



The World Renewal

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June 24, 2021, 57th Ascension Day of
Mateshwari Jagdamba Saraswati



Heartfelt Tribute

Rajyogini Ishu Dadi Ji

(01-05-1928 to 06-05-2021)

The International Day of Yoga

|| From the Mighty Pen of Sanjay ||



RAJYOGA MEDITATION



Often the word 'yoga' or 'meditation' conjures up, in a layman's mind the picture of an individual, seated upright in the lotus posture, with his eyes closed, in an incense-filled room or at the bank of a river, absorbed silently in a spiritual thought or chanting Sanskrit incantation. This, however, is not a true picture of Rajyoga Meditation, for the subtle act of meditation may occur anywhere and in any posture, be it alone or at a crowded place. But what exactly is Meditation?

What is Meditation?

Really speaking, Meditation is awareness of the incorporeal self and metaphysical absorption of one's mind in loveful and purposeful consciousness of God and His attributes. It is different from prayer, as one does not make any supplication to the deity but only contemplates lovingly on God, having attained clear knowledge of Him. It is not silent or sub vocal repetition of a mantra or a fixed sacred formula; it is not like *Sandhya*, *Namaz* or *Paath* (reading and reciting words of a holy scripture) nor is it accompanied with any physical movements, but rather it is the name given to immersion of one's mind in the holy remembrances, happy memories, pleasant recollections, ecstatic recollections, or blissful-loveful consciousness of the Supreme Being in His benign and loving relationship with souls.

In meditation, one enters into the portals of intimacy, closeness and experience of being in God's presence rather than feel standing at a distance and looking around and seeking, and calling God as most people do in prayer.

It is not an effort of directing one's mind to God, knowing Him rationally, convincingly and clearly but rather it is practiced after one had explicit and implicit true knowledge of God and has a deep urge to be united to Him. In meditation, one does not try to concentrate one's mind on any image-gross or subtle-of a material or spiritual entity but on one Incorporeal God only.

In meditation, thoughts of deep love for God well up automatically, as it were, and there is no strained effort.

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■ Editorial ■

NEW SEASONS BRING NEWNESS



There is the wave of change these days in the weather as well as in the way Governments are functioning. Extended lockdown and curfew has meant genuine and definite benefit in cleansing the environment. As we learn from the Media, the main rivers of Bharat are flowing with cleaner waters, and pollution levels have gone down to the extent that people from Saharanpur can actually see the snow-clad Himalayas, which was never possible in the past! Everyone is looking forward to the onset of monsoon, which has already reached the shores of Kerala and the mainland of West Bengal, Orissa, Jharkhand etc. Even the people of Delhi are enjoying light showers which is a welcome change. In our own environment in Rajasthan, we haven't had a very severe summer season in 2021 because of heavy downpour received 3-4 times over the past 2 months. The hills are becoming lush green, and very beautiful pictures are appearing in the newspapers of full reservoirs in the different cities!

Nature-loving people are enjoying an orchestra of melodies by colourful birds. Even the diabetics are tempted to indulge a bit in the delicious mangoes of the season, which started trickling in two months back, and would continue for another month or so. Even though the storms and heavy rains

effected the mango trees slightly, but the resourceful people of India transformed loss into profit, by starting small-scale businesses of preparing and exporting a variety of pickles (*achaar*)!

Here at our Brahma Kumaris Headquarters, BK sisters and brothers have been enjoying intense meditation sessions while staying protected from the onslaught of Coronavirus. In April and May, some very valuable, serviceable BKs unfortunately left their chariots due to the virus and moved on in their journeys... However, we believe they will continue to play important roles in the Supreme Being's task of world transformation.

The Management Committee of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya held several deliberations in May 2021 regarding the appointments of a new Additional Administrative Head and four Joint Administrative Heads, and have delegated the responsibilities to continue to carry out *Yagya* Services in a systematic manner to the following:

- * **Administrative Head of Brahma Kumaris** - Rajyogini Dadi Ratan Mohini
- * **Additional Administrative Head of Brahma Kumaris** - Brahma Kumari Mohini Behn
- * **Joint Administrative Heads of Brahma Kumaris:**

- 1) Brahma Kumari Munni Behn
- 2) Brahma Kumari Dr. Nirmala Behn
- 3) Brahma Kumari Shashi Prabha Behn
- 4) Brahma Kumari Santosh Behn

We extend our heart-felt congratulations

to all of the above for their new roles in Spiritual Service, with the faith that they are most suited to fulfil the duties and responsibilities bestowed on them within the great divine service of a worldwide institution, Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya.

All of you must be reading and hearing a lot of news about the vaccination drive against COVID-19 in Bharat, as well as other countries of the world. There are presently four or five effective vaccines available across the globe, and people are becoming more aware and educated of the necessity to take the vaccination doses. Currently, the young adults (between 18-44 years of age) are coming forward readily as per the availability.

There are many people criticising the way the pandemic has been handled during the second wave in Bharat, but we still appreciate the efforts of the Government of India, especially that of our Honourable Prime Minister, Shri Narendra Modi, as well as all the Chief Ministers of the States. The sacrifices, hard work, strictness and efforts of the front-liner medical fraternity have curbed the further spread of the virus for now. Thousands of non-profit organisations, government agencies and kind-hearted philanthropists have contributed wholeheartedly towards the procurement and distribution of necessary medications, ventilators, oxygen cylinders and concentrators, and other essential equipments. **Through our Global Hospital & Research Centre services in Mount Abu**

and Abu Road, and under the wise guidance of Director, Dr. Pratap Midha, and his colleagues, we have been able to help prevent the loss of the lives in Mount Abu and Abu Road, and provide optimal and timely support to all COVID patients.

Our divine sister, B.K. Yoginiben, of BSES M G Hospital Mumbai, B.K. Rashmikantbhai Acharya, Gandhinagar, and several other philanthropists, have also extended their valuable cooperation wholeheartedly. Institutions like the Brahma Kumaris have provided free, healthy vegetarian food to the patients who were admitted in Mount Abu and Abu Road, along with fruits, nourishing drinks etc. **The patients also received proper spiritual guidance for keeping up their morale, as well as techniques to maintain good health through discourses by BK Rajyoga Teachers and Doctors, respectively.**

As per the Godly versions, we have been listening to revelations about the natural calamities which would continue to affect the world population, in addition to armed conflicts and civil disturbances. One of the respected Saints shared in his recent article the hidden plan behind changes in the environment as well as the political setup, but all of that needs to be thoroughly studied before being presented all over the world. It's indeed a very delicate and sensitive matter to talk about the future even though people find it intriguing to relate back to the prophecies of Nostradamus and other astrologers who give possible glimpses into the future. **How do we as a global**

community prepare for any kind of challenging situation?

Whenever we come across delicate news about the coming times, we need to awaken to the clarion call of the Supreme Father & Mother and become naturally soul-conscious, that is, raise our thoughts to the well-being of ourselves and humanity, and we can do this by the positive, pure power of the Supreme Being through Meditation. The Media has been conveying tragic stories of individuals during COVID-19, especially youngsters who have lost their parents, relatives and friends in the past year and are trying to find ways to overcome the ill-effects of the virus and find peace. It is a fact of life that a majority of people become conscious of the spiritual aspects of life only when faced with the loss of their near and dear ones. All of us have come to perceive from our elders, the Scriptures, and experiences of life that whatever humanity enjoys or faces as challenges are the reactions of certain *karma* performed in the past. **We at the Brahma Kumaris have learned for years that the beauty, and physical and emotional health of a person can reach such heights with the regular practise of early morning meditation, followed by the study of Spiritual Divine Versions from the Supreme.** We are very fortunate to have been blessed with the highest wisdom from the Supreme Authority of Incorporeal God Shiva, through the medium of Pitashri Brahma Baba, which enables total Self-Empowerment and Self-

Transformation in actions, words and thoughts. It is God's promise to human souls that He descends at the most delicate time of the Cycle of Time when the world is going through a spectrum of challenges connected with economy, health, education, farming, transport, politics and much more. Our Supreme Parent comes to teach us the secrets of spiritual wisdom, righteous understanding and application of the highest art of connecting with the Supreme Source, known as *Sahej Rajyoga*. **God's aim is to impart universal education that strengthens, enlightens, heals and rejuvenates all aspects of human endeavour.** We have to have more and more clarity about the original knowledge of Spiritual Wisdom, and Meditation taught directly by Supreme Being; it does not involve any physical exercises or unnecessary rituals as we have been engaged in on the path of *Bhakti* (Devotion) for thousands of years, but requires firstly, proper understanding or Self-Awareness and secondly, recognition of the most loving, and valuable relationship with the Supreme Being. **By following His Supreme Guidance, we definitely attain the precious Master Key for Salvation (*Mukti*) and Fruition(*JeevanMukti*). Let us live by this elevated lifestyle, and fly over all obstacles and test-papers that come our way!**

Om Shanti,

—B. K. Nirwair

STOP COMPLAINING, START HELPING

– B.K. Surendran, Bengaluru

We are always discontent with the world. We are dissatisfied with family members, situations, government policies, institutions, transport system, civic amenities, and so on. One always thinks that the other person should make him happy, the government should make him happy, the people at home should make him happy. In spiritual life also complaining nature often becomes a self-obsession. We look at other spiritual effort makers, sometimes we become jealous, we want a person to do a thing as we wish, sometimes we think that a particular chance should have been given to us, our outstanding work should have been highlighted, we must have a position in a particular spiritual congregation or some programme etc. Sometimes we think that we should be addressed in a particular way, which in our opinion enhances our respect. We think that a person in a responsible position should do as we desire and if he does not do so, we become displeased and start complaining. What is behind all these complaints? It is our dissatisfaction. In this process, the energies of our thought, speech and karma are inadvertently perverted. Many of us think that it is all in the game of life, but what happens is that we develop a complaining nature. This nature is a combination of all vices. We are bound in a golden thread. How can we unwind the golden thread and get freed to fly away to freedom?

Let us remember the following tips:

Always have grip over ourselves

My destiny is in my hands. I can make or mar my life. Determination, positive thinking and hard work with common sense can guide, lead and regulate my life. As an adept driver, I must be able to identify the bumps, road blocks, intersections on the long road of life. Let us not blame others. My happiness or sorrow is my own making. I cannot accuse others of being responsible for my situations or sorrow. I should not waste or misuse my inner resources of thoughts and virtues such as purity, peace and happiness. These are my invaluable property. Let me safeguard them by properly guiding myself in the midst of adverse circumstances and opposing people. Similarly, my words should be used for the welfare and progress of myself and others. Let my activities be not wasted in useless and unproductive ventures.

