

From the Mighty Pen of Sanjay



MUTUAL RESPECT, UNDERSTANDING AND TOLERANCE: NEEDS FOR BUILDING A BETTER WORLD



All wish the world to become a better place to live in for themselves and for others, for, if even five percent of the world population live in inhuman or miserable conditions, the rest ninety-five percent do feel somewhat concerned for the well-being of the crying and dying five percent. The world is one whole; no part of it is totally isolated from or independent of the rest; and, so, the condition of one part affects the rest.

Values are the wealth, worth and wellbeing of a soul

But, while material welfare is essential to a reasonably decent living, there are certain values, which determine the social, moral and spiritual wellbeing and the quality of inner life. Values are the wealth and also worth of a soul. They are the richness of the mind and the comforts of the conscience. It is the values such as love, peace, non-violence, mutual respect, understanding and co-operation that make the life worth living. In the absence of these and other qualities, one feels that life is without its essence or ingredient, which makes one's existence dignified, justified and truly happy.

No one has allergy towards love and respect

Take, for example, the value of "respect". If one gets respect, one feels that one has a place in this world. One also feels zest and one is prepared to undertake some responsibility. Respect makes a person feel big and, then, he/she is happy to keep the company of people, who give him/her respect and is prepared even to make some sacrifices for them. Love and respect are the only things towards which no one has any allergy. Everyone abhors a dogly life and wishes to have an honorable existence.

Insult causes injury to mind

If a person has all the material comforts amply provided to him/her but, on one bad day, is treated with contempt, is ridiculed, reviled, censured, castigated or humiliated, he/she feels very sad, small, ruffled and mauled. He/She loses his peace and zest and thinks that no other reward of life can adequately compensate him/her for the loss of respect. If one is insulted, one feels badly injured. Lampooning, character-assassination, indictment, defamation or undignified remarks cause injury to the mind of a sensitive person.

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■ Editorial ■

GYAN SAROVAR (Academy for a Better World) CELEBRATES ITS SILVER JUBILEE



It's with great satisfaction that Gyan Sarovar, one of the most enlightening Brahma Kumaris' Academy for a Better World, situated in Salgaon, Mount Abu, celebrated its Silver Jubilee of Spiritual Services, from 28 February to 1 March 2020. The entire campus had been decorated like a newly-wed bride with shining, colourful decoration and lighting. The 3-day programme had been beautifully planned, inviting all the Senior Service Instruments from Bharat and foreign lands, and especially BKs and Contact Souls, who had contributed to the development of the various phases of Gyan Sarovar.

Dr Channa Reddy, the late Governor of Rajasthan, had greatly aided the Brahma Kumaris Institution 25 years ago, as he had foreseen the global service this Academy would provide. So it was heart-warming that Dr Reddy's family were represented at the Silver Jubilee Celebrations by his son and grandson in particular, and other members. They were very pleased to see the fruits of Gyan Sarovar serving spiritual aspirants of over 130 countries.

The celebration was indeed a global extravaganza with participation of over 600 Senior and Main Service Coordinators and Students of the Brahma Kumaris from around 100 countries, who have benefited from the spiritual wisdom and practice of Meditation as shared by the Brahma Kumaris. Hailing from different religious backgrounds and languages, it was quite apt

that they were simultaneously having their Annual Teachers' Meetings, in Shantivan Campus, for the planning of spiritual service and sharing of the ideals of the Institution.

Day 1 of the Celebrations began on 28 February evening, with a special programme for Mount Abu and Abu Road Citizens, who have been friends and well-wishers for years.

Day 2, 29 February morning was the official programme with **Mrs. Sunita Duggal, MP of Sirsa (PB)** gracing the event as Chief Guest, and **the Reddy family as Guests of Honour** all sharing their pride and good wishes. Senior BKs of Bharat and foreign lands namely Mohiniben (USA), Brij Mohanbhai, Santoshdidi, Jayantiben (UK), Ashaben (Delhi) and many more shared their fond memories of the building of Gyan Sarovar, congratulations and good wishes for future services. The poignant moment of the morning was to witness the large contingent of Gyan Sarovar Permanent Niwasis (around 150) come in line on stage to greet the Seniors & Guests on the Dias, and be applauded non-stop by the audience!

Bro. Mohan Singhal, Himanshubhai Thakkar (Architect), Jitubhai Modi & Sharadbhai Hemmady (Engineers), Jalbhai Mistry (Sound Engineer) who were responsible for creating this magical and beautiful Peace Sanctuary & Training Centre were lovingly applauded.

Day 2, 29 February evening was a sweet, homely event with the honouring of those Gyan Sarovar Niwasis who had served the campus for 25 years.

Day 3, 1 March morning again was a powerful get-together and honouring of Senior Instrument Didis of Bharat, such as Rajdidi (Nepal), Bhartiben (Rajkot) Kamleshben (Cuttack), Yoginiben (Mumbai) and more, who had contributed time, skills, energy, and loving sustenance to

the family of Gyan Sarovar over decades.

Dr Nirmaladidi, Mohanbhai Singhal, Ashokbhai Gaba, Suryabhai, Anandbhai, Sumanben and their Team had put in their best to organise the whole show, and also brought out a beautiful Souvenir that consolidates the amazing services of 25 years.

Thousands of highly placed dignitaries from 20 professional backgrounds (Wings of Rajyoga Education & Research Foundation) have had the fortune of being spiritually awakened and trained in integrating their lifestyle with spiritual values at Gyan Sarovar. Eminent VVIPs of Bharat and abroad have been lovingly hosted many, many times. The Peace of Mind Retreats, Call of Time Retreats, Inner Peace & Inner Power Retreats, Rajyoga Meditation Camps, Professional Seminars

& Conferences, Training Workshops, and Childrens' Programmes have been some of the highlights, in addition to the other activities. In a way, Gyan Sarovar has been the seat of learning in depth the most enlightening Spiritual Wisdom and intricacies of Rajyoga Meditation. Our hearty congratulations again and again to our Beloved Rajyogini Dadis, Senior Sisters and Brothers, Madhuban Niwasis and Gyan Sarovar Niwasis, for their tireless and constant services, which has glorified God and His task throughout the world!!

All of us will continue to play a role in supporting Gyan Sarovar such that seekers of spiritual knowledge may fulfil their pure desires to Experience the Self, Experience God and gain further understanding of their role in the task of world transformation.

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60 COUNTRIES FACING COVID-19 (CORONAVIRUS)

As we learn from the media of 5 March 2020, over 3000 lives have been claimed and more than 90,000 have been infected worldwide by this virus that was hardly known before. So far, some tourists or business people of Indian background coming to India from certain countries have been identified and kept in quarantine.

Our readers are kindly requested not to become scared of this epidemic spreading in many parts of the world. Rather, we should calmly and wisely follow the advice given by the Ministry of Health, Government of India, through several agencies such as avoiding travel unless necessary, keeping hands sanitized all the time, covering mouth and nose while coughing or coming into large gatherings and more.

Those following the path of spirituality,

like our BK Sisters and Brothers, are already leading disciplined lives wherein special attention is also given to physical hygiene, sanitation, cooking and eating in a pure state of mind and remembrance of the Supreme etc, and so will feel protected to a great extent from the otherwise infectious impact of the virus.

Here at the Headquarters, BK Karunabhai, Bharatbhai, Dr Pratapbhai Midha and Dr Banarsibhai have been educating everyone about staying safe while using the washrooms, dining rooms, kitchen areas, and classrooms, and especially not delaying treatment if one does experience ill health.

It is also important to raise our inner and physical immunity levels, with pure and positive attitude and vibrations, so that we may face these challenges of the present times wisely and successfully.

PLAYING HOLI ANEW

Bharat is the most ancient land of different cultures, including that of the Deities. For ages, people have rejoiced and played different kinds of Holi in various parts of India, by burning the old, and then smearing each other with *gula* (red powder) and other colours, while singing very sweet melodious songs of Holi. I remember how much we used to enjoy playing Holi beside a swimming pool, when I was under training in the Indian Navy. Our Commanding Officer, Training Commander, other Officers, and Trainees used to gather around the pool with small buckets filled with coloured water and drench each other, interacting as equals rather than Seniors and Juniors! Later in the evenings, there used to be cultural programmes with songs, poems and dances connected with Holi that were a source of entertainment for everyone without exception...

When I joined the Brahma Kumaris, I came across an article written by BK Jagdish Chander Hassija, with the title: '**Holi reminds us to be Holy**', where he had explained the original meaning of Holi from different angles. So on one hand, it's the memorial of Shri Krishna, Shri Radha and their friends playing colourful Holi, and therefore devotees and people in general rejoice this day by smearing each other with colours, which represents being coloured in good company. Some people prefer playing Holi with coloured water using large pichkaris, while in the eastern part of India,

the sisters not only smear each other with coloured powders, but also sing songs of Holi. On the other hand, Holi reminds us of the subtle understanding of 'Burning Holi' or victory of good over evil; according to mythology, Holika (the demon) had the ability to incinerate anything, while staying protected herself, but when she took Prince Prahlad (child of God) in her arms to kill him, she in fact burned to death, and Prahlad remained safe and sound. This is why there is the ritual of burning a Koki (flat bread made of wheat and gram flour) that has a thread running through it. It is now that we learn about the fire of intense Yoga, and how human souls are capable of absolving themselves from past Karmic Accounts, so as to emerge as completely pure and elevated souls. **These stories of the scriptures and Festival of Holi motivate us to learn the art of Meditation, sing divine songs of God's love and companionship, and colour ourselves with the experiences of communion with the Supreme.** Our Supreme Parent advises us to '*Be Holy*' in thought, words and deeds, and '*Become Natural or Sahej-Rajyogis*', so that we return to our most powerful and beautiful consciousness.

We extend our very, very loving hearty greetings to everyone on this auspicious occasion of the Holi that will inspire us to become holy, ever-healthy and ever-happy like the Deities of the Paradise.

Om Shanti,

– *B.K. Nirwair*

WHY IS THE SUPREME SOUL CALLED GOD?



The Supreme Soul, Supreme Father Shiva, is called God. You, now, know Him, don't you? He is our Most Beloved Supreme Soul, the Supreme Father. If you position Him separately above the souls, He is the Supreme Soul. This means He is also a Soul, but He is the 'Supreme One'.

It is often said that so and so is a great soul. In Hindi, a great soul is called '*Mahan Atma*', which when put together makes '*Mahatma*'. *Mahan Atma* (great soul); *Punya Atma* (virtuous soul), *Paap Atma* (sinful soul) – all these qualitative descriptions are attached to the soul as their specialties. It is the soul, which is great, virtuous or sinful. Great, sinful and virtuous are the characteristics of the soul. When a soul does virtuous actions, it becomes virtuous.

