini/Kanya* whereas the Brahma Kumars are, in other words, called *Shiva Nandan*. But, originally, as the naked, unembodied souls, they are worshipped as *Shaligrams* around Shiva *Linga* in Shiva Temples due to their spiritual services rendered in God Shiva's noble task of world-transformation. ***(To be Contd.)**

TOUCHING AND CATCHING POWER ARE THE SWEETEST FRUITS OF THE POWER OF SILENCE

–Yogi Khem Jokhoo, Trinidad

According to the present time, as peacelessness and upheavals in the world increase, catastrophic situations and the natural elements, in particular, are suddenly causing unexpected and untimely deaths. *Therefore, it is important that the mind and intellect remain pristinely clean and clear as it is essential for us to catch God Father's signals, directions and vibrations so that nothing else is mixed with His touching.* If the line is not clear, the dictates of the mind become mixed with Godly signals and directions; then, the soul suffers loss because everything is mixed at the moment of need. So, the clearer the mind and intellect, the more we will be able to catch, decipher and discern the divine directions. The touching will become so clean and clear that we will know which particular soul to serve or which direction to follow at a particular moment.

Accurate Touching and Catching Powers

Accurate touching and catching powers are dependent on the power of realization, remembrance of the Supreme

Soul as well as the degree of purity of the soul. All these three conditions should become natural to the soul for a long period of time. The power of realization induces transformation of soul through awareness of soul-consciousness, remembrance and intense yoga as well as accumulation of elevated actions. These three attainments absolve the soul of the accumulated sins of the past and increase the purity of the soul. Purity does not mean only celibacy, it also includes a firm vow for a pure diet, purity of thoughts, words and actions as well as of relationships and connections. All these conditions are also a prerequisite to acquire the highest stage of the "Power of Silence" as well as the accuracy of discernment of touching and catching powers.

The Power of Silence

When our power of silence becomes natural and original for a long period of time, we will be able to decipher and discern accurately all the signals and directions, no matter what the situation is or where we are in

the world. Baba instructs us to follow the constant practice of one-second meditation drill required to achieve the highest stage and benefits of the powers of silence. He encourages the practice of concentrating the mind and intellect with controlling power and come to the metaphysical Soul-World (*Shanti Dham*) to have remembrance of the Supreme Father in order to claim His inheritance. He says that if we make this practice natural for a long period of time, not only at *Amrit Vela* but a throughout the day, the soul will emerge its original deity *sanskars* and become equal to the Father's stage.

Mixed Touching & Catching Powers in the First Stage of Silence

In this first stage of silence, we increase the process of renunciation at a very fast speed, firstly from body-consciousness to soul-consciousness; secondly, renunciation of becoming master of the five senses as well as of the five elements or matter. Renunciation becomes more intense when we not only conquer the five vices or *Maya* but cremate their roots to eliminate their progeny or even the traces of impurity. This is, sometimes, called the double light stage in which we can sit at one place and practise the

“power of *sakaash*” to bring souls closer to Baba. Celibacy as well as purity of food and drinks, purity of thoughts, words, actions as well as of relationships and connections make us very strong, firm and stable. Purity is the basis of yogic life to achieve worthy-of-worship status. All the elevated attainments, including power of silence and elevated actions, can be accumulated and deposited in the spiritual bank that is open only in the Confluence Age, but not in any other time or birth.

Mediocre Touching & Catching Powers in Bodiless Silence

In this higher stage of the power of bodiless silence, we begin to realize that the eternal nature and attitude of the soul are peace and silence. In this stage, we go beyond name, time, space and age and all other forms of physical limitations. We, then, go beyond the physical and subtle worlds and experience being “a point of light” as well as radiate peace and purity in the atmosphere. We are able to transform the atmosphere with the pure vibrations of our attitude and make other souls also experience peace. An experience causes permanent transformation and impact on souls that are never forgotten.