Watch the good qualities

It is always beneficial to look at the good qualities, virtues, specialties and greatness of others. As is our vision, so is our thinking. When we search and focus on the goodness of others, we ourselves will become good. We enrich our qualities by focusing on the virtues of others. Many of our virtues which are now in dormant state will start sprouting and growing. In this process we will become friendly with others and gain others cooperation. We will progress with the progress of others.

Look at the brighter side of life

Normally adverse circumstances and situations create a lot of pressure, stress and strain on us. We blame people, situations, the climate, the disease and so on. But these are our teachers who come to teach us new lessons in life. In all worst kinds of situations there is always a silver lining, a plus point which should be identified and developed to our advantage and restore stability and growth.

Help others to lead a better life

Life, these days, is becoming more and more complicated and isolated. People are living together, but mentally they are far away. Majority of people do not know how to lead a better life. Swami Vivekananda was of the opinion that the so called educated should be re-educated in the field of life, as they are found to be unfit to lead a happy life. Therefore, many of them end up in failures at the end of the tunnel. Life is interdependent and also independent. We must have good intentions, thoughts of others' well-being, goodwill and good wishes for others. This unseen force of the mind will support people to have grip over their problems and lighten their hearts. When we adopt a policy to help others, there is no question of complaining against them. The Vedas exhort- "*Ajestasas, Akanishtasas, EteBhratrahas*", means nobody is inferior or superior, all are brothers, make progress in life together. If our neighbour is not happy and peaceful, our happiness and peace is always with a casualty tag. Jesus Christ said: Love thy neighbour as thy self. Giving happiness, speaking a word of solace, creating hope, enthusiasm, zeal and self-confidence in others – all of them are great acts of charity.

Contribute happiness

Unless one is not happy, one cannot make others happy. Making others happy means sharing our happiness with others. By sharing happiness with others, we enhance our happiness investment level. To make others happy we must be positive thinkers. Always weigh the positive side of whatever adverse happens and put a full stop. One's happiness level is always at a casualty phase when one is not able to happily adjust with others in times of illness, unexpected financial loss and death of near and dear ones. We must learn how to take care of the situations with ease and equanimity.

We must build up a healthy and balanced mindset and not hurt the feelings of others and criticize others. Always look at the brighter and beautiful side of things. We must be the donors of Godly spiritual knowledge and help others to plough up the inner resources of virtues and powers.

Awareness of our greatness

Always be conscious of the fact that I am a child of Almighty God, a spiritual energy present in the human body. The entire world knows that they are the children of God, but the difference is that we do not know exactly who He is, where He is, what is His relationship with us and what do we inherit from Him. We must be aware that we have been selected by God from amongst the multitude of human beings for the special mission of transformation of the world. In our original state of existence, we are an embodiment of knowledge, peace, bliss, etc. We are originally, completely vice-less, non-violent, virtuous, and divine. If we count our blessings, we will have a lot of respect for ourselves.

Duties and responsibilities

Duty consciousness enforces in us, the values of punctuality and detachment from the fruit of action. Hard work is the quintessence of duty. There is going to be excellence in everything we do. Excellence is a by-product of sense of freedom, self-respect and dignity. A teacher while teaching a group of students is aware of the fact that he is not simply a functionary, but he is called upon to perform the noble function of teaching, which is dedicated to man-making and nation-building or human development. Duties should be combined with responsibilities. In these days people want more and more freedom with no responsibility. But freedom should be combined with responsibility so also duties should be combined with rights. When one has a family or people to support, it becomes one's

duty to support them. One should feel responsible that he should not disturb the peace in the locality while discharging his duty. It is the responsibility of everybody to keep the surroundings clean. We should not also encourage gossiping, spreading ill will and hearsays. When everyone is conscious of his duty and also responsibility there will be no scope for complaints.

Appreciate the unity in diversity

No two human beings are alike. Variety is the spice of life. One's behaviour, likes, dislikes, nature and habits cannot be compared with others. Every person is a unique creation of God. When we accept this fact, we should also accept that everybody's preference of choice, rights and freedom and activities are varied. We are destined to coexist. Because there is variety, this world is wonderful and beautiful. We must not be annoyed over a particular behaviour and habit of a person. It is a game of life. Let us look at ourselves to see that we are flexible, have molding nature to proceed in life without accidents while enjoying the multifaceted scenes and sceneries. We must have no complaints but we only rejoice. Everybody has his freedom, his rights, his wishes and aspirations. We have to respect all these and be contented with ourselves.

Gradually improve to a state of fulfillment

We are watching people while we are carried away by their misbehavior and vicious tendencies and so on. As long as we have this kind of attitude, we cannot progress in life, and do not have grip over life. But we should look inside and see what is lacking in us. There is a vacuum, and in order to fill the vacuum one is carried away to the outside world. But it can never be filled up from outside. One can fill the vacuum by focusing on God, who is the reservoir

of all virtues and powers. One can also develop his own virtues and powers by copying the virtues and powers in others. In this process there is no scope for complaints and grievances. One who has made meditation as a way of life, is a friend of all and servant of God. Let us engage in self-analysis, introspection and self-talk to transform our life so that the world will transform in positive lines. Let us appreciate life, its beauty and goodness. This is the best contribution we can make to this world. ❖

DO YOU HAVE A CLOSE RELATIONSHIP WITH GOD?

God is an Ocean of peace, love and joy and we are His children, who are souls with the same original qualities. When we have a beautiful relationship with God, we can fill ourselves with these qualities from Him. A beautiful relationship is defined by two lines – I am yours. You are mine. Also – Everything that belongs to me is yours. Everything that is yours is mine. A relationship with God is also based on these four lines, if we are really close to God and experience Him very-very closely. When normally asked to anyone, who is the closest to you, many will say – my child, my spouse, my parent, my teacher, my sibling etc. Very few will say that God is my closest one. Why? Is it because He is not visible to our physical eyes? Is it because we haven't tasted His love closely? Is it because we do not know how to remember Him? Or is it because physical relationships are easier to connect to? ❖



KNOWING OUR TRUE IDENTITY CREATES UNITY



– B.K. Sister Chirya, Owego, (USA)

In his inaugural speech that is, his first address as President of USA, President Biden was elegantly humble in delivering one major thought in the collective conscience of the nation. He wants unity; he wants to 'restore the soul of the nation'.

"We can see each other, not as adversaries, but as neighbours. We can treat each other with dignity and respect. We can join forces...Without unity, there is no peace, only bitterness and fury", he said.

To experience unity in humanity's crisis of identity, we now must have a brand-new understanding of ourselves as spirit, not as flesh. "Dust thou art, and to dust thou shall return" refers to the 'human' part, the body. I, the soul, radiating eternal spiritual light never die. The soul gives life to the body and when it leaves the body, it is called death. The true identity of a 'human being' is the soul: the 'being' part, a tiny eternal spark of light, separate from the physical body, the 'human' part, with all of its divisions of age, gender, culture, colour, religion, etc. How I see myself is how I define myself, as soul or body. The face in the mirror says body, and the internal mirror of insight says – soul!

The eyes are remembered as 'windows of the soul'. I as the soul, is located behind the eyes, in a cavity of the brain. With Covid restrictions, we now meet and greet each other through the eyes; not with the usual hugs, handshakes, or smiles (now hidden behind masks). Consider

these days to be beneficial as we are communicating and smiling through the windows of the eyes, smiling as a soul!

To experience unity in the face of the limitations and dangers that come from seeing only externally through physical eyes, one must think: "Now is the time to go beyond all divisions, beyond all the physical barriers and limits that divide us and our sense of self." Look within, practice and experience being a soul. Soul consciousness allows us to get back in touch with God, and see ourselves made in the image of God, defined by the Light of God as love, truth and peace. Allowing ourselves to be transformed, I will also know about you – you are also a soul, an eternal being of light, you are my brother. It doesn't matter whether you are white or black, rich or poor, Russian or *Anglican* or whatever. We all have the same Father!

As spiritual beings, souls, we remember we are united as one family, sisters and brothers, the living sparkling lights of a global family under the Fatherhood of God. Defining self and others as 'beings' residing in 'human' bodies, is the key to transform the self and create unity in the nation and ultimately the world. ❖



CHANGING TIMES

It is wise to bend rather than to break. Those who change will get spiritual wisdom. Conversely, those who have wisdom will decide to change. Change is the first law of Nature. In fact, change is the mark of Time.



NEED OF TRUE SPIRITUAL KNOWLEDGE AND UNDERSTANDING



First of all, those, who listen to this knowledge daily, should know very well that none but God alone can give the knowledge about the transformation of the souls and the world. Even in the songs, He is remembered with these words: “The light which



You ignited, no one else can ignite.” To ignite the light of the soul, to teach the method to have yoga with Him, is not in the hands of any human being. The human being can only learn these eternal truths but he cannot teach. If I say, I want to be a doctor, it means I have not become a doctor and, therefore, I want to become a doctor. Only the one, who is a doctor, can teach others to become a doctor. The One, who teaches us the knowledge of the depth of *karma*, will be the One who teaches, whilst we are the ones who learn. Aren't we really the learners?

How can the ones, who themselves go through the bondages of *karma*, teach? Those deities, who have reached the highest, can also not teach. There is no need to give or get this knowledge when the deities existed; at that time, the world was heaven. When deities were in heaven, their stage was completely pure, and there was no question of giving knowledge at all. They became deities by listening to this spiritual knowledge and transforming their life in their last birth in *Sangam Yuga*. What do we become, by

listening to this divine knowledge now? Deities. When the deities do not have the knowledge of Eternal World Drama (EWD); then, how can the human beings have this knowledge?

We are in need of this true spiritual knowledge and understanding. Nobody can give this knowledge except God. Some people think that religious founders or famous saints like Swami Vivekananda have given teachings on the spiritual knowledge and understanding. But, there is no one, who can give such a clear and complete knowledge about the soul, the Supreme Soul and the eternal world drama in the same way as God now does in this present *Sangam Yuga* – the period of self-transformation and world-transformation.