However, only God is called the Supreme Soul (*Param Atma*). There are many great souls, but not many Supreme Souls. The Supreme Soul is just One, who is the Highest on High. This is important to understand that the Supreme Soul is also a Soul, but as He is Supreme among all souls, being supreme in qualities and attributes, His role is different from that of all other souls.

We souls are also different. One soul doesn't match with another. If it would have matched; then, our faces would have become similar;



everything would have become alike. But, it is not like that. Even when identical twins are born and their faces look alike, there is definitely some difference in their *sanskars*. So, each one's *sanskar* and part are different from those of the other.

The souls have to come in the cycle of birth, death and rebirth again and again. Only some souls take 84 births, which is the maximum, while others take 80, 75, 70, births and so on. There may be a difference in the number of births, but they all have to come in the cycle of birth, death and rebirth. God, the Supreme Father, sits and explains all these things to the human souls, His spiritual children.

God is the Creator of the World

The Supreme Father, Supreme Soul, says: "While all the souls come in the cycle of birth, death and rebirth, I, the Supreme Soul, do not come in this cycle. This is why it is sung that My coming is not like that of a human being or soul. The human souls or beings come in this cycle according to their actions (*Karmas*); I do not come in that manner. I do not take any physical birth but I take the support of nature (the human body) to take divine birth and to give knowledge to the human souls. My coming and playing a part in this manner is entirely different, isn't it? My role is also different when compared with those of all other souls."

Although Christ and Buddha came, they are known as religious fathers or religious souls. They can be called the creators of religions as well. However, they cannot be called the creators of the world. One, who establishes religion, cannot be called the Creator. Only, God, the Creator or Transformer of the world, is called the Creator. So, God is different from all other souls, isn't He? This is why He is known as God, the Supreme Soul. God personally sits and explains all these things to the human souls. ❖

If you don't get a chance to serve through words, do serve through mind.

March 22nd: The World Water Day

SPIRITUAL INSPIRATIONS FROM WATER



–**B.K. Viral**, Borivali, Mumbai

March 22nd is observed as the World Water Day. Hence, on this occasion, let's take some wonderful spiritual inspirations from water. Water has the following numerous characteristics from which we can learn to inculcate many qualities:

- Water is transparent. Let's ensure transparency in our thoughts, words and actions.
- Water takes the shape of whichever utensil it's put into. Let's also become flexible and adjust with every situations and everyone's *sanskars*.
- Water is life-giving. Let's give a new life to all, by helping them experience their original virtues of peace, love and joy once again.
- Water is essential for cleaning. Let's raise our level of purity so high that all stains of weaknesses get washed away.
- Water, when locked at one place, becomes stagnant and dirty; but, when it starts flowing, it nourishes all in its way. Similarly, let's continue the flow of giving to keep progressing in life. Indeed, water, being one of the elements of Nature, its nature is to give and serve others always. Let's do the same, i.e., let's be donors and benevolent to others.
- Water evaporates when it is boiled, thereby being reduced in quantity. Similarly, when we create the fire of anger, our inner values decrease.
- Water, when frozen, becomes solid like ice. Hence, if we remain cold and insensitive towards



others, we get frozen like ice.

- Even though we may heat or cool water, it returns to its original temperature. Similarly, despite adverse situations or conflicts, let's return to our normal and happy state of self as quickly as possible.

Let's not become like soda water (i.e., one whose happiness fizzles out quickly in the smallest of matters) or salty water (which causes vomiting, i.e., does not become acceptable to others). Instead, let's become as sweet, cool and refreshing as coconut water.

Water (H₂O) consists of 2 atoms of hydrogen and 1 atom of oxygen. Hence, let's become very light within like hydrogen (which is the lightest of all gases); then, those vibrations act like oxygen for relaxation or comfort of everyone around.

The right and positive thoughts

Aquatic animals cannot survive without water. Similarly, we need the power of right and positive thoughts, spiritual knowledge and meditation to survive in today's world, i.e., to remain stable and happy in our inner world irrespective of multifarious challenges outside.

We never drink water before ensuring its purity. So, let's not take any information inside without first checking its quality, because it is this information, which will act as the basis of our thoughts and build our destiny.

As we give so much attention to conserving water, let's also start giving some attention to conserve the invaluable resource(s) of our thoughts.

The Japanese scientist, Dr. Masaru Emoto,

Out of multi-millions, only a few are the luckiest ones, who receive God's love.

has demonstrated how our thoughts, emotions and vibrations significantly put impact on water: our negative emotions start distorting water crystals and our positive emotions result in forming very beautiful water crystals. Therefore, we can just imagine what a great negative impact our negative thoughts must be having on our body (which contains almost 70% water). Before drinking water, or accepting food, we should first charge it by creating the positive thoughts, as follows:

- I'm a peaceful and loving soul.
- God's vibrations of purity and love are getting absorbed in my food.
- This food is like nectar (i.e., *Amrit*) for me.
- This food will completely heal my body.

These thoughts infuse powerful and positive vibrations into the food, which helps us to empower and heal our mind and body.

How to maintain an elevated stage always?

In a waterfall, water flows from a higher position to a lower position. Similarly, when we connect to God, the Highest Being, His pure divine energy flows towards us and makes us full and energetic.

Fire boils the water and kills all the germs in it. Similarly, when we remain connected to God, the sacred fire of meditation finishes all weaknesses within us and, consequently, we emerge purer day by day.

Even if a big rock comes in its way, the river keeps flowing by making a way around it, and, in the process, slowly and gradually starts dissolving the rock. Similarly, even if big situations come in our life, let's continue our practice of empowering the mind through spiritual knowledge and meditation; then, the situations will start becoming smaller and smaller.

Serving the World

Water is essential for extinguishing fire. In today's world, where everyone is burning in the fire of stress, worry, hatred, anger, etc., let's become the divine cool angels, who soothe and heal the wounds of all.

Indian culture gives such a high position to rivers, by equating them to pure and generous deities, i.e., goddesses. Similarly, let's become so pure, generous and divine that we become like living deities in this world.

Only a small portion of an iceberg is visible above the surface of water, called the tip of the iceberg. Similarly, all these spiritual points you are reading are just the tip of the iceberg. If you like these small pieces of the iceberg, I would highly recommend you to connect directly to God and implement His elevated teachings in life, which are imparted freely by your nearest Brahma Kumaris Rajyoga Centre. ❖

PLAYING WITH PEARLS OF VIRTUES

– BK Urvashi, Mt Abu

Our words can either spiritually sustain souls or damage their self-esteem. Whether we are talking about someone's faults or weaknesses, passing comments on a situation that does not concern us, or giving private information we create an atmosphere that could suffocate any soul in the vicinity. It also reduce chances of improvement or productivity. **Remember that it's very difficult to trust someone who speaks without thinking of the consequences.** We save a lot of time and energy by paying attention to how we interact and express ourselves in relationships.

Become a self-sovereign now in order to be a King in future.

Contd. From February, 2020 Issue

THE INNER WAR AND THE INCOGNITO VICTORY

– B.K. Girish, Bengaluru

When the going gets tough, the tough gets going. There appears to be no solution on the horizon. My thinking based on sundry experiences becomes important and *Murlis* take backseat. I, then, seem to believe in my negative self rather than Baba's versions.

Listen to Wisdom

But, I hold on; after all, truth is truth. How can I think that my judgment is true when the intellect itself is clouded? In times of distress, the wisdom lies in unconditionally accepting truths as in *Murli* or as told by Baba's precious instruments. Don't judge, argue or debate on its correctness. Just make an effort to accept the truths as they are. I will realize the logic or reasoning behind it, later. Till I gain clarity in life, let me shed my ego or doubts and take the help of God and His designated wonderful instruments. After I gain clarity, I would have become a totally humble soul. Somebody rightly said, "If I were a little more humble, I would be perfect."

The Almighty Authority is there to guide us through any rough situation. Look at the Light and the Light falls on you. And over a period of time, I realized how silly I was, believing in something that was not true, that too in this precious spiritual life. Thanks to God, I realize now, and this is His mercy.

Any problem is a tough nut to crack till it is solved. Once done, it becomes as easy as drinking water. But, the joy of having achieved the victory can't be explained.

Open Up

Ultimately, it is God's mercy, which saves me. He is ever Merciful. He keeps on giving and giving. But, if I don't take it, it is my folly. The Sun always shines; but, if I don't make an effort to come out of my hiding and stand in the sun, how I can get the warmth and light of the Sun.

His mercy can be felt in many ways. It could be through *Murlis*, through some other great effort-makers, through senior instruments and through unbelievable scenes in this wonderful drama. They are all there to uplift me eternally. The wisdom lies in welcoming "His Mercy" with both hands.

When I am at the receiving end, He is all the more concerned. How will a parent keep quiet when the child is in distress? But, I imagine that He is not coming to my rescue. What a rotten thinking!

Let me not conclude and shut the doors myself. I need not pass the final judgment on myself, thinking that everything is over. Let me have mercy on myself. I could have failed in many tests, but that does not mean all is over. If I realize this with humility and with the attitude of gratitude, I can reach for greater heights than I had imagined before.

The Root is Body-Consciousness

Whatever may be the problem in this world, solution has to be there. And, of course, it is there. The solution is either easy or difficult; but, it depends on my attitude. If I am humble enough, situations and persons favour me. It is often my ego, which blocks me from receiving solutions.

It is very clear in the *Murlis* that the root of all the problems is body-consciousness; hence, it goes without saying that the root of all solutions or the solution to all the problems should be soul-consciousness.

One has to undertake several exercises to keep the mind busy all the time. It is all a matter

If you have the light of all powers *Maya* cannot come close to you.

of intention, interest and common sense.

The Challenges of Churning

“A thorn has to be removed with another thorn,” states a proverb. That another thorn would be a needle. My mind is either the best friend or the worst enemy. Thoughts makes me happy; thoughts make me unhappy; thoughts make me peaceful; thoughts may put an end to my peace. But, I often confuse it with my situations. I allow my mind to produce thoughts in accordance with the situations and this is where the problem lies.

So, Baba has bestowed upon us a gift or boon or a beautiful art – the art churning the points of spiritual knowledge. If we keep contemplating on the points of *Murlis*, the mind remains occupied and it saves us from waste and negative thoughts. The butter will be all the more tasty. I will always cherish thinking. If I don't give positive thoughts to my mind; then, random thoughts will arise without my knowledge. Either I have to think or else thinking goes on. But, I do not know if I am churning the points of *Murli* correctly in the right direction. This is where my honest intentions matter. If I am truly humble and really honest, there is no way I can stray away in wrong direction.