Reliable Touching & Catching Powers in Incorporeal Silence

In this advanced stage of the power of incorporeal silence, we experience the stage of liberation in the soul-world where knowledge, virtues and powers are merged and the only awareness, which remains, is that the Almighty Authority is my Companion (*Mera Sathi*). We, then, become fearless. Our true nature of peace and silence emerges with the spiritual attitude of good wishes and pure feelings that makes the atmosphere powerful. We do not have the awareness that we are in the Soul-World as this is the specialty of the Confluence Age. This is the incorporeal (*Nirakar*) stage. This is different from the bodiless stage in which we feel that we are separated from the body while remaining in the body.

Clear and Clean Decipher & Discerned Touching and Catching Powers in Seed-Stage Silence

This is the purest and highest stage of the power of seed-stage silence. Our nature is, now, golden-aged and it is the same as that of the Spiritual Father. The first spiritual activity of the day is the practice of meditation during *Amrit Vela* at which where our mind and intellect are merged in divine love and remembrance of Shiva Baba. We experience

all the relationships with Him, when the soul experiences the *Manmannabhav* the first *Shiva* mantra stage in its highest and purest form inherent in the seed stage. Here, Baba uses the *Shiva Mantra* to see the complete and perfect form of souls. We are, then, merged in love and Baba says, “I am your Spiritual Father and you are my spiritual children” and the children say, “We are your children and you are our Father (*Mera Baba*)”. Inherent in this “seed stage” is the magic *mantra* of “*Mera Baba*” in which Baba has said that if there are obstacles or difficulties in your path, simply remember “my Baba” and *Maya* will move away, salute and bow to you. This “*Mera Baba*” gift from Baba can transform sorrow into happiness, peacelessness into peacefulness and powerlessness to powerfulness. Anything bad can be transformed into something good. It is to be noted that this “*Mera Baba*” *mantra* is not the same as the “*chhun mantra*” in the path of devotion in which this “*chhun mantra*” is repeated incessantly to remove illnesses or to make things appear and disappear; and this *tantric* occult power is called magic.

When Shiva Baba sees everyone in their complete and perfect form according to their

capacity, He adopts His merciful form and becomes the Innocent Lord (*Bholanth*). As the Merciful and Innocent Father, He knows all your weaknesses and yet becomes “Merciful” (*Rahim*) and “Innocent” (*Bholanath*) so that you don’t accumulate further sins. The “seed stage” is also used to transform the body-consciousness of “I” and “Mine”. When “I” is used by the children, it is used in the remembrance that “I am a peaceful soul (*Om Shanti*) and Shiva Baba is my Father (*Mera Baba*). This remembrance transforms the “I”, “Me” and “Mine” to the awareness of soul-consciousness and reminds us of God Father, who is the One giving us the divine directions and inspirations. It is a gentle reminder of Him, who has bestowed these specialties, duties and gifts that we have now attained. We have to remain egoless rather than being arrogant. The specialties, duties and gifts are given to us by the Father, who makes the works done (*Karavanhar*) (*Avyakt Murl:* 03.03.2019). The Father wants us to transform our old iron-aged *Ravanik* nature that we secretly avoid and adopt worthy-of-worship golden-aged natural nature and original *sanskars* similar to those of the deities; then, only we can become equal to the Father and return with Him

as companions without having to pass through the “Court of *Dharamraj*” to settle the remaining accounts *karmas* through punishment as well as repentance for thoughts not transformed into actions.

The Powers and Attainments of the Seed-Stage

In this seed stage, you have, now, attained the realisation of the awareness of soul-consciousness as well as the realization of relationship of Father and child (*Malik aur Balak*). Here, when your attitude and vision (*Vritti* and *Drishti*) changes; then, the world (*Shristi*) changes. So, for world-transformation, there must first be self-transformation through the power of realisation. The main reason ShivBaba’s ordinance is to make our nature and attitude natural with the practice of the power of silence, not only at *Amrit Vela* but during the day as well, so that our natural nature becomes permanent and lasting over a long period of time.

This is because at *Amrit Vela*, Shiva Baba is giving us the *Drishti* of *Sakaash* to emerge our deity *sankaras*, which are also known as your original *swadharma sanskaras* that contain the seven attainments of spiritual power, purity, happiness, godly love, peace,

knowledge and bliss.