This should be in your intellect that, apart from God, nobody can explain this knowledge in such a profound manner. No one has revealed the secrets of *karma*, of degradation and liberation of souls except God, the Supreme Soul. This is why there is praise of God; Guru Nanak Dev also praised God's knowledge and His noble tasks as unique: ‘You alone know your ways and methods.’ It is not said that I know your ways and methods; rather it is said that ‘only You know’. ‘Only You know’ means it is He, the God Himself, who can tell us. Isn't it? Therefore, it should fit in your intellect that no one except God has this knowledge, and that this is the only auspicious time when God Himself is explaining this invaluable knowledge to souls, His prodigal spiritual children, who were long-lost but are now-found by Him.

It is the soul, who feels and experiences, but not the body

Many people think that the soul is immune so that nothing is imprinted on it. But, it is not like that. The soul may get detached from the body; but this does not mean that nothing is imprinted on it, or that it is detached from any impressions. It is right

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that the soul is detached from the body and different from it. But, it is not detached from the impressions.

It is also not right that whatever is experienced is experienced by the body. It is the soul, who really experiences; but it experiences through the body. If there is a corpse lying somewhere, will that feel something? In fact, the one, who feels, has left the body, and that is why the body is lying there. So, it cannot be said that it is not the soul, who experiences. When the soul is in the body, it experiences sorrow or happiness. If there is no soul in a body, and you start doing anything to the body, will it feel anything? No. From this, we understand that the one, who feels and experiences, is the soul. It is also the soul, who creates the *karmic* accounts. Therefore, when the soul goes to another body, it carries its *karmic* account with it to the next life through its rebirth in another body.

Some experience sorrow right from their birth or early childhood; they become handicapped, blind or diseased and experience the sorrow associated with these. Where did they get this sorrow from? In the early childhood, the child has not committed any sin! So, definitely, it is carrying forward its *karmic* accounts from the past life. The soul has brought its *karmic* account with it; and, as a result, it has to take the birth there, with a deformed or handicapped body like that. The people, the circumstances, the situations we come across – all these associate with us because of our *karmic* accounts accumulated in our past births.

So, the impressions are in the soul. Aren't they? This should, therefore, be in our intellect that whatever we do, we, the souls, experience it sooner or later.

Actions leave impressions on the soul

We need to pay attention to our actions, because the soul is not immune to what it does; everything is imprinted on the soul. Other

people think that the soul is immune and so they eat, drink and do anything they like. But, it is not like that. It is the soul that performs actions through the body. If the action becomes a sinful one; then, it is the soul, who has to suffer. This is why we have to have control over our thoughts, feelings and actions. As long we do not stop the sinful actions, our sins continue to accumulate to the point where we cannot get rid of what has been accumulated.

We now have to finish the sinful actions, which we have accumulated in the past. First, we have a burden of sins from the past, which is why we have sorrow and peacelessness in our life. Whatever we have done in the past, we are suffering as a result of these doings.

Second, whatever we do now should not become sin; and, therefore, we should not perform any action under the influence of any vice like sex-lust, anger, greed, attachment, ego, indolence and jealousy. It is not that because our mind is inclined towards something, we just do it. We have to pay constant attention to check and change our thoughts and thereby let such vices go.

Some people say that as we continue to listen again and again, the mind becomes alright, but it is not that either. How long have we been listening to spiritual discourses, stories, scriptures, *The Vedas*, etc.? We have been listening for the two ages, from the Copper Age, (*Dwapar Yuga*) till the end of Iron Age (*Kaliyuga*). However, as we continued to listen, our sins also continued to increase instead of reducing. Didn't they? The Copper Age turned to Iron Age, and we fell down further into degradation. However, we did not let go of sinful actions! We can change the *sanskars* of the self only through true spiritual knowledge and understanding and also by imbibing virtues and powers through Rajyoga Meditation, which are being taught by the Supreme Father Himself. All these things have to be clearly understood. ❖

International Widows Day Special

SPiritUAL WOMEN EMPOWERMENt

– B.K. Viral, Borivali (West), Mumbai

The United Nations observes June 23rd as International Widows Day. Hence today, please find some excellent points encouraging them in the journey of life ahead.

Coping with Death of Loved One

Like in a train journey, everyone's boarding and departure points are different... Similarly, it is in the journey of life... Hence, it's no one's fault.

The soul is energy, hence can neither be created nor destroyed i.e., it's immortal, eternal and imperishable. Hence, death just means leaving one body and taking up another. And just leaving the body doesn't mean the relation is over... i.e., the soul is still catching our thoughts and vibrations.

And as are our thoughts, so are the vibrations. Hence, while it's natural to remember someone we've lived with for years, but we definitely have a choice whether to remember with grief and sorrow, or with love and gratitude. Hence, let's always remember departed souls positively to send the right energy to them, which helps them in their journey ahead in the next birth.

And if we really love someone, we can't afford to send them even a single negative vibration!

Hence, the call of time is not to go in grief ourselves, but to send them powerful vibrations of peace! And for giving to others, we need to first fill ourselves with true peace and love by empowering the mind.

The Role of Spirituality

While the above points may seem perfect and logical, implementing them requires a lot of power. So, let's take the benefit of our nearest Brahma Kumaris Rajyoga Meditation Centre, where God's direct spiritual knowledge and Rajyoga meditation not only helps to keep one strong, but also empowers us to send the right energy to the departed soul!

God says, "I'm your eternal husband, and I'm immortal & imperishable. Hence, you can never ever consider yourself a widow!"

God loves us unconditionally, and only He can be with us 24×7, our lifelong companion. Hence, we can never feel ourselves alone.

Indeed, God says, 'I'm always free and available to help you, and fill you with all virtues and powers.' Hence, let's hold His hand tightly now!

God's loving canopy of protection protects us from everything and from everyone. Let's keep following His elevated directions, and remain very light.

At the present time, God asks us to give all our burdens and responsibilities to Him. Be a trustee and an instrument i.e., stay in the awareness of God being *Karankaravanhaar* and me being a doer (*Karanhaar*).

Relations & Wealth

Some go in so much grief and sorrow for extended periods, that people start moving away from them. Let's also take care of those around us and to genuinely do that (i.e., to radiate the right energy to them), we need to let go of this baggage of sorrow.

Also taking care of financial aspect is easier when the state of mind is powerful.

Hence today, let's realize that the departed soul is still catching our thoughts and vibrations.

By connecting to our Supreme Beloved Godfather Shiva, we can pass on our pure vibrations of peace and love to the departed souls, hence helping them immensely in the journey ahead. And indeed, when we remain

stable in this big situation, we'll automatically help others to remain strong and stable too. Thus, becoming instrumental in bringing the divine sorrow-free land Satyuga back on this earth! ❖

ESSENTIAL VALUES IN LIFE

– B.K. Farha Sayed, Mumbai/Yemen

Values are the gateway to our authentic self. Values form the essence of our thoughts, words and actions. They are the ideals and beliefs that one considers most important in life. It is important to note that everyone's values are different, hence the importance of really understanding one's own is essential for calm, confident living and will serve as a great foundation in life. Values can keep life simple and feeling in alignment when you base your daily actions around them.

By letting values guide and shape your priorities and reactions you will make better decisions when opportunities arise which will have the effect of leaving you feel more content, happy, confident, and satisfied in life. They are the base of our emotional intelligence; they influence our behaviour and serve as a navigator in all situations.

Our goals and purpose of life need to be grounded in our values for long term success. Knowledge of our own set of values offers us the protection from the barrage of external influences and brings a great sense of empowerment. The process of understanding our values invites us to go within and cultivate an inner awareness of what is truly valuable. They

are our base of how to show up in life and live life to its fullest, on par with what we are all about. Unfortunately, most people coast through life without any kind of consideration for what is truly important to them.

Getting into easier way, defining simpler way to achieve far better understanding and core values of life through meditation:

1. Self-respect – respect myself and others
2. Self-esteem – faith in myself, dignity
3. Honesty – being true to myself and others
4. Happiness – to be happy, contented at any cost
5. Silence – being a silent soul to understand everything; calm
6. Purity – freshness, unspoilt mind
7. Concentration – focus on a particular thought
8. Clarity – clear thinking; precise
9. Self-awareness – awakening of thought
10. Peace – stability in whatever we do
11. Success - it is a combination of determination and concentration

Our values, after all, are simply the things that are important to us in life, so it should be natural to live by them.

DIVINE EXPERIENCES WITH RESPECTED DADI JANKI JI

– B.K. Janmejy, Mumbai

I wish to share 3 heart touching moments out of many-many sweet memories with respected Dadi Janki ji, –

1. Unconditional Giving: Around 20 years back, it was first mega program at Shivaji Park in Mumbai with the objective to give message to 100,000 guests. The turnout was magical and more than 100,000 souls came for the programme, making the event highly successful. Towards the end of the programme, there was a live performance where melodious songs and music was being played, much to the delight of the audience, who were not ready to leave their seats. While all Dadis and seniors left the stage, Dadi Janki was still sitting on the stage and was giving *Drishti* (spiritual gaze) to the ocean of human beings sitting on the ground. I was one of the volunteers in guests lounge near the stage. I just thought how wonderful it will be if I get an opportunity to meet Dadi ji and get *drishti*, which looked to be quite a challenge at that moment. I was hoping for some magic to happen. And the very next second, as if this thought was captured by Dadiji, she turned and looked at me and I was pulled towards the center of the stage. Dadi ji gave a long, sweet and powerful *drishti* along with *Prasad*. I felt as if I was flying in the Subtle Region and I was the luckiest one who got personal *drishti* from Dadiji amidst such a large gathering. I feel and cherish the power of this *drishti* even today; certainly, has been one of the most memorable moments of my life.

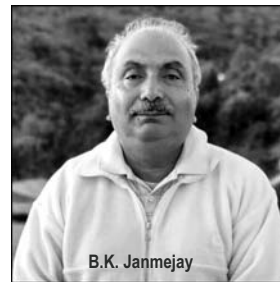
As a true companion of God, Dadiji's treasures of all divine virtues, values and powers were

always full and over flowing...always willing to give, give and just give unconditionally. Those moments I felt as if I am standing under a waterfall of happiness, harmony, peace and bliss. Through Dadi's *Drishti*, I was receiving Gods powers and blessings in abundance which will last forever. That was the magic of Shiv Baba, the Supreme Father and Dadiji.