I started discovering challenges in churning as well. The mind has become so fickle, indeed. But, wait, this is not correct. It is only a perverted, temporary present state of mind; but, it is by no means my original nature.

I decided I shall start churning on the first topic – the soul. The first challenge was to convince my own self that I don't know anything about it. However, the ugly ego pops up, saying, “What! Did I not know that I am a soul all these days?” It sounds silly. Yes! I thought I had understood; but, I had not actually understood.

Then, I tried to start thinking on one thing and the mind does just the opposite. I tell my own

mind as I tell a kid: “No deviations, please. Let's come back and continue from where I had discontinued.” But, mind goes astray so many times in a minute that I have to instruct my mind again and again to come back to track. If the mind goes blank, we should take another point for churning or take up another activity. If nothing happens, we should surrender again and start further. If concentrating becomes difficult, we should write down the churning points. The writings are meant for self-contemplation and to check and change and show the results to Baba. It is not for giving a lecture to others or for others to read and give me a pat on the back. Many times, I didn't even realize when I had drifted away, where I had drifted and how I got drifted until I got “dirty”. More often, I found this too much difficult to handle.

Don't Fight but just Surrender

If it were some other person, I would have shouted at him/her, or might have given a good slap to him/her. Here, the enemy is within. So, shall I slap myself? Should I stop eating? Is it a solution? I realized, the answer is to keep patience. Be patient with your own mind. If I learn to have patience with myself; then, I can naturally be patient with any person or situation on the Earth.

This is a critical phase of spiritual effort (*Purusharth*). To my utter surprise, I found that many people give up on this front. Mind troubles even the toughest warriors on the earth. How many times to try? Internally, I tend to give up and go. Wait! Don't fight but just surrender.

My aim is to have controlling power or ruling power, so that I can be an instrument to bring peace in this world with my will power and thought power.

The truth is: mind listens. It does listen when told gently and lovingly, but it has to be told firmly as well. So, instead of taming the mind, train it.

Souls, seated on the seat of self-respect, get others' respect automatically.

Keep on training it. Over a period of time, we start having control over it. Then, I discover what the king Baba is making out of me. This is no ordinary goal or aim of this life. One has to discover the joy in the process of conquering the mind, which is more than conquering the Mount Everest.

Our *Gyan Murlis* are decked with countless precious words and phrases, which are very deep in meaning. We may pick up them as topics to churn over and can go on churning. There is no end to this. It will keep the mind occupied for the entire lifetime. The mind and intellect thereby

become stronger and the *sanskaras* get transformed. What more, the knowledge from God has become my own property. What greater fortune and honor can I expect that is greater than this?

The churning gives strength, self-belief and confidence of extra-ordinary kind. The bliss it gives is the ultimate. And when we forget ourselves in that world of churning, the heart simply says, "O God, how sweet You are!" And the resulting silence is stronger than a mountain. **(To be contd...)**

PURIFYING FOOD AND WATER FOR PERFECT HEALTH

We all know the importance of having a healthy and balanced diet. It is not only about organic preparations, nutrients, fruits and calories. The food we eat and water we drink have vibrations, which become a part of our system once consumed. They directly influence our thoughts, mood and *sanskars*. Preparing food with divine feelings and energizing the meal raises its and our vibrations. Do you eat nutritious food, watch calories, avoid junk, but still do you feel dull or fatigued? Do you know that food and water absorb vibrations from their surroundings? Food's vibrational energy is as important as its nutritional energy. The vibrations in our food influence our state of mind. It is important to choose a high-energy diet and prepare each meal with a peaceful state of mind. Let us meditate for 30 seconds, offer gratitude and bless the meal before eating. We can also add our affirmations along with the blessings, thus: *I am a happy being...I have everything I need...*

Eat food prepared in a clean environment and a powerful state of mind. Just before every meal, withdraw from all distractions, remain peaceful and happy, offer a prayer to thank God for having food in my plate, offer gratitude to people, who have prepared it and served it lovingly. Your thoughts and vibrations become a part of your every meal and water. They get energized. Eat only what is healthy for your body; prioritize health over taste. Once, taking energizing food and water become a habit, you will experience good emotional health as well as physical health. While eating, remain focused on my meal for those 10-15 minutes, eat in silence, without negative conversations and comments about the food. Respect the food and have a beautiful relationship with it. In this way, what you eat and drink will become *sattvik*. Your food will become *prasad* and water will become *amrit*. By healing your mind and body, they will give you perfect health.

Constantly remain set in your position to finish all sorts of opposition.

DETACHMENT LEADS US TO INNER FREEDOM



–B.K. Sujoy, Durgapur (W.B.)

According to *The Bhagwad Gita*: “Seek refuge in the attitude of detachment and you will amass the wealth of spiritual awareness. The one, who is motivated only by the desire for the fruits of their action, and anxious about the results, is miserable indeed.”

Detachment is a power born of self-respect. It is a state of personal freedom that enables us to be objective. Being cold and distant is dissociation, not detachment. The timeless symbol of detachment is the lotus. It represents being in the world but not of the world. A lotus grows in stagnant water, sustaining itself from the mud below, while standing above the surface of the water. Any muddy water that splashes onto it merely rolls off its slippery petals. Lotus flowers grow in an abundant mass, intertwined with each other beneath the surface, yet each flower stands alone and free. This is also symbolic of human relations, which can be complex and intertwined. Detachment enables us to be internally free. The more we are detached, the more we are attractive and lovable.

Detachment is not non-involvement in the world. But, it is the ability to step outside and reflect on ourselves.

Detachment means that we should carry out our tasks without possessiveness or arrogance. A lotus-life means that we should use equipments, means and materials but remain detached from them, and not be

dependent on them. Detachment encourages our experience of being close to God, the Supreme Being. We remain untroubled when we witness things and beings as a detached observer and stay quite objective.

The paradox of life is that in order to acquire something, we have to relinquish our attachment to having it. We can get attached to many things such as money, relationships, status, power and persons and have feelings of anxiety, fear, anger, jealousy, hopelessness, sadness, pride, vanity and disconnectedness. These feelings, mostly, arise from our attachments to things and people.

The Almighty God, Supreme Father, who is the invisible Guide and Divine Instructor of Rajyoga meditation, gives us five immaculate steps through the divine knowledge imparted by Him. The *first* step is to observe our mind and the kind of thoughts we habitually think. He says that we have to become conquerors of the self and heighten our awareness of where the attachments come from. We also have to recognize that attachments come with an emotional charge from which we have to free ourselves. The *second* step is to distinguish the voice of our ego, as what comes with it is unrealistic expectations, driven by our desire to have or to own something. The *third* step is to embrace life with its uncertainties. We are often motivated to undertake actions that, we hope, will result in measurable results. The *fourth* step is to use Rajyoga meditation as a vehicle to help our minds release patterns that no longer serve us. The *fifth* step, which is very important, is not to beat ourselves up for falling into old habits. Instead, we should celebrate that we are, now, being aware of when we repeat old patterns of thoughts and habits and trying to change these patterns.

Pass through every adverse situation easily to pass with honour.

Detachment leads to inner freedom, calm and equilibrium and, as *The Gita* (the holiest of the holy books) propounds, we should perform actions without being attached to the fruits thereof. Many great psychologists and psychoanalysts realized the great price we have to pay to spare ourselves from grief at any cost and that is detachment.

In life, we will find that if we identify ourselves too closely with either career or the role we have played in life, we are no longer

detached. Our self-identity, therefore, should not be something narrow and inflexible; it should be universal enough to embrace all the changes that different phases of life can bring.

At last, I would like to quote what Supreme Father says in His Divine Teachings regarding detachment, "You all are visitors to this time, this place. You are just passing through. Your purpose here is to observe, to learn, to grow, to love, and, then, to return home." ❖

BUILDING BEAUTIFUL AND BLISSFUL RELATIONSHIPS

We, the souls, in many births, create relationships and, sometimes, harm our relationships also. What we often lose sight of is that relationships can make and harm us too. As any relationship goes through its own phases, we keep swaying to and fro with the waves, and thereby incorrectly bounce back and forth between joy and sorrow. The joyous moments seem to pass too soon, and dejection from a loved one seems to take a longer time to evaporate. Despite being aware of this negative cycle, we long for true relationships. How do we build beautiful relationships, in which we can feel positively involved, but not entangled? The key to this lies in using our emotions creatively to build the right foundation for building a beautiful connection with another soul. Some fundamental aspects need to be introspected. Are we doing it for self-fulfillment or for wishing to share and express the simple joys of life? If we pursue a life full of positive consciousness and not negative compulsiveness, it is possible and within our reach to live magically, without any emotional inadequacies and being full of basic life energy.

Relationships can become full of harmony when we practise inclusion of another soul in our life, and do not try to manage the thoughts of another soul. Every colour that the relationship takes, can be experienced and cherished in its own way. In this kind of interaction and incorporation between two souls, differences in opinion don't look so alarming. *By embracing simplicity and enhancing our own way of being, bead by bead, stitch by stitch, new and beautiful relationships are woven naturally on their own.* Most importantly, a relationship is not always about thinking about someone. The feelings of love, care and respect are about our own self too. When connections are routed in soul-consciousness, it is no more about give and take. If we are able to identify our originality as pure souls, relationships become more and more visible as an exchange of energy. We understand that it is just one of the aspects of our lives, and also sense that we don't have to structure our lives around it. So much of our potentiality would, then, find expression in various ways that we have not imagined earlier or before. ❖

Godly love is the main foundation of Brahmin family and life.

SPIRITUAL TRANSFORMATION OF HUMAN SOULS: THE UNIQUE SPIRITUAL ENDEAVOUR



–B.K. Surendran, Bengaluru

In ancient times, the spiritual seekers had to retire to the forests, hills and Himalayan valleys for spiritual pursuits. They used to stay there in huts or beneath the shade of huge trees. Some had established thatched grass huts, which later came to be known as their hermitages (*Ashrams*). They stayed alone and practised penances in solitude and stayed in a state of introversion. They had drawn inspiration from spiritual literature, spiritual discourses and advices given by *Gurus* of their choice. Some had many spiritual teachers, who had divergent views on spiritual endeavour and also interpreted God in their own ways, since they had no specific knowledge about God and the method to pursue Him. In the spiritual path, they had compromised to the idea that whichever route they pursue, all routes will converge at the same point. Another point they were comfortable with was that God was omnipresent. Generations of spiritual seekers passed by with no concrete evidence to show to the world as to where God abides, what is His form and personality and the relationship of human souls with God and how exactly one should connect with that Supreme Source of Spiritual Power.