If we are able to have this power of realisation; then, we will constantly experience the *karmateet* stage in which we transcend the effects and bondages of *karma* and are able here only to do spiritual service and to perform elevated *karmateet* actions. This is the golden-aged stage in which we reach the stage of world benefactor. We experience complete purity, peace and happiness. This is the experience of the power of silence in which we achieve all the attainments we wanted to attain.

Touching and Catching Powers - the Sweetest Fruits

When the *Shiva Mantra* is working in harmony with the *Om Shanti* and the Magic *Mantra* of *Mera Baba*, it merges the “Double *Om Shanti* Stage” into the most powerful “seed stage”. In this stage, the soul becomes most intuitive, thereby making the mind and intellect clean and clear because it can decipher and discern any impending obstacles, difficulties or disasters with solutions even before the problems are known or become visible. This means the imperishable soul can, now, protect the body from unexpected or untimely demise as the soul has the option to exit

that place or to leave that body on its own terms and volition. Before any disaster, the news will reach those with catching and touching powers. The disaster will begin only when you have reached a safe place. Science is going into its extreme, but the power of silence over science will bring about the ultimate and eventual transformation. Those, who maintain one step of courage, are bound to receive one thousand steps of help from the Father. *This is the main reason that Shiva Baba's ordinance to the children is to practise, accumulate and master the stage of "Power of Silence," thereby making the "Touching and Catching Powers" its sweetest fruits.*

Power of Maharathis to Discern

Baba says that a good guard should be able to discern and decipher the needs of anyone from a distance. Only the *Maharathis* with the lighthouse and mighthouse stage possess this specialty. Therefore, the power to discern is a prerequisite for achieving the angelic *karmateet* stage. Shiva Baba explains this in *Avyakt Murlī*: 6.12.75: *"To discern someone through their sanskars, words and activity is common, but to be able to discern someone through the vibrations of his/her thoughts is the real power of discernment. This is the discrimination power of the Maharathis. You will be able to increase this power when you are able to discern the presence of others even though they may not be in front of you.....this is known as the success of the powers..... This stage will also come, but only for a few and only for a short time. This is why Baba says: "Those who stay till the end, will be able to see and experience these scenes." ❖*

Morning Musings
& Night Notions



"The real spiritual progress of the aspirant is measured by the extent to which he achieves inner tranquility."
– Swami Sivananda

"Inside us there is something that has no name, that something is what we are."
– José Saramago

"What mind wants is quietude. The only place the mind will ever find peace is inside the silence of the heart. That's where you need to go."
– Elizabeth Gilbert

"You will have to create the path by walking yourself; the path is not ready-made, lying there and waiting for you."
– Osho

"You are never alone. You are eternally connected with everyone."
– Amit Ray

"The power within you is greater than the power within the world."
– Rhonda Byrne

"If you think you're enlightened, go and spend a week with your family."
– Ram Dass

"You can't have everything... where would you put it?"
– Steven Wright

Sweet children! Give complete attention to study. Divine virtues will emerge as you dislike vices. When vices bar you, understand this: "I am a thorn, now, but I have to turn into a flower."
– God Father Shiva



THE NEED OF INNER PEACE

– B. K. Manjula Baijal, Bengaluru



Inner peace is not reserved only for yogis, hermits or monks, living in some far away place, praying or meditating all day long. It can also be attained by people living an ordinary life, who have a job, are married and have kids.

What is inner peace?

Inner peace is a state of being at peace, emotionally and mentally, without restless or disturbing thoughts, and keeping our mind, moods and reactions in control.

True inner peace is independent of external conditions and circumstances. It confers tranquility, inner harmony and balance, and the ability to remain calm, undisturbed, and in control of ourselves, even in very difficult and unpleasant situations. It is important not only while things move smoothly, but especially, in times of troubles, difficulties, struggles, adverse circumstances or dangers. Then, it counts most.

A state of inner peace eliminates anxieties, fears and worries. It also removes negative thoughts, stresses,

dissatisfaction and unhappiness. It is a state of emotional and mental poise, happiness, confidence and inner strength.

Everyone desires inner peace, even if he or she is not aware of this desire. Only a few realize the importance and benefits of inner peace, and still fewer know that it is a skill that can be learned and achieved.