2. Making Others Feel Great: One evening I received a call saying Dadi Jankiji will be coming to our center that night and we would celebrate her birthday (surprise). Dadiji was on her way to London and for few hours she would spend time at Mumbai on the way. I was overjoyed and thought of making some unique birthday gift. I started looking through books and net searching for Dadi ji's images – her life journey. Quickly, I collected few images, created a collage and rushed to the studio to make a frame. After the birthday celebrations, I quietly passed on the frame to Sister Hansaji and requested her to show the same to Dadiji. Next day, I got the message that Dadiji liked the frame, she appreciated the efforts and carried the frame along with her to London. I was touched and filled with tears of joy. In spite of her extensive travel schedule and the heavy luggage that goes with it, she decided to carry this small, heartfelt gift with her.

Feeling great and making everyone feel great was mastery of Dadi Jankiji through her infinite spirit of caring, sharing and inspiring one and all. Through her kind and loving gesture of appreciation, Dadiji made me feel on top of the world. I was literally dancing in divine joy.

Cheerfulness, enthusiasm, optimism, positivity and being available in the present



moment are some of the jewels of Dadi's crown of light and might.

3. One Strength, One Support: Dadiji was ever victorious over elements of nature with will power, courage and determination.

One of Dadiji's programmes was planned around 10 years ago at Hyderabad, India. It was Dadiji's first visit to Shanti Sarovar Retreat Center. More than 5000 guests including VVIPs and BKs from all over the state were invited for the same. All arrangements were made for a grand welcome and mega programme. Dadiji was to leave from Mumbai for Hyderabad. Just 3 days prior to it, heavy rains started in Hyderabad resulting in flooding and cancellation of flights. The MET Department had issued predictions of heavy rainfall for next seven days.

Looking at the situation, everyone requested Dadiji not to travel and cancel her visit. After listening to all, Dadiji said with a smile Dadi will go to Hyderabad as per the plan. We could see the faith and determination on her face. Finally, Dadiji boarded the flight. (Incidentally, that was the only flight that landed in Hyderabad on that day.)

Under dark clouds at 4 pm in the evening (which seemed like midnight), Dadiji reached the venue at Hyderabad. Everyone was concerned about the programme but Dadi ji had her signature smile of an angel on her face. And to everyone's pleasant surprise, rains stopped in 1 hour. The sky turned clear and the day looked bright. The entire programme went on smoothly as per the plan. All the guests kept wondering, witnessing divine magic throughout the programme. Dadi ji said in Hindi, "*Prakruti saath hai aur saath degi*" (Nature is with us and will co-operate fully).

On the next day, rains started again after all guests left Hyderabad.

We have seen, experienced and heard similar

stories displaying Dadiji's complete faith in 'One Strength, One Support.' Her courage and determination, irrespective of external challenges, were so inspiring and empowering.

Dadiji always lived life like a carefree emperor with divinity, reality, royalty, intoxication, happiness, light and might. ❖

HOW TO BUILD A CLOSE AND STRONG RELATIONSHIP WITH GOD?

Let Us Reflect -

1. Let's receive our own wisdom of our spiritual form, original spiritual home, original and natural qualities and our role in the World Drama.
2. Let's receive the wisdom of God's name, spiritual form, home, qualities and role in the World Drama and understand all of these deeply.
3. The third step is to experience deeply that you are God's very close relative and God is your closest relative, based on the above two wisdoms and immense love based on that wisdom.
4. The next step is to shape your thoughts, words and actions according to God's wish. This is giving whatever that you have to Him. He will in return fill you with His gifts of peace, love and joy, which will make your relationship with Him beautiful and close.
5. The last step is to radiate that peace, love and joy and colour your every human relationship and role with God's qualities.

The Brahma Kumaris share this Godly wisdom, which can become a key for you for opening the doors to a close and strong relationship with God in your life. ❖

RAISING OUR VIBRATIONAL FREQUENCIES

–B. K. Sujoy, Durgapur (W.B.)

According to *The Bhagwad Gita* (12:13-14): “He who is free from malice towards all beings, friendly and compassionate, and free from the feelings of 'I' and 'Mine', balanced in joy and sorrow, forgiving by nature, ever contented and mentally united with Me, that devotee of Mine is dear to Me.”

Thoughts have proved to be powerful yet non-physical “energy” can influence other souls and also matter. On a limited scale, there are experiments with Extra Sensory Perception (ESP) and mental telepathy. On a more sensational level, some use the power of thought to such an extent that steel objects can be bent and heavy objects moved without any physical aid. In the case of telepathy, communication over thousands of miles is possible in an instant when two souls are “tuned” to each other’s “mental wave length” as if this thought-broadcasting and receiving is some sort of subtle radio system. Occult powers also invoke the power of thought, although often for impure or egoistic motives and gains. The emperor Napoleon made sure the battle was won in his mind before he entered the battlefield. Thoughts can be regarded as the energy or subtle force, which links the soul to physical matter through the soul’s connection with the body.

Thoughts, emotions, desires and moods generate a “field around the soul, which, just like an electric field, can be called positive, negative or neutral, depending on the quality of its effect

on other souls and on matter. When a large number of souls are all experiencing the same emotions; then, the atmosphere becomes “charged” with it. The large hyperactive crowd absorbed in panic generates a powerful threatening atmosphere so that a person, who is trapped in crowd, experiences the same emotion on his own. Similarly, a soul with great mental power or talents generates “charisma”, which is really just a more powerful vibration than a weaker soul.

The pure mind is like a vice-less wireless set. A pure soul with peace, poise, harmony and spiritual power sends thoughts of harmony and peace into the world while an impure soul, whose mind is full of jealousy, revenge and hatred, sends out discordant thoughts that enter the minds of thousands and stir in them similar thoughts of hatred and discord.

The stronger the thoughts the greater is the fructification. Many can be influenced by pure thoughts. Positive thoughts usually generate happiness and bring peace and harmony in the environment, whereas negative thoughts induce a heaviness that brings some type of sorrow and causes chaos and confusion. Our single thought of lust contributes to the total lust in the world. Whenever we get angry, we raise aggression in the world. By competing or comparing, we increase greed in the world, and the bottom line is: when we radiate our low frequency vibrations to the world, we contribute to its decline.

The sum total of all our individual vibrational frequencies forms the Global vibrational frequency. When we choose love over lust, peace over anger, compassion over hatred and happiness over fear, this shift in us brings a shift in the world. Are we ready to raise our vibrations?

Every personal or global issue, which needs

to be addressed today, is an offshoot of the five lowest frequencies - lust (*kaam*), anger (*krodh*), greed (*lobh*), attachment (*moh*) and ego (*ahankar*).

To raise our vibrational frequency we need to follow the following steps or create some simple lifestyle changes to create the shift:

- i) Start the day with meditation and yoga. It will give emotional diet of spiritual or self-transformation messages.
- ii) We should refrain from discussing or judging people's habits, thinking, talking or listening about other people's weakness, as these cause our frequency level to drop.
- iii) Meditating or praying while cooking and eating food makes it *Saatvik* (with high vibrations). *Tamasik* food carries low frequency vibrations of hatred, pain, anger, fear and death.
- iv) We should priorities values and principles over assets and achievements.
- v) Meditate and fill the mind with words of peace, respect and compassion. When we sleep peacefully, we radiate vibrations of peace to the world even during sleep.

So, dear brothers and sisters, do contemplate, be the change to begin the change, and when we stand up for ethics, the world changes. In fact, when we change, the world changes. ❖

TAKING RESPONSIBILITY OF ENVIRONMENT CARE

Our intentions, thoughts, feelings, words are vibrations which radiate into the world. They influence – people, animals, plants and the five elements of nature. Our anger, stress, pain and fear create environmental pollution. Protecting our environment is not just about taking external measures. Our own state of mind or our vibrations which are constantly radiating, are equally important. Each time we love, care or empathize, we are healing the environment. Each time we are angry, stressed or scared, we are only hurting it.

1. Your intentions, thoughts, feelings and emotions are vibrations which constantly change the planet's vibrations. Your thoughts affect your mind, impact your body, influence minds of other people, and radiate into the environment.

2. Your vibrations influence people, plants, animals, and even the 5 elements. Your every thought either heals or hurts the environment.

3. Meditate for a few minutes daily, respecting and giving gratitude to the environment for sustaining you. Radiate blessings of peace and love.

4. Regardless of people and situations, respond with pure thoughts and ethical behaviours. Remember that purity, peace and love are your original qualities. By using them in your actions and interactions, you raise the vibrations of the world and heal it.

Just by being who you are, and radiating your original qualities of love, acceptance, care and happiness, you protect the environment. ❖



Rejuvenating Mind Through Rajyoga is Need of the Hour



—B.K. Subramanian, Avadi

Since the outbreak of covid, we are facing a national trauma which has affected many areas of daily life, including mental health. The pandemic continues to dishearten many people around the world because of the loss of loved ones, their jobs, or their old ways of doing things. Mired in the negative impact of the lockdown, people's mental health problems have risen, adding to the misery in the world today. People find themselves feeling hopeless and helpless, and, ultimately, depressed with cases of suicides increasing steadily.

It is all because the will power amongst humans has become very weak. People have been left in darkness of ignorance. They do not know how to overcome difficulties/stress faced by them. Is there any way out? The answer is yes.

We in Brahma Kumaris believe that **Rajyoga meditation is a powerful tool to strengthen the mind and restore peace and harmony on our planet.** Rajyoga meditation has been designed in such a way that it works like a divine medicine (*Sanjeevani* Herb) particularly for those who have become mentally weak. While feeling stress and panic is normal in this situation, one needs to control the mind and send positive energy to the surroundings. One's mind should not be dependent on what is happening outside but should deal with what is happening inside. If a person is able to control his mind, he can fight any battle. Meditation helps to take care of our minds in order to not create problems for others and also take care of the people around us. This makes life worth

living and gives strength to fight every situation.

Meditation and Medication are two different aspects jointly to be tried for improvement in overall health. Mind related problems such as worries, Stress, tension, Strain, anxiety, depression, lack of will power etc., do have their own way of treatment through Rajyoga meditation. Nowadays medical authority throughout the world have accepted that the mind is the root cause for development of all types of physical ailments.

Whenever the soul becomes weak, the will power automatically gets reduced and paves way for development of different types of mind related problems. As far as medication is concerned, toxins in the form of virus present in the body are removed through medicines and immunity is developed. Similar is the process in the case of meditation also. Toxins of the mind in the form of negative thoughts and feelings relating to vices such as lust, anger, greed, ego, attachment, jealousy etc., are eliminated together with inculcation of positive qualities such as peace, love, happiness, knowledge, power, purity and bliss.