The truth is spread here and there in many spiritual literatures of all religions. But, this truth is overlapped with many other allied matters mixed up together and, in this mix-up, nobody is able to connect with the truth and also unequivocally present the same to the world that this is the real truth. Therefore, spiritual Teachers, *Gurus* and Seekers of spirituality over the years have been interpreting the spiritual literature, scriptures and their experiences in their own ways, thereby making additions, alterations and interpretations, as a result of

which the truth is completely overlapped and hidden.

In the midst of all, we all have the firm belief that there is a God, who is very close to us and helps us in our crises and difficulties. We have enough evidence also. And we firmly believed that one day the Supreme Authority will Himself come and reveal the truth to us. He is the Owner (Malik) of this world.

God has already Descended

Now, God has already descended and revealed Himself that He is a self-effulgent light abiding in Soul World (*Paramdham*), the region of infinities beyond the sun, moon, stars and outer space. This earthly world is a drama stage, the naked souls wear the costume of male or female body and play their parts. The souls are immortal. God openly announces that He descends in the body of an ordinary human being named Dada Lekhraj at his old age and enlighten him with the knowledge of His own self, about God and the Creation and He renames him as Prajapita Brahma. In Hindu religion, it is believed that Brahma is one of the Hindu Trinity (*Trimurti*) and he is known as the creator and he is also seen with beard and mustache. It means he is a human being. God descends only when the world is in a moribund stage, or is on its death bed. The old world will get destroyed on its own weight. The process of establishing a new world is initiated by God Himself, who is the real Creator, and Brahma is an instrument for the renewal of the creation. God starts speaking through the mouth-organ of Prajapita Brahma. He reveals specifically to the baffled, perplexed, bewildered and confused world that :

1. I am the Creator, Director and Principal Actor

If you have the light of all powers *Maya* cannot come close to you.

- of this world drama.
2. I am the real and Supreme Spiritual father of all souls of all religions.
 3. The true knowledge about the Creation, Creator and Spiritual Transformation of human souls, which is the real spiritual endeavour, can be taught by Me only and not by any human souls.
 4. The Time Cycle is divided into four Ages or Epochs – Golden Age, Silver Age, Copper Age and Iron Age.
 5. It is My responsibility to establish Peace, Happiness and Prosperity on earth. As time passes by, the new life in the world becomes old and it needs renewal, which can be done by Me only.
 6. I am the Ocean of Knowledge and Source of all Light and Might. I also teach the *Brahma Vidya* and *Raja Vidya*. On the basis of psycho-socio-spiritual education, I establish the true ancient most deity religion. I am the God of gods.
 7. Now, I have come. Now, you remember Me and Me alone with your mind and intellect in a state of soul-consciousness. This is the real yoga taught by Me as mentioned in *The Bhagavad Gita*. As I am incorporeal light, I cannot be seen with your gross eyes; Shree Krishna is wrongly projected as God of *Gita*. This is a thoughtless action committed by the humanity in their body-consciousness. I also establish the deity Kingdom, where Shree Lakshmi and Shree Narayana would be the world Empress and Emperor respectively. Now, you worship them as God and Goddess. But, they are not God and Goddess, they are deities. I am the Supreme God.
 8. I can be reached and connected with loveful remembrance in a state of soul-consciousness. I am not a bodily being and you cannot get connected with Me in body-

- consciousness while staying in your body. Shed your body-consciousness and become your real self as a point of light and remember Me and Me alone as a point of self-effulgent light in *Paramdham* and get connected with Me. This is the Raja Yoga, Karma Yoga and Intellectual Yoga taught by Me as stated in *The Bhagavat Gita*. The consequences of the practice of this yoga lead to spiritual transformation of soul, which are as follows:
- You naturally become happy and peaceful.
 - You become tension-free and disease-free.
 - Your demonic *sanskaris* is divinized.
 - Your relationship with fellow human beings, other creatures and nature becomes harmonious.
 - As you attain better health, your life span is naturally prolonged.
 - The core qualities and goodness of soul such as Purity, Peace, Love, Solace, Bliss and Knowledge are manifested as a natural state.
 - Thoughts, words, actions, time and relationships are properly invested and utilized.
 - You achieve control over mind, intellect and *sanskar*, all sense organs and become a self-sovereign.
 - Your character is divinized.
 - You will achieve victory over *Maya* – illusion of all sorts and all vices.
 - You will gain a lot of mental and intellectual power.
 - Your words will be sharper and impactful.
 - You become sweet, smooth, friendly, flexible and amiable.
 - Your manners become universally acceptable.
 - Giving happiness and peace to others becomes your natural state.
 - You become viceless and egoless; you can also experience bodylessness and shed your body at your own sweet will.
 - You can attain liberation and fruition.

Your very positive attitude can create a powerful atmosphere.

- You can rise to the level of deityhood.

Introspection and Enlightenment

The revelation in the sermons of God reasserts and reemphasizes on the consequences of His remembrance by the souls. God is not a human being. He is self-effulgent light. So also we, the souls, are also self-luminous points of light. As the souls, when we wear the costume of body, we forget our own Spiritual identity. God descends to reveal His real identity to the world. Those, who are remembering Him, have enough evidence to show that the Lord is on earth now and enacting His role. These souls are the living proof for the fact that they have been taught by God in advance and are now manifesting the fruits resulting from such teaching. Experience has shown that the happiest, sweetest and loveliest moment in the life of a soul is the moment when the soul remembers the Lord. We are convinced that God's remembrance as taught by Him is the panacea for all ills of the world. It is a clarion call for all souls, of all religions of the world who are earnestly searching for God and conducting various spiritual endeavours, to come and conduct an experiment with truth and achieve the highest knowledge of the Creator and the Creation and learn from Him the subtlest spiritual effort-making with precision, specifically and unambiguously and thereby experience liberation and fruition here and now. ❖

Morning Musings & Night Notions



“Just as a candle cannot burn without fire, men cannot live without a spiritual life.”
– Buddha

“Education means all-round drawing out of the best in child and man – body, mind and spirit.”
– Mahatma Gandhi

“Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.”

– Denis Waitley

“The unexamined life is not worth living.”
– Plato

“Take care of your inner, spiritual beauty. That will reflect in your face.”
– Dolores del Rio

“A nation that continues year after year to spend more money on military defense than on programs of social uplift is approaching spiritual doom.”
– Martin Luther King, Jr.

“Maturity is the ability to think, speak and act your feelings within the bounds of dignity. The measure of your maturity is how spiritual you become during the midst of your frustrations.”
– Samuel Ullman

“The key to success is to keep growing in all areas of life – mental, emotional, spiritual, as well as physical.”

– Julius Erving

“Nature holds the key to our aesthetic, intellectual, cognitive and even spiritual satisfaction.”
– E. O. Wilson

“While seeing the body, always see the soul, the jewel in the forehead. Let the soul see the soul in others. In this way, you become soul-conscious.”
– God Father Shiva



Service is the breath of Brahmin life; serve the World in every breath.

AN ARDENT AWAKENING AND WARNING CALL: WHERE ARE YOU GOING?



–B.K. Ruchi, Indore

A warning call: “O, dear sister, just stop! Where are you heading? Where are you going? That is not your destination. Just stop there.”

This is an ardent awakening and warning call from one of the resident celibates of *Shakti Niketan*, a spiritual hostel, to all girls of modern age, who wish to brighten their future. But, because of their immature mental capacity, they are drawn to worldly attractions and choose some wrong or undesirable path or educational institution, which leads them to utter confusion, helplessness, resentment and ultimate failure in life.

Now, the question arises: where can the young girl at this tender age acquire such wisdom? What is the motive of this ardent call to other girls to join *Shakti Niketan*?

The answer is very simple: the spiritual and Godly knowledge imparted along with the worldly education here in *Shakti Niketan*, a

unique girls' hostel, makes the residents spiritually and morally rich, and their lives also become virtuous and full of divine qualities, thereby leading to their ultimate success. How can a person, who is spiritually so rich, be devoid of selfless services towards the fellow beings? The same is true for the virtuous and helpful inmates of this hostel too, who are destined to do selfless service to the vast humanity.

Let us look at the details of *Shakti Niketan* to know where it is and what are its special features, mentioned as follows:

Shakti Niketan shares the campus of 'Om Shanti Bhawan' at New Palasia, Indore, Madhya Pradesh (India). Indore, the cleanest city of the country, is a well-known place of the Malwa region, then ruled by the pious queen, Ahilya Bai Holkar, who herself was known for her humbleness and spirituality.

Shakti Niketan was founded in the year 1983 by late B.K. Omprakash ji, who was, then, the Regional Director of Brahma Kumaris, Indore zone. It was his able guidance and hard work, which have led this institution to grow, develop and progress by leaps and bounds for these many years.

This hostel provides accommodation to the girls from class VI to graduation. Presently, about 150 girls from almost every major city like Delhi, Mumbai, Kolkata, Chennai and from



Serving through mind can make you a number one serviceable soul.

states like Himachal Pradesh, Punjab, Haryana, Uttar Pradesh, Chhattisgarh, Gujarat, Rajasthan, Maharashtra, Karnataka, Uttarakhand, Jharkhand, Tripura and also from neighbouring foreign countries like Nepal and Bangladesh reside in this spiritual hostel.

Aims and motto of Shakti Niketan Girls' Hostel

The sole motto of *Shakti Niketan* is to strive to make the dream of golden future of India come true. The present youngsters, who would be the builders of future India, need to inculcate pious qualities of values and spirituality at their adolescent age. *Shakti Niketan* helps to build the character by virtuous and moral development.

The lesson of self-reliance is taught to the residents from the very first day of their admission. They are taught to do all the daily chores on their own, e.g., cleaning, mopping, washing, etc., which not only teach them self-reliance but also improve their inner stamina to sustain themselves in everyday life.

Inculcating perseverance and self-discipline is the aim of human life. With this aim in view, the residents here have to follow a regular and disciplined time table from early morning till their bed time at night.

The hostel helps the inmates in maintaining a celibate and value-based spiritual lifestyle with strict observance of purity in foods, thoughts, words, deeds, conducts and manners.

Time Table & the Daily Practices of Hostel

Here, the day begins early in the morning at 4 a.m. with regular practice of Rajyoga meditation. After the completion of the daily affairs, the Kumaris attend the *Murli* class and, then, disperse to several schools and colleges for their academic studies. After returning from schools and colleges they take food and rest for some time. These girls have regular time for self-

study, homework, practice and revision, which put positive impact on their positive and successful academic results every year.