We can continue living where we are, without making external changes in our life; and, yet, attain a state of inner peace. Some may progress fast, while others at a slower pace. Some may reach far, while others not. However, everyone can gain, at least, a certain measure of inner peace, enough to transform their lives.

There are mostly 20 main reasons stating why we need inner peace, which are as follows:

1. Inner peace improves our ability to focus our mind.
2. It improves our ability to handle the daily affairs of life efficiently.
3. It increases our inner strength and power.

4. It eliminates impatience, anger, nervousness and restlessness.
5. It helps us to show patience, tolerance and poise.
6. It makes us feel centered, grounded and stable.
7. Being mentally and emotionally calm and peaceful, helps us sleep better.
8. With it, we gain the ability to be emotionally and mentally unaffected by what people think or say about us.
9. With it, we gain the ability to eliminate stresses, anxieties and worries.
10. With it, we enjoy happiness and bliss.
11. With it, we gain self-mastery and self-discipline.
12. It helps us relax our body and nerves.
13. With it, the healing energies of the body work unhindered.
14. Being peaceful enables not to be swayed by events, hardships and difficulties, and to maintain tranquility, clear judgment and common sense in such situations.

15. It eliminates negative, futile and restless thinking.
16. It improves our relationships with other people.
17. It makes life look brighter.
18. It increases creativity.
19. A peaceful mind improves the ability to meditate.
20. Possessing this ability opens the gateway to enlightenment and spiritual awakening.

There are various ways and means to attain inner peace, such as psychological means, affirmations, visualization, yoga and meditation. Through these ways and means, we can find a practical programme on this subject; so, everyone can understand and follow.

We may lead a busy life, have a demanding job and a family to support; and, yet, enjoy peace of mind by following various techniques to learn how to lead stress less life.

The purpose of various ways and means is to help us free ourselves from stresses, worries and negative thinking, and to gain inner peace and also bring calmness and tranquility in our life.

Inner peace is not a commodity, which is available online or in open market that can be purchased with a tagged amount; but, we ourselves are the creators or destroyers of our inner peace and only we ourselves can be the directors or instructors to regain it. ❖

GODLY GIFT

– B.K. Priti Dhopte, Nagpur

In 2009, I came across a slogan in *Murli*, which proved to be a Godly gift for me - “*Kisike prabhav se prabhavit honewale nahi, apne gyan ka prakash dalne wale bano*” (Do not be influenced by others, but rather influence others through your light of knowledge). During the most of my life, I have been influenced by people, their specialties, etc.; but, this one slogan changed my state of mind completely. This one slogan gave me confidence to be a freelancer writer.

Later, I also happened to attend the class of Br. Shakti who came for a 3-day program on “*Khushiyon Ka Bazaar*” from Madhuban, Mt Abu. His words filled me with happiness and enthusiasm to be completely free. I found myself in soul-conscious stage. I could hear Baba’s voice as per the drill from February 17, 2019 Baba Milan - “*Karna Hi Hai*”.

Today, I have become more autonomous, more determined and I am less swayed by others and their behavior. Also, the power of *sakash* helps me to have good wishes for others, irrespective of what they say or do. Rajyoga meditation has also helped me a lot. When I sit in remembrance of God Shiva, I become completely detached and simply watch His wonders.

What a multimillion times lucky soul I am! Wah Baba Wah! My heartfelt thanks to the Dadis for their blessings and innumerable Godly Gifts from Baba. Wah Drama Wah!

NURTURE NATURE

Many a philosophical debate arrives at the bottom line: Is our nature the way we are or is it nurtured? Are we all pure in heart but blinded by the impurities of the world? Are we all enlightened souls, who have simply succumbed to illusion?

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

He spoke to me; but, His voice was not heard and I did not know how to converse with Him clearly.

As a child, I had seen many signs of His grace on me, one of which was that for whatever petty boons I ever prayed to Him, He, out of His inexhaustible generosity, granted those to me, and I often experienced that He talked to me as I talked to Him; but, I did not know His language of silence fully and this gap in communication made me feel very uneasy, for I loved Him more dearly than I loved anything else and I had determined, though in a simple child-like manner that He alone was the ultimate goal of my life.