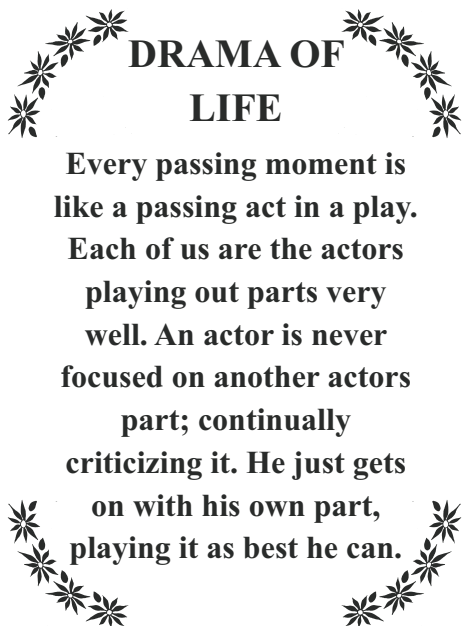
This is the time when we also need to reflect deeply, we need to ask what spiritual lessons we can learn. And, on that basis, what changes do we need to make? The current time asks for a deep inner transformation which begins with a change in awareness, which leads to a change in our attitude and the vision we hold. With a different vision we take different action.

Taking time to reflect each day on how closely connected the human family is with the natural world, will make it clear that the awareness we hold and the actions we take as a result of that vision, and how it ripples across the planet, affects all its inhabitants. This change in awareness changes the way we think and respond to others and the planet.

Some years ago, Dadi Janki, spoke of this

ripple effect and how it can work for bad and for our great benefit: "We talk about how science, technology and media have made this world a global village. There is a kind of sharing that causes the world to be global. One bird from Asia can bring a flu to the rest of the world. The same thing can happen with the spreading of a change of awareness. When enough people begin to experience themselves as well as humanity in a way that is not limited by the physical world, in the unlimited way that God sees us, the world will reach a tipping point and will tip into an age of truth."

Each of us can support a change in the natural world through our thoughts and reflections. Our mind is a gift to the world, when we sit in meditation and offer our elevated thoughts, it creates miracles not only in our lives but also transforms the world. ❖



RULING AND CONTROLLING THE 5 SENSES

Our 5 physical senses which are our organs of perception, play a vital role as we discharge responsibilities. They help us know the world. When we control and use them rightly, we experience peace and happiness. When we lose control, they start influencing our thoughts and decisions, and thereby create illusions, attachments and sufferings. Each of us has the same amount of power and control over our senses. It's all about our intent in using it. When we say it is difficult to rule over the senses, difficulty becomes a reality. We then become slaves to sense organs and deteriorate our quality of life.

1. Meditate daily to stop the wandering of mind and senses. You will experience bliss as your innate nature, and thereby go beyond the feelings that you experience through senses of sight, taste or touch.
2. Study spiritual wisdom every morning for 15 minutes to fill your mind with pure thoughts. Purity in the mind ensures purity in deeds. It's only when the mind is weak that we give in to sensory pleasure, easily getting attracted to distractions and dependencies.
3. Use your sense organs with a consciousness that you are the ruler and controller. Gaining control over them needs to begin with your thoughts. Remind yourself – I eat only what is healthy for me..., I watch TV for ... minutes, I spend ... minutes on social media. Stick to your decision.
4. Consciously monitor your sense organs to give them the right direction. Even if they drift towards sensory pleasures like people, places and things, bring them back. Even if you fail, don't give up. ❖

YOUR MIND (SOUL): A BANK OR DUSTBIN?

—B.K. David, Paignton, England

The fortunate have heart shaped clouds following them that shower the rain of love over them. Yet many have black clouds the shape of a body that ruins their lives as it showers only sorrow and makes them heavy.

Do you go to parties that strangle you with their ribbons of falseness? Do you take happiness or sorrow with you to hand out as your gift at the party of life?

You can make your life into a happy party or throw a war party everyday where you are the host and nobody dares laugh.

Do you make a 'cake of love' to share out at your party? Is everyone invited or only two or three of your closest friends? Each day around the party table great things can happen but often instead, many sad events take place and under the table can be found a swimming pool of tears whose chlorine is grief.

At the party of those without happiness there is a large 'S' on the corner of every napkin as there is so much sorrow at such parties. They are parties consumed by bad habits with bad acts performed constantly and you can hear clearly the frustration and complaints in every conversation. This sends some upstairs to sulk and to get bored or to fall asleep on the sofa amidst the noise of the party. Does this party sound familiar? It should do, as it's everyone's party today with few exceptions. Countless negative things happen all the time at such parties as this all over the world.

Some make, bake and take a very sweet cake to the party of life which everyone wants a slice of to enjoy.

Are you guilty of not taking anything pleasing to the party which anyone would like to eat? Maybe you take nothing or only average foods which no one really wishes to taste? Some of the people's snacks (comments, ways, habits, understanding and attitude) they take to the party will choke anyone that tries them. One needs to take great care what you try as afterwards you'll need to digest it and there is a world of difference from digesting a sweet mango then it is poison.

All parties are now very dangerous and if one does not pay attention and watch what they eat and to whom they sit next to and talk, they can easily get food (thought) poisoning (made to feel miserable).

Wise is the partygoer that does not pick up moldy food or sit next to an angry person that will only serve to pollute his mind with his endless moaning about this, that and the other.

At this giant party called life, the company you keep will either carry your boat across or sink it. The foods on the table can be dangerous and make you mentally unstable as once eaten, those thoughts will need to be digested and can make you very ill.

Only the very wise, strong minded and loving can listen to rubbish and have the ability to remain uninfluenced by it. If you are not strong willed, you best stop at home and watch TV and avoid such parties that are wall-to-wall with negative people.

Do you make a trifle that hides a secret rifle?

Many have a mind that's like an invisible rifle whose thoughts are dangerous bullets that automatically shot at people, even those they do not know, when they come into focus (gain their

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unfavorable attention) as they have said something rude to them or simply been ignored or they think they look and dress uncool.

We can take the sweetest of cakes to the party of life or smuggle in our trifle which contains a secret and invisible rifle. Anyone that eats such a trifle will be very sick. Only the party food of happiness and peace will do you good and keep you safe and healthy.

You can chew and snack on these rifle bullets whilst at the party and even admire others' decorative '**Trifle Rifle**' (body conscious attitude) and successes they've achieved and brag about but remember, it's always a success gained here in hell which caused them untold sorrow and stress.

The supposed fruits gained whilst striving to get ahead in life with success and pleasure here in hell, all too easily turn out to go rotten overnight. Anything gained via the vices and corruption will in time act as a creeper that entwines you and pulls you into the quicksand of your own making head first as it's your thoughts and desires that cause you all your suffering and problems.

Do not underestimate the power of this bog and just because everyone else is in it does not make it a good place.

Most situations and mire that you find are pulling you down are self-inflicted due to ignorance or lack of self-control and discipline. What do you think of the man banging his head against the wall and later feels sad and complains of a headache? No one made you wear shoes that are three sizes too small for your feet but you wore them as thought you'd look good. We drag ourselves into the bog that we have created ourselves and once in it, few ever escape from it as most do not even realise they are in it.

Ultimately, the final result of anything gained in hell will only serve to expand the power of the

creepers that are slowly suffocating you which serve to increase a person's misery.

The music and dancing at this party later causes you to have a bad headache and sore back.

The longer you stay at this all-encompassing party in hell, the more susceptible you'll become to the influences surrounding you as everyone is dancing to the same tune and you'll think it a good tune but after the party, all soon become sad with few having the wisdom and insight to question the music (lifestyle) they were dancing too as they remain mesmerized by its beat even after the party has finished when they are ~~sat~~ at home.

The music of today has the power to dominate your thinking pattern which in turn, pulls the strings to your arms and hands that will determine the outcome to your own epic film and if your role is that of a hero and is led with a smile walking in happiness and whose storyline is elevated and noble or if it's to end in tragedy.

Many own a vicious dog (bad habit) and take it a walk three times a day and when at home, feed it and even kiss it and dress it up.

You limit yourself whilst attending this party and you no longer gain access to a higher life that leads to permanent happiness. All trap themselves and meet others constantly and share nothing but sorrow and false laughter.

The rewards of serving in hell can be to get more of the same. The only fruit to be had today is the fruit of a free bus pass or unlimited texts and phone calls that allow you to travel and chat back and forth in hell.

You really don't have to take full board and eat a Full English for breakfast in hell's guest house.

If you stand back and look closely, you can see that everyone has taken full board in hell's guest house and eats anything and everything put in front of them.

Those living in hell have to have bed,

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breakfast and evening meal in its guest house. When you spend so much time in hell and eat so much of its food, you inevitably start to become a hellish kind of a person. If you work in a glue factory, you'll eventually start to become sticky and smell of glue wherever you go.

Some take their 'gluey food of unhappiness' to life's party every day. It's best to always watch what you eat and to whom you sit next to and dance with as if they are extremely unhappy you might end up being stuck to them for life. The music they listen to and the dance they want you to dance with them will slowly waltz you around to the room of sorrow without you even realising it until it's too late and only when the door slams shut behind you do you realise where you have ended up. This room of sorrow is locked automatically by the key of bad habits that you have hanging round your neck that you never realised was there but all this time was making you get heavier and made you tired.

Will your life be spent locked in behind bars or in the unlimited room of happiness?

For most, once entering this **Room of Sorrow**, hardly ever leave. This is a good reminder of the power of each of your step holds and the power your thoughts have on you, your strings, life and actions as they all add up and decide in which room you shall be locked in and where you'll finally have to spend your entire life.

At this party of life, it's far better to sit up the corner, mind your own business and talk to yourself and dance with God, than feel compelled to join in their fun and do the dance which points an invisible gun at your head when you follow their dance steps and eat what they eat and go where they go and talk their talk.

Are you on the dance floor that's on fire with those that are hypnotised by falsehood and can dance no other dance?

I'd sooner be shot than have to copy their dance and live and talk as they do. Would you

prefer to learn to dance their fake dance or be shot? This is a real choice we all have to make and many have unknowingly made the wrong choice. To copy and do their dance is really to shoot yourself in the head. So, if you class yourself as an aware person, you should have no difficulty in choosing the right place to live (mindset) and this choice should not be too hard for you.