In order to make the residents expert in every aspects, the girls are imparted training in various activities of the hostel like kitchen works, vegetable cutting, *Roti* making, etc. All the activities and duties are ascribed according to the fixed chart, in order to make the system function smoothly. The young girls are also given different responsibilities and are taught various skills like stitching, embroidery, knitting, interior decoration, hygiene maintenance and hospitality management.

After completing their ascribed responsibilities, the inmates gather in the hall for mass meditation session from 7.00 p.m. to 7.30 p.m. in the evening. Here, everyone sits in deep remembrance of the Almighty Supreme, Incorporeal God Father Shiva, to receive His powers through Rajyoga meditation. After meditation, feedback is given to every inmate for delivering information and guidance about the right and wrong manners and behaviours.

Experience of an Inmate

Khushbu Maurya is an inmate staying in the hostel for past two years. She has some remarkable experiences to share, which are mentioned as follows:

My name is Khushbu, I study in class VIII. I have been living in the hostel for last two years. I call this *Shakti Niketan* a magical garden as the Gardener here is not any ordinary human being but God Himself, the Supreme Divine Being, who is the Nurturer of this holy place.

I feel so blessed to bloom and spread my fragrance as a flower of God's garden. Since my joining here, I have received so much love and affection that I never realized when all the thorns of my 'ill *sanskars*' like not respecting elders, wasting time in gossips, getting angry, etc.

Self-contented souls who make others contented are the beads of rosary.

vanished. Here, the sisters, who are spiritual guides, bestow such divine love and guidance that I feel all my desires have been fulfilled. I can feel the divine connection with the Incorporeal God, the Almighty Absolute.

I feel that nothing is left unachieved in my life. God is always with me and has thoroughly become mine. He helps me at every moment and assures me of His divine care throughout the day. The most special feature of this hostel is not achieving 60%, 90% marks or 1st division but to achieve the most coveted degree in values or virtues like truthfulness, loyalty, honesty and humility. I can proudly say that I have achieved these degrees with great ease. Here, at *Shakti Niketan*, I am experiencing the depth of these virtues. How blessed I am! I am the *chosen* one. God has chosen me from amongst His thousands and thousands of children.

Management of Shanti Niketan

Shakti Niketan hostel is completely run and managed by Brahma Kumaris sisters. In the

present world, when nurturing and maintaining two children in a family is difficult, the sisters, here, manage about 150 inmates and help them to balance their academic and spiritual studies. The inmates of hostel are taught moral and spiritual virtues to enrich their character and empower themselves. Today, the children of so called modern world are deeply captured in the glittering world of gadgets like T.V, mobile, computer, etc. but the little fairies of *Shakti Niketan* are daring to reach the sky by their divine task of laying the foundation of forthcoming new heavenly world and new golden era.

For taking admission in the hostel, please contact from January to May at the following address. The admission process begins in the months of May-June.

Address: SHAKTI NIKETAN

Om Shanti Bhawan, Gyan Shikhar,

Gate No. 2, New Palasia, Indore,

M.P. (India) Pin - 452001

Mobile: 9425316843, 6260177249, 9425903328

CAN LOVE HURT ME?

As we create new relationships, we give certain people an access to our inner world of emotions by sharing with them our deepest thoughts and feelings. When they also reciprocate and share with us their inner world, we treasure the relationship. A meaningful connection starts building between both. But, as we grow fond of each other, love gets mixed with attachment. Attachment is an unsettling emotion – it can be a source of great happiness but it can also create deep wounds. Pure love means inclusiveness of the other person to bring joy to both. When there is love we take good care, give people the space they need and do not fear to lose them. But, when there is attachment, the relationship becomes exclusive or self-centered - whenever they get upset, we create hurt. When their behavior changes, we create hurt. When we fear to lose them, we create hurt. And we believe – *I love them but they hurt me*. Love cannot hurt and people cannot hurt. Our attachment in the name of love towards them creates our hurt.

Love for anyone - parent, spouse, child, sibling or a friend - is a space we move into. A conscious awareness is needed to understand that such love, care and closeness, takes us closer to hurt when there is attachment. When we stop identifying with labels of relationships and see everyone as pure souls, we experience love without attachment. Let us subtly examine our close relationships to check if we love them or have become emotionally attached to them.

If a master orders a power, it will present itself before him in a second.

THE PRESENT - DAY AFFLICTIONS AND THEIR REMEDIES



The present-day state of our society, characterized by hundreds and thousands of big and small problems, is an ailing or a sick society. Outwardly, it seems that there is a lot of dynamism and progress; but, inwardly, it has become hollow, for the essence has been eaten away by the canker of hatred, jealousy, anger and the like negative traits. The question is: what is the cause of its afflictions?

A possible answer may be that the problems are not of one kind but are of different nature. There are economic, political, social, ethnic, racial, communal, problems, etc., and it is, therefore, difficult to name one or two causes of the present sufferings. The answer seems to be correct; but, if we make a comprehensive list of the major global or national problems and classify them under various heads, we will find that these various problems are due, mainly, to five basic factors.

Five factors responsible for all the problems

Firstly, take, for example, the problems of eve-teasing, rapes, abductions, wife-burnings or dowry-deaths; these are due to the vice of sex-lust. The problems of obscenity in art, literature, cine films, cultural shows, etc. also are due to man's vulgar sex impulses, and the problem of overpopulation, which, in turn, causes so many other problems, is also due to man's lack of control over his libido. A lot of debasement and immorality in private and public life, prostitution, promiscuity, estrangement of conjugal relationships, even many cases of divorce and family break-ups, are also due to this single sex-

lust factor.

Likewise, secondly, anger is another factor that has led to a great social turmoil. Extremism, terrorism and violence of all kinds are offshoots of anger. The armaments' race, the huge expenditure on military hardware, the communal riots, the agitations that lead to destruction of human lives and public properties – all these and many other kinds of crimes are due to the vices of anger and hatred.

Similarly, thirdly, economic exploitation, political subjugation, imperialism, tax evasion, adulteration, smuggling, hoarding, black-marketing, corruption, over-charging, bribery, embezzlement, economic injustice and sufferings such as poverty are due to the vice of greed, lust for money or obsession for possessions of material things and wealth.

Fourthly, much of favoritism, nepotism, extreme forms of nationalism, etc., are due to the vice of attachment to one's own relatives, state, country or nation, etc. Fifthly, the vice of ego or pride is the factor that leads to confrontation, divisiveness, domination of many by some few people, prestige issues or postures, etc., which lead to rivalry, leg-pulling, litigation, revengeful attitude and the most recent happenings of honour killings and the like.

Degeneration of love gives rise to these five factors

Further deep thought will, however, reveal that these five factors are the results of degeneration of love. Love is the inherent quality of every human soul; but, it may exist either in its

Balance between remembrance and service to become a speedier effort-maker.

pure or perverted form. If it exists in its pure form as it was in the Golden Age (*Satyuga*); *then*, there are no problems and everything is fine. In fact, pure love was the firm basis of the family, polity, economy and culture of the society in the Golden Age (*Satyuga*). If there were no pure love in *Satyuga*, it would not have been different from the extremely perverted state of the Iron Age (*Kaliyuga*) *at present*.

This element of pure love was in a bit lesser degree in the Silver Age (*Tretayug*), and it started getting degenerated further at the start of Copper Age (*Dwapar Yuga*). In the Iron Age (*Kaliyuga*), it has been defiled to its extreme. Hence, there are all these various problems at the end of *Kaliyuga*. Let us make it clearer what is meant by 'degeneration of love', as follows:

Degeneration of love

When love, which is inherent in every soul, gets directed to physical appearance and sex, it takes the form of vice of sex-lust. When it takes the form of desire for physical proximity or dependence or emotional bonds, based on physical relationships, it is called the vice of attachment. If, on the other hand, it manifests in the form of desires for objects of sensual pleasures and comforts or for objects of delight, for money, or for properties and material or wealth possessions, it is known as the vice of greed. If, instead, love becomes self-centred, i.e., if the person, being extremely self-centred, loves himself rather than anyone else, it comes up as selfishness. The rest forms of the vices, such as jealousy, hatred, rivalry, anger, ego, etc. are also the results of these perverted forms of love.

Let's understand the causes or reasons: If one's desires for sex, one's greed for money or objects, and one's attachment to certain physical relatives or one's selfish motives are

not fulfilled, one becomes angry. Thus, anger does not have an independent existence of its own. It is caused by the non-fulfilment of sex-lust, greed, attachment or selfish aims. Similarly, jealousy, rivalry and hatred also do not have an independent existence, for these are caused towards that person, who stands in the way of another person's fulfilment of sex-lust, greed, attachment or selfish aims. If, on the other hand, one is able to fulfil one's greed, selfish motives, ego or vested interests, etc., one becomes egoist or arrogant.

Perverted love is the seed of all causes of sufferings

The vices of sex-lust, greed, attachment and selfishness and also anger, hatred, jealousy and pride, which are born of the first four, are at the roots of all the problems as has been explained earlier. The seed of these roots, however, is the 'perverted love'.

What do we mean by 'perverted love'? When love is directed towards body or body's sex or relationships or towards material objects, it is called 'perverted love'. The quality of love, then, gets debased or defied because such kinds of love give rise to divisiveness, injustice and all sorts of negative traits. In other words, when a person forgets his/her true spiritual identity that he/she is a soul and, instead, considers himself/herself a body and looks on all others also as physical bodies/entities, his/her love becomes of a low quality based, as it is, on wrong notions, misunderstandings of the realities, and ignorance about the true human relationship based on spirituality. If the person is, instead, aware of his/her true spiritual identity as a soul or spirit and looks on others also as souls or spirits, his/her love is pure and has no perverted or negative element in it.

Your *Karmayogi* stage will frustrate evil efforts of the Devil and defeat his efforts that are evil.

Purification of love – The remedy for all ills

In the final analysis, therefore, we arrive at the truth that 'pure love' is the only solution to all the ills, problems and sufferings of the world, for these problems are born either of the absence of love (i.e., from selfishness) or from the debased forms of love such as sex-lust, greed and attachment, or from the emotions of jealousy, hatred, anger, etc. that arise from the non-fulfilment of these four; or from the fulfilment of these negative forms of love and emotions such as ego.

The remedy to get rid of all the problems in the world, therefore, lies in the act of purification of love. This is what is called 'self-purification' or self-change, in other words. It is for this that one is required to acquire Godly knowledge, practise Rajyoga meditation and inculcate divine virtues. In fact, Godly knowledge gives one the right understanding that one is a soul and that one's love should be based on soul-consciousness. Rajyoga meditation is a practice that enables one to stabilize in soul-consciousness and the spiritual love-consciousness of Incorporeal God Father, Supreme Soul, and the inculcation of divine virtues means to be very cautious lest love should take the form of vice of sex-lust, greed or attachment; instead, it should take the form of celibacy, contentment and detachment, which are the most basic virtues.