Days after days passed by but there was little change in my state. The light of God, suddenly, flashed on me now and, then, there was occasional illumination; but, during the most part of this period, there was unsatisfied yearning to meet Him. I felt that there was a faculty in me that lay dormant and eclipsed by my follies and that I must first awaken that dormant faculty and, then, the Light from above will come upon me the Light that shall enable me to see that Light.

God called me but I couldn't hear clearly

My thoughts glowed with His light and my sense of wonder

never left me. Heedfully, I stared through the telescope of my aspiration lest I totally lose the Perpetual Brightness that was beckoning my soul and was waiting to enkindle my mind. He too never stopped sending silent reminders to me. Again and again, I, suddenly, felt that He was calling me; I reacted as one does when one, suddenly, hears his telephone-bell start ringing and rushes to the instrument to pick up the receiver but finds that the instrument being out of order, the voice is inaudible. His was a call that my physical senses could not capture; yet, the 'spiritual soul' in my body partially perceived. I realized that His grace resounded in my life. Like a staccato, His grace stirred me to return to Him. His call was ineffable and mysterious, was wrapped in silence and was concealed and subdued; yet, it was clearly a call to return to Him and it echoed the call: "Dear child, where art thou? Come to Me, hearken Me and return to Me."

The voice said to me daily, "Prepare the way for Me so that I may come". Again and again, His call came out to reach my soul: "Open your soul to Me, My child! My love/My dove; open your soul to Me. But, the call was often lost because of lack of knowledge in me as to which was the bolt and where it was

and how I had to pull it down so as to open the door to my God my Love. Yet, God tried in many ways to reach my soul. I knew that He was trying and that I had failed to open the door for Him. I knew that without man's seeking, His aid is not granted but I did not know how I should seek it. So, I said to Him in the language of silence: "O Lord God, my Love, my Dove! It depends upon Thee; so, Thou turn unto me; open my door! It is within your power to seek me but it is not within my power to seek Thee or even to open the door unto Thee. O Lord! Thou don't be silent and still but move ahead towards me to embrace me."

When I was asleep, my heart palpitated as though He was knocking at my door and saying: "O My love, My dove! Open your soul to Me. Open to Me an opening no bigger than the eye of a needle, and I will open to Thee the golden gates to reach for the Imperishable treasures. If thou don't open; then I am closed." But I asked: "How am I to open My Lord, My Love, My Dove?" My walled mind had no access to that ladder upon which I could rise and open the bolt of the door. Yet my soul was endowed with some translucent windows that gave me the glimpses of the beyond; but, I had no other means to have clear glimpse of Him.

I, however, knew that it had been said that only the meek and the pure can meet Him. It had been said that the presence of God is not found in the company of sinners and that "whoever, sets to purify himself, is assisted from the above." I, therefore, did not mix with impure persons of ignoble intents. I read only religious books and set my mind to draw myself more near to God. I had heard that when man says that He is his Beloved; then, only He opens the lock of his mind. I, therefore, thought of being in His thoughts constantly.

The auspicious day came

And, so, the day came – the day of glorious revolution in my life, the day when He Himself opened the door; for, as I had believed, my seeking Him was not only my concern but had also been His concern. After all, God is not always silent and man does not always remain in darkness. There comes a time in the history of mankind when His spirit descends down from His world of golden light and hovers over mankind to show Himself to man, who is His spiritual child. It is the most auspicious time in human history when heaven and earth kiss each other. It is the most benign period when there is a lifting of the veil at the horizon of the known and opening to all a vision of what is eternal. It is a period of time in the World Cycle

when God is unwilling to be alone and chooses to come down on earth and serve the men and women - His beloved spiritual children. This period is called *Sangamyuga* or 'the period of man's union with God'.

I came in contact with Brahma Kumaris Institution or, to put it correctly, God brought me in touch with the institution of Brahma Kumaris where, through a corporeal medium, He had been revealing how we can open the door to Him, our Darling, or how we can return to Him, our most Beloved and Blissful Father.