It's one thing to make the right choice and another to live by it day after day and on top of that, to enjoy it. It's never a big decision to jump from a sinking ship into a safe lifeboat with food and water but can you then keep on rowing day after day in the right direction with love and on your way pick up those that are still in the water and about to drown?

Are you sure that you do not sometimes get lost in the Hall of Mirrors?

It's only within the corner of introversion and solitude that one can dance in true happiness and find safety. Anyone that says any different must definitely have been taught very well the waltz of sorrow and is now firmly lost in the modern-day Hall of Mirrors that sees them hypnotised by their reflection and modern dancing.

You need very good hearing (spirituality) if one is to hear God's music, advice and laughter.

We must learn to sit tight and wait patiently for the fake people's dance to end and our dance time on the dance floor to start. God's music has already started and although we can hear its silence very clearly and which sounds great to us, the rest of the world is deaf to God's silent music that heals the soul.

One needs a very open mind and ears to hear God's music. A time will come soon when they shall have to hear it, as no other tune will be playing that's worth listening to.

(to be contd. on next issue)

INVOKE THE EIGHT POWERS WITHIN

– B.K. Manjula Baijal, Begur, Bangluru

Power to Withdraw

The power to withdraw can be correlated with the behaviour of a tortoise. When it senses any danger, a tortoise withdraws within its tough shell. Introspection is about stepping inside and meeting oneself a few times during the day. This inner quietness recharges our battery. By going deeper inside and concentrating on the self, we draw closer to God and receive a current of pure energy that dissolves negative *sanskaras*. Practising regularly for a minute every hour helps us to conquer wrong habits. Once we get into the habit of connecting to the self and God, we can do it in the midst of any situation. Using this power, we continue to be with people and even face challenges but withdraw internally from the energy of the situation. We step back from our emotions, detach and see if we are creating any turbulence. If so, we understand that our ego is causing pain and hence remind ourselves that peace is needed, thereby emerging thoughts of peace.

Withdrawing offers us the ability to examine a situation from all perspectives. It brings us clarity to create and choose the right response. So, we do not react impulsively using old patterns of behaving. We also do not get sucked into the energies present around us. We connect to our inner self and experience stillness when we withdraw from outer chaos and our inner emotions. It is in this stillness that we will find creative solutions to our problems. The power of being with people and withdrawing from their energy protects us. The energy of peace with

which we respond to them empowers them also.

Go into your shell and ask yourself today – Do I have any habits that have a negative impact on my daily behaviours? How can I start to shift or dissolve this habit?

Power to Let Go or Pack Up

The power to let go is our ability to release everything that is not right or healthy for the soul. It means not carrying the baggage of the past into the present and future. It is about dropping the burden of our ignorance, pain from past experiences, attachments, expectations, ill-habits, limiting or wrong belief systems, negative *sanskars* and people's opinions. By letting go of our old ways, we welcome new ways of thinking, behaving, being and becoming. Meditation and connecting with God strengthens the power to let go. Being aware that I am a soul and not a body or role, makes it easy to live with people and possess things but not get attached to them or fear losing them. We play the role of a trustee, so no one and nothing belongs to us. We understand that people come into our life to live together in harmony and things in possession are to be used with gratitude and care.

We need to let go of our wrong thoughts, beliefs and *sanskars*. When we recognize the damage they cause, we can finish them. We also let go of expectations with the understanding that people and situations can never be our way owing to difference in our *sanskars* and *karmic* accounts. If we do not let go of the pain of our past experiences with people, our present experiences with them will get colored by the unpleasant past. So, we interact with them each time, perceiving them through the filter of their earlier behavior. Holding onto unpleasant emotions of past situations deepens emotional wounds. Letting go is like dropping a baggage of negative energies that had become stronger and heavier each day, weighing us down. By letting go of it, we travel lightly carrying only what is useful.

Power to Tolerate

Power to tolerate is our ability to remain internally unaffected when situations and people are not our way. The power involves extending openness and acceptance, and internally resolving any conflict with right understanding. It is about rising beyond our ordinary ways of reacting when scenes of life are not favourable. Tolerance comes with the knowledge that each soul is different from us. Their thoughts, feelings, perceptions are different from us. Their *sanskars* and *karmic* accounts were created on the journey of different births in different environments facing different situations. So, we cannot question other's behaviour or *sanskars*. This understanding helps us accept people as they are. We reach a point where we easily tolerate different *sanskars*. We reach a stage where there is no feeling of having to tolerate.

Power to tolerate means we live and work with people with the understanding that different *sanskars* is the natural way to be. We do not waste our energy or get agitated thinking – why are they this way, how can they be like this. We do not try to control them or force them to change. We inspire and empower them and they chose to change what they find uncomfortable about themselves. Let us make a list of simple habits of people which we have not been able to tolerate so far. It is only a programming of our mind as we always told ourselves we cannot tolerate something or someone. Today let us create a thought – "I accept this *sanskar* of theirs and from now their *sanskars* will not create any disturbance in my mind."

Power to Accept or Accommodate

The power to accept gives us the ability to remain calm and flow with life. It helps us to live light and travel our journey remaining light as it frees us from a baggage of expectations, anxieties and anticipations. We learn to accommodate people and situations rather than

resisting them or judge them as right or wrong. We also do not hold them responsible for our emotions. Acceptance also carries shades of appreciation, motivation, love and respect. As we expand our power to accept, we experience greater acceptance from others. This power lets us accept and then act. Whatever the present moment contains, it teaches us to accept it as if we had chosen it.

Acceptance does not mean everything is perfect, it means our state of mind is perfect. Acceptance does not mean to let things be the way they are, it means keeping our mind stable and working on the situation. Acceptance of what has happened is the first step to start working towards the solution. We need to accept ourselves along with our mistakes or difficult *sanskars* first, and only then focus on corrections. Else we go into guilt and regret which deplete soul power. Acceptance moves us towards transformation. It allows us to be free from the shackles of denial and move forward creating a new path. Accepting other people means we accept that they are different from us. It does not necessarily mean that we agree with them. It also does not mean we accept people's negative *sanskars* and let them be their way. It only means our mind does not get disturbed; it remains detached from their *sanskars*. Power to accept situations means we understand this is it, rather than question what is this and get into why, where, when, how. When we accept the situation, our mind is silent and stable. Our efficiency and decision-making power increases. Our focus shifts from the problem towards the solution.

Power to Discern or Discriminate

In today's times, it is seen as good and normal to value our goods and own things, this is regarded as security. But time shows that security comes only from honest intentions and respectful actions. Desire and fear can take us

into adopting beliefs which may never lead us to real happiness.

The power to discern is about the ability to discriminate the right from the wrong and the truth from false. We can use this power to discern our *sanskars*, belief systems and behaviour. When we are able to discern ourselves, then we are able to use the power to discern people and situations. Most of our discern based on information we acquire, people's opinions or belief systems in society. Another common method is to apply logic in order to discern. But we experience that logic does not always prove to be right.

When we withdraw and experience inner silence, we can connect to the sub-conscious or intuitive mind to discern. The power to discern is about trusting our highest self, even in the face of opposing opinions, or outdated but active beliefs about ways of thinking and being. We need to ask ourselves – "Am I thinking right ... what will be the consequence of my *karma* (action) is it increasing soul power?" We often become judgmental or critical about people's behaviour. The power to discern makes us analyze their intentions and *sanskars* which triggered that behaviour. This helps us to empathize and respond with our inner peace and not react to their negativity. This power helps us to remain calm and choose the right response even if no one else is being that way.

Power to Decide or Judge

The power to decide or judge is closely connected to the power to discern or discriminate. It reflects our self-belief, faith, conviction and courage to pursue what we feel is accurate, right and healthy. Today our criteria for decisions have become dependent on decision of the majority. We are deciding our lifestyle on society's definitions of right or wrong. Even our beliefs about happiness, love, respect, anger and stress are decided based on social

conditioning. The power to decide is about rising above the influence of – situations, emotions and opinions – so we can take independent decisions and stand by them, even if we are standing alone. We do not seek acceptance, appreciation or approval.

We carry forward only our *sanskars* and *karmic* accounts across our journey of many lifetimes. Everything else like our body, position and possessions are transient. When we remain in this consciousness our decisions will naturally focus on what is beneficial for the soul. As a result, we do not shy away from taking personal responsibility of the consequences of our decisions. At times, we face situations where a decision is not about right or wrong, it is only a matter of choice. For example, we may discern that 2 magazines lying on a table are good to read. The next step is to decide which one to read first. Even in this simple scenario few people cannot decide. They pick one, keep it back, and pick the other, keep that back.... Overthinking, lack of personal responsibility or dependency on other people weakens our power to decide. When we are stable, discernment and decision will be accurate. We take decisions which will strengthen the soul and enhance our emotional and physical health. The decision will not only be right for us, but will also be beneficial to all.

Power to Face

The power to face gives us the ability to focus on the solution and resolve it, but if nothing can be done, we simply accept the situation with dignity. We do not get entangled, do not magnify, do not blame or complain about the situation. The power is a reflection of our confidence and courage. It does not have even traces of anger or aggression, but uses assertion and discipline. Life at times presents unpleasant situations where the power to tolerate or accept may not be

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sufficient. We need to step up and face them with courage. The courage to stand up for what is right and beneficial comes naturally with spiritual empowerment. We do not fear people or situations; we hold on to our values like a compass and move forward confidently. Using the power to face removes deep-rooted fears like our death or that of a family member. It also helps us face and cope with loss of our possessions, position or breakup in relationships, we understand what is eternal and what is temporary.

It is important to discern when to use the power to face (confront) and when to use the power to adjust –

- (1) When there is difference of *sanskars*, opinions and perspectives we need to adjust, not confront. But today we are confronting people for such differences and depleting the strength of our relationships.
- (2) When we know about our weak or wrong *sanskars*, we need to confront our *sanskars*, not adjust. We need to constantly work on it and not give up until we finish or change it. If we give up, that *sanskar* grows stronger and weakens our will power. Let us pause and ask ourselves – "Am I adjusting and living with my uncomfortable *sanskars*, but at the same time am I adjusting with other people's weak *sanskars* or not."
- (3) If there is abuse, exploitation or compromise of values and principles, we need to confront, not adjust. If we adjust and accept these for social pressures, it is a sign of our lack of power to face. We need to rise above their influences and do what is right.