It is, therefore, the call of time that mankind should understand this diagnosis of the ailments from which it presently suffers and also it should cure itself by purifying its emotion of love by means of acquisition of Godly knowledge, practice of easy Rajyoga practice and inculcation of divine virtues qualities and powers. ❖

Dictates of Dearest God Father Shiva

–B.K. Sapna, ORC, DELHI

My dearest God Father Shiva dictates:

“O My sweet child!

Spread the divine rays;

Be a Godly messenger

Because you are the world changer;

Do not just repeat the knowledge

But be the embodiment of it

Because in the course of their life

The knowledge holders are never upset;

Always use your spiritual powers

And remember Me twenty-four hours.”

God Father Shiva plays various important parts;

As Generator, Operator and Destroyer

Through the Trinity: Brahma, Vishnu and Shankar.

He fills us with all qualities and arts

To rejuvenate the souls, renew the World and Nature

And restore the Golden-aged World order.

My heart says: O my dear God!

Accept my salute

Because you are so Kind, Loving, Lovely and Absolute.

Anyone, who remains simple, becomes the sample in the showcase.

ROLE OF SPIRITUALITY IN IGNITING HUMAN VALUES

—B.K. Manjula, Bengaluru

It is rightly said, "Don't let life discourage you; It is the philosophy of life that difficulties vanish when faced boldly."

Stress can affect people of all ages, genders and circumstances and can lead to both physical and psychological health disorders. Stress is an uncomfortable emotional experience accompanied by predictable biochemical, physiological and behavioral changes. Stressors have a major influence upon our mood, sense of wellbeing, behavior and health. Acute stress responses in young healthy individuals may be adaptive and typically do not impose a health burden. However, if the threat is unremitting, particularly in older or unhealthy individuals, the long-term effects of stressors can damage health or can lead to some extreme step, which can be life-threatening.

The relationship between psychosocial stressors and diseases is affected by the nature, number, and persistence of the stressors as well as one's individual problems related to health, lack of concentration, unemployment, marital problems, the state of not being able to cope up with family expectations, financial loss, public harassment, etc.

But, how to cope up with such depression and stress? Nowadays, it has become compulsory to introduce values through spirituality or prayers because it helps to uncover what is most meaningful in one's life. By clarifying what is most important, one can

focus less on the unimportant things and eliminate stress. It gives answers to questions like: What are our important relationships? What do we value most in our life? What people give us a sense of community? What inspires us and gives us hope? The answers to such questions can help us identify the most important people and experiences in our life.

The values also make us strong from inside. One must have inner strength, irrespective of whatever financial or professional success or failure, one may achieve. It is also a stark reminder that we shouldn't just train ourselves and our minds (and of our kids too) for success, but to cope equally with failures and the social pressures it brings along.

It should be taught that as long as our personal and professional work ethics are strong, failure is a part of life and not the end of it. This also brings to focus that being in touch with the inner self and having a strong spirituality are very important for humans to view life as more important than the effects of success or failure.

Keep in mind the fact that prayer can take many forms. It may involve sitting silently in nature, caring for a pet, listening to lovely music, meditating, reading inspirational books, writing in a journal... The list is endless, and there are no right or wrong ways to pray. In essence, anything that allows us to pause and reflect on what is central in our lives is a form of prayer.

"God helps those who help themselves" is an old saying, which means that God never helps us when we only keep expectations from Him and leave all the work. God never helps people, who only want to enjoy or stay away from hard work or large burden of work. He always helps those, who do hard work dedicatedly by heart and act in right direction.

(Contd. on page no. 31)

The vices become the garland like a snake around the neck of *Sadhak*.

ARE YOU SUN-BATHING UNDER THE HOT SUN OF BAD HABITS AND GETTING SUN-BURNT?

–B.K. David, UK

We all complain that we are not happy and yet few look at their actions to see what seeds they've sown in their field. Even when someone has the wisdom to realise they have sown poor seeds, and that this is the reason they've had bad fruit on their plate, they still carry on performing bad actions. Even if this fruit falls on their head causing them to bleed, they still struggle to stop being captivated and being a prisoner of their bad habits that leave them baking under their hot sun.

Everyone is a victim of their own bad habits that result in them having no shoes and in a field with no fruit trees to sit under. The only nourishment in their field is from the weeds that grow from the seeds they've sown.

Book of Wisdom and Truth

Most will view happiness only from their cell window. Happiness is something people dream of but their arm cannot stretch far enough to grasp the Book of Wisdom and Truth off the table that lies unread on their lounge table; so close but so far.

Their caravan is a mobile prison with three deflated wheels, which grow ever squarer with each passing day they are on this uneven road with its potholes, crashes and pile-ups. The walled courtyard in their caravan has many magazines on the floor basking under their sun.

The first chapter in this Book of Wisdom and Truth is called Bad Habits. It says clearly: if you do not have self-discipline and take control of your thinking and actions, you will end up being a victim and your punishment will be that you can

only dream about being happy and to be forever looking out the window and life passing you by as you get older with more aches and pains.

Bad Habit Prison

This prison is called by many names and the inmates call it '**BAD**' as being locked up in a self-made prison is bad luck, bad *karma* and bad experience.

Many live a life blindfolded by the NOW that does not let them see the seeds they are sowing by their own hands and actions.

Your actions later become responsible for making either a good basket of bread with endless milk or to produce a harvest that's dry like hay and good for cows only. Your actions are both the oven and fire, which can bake your delicious bread or can burn it black that you shall still have to eat.

One cannot stop making actions and the nature of all action is to grow and multiply like the three year old that must keep growing. What your actions grow into will be determined by the quality of your actions and it's for this reason that we get beautiful people, dwarves or those with one arm or having a disease.

Sun-bathing under the Hot Sun of Bad Habits

It's become the fashion for everyone to sunbathe under the sun of bad habits. This act of sunbathing is not questioned as they think getting a tan is good. For a while, they feel at peace and yet they do not even know how detrimental this sun is and have grown ignorant of their habit of sun-bathing under such a hot sun. In time, this sun produces the cancer of unhappiness. Bad habits will waste most of your time and life if you let them.

Do your bad habits make you feel good and do you think they make you look good? I am sure your bad habits make you feel good for a spell but they will not ever make you look good as they rob you of your precious energy that should be

Writing and reading poems on God inspire divinity in man.

used for sustaining your health and making positive actions come true in your daily life and making your happiness remain stable.

When you look at most people's happiness, it resembles a plate of jelly on a ship's rocking table that's caught in storm at night.

Being obsessed or possessed by bad habits will lead you to being undressed and unworthy of being in the middle of goodness and happiness.

Health starts in the shopping basket of your mind and, if wise, shall then be transferred from your list to the trolley that's aimed in a good direction.

You can shop at the **Supermarket of Goodness** where your energy can be saved and used with peace and contentment that sees you push the trolley in a positive direction down any of its aisles as you know there is only health and benefit on all of the shelves. Utilising your time and energy in this way brings bargain after bargain to appear in front of you whilst you are walking its aisles in peace.

The trolley in the other supermarket has wonky wheels and is hard to push in the right direction but there is no right direction in the supermarket of bad habits.

Rays of Bad Habits

The constant rays that omit from this sun are of bad habits and deadly. This sun beats down on everyone and everyone believes that the rays of drinking, smoking, body-consciousness, fashion, greed, laziness, eating meat and a hundred other vices are in some way good for them. Their reasoning is the all too familiar excuse of 'a little of what you fancy is good for you'.

Many will often use the sun cream of 'moderation' as some excuse for their indulgences. Yet, how long can you drink poison in moderation before it kills you? How long can you sit in an old deckchair before it

collapses under your weight of sin and traps all your fingers?

The sun and its rays of bad habits are invisible to most; yet, the resulting tan (sorrows) should be all the proof you need to realise how detrimental and dangerous its rays really are.

The rays from the sun of bad habits, which beat down on everyone, have much to answer for. Yet, they remain silent as they know their harmful rays do all their talking. The rays of bad habits influence you to such a large extent that you cannot stop talking nonsense whilst you walk round ignorantly getting a tan thinking how cool you look.

This deadly sun produces rays that are silent but deadly. You might enjoy getting a tan and think you look good but the rays are slowly killing you and burning up all of your happiness that you had stored away and occasionally used.

If you are one of the many on whom this sunshine beats down, if you are typical and get sunburnt every day; then, know that this false sun is very powerful and capable of creating endless sorrow for you and is responsible for creating cancers, severe pain, untold disabilities, immense misfortune, diabetes, BP and incurable diseases.

The sun's rays trap you and burn you and fool you into sun-bathing and to trick you by letting you think that you look cool with a tan.

Remember this whilst you are sunbathing under that sun of vice: the so called tan (false happiness) gained from that false sun will, like the other tan, soon fade.

The coolness gained from sitting against the tree of love and wisdom take an attitude of renunciation but its shade is automatic and its fruits will fall in your lap and make you healthy and wealthy forever. ❖

Fear is a weakness; disperse it by developing the value of courage.

RAJYOGA MEDITATION COURSE: THE REAL GATE PASS TO HEAVEN



–B.K. Subramanian, Avadi

We might have seen or heard that there are two Gate Ways to India; one at Mumbai on the bank of the Arabian Sea and another at New Delhi. Have we ever heard of the Gateway to Heaven or



Paradise and where has it been formed that too in Bharat? In *Bhakti*, during the Tamil month of 'Margali' that falls between 17th December, 2019 and 14th January, 2020, the 21st Day of Margali, which falls on 6th January 2020, has been auspiciously and idealistically earmarked as the Sacred Day for the Hindus since the Celestial Day, called *Vaikundh Egadesi*, falls on that day. Nevertheless, the entire month of Margali has been devotionally famous and conventionally idealistic for observance of fasting, visiting of temples towards *darshan* and worship. On the particular day of *Vaikundh Egadesi* the Hindu, the devotees of Tamilnadu wake up at early hours in the morning, finish up their calls of nature, take their bath, wear good clothes like silk garments, proceed to temples and shrines of lords and gods such as Mahavishnu, Thirumal,

Perumal, Parthasarathy and Aranganathan along with their family members, stand up in the long queue meant for *Swamy Darshan*. After *darshan* of the richest gods/deities with distinguishing values and completion of all ritualistic formalities and special worships (*poojas*) by the devotees, a separate hall inside the temple premises duly decorated with festoons and colourful paintings of artistic values, the doors of which always kept closed and locked, is opened for that day only. The doors of the decorated hall are known to be the heavenly doors or gateways to Heaven/Paradise. There has been a conventional belief amongst the Hindus that the devotees, who enter into the hall through the particular gate/opened door, would go to paradise and their aspirations would also be fulfilled by lord Mahavishnu.