Now, Brahma Kumaris put to me the question, which I had all along been putting to God in the language of silence, saying: "O Father, where art Thou?" They now put to me God's question; "O Dear child, where art Thou? Dost thou not know where I am?" I, now, realized that man cannot know the answer to any of his questions unless God Himself comes and puts these questions and, then, answers them; because none but He alone can answer them. All religions in the world have man's questions and man's answers; but realization dawns only when God puts questions and gives the answers. In this sense, the real way to God is only the way shown by Him.

What did I realize?

When I listened to what Brahma Kumaris spoke in words

and phrases and language, charged with mystery and spirituality and love, the viciousness of my soul was struck by wonder and total muteness; and I was able, suddenly, to enter the meaning of God – a meaning greater than my mind could understand. I had experienced loneliness in me without God; but, now, heard all attentively about Him. I felt that my soul was, now, parting company with my ego and its retinue of petty conceits and also of the consciousness of my body-of-flesh; and, then, I began to realize the living Grace of my Love, my Dove, my Father, my All. I, now, understood that it was my wrong identification with my body that had blocked and hindered my faith. I realized that I did not have to discover the world of faith but had only to recover it. It was not a terra incognita – an unknown land - but it was a forgotten land and that our relationship with God was intimate and palimpsest rather than a *tabula rasa*. I, now, became convinced that it is within man's power to seek Him; but, it is not within his power to find Him, for though I had read the scriptures of world's all major religions yet I had not been able to know Him or to realise Him. I, now, felt that man had only to have readiness to perceive Him and had only to take initiative,

but, the answer to all man's questions are disclosed by God Himself only.

As I heard God's revelations further through Brahma Kumaris as the worthy instruments, I had some moments when light and spirituality entered the soul with a power; and I, now, felt that I was not only aided and guided by God, who was now not a mystery unto me but He now taught me how to guide others. The truth, now, flashed upon me like daylight brightness though, initially, it was, sometimes, obscured by the imitations of my material nature and limiting social habits. I, now, experienced as though my surroundings were lit up by lighting and there were, often, flashes of spiritual illumination and as though I were, now, in God's presence. I, now, talked to Him and walked with Him and, while I was in deep meditation, I felt that the soul was sending forth beams of light, love and peace.

I had, now, got the answer to the question (O Lord, where art Thou?) in a moment; but, my commitment to Him was, now, life-long and the awareness of what was once ineffable mystery became a permanent state of mind. I, now, had the privilege to listen to God's address to man in His voice in which He discloses deepest

mysteries in the simplest words and offers solutions to personal and social problems in a way that is the only one. This is called His Divine Versions (*Murlis*). In the course of making these revelations, He also proclaims: "Return to Me. O My beloved children! I have come to show to mankind the way. Follow Me. I will take all souls back to My Peaceful Abode and shall bless them with heavenly happiness. But, I can do this only when they break themselves away from the ego, the evil and the body-consciousness and become holy."

It is not possible to define the content of all such experiences, for these are not perceptions of things through one's physical senses; because, primarily, these are supra-physical. These experiences sharpen one's spiritual sense, enhance one's spiritual joy and give one an elevating, ennobling and enriching experience. They are so thoroughgoing, so deep, so intense and have such a lasting effect on the whole person and so clear that one cannot deny them. One experiences God as real as one sees a man in front of him/her. But, in the modern world, there are many, who would refuse to accept the fact of the existence of these spiritual experiences; for, generally, a modern man's outlook

is that objective reality is physical and since all non-material or spiritual phenomenon cannot be reduced to explanation in physical and quantitative terms, which are not real and authentic to explain the real spiritual entities.

They think that only those types of human experiences, which acquaint them with the quantitative aspects of material phenomena, are real; other experiences, such as the experiences of the existence of God has, to them, no objective counterpart; and, hence, not real.

But, to Brahma Kumaris, the evidence for the certainty of the existence of God is neither a syllogism derived from abstract premises nor any physical experience but a living awareness, a feeling, a realization and a vivid spiritual experience. The eye of the body is not the eye of the soul. Though they give logical arguments in support of their belief in God, Brahma Kumaris do not offer a mere speculative proof for the existence of God. They give an experience by opening the eye of mind, called the third eye of spiritual knowledge. This experience I had here. It was this eye-opening experience, which transformed me from a state of seeking God to the state of walking and speaking with God. ❖

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