Power to Co-operate

The power to co-operate is our ability to extend unconditional support to everyone in every situation, with a sense of belonging and an intention of empowerment. It strengthens our

original qualities of humility, love, compassion and empathy, thereby helping us overcome negative *sanskars* of ego, jealousy, resentment and competition. Co-operation often does not need us to do anything, we just need to be calm and stable. Our vibrations give co-operation and support to ease people around us and make those moments a beautiful experience for them. Our vibrations help them to emerge their divinity in response to situations.

Co-operation is an antidote to competition. Many of us have lived with the belief that life is a competition. We created stress, anger, jealousy, hatred and at times have had to compromise on our ethics to get ahead of people. Let us internalize and finalize today – we are not in competition with anyone. Each one receives a result of their past and present *karmas* (actions). Each one is getting what is fair for them. We can enhance our achievements only in reference to our self not in reference to others. When we co-operate or help someone, we experience enormous satisfaction and contentment, increasing soul power. We also earn blessings from the person who received our co-operation. If we reject people because our *sanskars* or opinions differ, our energy of love, sharing and caring gets blocked. Whenever we co-operate, let us check our intention behind the act – whether we expect to get something in return. If so, the energy of cooperation gets adulterated with the energy of greed. Also, we need to check for ego or a feeling of being superior to the person who receives our co-operation. Ego dilutes the power. By accepting and adjusting with different *sanskars*, by sharing and caring, we are radiating pure vibrations into the world. Our vibrations are influencing the collective consciousness of the world. When we change, the world changes. ❖

THE ESSENCE OF SPIRITUALITY

– Ramesh Chandra Srivastava,
Kamla Marg, Jaipur

Spirituality is the recognition and acceptance of God, beyond our own intelligence and with whom we can establish a relationship. The word “Spiritual” refers to the divine nature of Energy, which comes from the Higher, External, Invisible, Intelligent Source. The most fundamental characteristic of God is that He offers us an experience of unconditional love.

Spirituality can be associated and effected in various modes of man's life and may be distinguished in different ways. Let us now try to differentiate the effects in following faiths/beliefs.

Spirituality V/s Religion

Spirituality can be seen as being distinct from Religion. Religion is a specific set of organised beliefs and practices, usually shared by a community or group. Different world religions follow their own doctrines and belief systems about the nature of God and humanity's relationship with it. Spirituality, on the other hand, refers to the common experience behind these various viewpoints. It is an experience involving an awareness of loving relationship with something that affects your personal self as well as the human order of things. This “Something” has been given various names – God is the most popular. One's own sense of God can be as abstract as “cosmic consciousness” or “as down to earth as the beauty of an ocean or of a mountain”. Even if one is regarded as atheist, he may get a sense of inspiration from taking a walk in the forest, a beautiful garden or watching a beautiful sunset or even an innocent small child's smile and that

may give a special sense of joy or pleasure.

Spirituality and Peace of Mind

Peace of mind is the end result of spirituality – a feeling of deep abiding sense of security and safety. Spirituality places a great role in bringing peace of mind. When one develops more reliance and trust on God, it becomes easier to deal with the changing circumstances, without fear or worry. Life will bring challenges and this necessarily doesn't mean that one gives up or loses the will to act, but it simply means that in such situations, one simply “Let Go” and surrenders to God. Learning how to let go, when solutions aren't immediately apparent, can go a long way towards reducing worry and anxiety in one's life. Spirituality gives us tools to see situations in different perspective and this helps in transforming problems into opportunities. A sense of wellbeing prevails. Peace of mind is achieved and contentment is experienced.

Spirituality and Self Confidence

The process of building confidence in ourselves involves getting rid of negative thoughts or limiting beliefs that make us think less of the self or our abilities, do away with all the false labels and simultaneously taking positive actions to overcome fear. As one develops relationship with God, it brings us the realization of our innate qualities and inherent divine beauty. That means I am good, lovable and worthy of respect. I am God's divine creation. This realization can improve the way one looks at oneself. We all are inherently good and worthwhile.

Spirituality and Unconditional love

The love gained through spirituality, is unconditional as it is a gift of God, and this love definitely is different from any other kind of love like romantic or a feeling through the ordinary friendship. It entails an absolute caring for the welfare of another soul, and no matter how another person appears or acts, you have a

compassion and care without becoming judgmental. This phenomenon develops a deeper connection with God, leading to an experience of rather a greater degree of unconditional love. It gives a feeling that the heart is opening more easily to people and to their concerns. Unconditional love shows up both in increased capacity to give love to others and to gain experience that more love is coming into your life as well. This kind of love always manifests itself through the experience of having everything you need in your life and to get on with what you want.

One can speak of 'unconditional love' and understand that it is there within each human heart at its core, but to arrive at the place where it can be experienced and conveyed to others as well, it must be awakened by connecting to the Supreme Being.

Spirituality and Guidance

Developing a relationship with God always provides Guidance towards making decisions and solving problems. God has a universal wisdom that goes beyond what we can accomplish through our own intellect. In traditional religions, this has been commonly referred as the "Divine Intelligence". Through connection with God, one can draw a greater wisdom to help resolve all kind of difficulties. Here God is like your co-pilot, and He is always available in the hour of need for insight and guidance. In general, due to spirituality, a greater relationship with God can be generated, in following ways more:

Be quiet, patient or open before God

Be confident that He is always there to help you in the need and communicate His wishes and help in executing them.

Be willing to accept what God provides. Have full faith in Him. ❖

ALMIGHTY IN MY LIFE'S JOURNEY

– **B.K. Pratiksha**, Bhosari, Pune

Walking through Life's journey,
I had a huge company.
Company of curses, hates and sorrows,
Which pierced my heart like arrows.

Looking at others always,
I never bothered what my heart says.
Through negativity as my mind mingled,
I was left in this chaos, alone and single.

Each day, I felt, was the time given simply
to pass,
I was a living, but dead; alas!
World for me was a dark room,
Which was always a curse and never a
boon.

But after a hopeless night,
It was the time for sun to shine.
When His hands reached to me like a rope,
And this rope was a ray of hope.

He, the Almighty; when held me close to
His Heart,
Everything for me stood silent at last
His eyes filled me with light,
Which evoked my inner soul with might.

His knowledge-full words took away my
fears,
And His love wiped away my tears.
He taught me to go within,
With songs of happiness to always sing.

**I surrender myself before the Supreme,
Feelings of gratitude my soul will
forever string!**



CYCLICAL CHANGES IN FOUR AGES



– **B.K. Dr. Swapan Rudra, Durgapur (W.B.)**

Our loving Mother Earth is one of the nine planets of the Solar system which itself is a very small part of the Galaxy named Milky Way. Universe is an organized unity and hence when we look from the innermost recesses of the atom to the far-flung galaxies, we encounter harmony and order of eternal cosmic laws. We know that this mysterious universe is governed by many well defined physical, chemical and biological laws, but we do not know many other deep fundamental laws of universe. The world is a self-perpetuating system which repeats itself after having occurred and re-occurred and it would thus be eternal. The 4-dimensional world which is a space-time continuum is called the universe and its mass and size is finite though immense. It would be considered infinite in respect of space-time. The 4-dimensional finite universe is surrounded by an encompassing cosmos which is the place of infinite light called *Brahmlok*. It has no mass and it is static. It is something akin to but not identical with the neutrinos. It is a divine matter and not a subject of Laws of Physics.

Geometrical shape of the universe has a curve due to the sum of the gravitational field of masses of various gravitating bodies. Einstein's theory of Relativity explains that all reality exists both in space and in time and the two are inseparable. Beyond the Corporeal World having stars and galaxies, there is a region of ever-luminous photon-like principle and spirituality affirms that this is an extra-terrestrial region called Subtle World which is filled with

luminous light. This is the region of Angles and through Rajyoga Meditation, communication with these extra-terrestrial beings without any sound is possible in that plane of existence. They talk to each other in silent words and beyond this Subtle World, there is another region of immeasurable expanse with golden luminous light. In this photon-like ever-shining light, all the souls dwell in their incorporeal state and that world is called the Incorporeal World (*Brahmlok*).

If we go through the mystery of the world cycle, we will see all the happenings through 3 types of motions of the earth i.e., rotation, revolution and *Kalpa chakra* in space. The first two motions are anti-clockwise and the 3rd one is clockwise. Earth rotates anti-clockwise following Fleming's Left hand rule where the index finger indicates magnetic field direction, middle finger current flow or gravitational force and left thumb the rotating direction. The direction of magnetic field inside the earth is North to South and outside it be reverse i.e., South to North. Anti-clockwise revolution is due to centrifugal force of the earth which is leftward. Clockwise motion of *Kalpa Chakra* is due to right angled movement of sunlight and its radiation influenced by the clockwise motion of the cosmic energy. Third motion is not known by the present world, only available in the Godly University of Brahma Kumaris.

There are 3 main types of changes i.e. astronomical, geographical and historical that happened automatically by motion, light and sound. The eternal world drama is due to the changes in Drama Wheel as a result of interplay between the human souls and nature. There are 4 equal Yugas namely *Satya*, *Treta*, *Dwapar* and *Kali* in the 5000 year old *Kalpa* which repeats again and again. This time, we are almost at the end of *Kaliyuga* witnessing many abnormal situations coming either directly by human cause or by natural calamities like earthquake, volcanic

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eruption, high rise of sea level, melting of polar ice, famine, flood etc due to the back ground cause of atomic explosion producing excessive heat. Imperfection in human souls is the key factor behind all the catastrophes. The present continents are going to submerge below the ocean and later the plates will move inside towards the centre of earth and to adjoin beneath the land mass of the Indian plate causing balance of distribution of land & water in 2 hemispheres. As a result, the center of gravity of earth will soon be changed and hence its 23.5° right-angled tilt will be no more. Immediately, the orbit of the straight earth will be circular for next 2500 years rather elliptical so long. Gravitational force of earth will be much less and as a result moon will set in far distance changing its visible sight towards the earth and its rotation will be very slow. Due to such havoc astronomical changes and attainment of purity level within the human souls, our Earth becomes Heaven at that time with many new things like perfect nature with beautiful plants and animals, air-conditioned environment, equal span of days and nights, full moon every night without any stain on surface etc. Then Bharat will be the only land in the midst of water all around as the Indian land remains much above the sea, though the coastal areas will vanish and some new areas will come out. As a whole, Golden Bharat will be larger in area than the present one. Earth with all these renovations and exceptional changes will be transformed into heaven, suitable for living of deities, handful in number and the same will continue for a period of 2500 years, whose 1st half is called *Satyuga* with 16° celestial purity and 2nd half *Tretayuga* with 14° celestial purity.