Apart from the above auspicious acts in *Bhakti*, the month of Margali has been placed on the top in *Bhakti* for recital and singing of devotional songs orchestrated with musical concert either solo or by consort or by a group in temple premises, music academy halls, etc. for praising the name, fame of gods, goddesses and deities, and for getting showers of blessings from them. The local residents, too, mark their own contribution and share in divine songs, music, and organize *bhajans*; the members taking part in the *bhajans* go round the local streets during *Amritvela* reciting the melodious divine songs. In this way, a jubilant, joyous and refreshing atmosphere is created all around with vibrations of divinity. Here, I take the pride to say that music is the language of God, which has no barrier of any type in any part of the world.

It could also be recognized and understood from *Bhakti* that there has been divine connection between the current month of

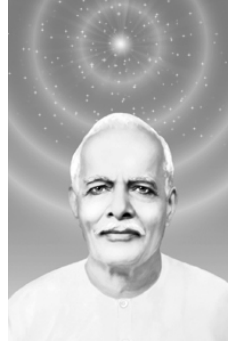
One, who has faith in one's own self and God, can become a carefree emperor.

Margali and the preceding Tamil month of Karthigai. The month of Karthigai is also equally auspicious and more significant amongst the Tamil people all over the world since the *Deepam* festival dedicated to God Father Shiva and lord Muruga (supposed to be the younger son of God Shiva as per Hindu mythology) is celebrated during this month only. On the particular day of the *Deepam* festival, all Shiva temples including the very famous shrine of God Father Shiva at Tiruvannamalai in Tamil Nadu and all temples of lord Muruga including his shrines in certain foreign countries particularly Malaysia, are decorated with innumerable earthen lamps duly lit up both inside and outside the temple premises. The Tamil people also decorate their houses with a number of earthen lamps both inside and outside arranged in rows duly lit up with a burning sacred lamp. This *Deepam* festivity in the corporeal world is celebrated with the remembrance of God Father Shiva and lord Karthik (Muruga) as a token of gratitude for the excellent act on their part towards enlightenment of the souls by creating awareness among the people about the spiritual knowledge (*Gyan*) imparted by God Shiva on three points: (1) Souls with physical bodies (2) Supreme Soul and His divine acts (3) Eternal world drama or true story of the human race.

The month of Karthigai in *Bhakti* could be compared with that of the auspicious Confluence Age when God Father Shiva's descent from the Incorporeal Soul World by means of divine incarnation (*Avatar*) in the physical body of Pitashri Prajapita Brahma in a subtle manner in the corporeal world takes place for enlightenment of the souls with His spiritual knowledge. God Father Shiva meets with the souls, the senior Dadis, Dadas, dedicated

sisters and brothers crowned with the power of seven sterling qualities such as peace, purity, pure love, bliss, knowledge, power and mercy, who are well known for their dedication to paragonic spiritual service to the humanity.

Similarly, the month of Margali in *Bhakti* could be compared with the heavenly world *Satyuga* where Mahavishnu (the combined



form of Shree Narayan and Shree Lakshmi) will be the sovereign ruler endowed with sixteen celestial degrees together with kings and queens, royal family members and citizens (*prajas*) as well. They will be enjoying and experiencing the divine

arts throughout their life without any bondages. The month of Margali follows the month of Karthigai. So also the Golden Age of Paradise follows the auspicious Confluence Age (DiamondAge).

There are two gateways to India. Likewise, there are two gateways to spiritual liberation and fruition; one towards the liberated (*Mukti*) world (Soul World) and another towards the liberation-in-life (*Jeevan-Mukti*), the Heavenly World or Paradise. Rajyoga meditation primarily focuses on leading the human souls towards the Gateway to Heaven or Paradise. Bapdada has already clarified that the seven-day Rajyoga meditation course imparted by the Brahma Kumaris is the real gate pass to Heaven.

My humble appeal to all devotees on the eve of New Year is: please make it possible to visit Brahma Kumaris Rajyoga Meditation Centre to learn the spiritual truth behind the sacred day of *Vaikunth Egadesi*. ❖

Only in *Sangam Yuga* one can get God's blessings in every second.

DIVINE DIRECTIONS (*MURLI*):

THE CATALYTIC ELIXIR FOR DIVINE LIFE OF THE BRAHMINS AND DEITIES



–Dr. Brahma Kumar Yudhisthir, Ph.D.,
Associate Editor, Shantivan &
Associate Professor (Education),
Madhav University, Pindwara (Raj.)

The praise of *Murli* is unlimited in the sense that the flute (*Murli*) and God, the Supreme Flutiest (*Murlidhar*), go together. None can separate one from the other. They are symbiotically related and interconnected. The following are some other praises of *Murli*:

***Murli* reminds the souls of the Supreme Flutist (*Murlidhar*)**

Incorporeal God Father, Supreme Soul Shiva, is the Supreme Flutist (*Murlidhar*), who plays on the flute of spiritual knowledge in Madhuban (forest of honey), the head quarters of Brahma Kumais Organization (BKO), which is recognized as the International Place of Spiritual Pilgrimage where human souls from various parts of the world flock together to achieve their long-cherished goals of liberation (*Mukti*) and fruition (*Jeevanmukti*).

God, the Liberator and Redeemer of all souls, liberates and redeems them through the powerful liberating and redeeming features of *Murli* that help in changing the impure, decadent and perverse thought and lifestyle patterns of human souls and also direct them to move ahead in golden spiritual path, thereby leading them to golden gate of heaven and enabling them to live the value-based spiritual life for the next 21 births spanning over the long 2,500 years, half of the *Kalpa*, a period of 5,000 years.

The spiritual knowledge of *Murli* makes the life

of souls honeyed by sweetening it with spiritual savour, refreshment, vigour and fragrance. *Murli* reminds the souls of the Supreme Flutist (*Murlidhar*) in the sense that when the thirsty human souls listen to the versions of *Murli*, Incorporeal God Father, Supreme Soul Shiva, who is the Supreme Flutist (*Murlidhar*), is automatically reminded, and they go on remembering Him day and night on a regular basis. Stating the importance and significance of *Murli*, God Father says, “If you read *Murli*, this shows that you love God, the Flutist (*Murlidhar*). Those, who do not read *Murli*, do not, in fact, love God, the Flutist (*Murlidhar*).”

***Murli* adorns the souls with divine virtues**

The various organs of the bodies of gods and goddesses are shown to be decorated or adorned with various ornaments or jewellery and weapons made up of precious metals like gold, diamonds, pearls, etc. But, these material ornaments or jewellery are, in fact, symbolic of their good, noble and virtuous qualities and powers, which they have acquired or inculcated during the period of Age of Transition, when Incorporeal God Father delivered the *Murlis* through the lotus mouth of Prajapita Brahma. Thus, the spiritual knowledge of *Murli* enables them to inculcate or restore the lost subtle qualities such as peace, purity, mercy, chastity, love, truth, charity, forgiveness, patience, integrity, fortitude, etc. through the divine

All facilities (*sadhan*) come to a yogi (*sadhak*), who draw them with his power.

powers, gained as a result of practice of Rajyoga meditation. In fact, these inner subtle qualities and powers of deity souls are physically demonstrated or manifested in the forms of material ornaments or jewellery and weapons.

In other words, it can be said that the deities are internally and externally powerful, healthy, happy, wealthy, peaceful and prosperous by being the embodiment of the subtle values, virtues, qualities and divine powers. In this way, they are called the righteous and true divine representatives of Incorporeal God Father Shiva upon the surface of the Earth when it was veritably known as Heaven or *Shivalaya* in true sense of the term being established again at the fag-end of *Kaliyuga* before the advent of *Satyuga*.

Murli cleanses all impure, dross and gross elements in souls

At the end of *Tretayuga*, when the souls fell down from the highest heaven to the lowest hell due to their ignorant indulgence in body-consciousness as a result of the curse of Satan, the symbol of Seven Deadly Sins, all dross and gross elements became filled in their souls, thereby hurling them into unprecedented and miserable pains, sufferings, agonies and anxieties. The deity souls lost their most pure (*Sattopradhan*) and pure (*Satto*) stage and degraded into the semi-pure (*Rajo*) and most semi-pure (*Rajopradhan*) stage during *Dwapar Yuga* and came to be known as belonging to the business category (*Vaishya Varna*). Again as time passes, they further fell down into impure (*Tamo*) and most impure (*Tamopradhan*) stage in *Kaliyuga* and came to be known as belonging to the serving category (*Shudra Varna*). In the last phase of *Kaliyuga*, all impure, dross and gross elements in souls reach the climax or culmination stage while the souls reach their

utmost hellish stage at the lowest nadir.

The decadent and depressed souls gave out Save Our Souls (SOS) calls at their house tops to invoke God, the sole Liberator and Redeemer, in order to cleanse them of all such impure, dross and gross elements that have deeply nestled in their souls, resulting in their utter sorrows, trauma, despondence, disorganization, devilishness and dehumanization.

It is at such a time of wilderness, utmost ennui, helplessness and hopelessness, the plethora of *Murlis*, directly delivered by Incorporeal God Shiva through mouth of Prajapita Brahma, helps in cleansing all impure, dross and gross elements in the crestfallen human souls and transforms them again into the deity stage by divinizing them with inculcation of divine virtues and powers.

Murli sharpens the intellect of the souls

The human soul has three components or faculties such as mind, intellect and impression (*Sanskar*): mind is the thinking faculty, intellect is the judging or discerning faculty and *sanskar* is the storing or recording faculty of all thoughts, words and actions of the human soul. As a result of the gross and impure impact on the intellect of the human soul, its intellect becomes dull and ineffective, thereby losing its sharpness and making it unable to judge or discern things, beings and objects in their right perspectives. It is the intellect, which judges the righteousness of thoughts of mind, which come out in words, and the resultant actions to be performed by the soul.

When the intellect is not sharp, it loses its power and perspicacity to see, view, perceive and discern things, beings and objects in their true colours; so, things, beings and objects present a twisted or skewed picture or demonstration, thereby leading to wrong judgments and discernments. This impels

Elevated souls cannot be influenced by matter or elements of Nature.

wrong and negative actions on the part of the soul, thereby leading it to commit sins and vices, follies and foibles; then, consequently, accumulation of sins happens in series of various births in the repetitive cycle of births, deaths and rebirths during the long passage of Time.

The righteous spiritual knowledge and wisdom of *Murli* sharpen the intellect of the soul, and enable it to see, view, perceive and discern things, beings and objects in true colours and perspectives, and also prevent it from thinking negative thoughts, from committing wrong action leading to sins and vices. Rather, the sharpness of the intellect honed by *Murli* impels the soul to avoid generation of ill, evil, impure and negative thoughts and actions and empowers it to perform good, pure and positive actions, which earn virtues for the soul and make it noble, virtuous and divine in the process of transformation of soul.

***Murli* acts as the spiritual medicine or injection**

In the Hindu mythological epic, *The Ramayana*, it is mentioned that when Laxman, the younger brother of Shree Rama, got unconscious during war, all sorts of medication at hand fell to bear any fruit. Then, Hanuman was advised to fly to the mountain Mandar to collect the so called *Sanjeevani Buti*, which was known to the effective cure for the unconsciousness.

Exactly, like the unconscious Laxman, all souls of the world in the Iron Age (*Kaliyuga*) have become almost unconscious by forgetting their spiritual identity and soul-conscious stage; as a result of this, they are moving hither and thither ignorantly and blindly in the wilderness of the vast material world of wasteland haunted by the ghosts of sensuality and insensibility,

consumerism and voluptuousness, depravity and vulgarity, negativity and nihilism, crimes and corruptions, immorality and incredulity, disintegration and disorganization, dehumanization and devilry.

In order to rescue the human souls from such wretched situations, *Murli* acts as the spiritual medicine and succour for curing them or delivering them from unconsciousness by instilling in them the true spirit of soul-consciousness. It is rightly said that God Father Shiva, the Supreme Surgeon, gives spiritual injection to the sick and diseased human souls to recover and rejuvenate them from the illness of body-consciousness by delivering the *Murli* and imparting spiritual knowledge to them not only for transformation of fallen human souls but also of the vast world of Nature, which has gone through the fallen stage of entropy during the passage of Time. **(To be Contd.)**

(.....Contd. from page no. 24)

When we are on a spiritual path, problems are not obstacles but, instead, are opportunities for growth and learning. We begin to believe that we are right where we need to be at any given moment. No one expects you to jump up-and-down for joy while experiencing setbacks or difficulties. But, instead of our initial reaction of getting angry about the problem or feeling disappointed, we can step back and ask ourselves the questions, "What can I learn in this situation? What opportunities are hidden behind this obstacle?" This kind of attitude forms the basis of our wellbeing, helps to cope with stressors - large and small - and affirms our purpose in life. ❖

Darkness and light cannot stay together; so also vice and virtue cannot.

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

Disrespect is cheap but proves to be very expensive

The feeling of hurt, caused by disrespect, particularly if disrespect is done in public, gives birth to ill-feeling, resentment, hatred, disunity, enmity and revenge. This, in turn, gives rise to conflicts and misunderstandings and makes solution of problems quite difficult. It spoils the relationships and the whole atmosphere. It increases the distance between the hearts and takes a heavy toll of love, cordiality and co-operation. Disrespect is a very cheap form of behavior but it proves to be very expensive. It can be delivered almost instantly like shooting of an arrow but the wounds inflicted by it take very long to heal. If one wants to make a person his/her enemy, showing disrespect towards him/her would do the job easily and quickly.

Showing respect is investing for happiness

If, on the other hand, people show respect towards one another, they are ensuring happy relationship and peace of mind in their life. One, who gives respect to others, shows his/her own civility, royal manners, belief in the dignity of all human beings and his/her refined culture. Conversely, one, who shows disrespect to others and behaves rudely or roughly, gives proof of weakness of his/her own character and that of lack of self-control and balance of mind. So, if we want to have a better world for all, it is necessary to give respect to each other and one another.

Sustaining the attitude of respect

Thus, it is not difficult to realize that giving respect to others is an essential ingredient of happiness and a salient feature of a better world. But, even in the face of many irritants and provocations, one can retain and nourish this quality, provided one keeps in mind the following factors:

See positive points and brighten the feelings:

One can keep on giving respect to a person only if one looks at the brighter and positive side of the latter's personality. If one's attention is on the latter's shortcomings, bad manners and defects; then, one feels hard-pressed against maintaining an attitude of respect. Even otherwise also, it is in our own interest that our major attention should be on a person's merits, abilities and good qualities, for this has a salutary effect on our own nature and sustains our happiness and calmness. Positive thinking on our part gives us positive experiences and negative thinking gives us nasty and nauseating experiences and affects our own health and leads to negative results. We can see some black spots in a person's conduct and spoil our mood or we can see brighter points and uplift our mood; it is our own choice.

The people, we encounter, help in our growth:

We should also bear in mind that even a person, who has many weaknesses in life has, perhaps, a role to play. His life also has a meaning and a purpose. So, as an actor in the world drama, playing his own role, he has a place and we should look at him from that point of view. A person might have been playing the role of a villain and we might strongly dislike his role; we have the right to do that but if we wish to play a good character, then, it becomes incumbent on us to be gracious and graceful. We should, thus, play our good role and be respectful for the roles of others as they help us in our personal growth and self-development.

Every soul imparts an urgent message: It is proved by experience that each person is different from the other. Everyone is a special being in some sense or has an iota of virtue. So, while his/her vices come into our view, let us not forget that every soul has a beautiful message for us. Everyone has, at least, some grains of goodness because everyone is a child of God.

Inculcation of purity, which is our religion, can make us self-sovereign.

We should, therefore, look at the person with this knowledge that some goodness, in hidden form, is there in him/her and it only needs to be rekindled and, perhaps, our attitude of respect can light the initial spark of goodness in him/her any day and at any moment.

Pride produces distortion of the image and irritation in eyes

Sometimes, it might so happen that, by our very nature, we might not like the views, culture or lifestyle of a person. But, this happens because we consider only our own views, culture or lifestyle as the best. This may be due to our vain pride. Pride blurs one's vision. It gives a distorted view. Why should we deny to the other man his right to have his own views and lifestyle? How would we feel if someone denies freedom to us to have our own beliefs and ways of living? Shall it be in good taste for us if someone shows lack of respect towards us because of our culture and traditions?

There has been a tradition in China according to which a Chinese shakes his own hand in greeting instead of shaking it with the right hand of the individual whom he meets. To an American or a European, this may seem a queer or a crazy custom, for their custom is to shake each other's hand when two persons meet. He may laugh or may also consider the Chinese custom as irrational. But, if he views it with an unbiased mind, he may come to the conclusion that the Chinese custom has its own merits even if it is not better, for, when citizens of some other countries go to a reception and there they meet and greet each other by shaking each other's right hand, they mix microbes and, then, without washing their hands, begin to eat whereas a Chinese is saved being far away from the microbes by not shaking hand with other.

Understanding

The problem of disrespect in mutual relations at the inter-personal, inter-religious or

international relations is due to man's biases, prejudices, indoctrination, wrong conditioning, belief in hearsay, rumors and wishful thinking. These mental states work as barriers to right understanding of the standpoint of others and, hence, create conflicts. Misunderstanding, misjudgement or wrong information are the major factors that have led the communities to clashes and individuals to intemperate language, unworthy behavior and inimical attitude.

We wish that all should have the views and personality patterns as we like. How can this be possible at all? Everyone has been brought up differently in a different cultural milieu and different socio-economic and political environment and has had different exposure to the prevalent situations. Even, genetically, everyone has had a different inheritance from his or her parents. So, we should cross over our habit of wishful thinking and be realistic and pragmatic. We may disagree but we should agree to disagree, knowing that we all are different.

Prejudice perverts the mind of a person

Prejudice leads a person to make judgements before examining evidence and applying his/her mind properly. It is acquired in our childhood, during our academic studies or training and resulting development. Prejudice perverts the mind of a person. It does not remain confined to certain individuals, who come in contact with us but we also make generalizations from our experiences of the individuals. For example: If a black person has not been behaving decently with us, we blame the whole race and say that they are bad, ill-mannered and troublesome. If one person from a particular religious community proves to be a dishonest, we tend to have prejudice against all of that community. Thus, a person may nourish ill-feelings and unwholesome attitude towards a particular religion, race, class or creed and spread hatred

about them. The reason is misunderstanding, prejudice and faulty generalizations.

So, what is needed is open-mindedness and willingness to look at all kinds of beliefs, customs and communities with sympathy or empathy and to make sincere efforts to understand why they are as they are and why their views are what they are. Being open to other ways of thinking can help us in our personal development. When we know more about different patterns of thinking and ideas from around the world, it will help us in understanding the world better.

Misunderstanding is like a bug

Misunderstanding is like a fungus that covers one's mind and spoils its wholesomeness. It is like a bug whose bite leads to fever of intolerance. Just turn on the switch of misunderstanding and all the information gives opposite meaning. It is like cancer.

So, for having a better world, it is essential that we have better understanding. And in order to create proper conditions for it, we should always be cordial, clear, approachable and easy and should communicate and show concern for each other's wellbeing and have humility and honesty. If our conscience is clear and expressions are courteous, polite and precise and our mind has ample goodwill; then, there are very little chances of misunderstanding. Our understanding of each other makes life smooth and happy and all these together make the world a better place to live in.

Tolerance is the inner strength acting as a protective umbrella

If, however, someone feels offended with us and shows anger because of some misunderstanding, we should have tolerance. Tolerance prevents the atmosphere from deteriorating further.

Tolerance is not weakness but in fact it is indicative of one's inner strength, gentlemanliness, civility, cultured sense and moral maturity. A weak person cannot stand attacks on his/her honor or honesty. Only a person, who is solid and strong, can practise or demonstrate tolerance. To be tolerant means that you accept other people's opinions and preferences, even when they live in a way that you don't agree with. Tolerance also means that you don't put your opinions above those of others, even when you are sure that you are right. Tolerant people show strength that they can deal with different opinions and perspectives.

Only the person, who has self-control, grace and wisdom, can be tolerant. For, a foolish person shows the beast in him/her so easily. A wise man is the one, who does not lose his temper but keeps his peace and behaves in a dignified manner. One cannot be tolerant unless one has the great virtue of forgiveness and love.

Tolerance has been the towering quality of great and holy men. They were badly treated, ridiculed, persecuted and humiliated and yet, out of compassion, they stood above these all. Those, whose aim is to serve, to wish others well, to do good to others and to be benevolent to the suffering, ones have to take their cross and be tolerant.

The present world-situation is such that anger, hate, cruelty, violence, etc. are seen everywhere. If we want to move away from the world of fear, bloodshed and crime, to a world of peace, love and acceptance; then, tolerance is the only way. Tolerance is the virtue, which can make it possible for people to co-exist peacefully. It is the basis for a fair society in which everyone can lead their lives as they wish. ❖