After the end of *Treta*, in the influence of negative transformation from soul-conscious to body-conscious state, there happens some havoc, calamities mainly in the form of

earthquake and flood. Pangea process starts at that time causing continental drift separating the single central land mass into 7 continents. The remnants of the most magnificent civilization of Golden and Silver Ages almost become completely vanished and hence we could not see any trace of that deity civilization. The earth axis again tilts 23.5° due to changing its gravitational field and unequal distribution of land mass in 2 poles. All these changes greatly alter the geophysical features and the flora and fauna on earth. Certain new species which did not exist before, now start appearing because of grave violent eruptions leading to mutations. The climate of earth greatly changes and nature starts showing its furies time to time. Population starts migrating from Bharat to some other places. Fearing natural calamities, some went to caves and forests. Due to geographical and climatic changes, there now occurs change in colour, complexion and features resulting in racial and ethnic differences. Different nations with different cultures gradually develop on different parts of the earth. The earlier migration of people was from the east to the west, not from the west to India.

The universe as well as earth is a closed system as it does not exchange matter with its surroundings, but it does exchange energy. As per the 2nd Law of Thermodynamics, all energy in an isolated system moves from an ordered to a disordered state. When the energy concentration is highest and available energy is maximum with minimum entropy, it is called ontological (*satopradhan*) state. Nature contains 5 elements i.e. earth, water, fire, air & sky. Cosmic energy or Aether is called the 6th element and it fills the Incorporeal World or Brahmalok where the Supreme Soul & souls live and hence it is known as soul abode. Aether exists in the form of Golden Luminous & Radiant and remains

mixed with all the 5 elements of the nature in different proportions. Soul functions and gives energy to all our body cells through this Aether energy and hence it is also called life force or vital force. Arnold Toynbee says that world history is a continuum and there is constant decline in moral values so that the world faces a moral crisis. World drama enables to know the secret behind the rise and fall of human civilizations and it also enables us to know the secret behind the Wheel of births of human souls and their ultimate journey back to original Home where they take rest in complete silence and peace.



Lighten Up

When someone lightens up your life just by their presence, you can be sure they are emitting a very positive energy. When someone puts a damper on the meeting or a conversation, you can be sure there is some hidden inner baggage which contains sorrow and darkness. Which do you bring to the party? A little light or a little dark? A lot of optimism or a little pessimism?



FIVE QUALITIES OF A MOTHER FOR CREATING A VIRTUE CHILD

1. **A Source Of Pure Love** – A beautiful mother is one who is a source of pure love for her child. It's her love that nurtures the child from the time the child is in her womb and it's her love which brings in front all the child's specialties, qualities and powers and makes the child special in the world.
2. **A Personality Full Of Abundance** – Abundance of qualities and powers in a mother's personality comes when she fills herself with beautiful information by reading or listening to nice and positive things and abstaining from negative information from different mediums. Her abundance flows to her child constantly to create a beautiful and complete child.
3. **A Beautiful Connection With God** – A child, for a mother, is God's angel, which she receives as a gift from Him. It's her duty to take care of the child in the deep feeling that the child is God given and it's her duty to make the child an image of God, by having a beautiful connection with God during the child's upbringing.
4. **A Pillar of Wisdom** – A mother's wisdom of how to bring up the child and make the child a beautiful person, who is loved and respected by everyone is very important for the overall personality development of the child. It's her wisdom, which guides the child and makes the child mature and giving in society.
5. **Full of Positivity and Purity** – A mother's positive thoughts nurtures her child constantly and fills the child's mind with positive thoughts and her pure habits of eating, drinking and day to day living influence the child's habits constantly. A perfect mother is one who is perfect in positivity and purity. ❖

(Contd. from page no.3)

Meditation is, therefore, more an act of being, rather than of performing.

Withdrawal and Holding of Mind

As we all know, man's mind is, ordinarily, occupied with hundreds of thoughts of the world. In yoga-meditation, one withdraws one's mind from all the worldly thoughts, including the thoughts of one's own body, and one collects his consciousness, at least for some time, into the shining peaceful light of the self and then links it to God, the Ocean of Peace. The inhibition of worldly thoughts and the recollection of Godly thoughts in the self or in the mind is attained by directing the flow of thought in a given direction, i.e., towards God in *Paramdham* or His Supreme Abode. Thus, this practice bridges the gulf between the visible, mundane existence and the invisible mystery of the soul, and one thereby, accomplishes a re-orientation of one's consciousness from physical to spiritual or gross to subtle. In this sense, meditation is withdrawal or reversal of one's consciousness from the body and its world to the soul and its silent world, or from the dark lanes of negative thoughts on to the bright path of contemplation of God. The consciousness, in meditation, is aligned to profound and deeper level of the imperishable spirit and to God. Some call this withdrawal as *Pratyahara* and the holding of Mind is called *Dharana*.

Why Meditation?

Generally, man is caught up much of the time with worldly pursuits, sense-experiences, gross enjoyments, meeting the demands of life, discharging his social and professional responsibilities with pleasures and pains so that he has little time to think of the unseen soul. He has hardly any occasion to realise that, beneath the physical vesture, there are depths of being in which is locked the untapped potential of the

immortal spiritual self or the treasures of ecstasy. No doubt there are some people who are spiritually inclined but they too have only a nodding acquaintance with the soul and with God. Meditation is a spiritual practice which enables an aspirant to have realization of the self and a vivid and refreshing experience of God. It enables a person to discover or re-discover the self and to have a channel for heart-to-heart communication with God. It enables a person to penetrate deeply and progressively into deeper levels of the mind and peep into the hidden world of reality. It opens unto man the portals that reveal the self and God and let this benign experience permeate his life so as to give it a new meaning and a new purpose.

It involves the turning of one's mind and the flow of his love in the direction of God, giving him the hot-line, to communicate with Him.

Thus, it is a technique of self-exploration, leading to the experience of heightened and expanded awareness, reaching God and bringing Him into the focus of the soul's awareness.

In a word, the principal object of Meditation is to bring the self in conscious touch with God, thus making it increasingly aware of its divine origin, divine destiny and divine and peaceful real nature. In *Bhagwad Gita*, God says: "Hold your mind on Me (*Manmanabhav*). This practice of heightened consciousness of God is Yoga."

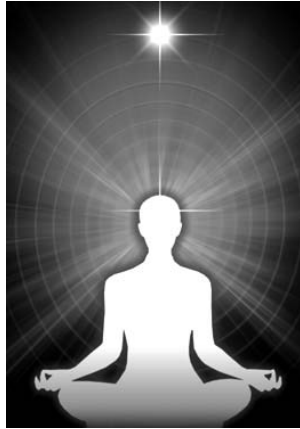
It is one of the major objects of Meditation to have God as one's Companion, Guide and Helpmate. If He is by our side and is our Guardian Angel, what better than this we want in the world?

Meditation is of great value because it brings change of heart. It helps one to act more with sound moral judgment and clean conscience which draws God's blessings on him.

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Yoga-Practice

The soul is an infinitesimal point of immortal light and that Mind, Intellect and Sanskars are its three inherent and everlasting faculties, the three aspects of manifestations of consciousness. The deep centre of the self is radiant with the mystery of power of life.



Awareness of God

God, the world's most beloved Mother-Father, abides in *Paramdham* or the Soul World which is far beyond this phenomenal and ephemeral world of Matter. It is beyond the Sun and stars and the universe of elements and is a realm filled with divine light, called *Brahm*. *Brahm* shines in its splendour as one sees light in the horizon at the time of sun-rise or sunset.

He, the Supreme Being, who is perfectly Divine and benign in His nature is known as 'Shiva', Yahewa, Jehovah, Allah or God. One has to have a link with Him, a living relationship with Him and an affectionate communication with Him through Meditation.

Purity of Mind and Harmlessness of Behaviour and Habits are Valuable Assets

Let the aspirant know that one's lifestyle, associated directly or indirectly with violence, hate, vengeance, anger, harshness of speech,

sexual impulse, etc. is the breeder of delusion. Such habits and tendencies easily deflect one's mind from God. Such a person is not fit to be embraced by God. There is a sacred saying that "the treasure (attainable through Meditation) is guided by faithful demons and gnomes." The ignoble tendencies referred to above are the demons. Purity of Mind, Chastity, Vegetarian food-habits, etc., are the mounted guards, so to say, that protect one from the demons on the soul's journey towards Beloved God and it is these which take one to the Treasure.

Natural and Easy Meditation or *Sahaj* Rajyoga

These conditions having been fulfilled, when one is engaged to God in the totality of the self, then one simply is in meditation. The question of harnessing one's mind, or reining mental processes, or controlling one's emotional reactions to the environment, or holding the body in a particular posture do not arise in the one who is drunk with intoxicating love for God, for his mind, through keen aspiration, is brought to the state of a placid lake in no time. His mind is instantly clear and calm like a mountain pool. It is unruffled by the winds and gusts of prejudices and hate, aspirations, and desire. So, it reflects, in its depth, the light of God, the Spiritual Sun. Meditation to him is like switching on the consciousness and the moment he does this, he feels the flow from the Highest and Holiest Supreme Power, the strong currents of love, peace, power and bliss, all coalesced. ❖

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Kathmandu: HE Bidya Devi Bhandari, President of Nepal is conferring BK Ram Singh with 'Prabal Jan Sewa Shree Award' on National Day.



Rewa (MP): Mr. Girish Gautam, Speaker of Legislative Assembly is addressing a program at BK centre. Mr. Irfan Khan, Distt. President, Waqf Board, BK Lata and BK Prakash are also seen.



Raipur: Dr. Kiranmayi Nayak, President of Chhattisgarh State Commission for Women is paying tribute to Rajyogini Dadi Hridya Mohini along with BK Kamala and BK Savita.



Mandi (HP): Mr. Govind Singh Thakur, Education Minister is being presented Godly gift by BK Deepa and BK Teena. Mr. Hira Lal, MLA is also seen.



Raghopur (Bihar): Lighting candles to inaugurate newly built Spiritual Museum are Mr. Neeraj Kumar Singh, Forest Minister, BK Kiran, BK Ranju, BK Bhagwati, BK Ram Singh and others.



Bhubaneswar: Mr. Anup Jalota, Indian singer and musician is being presented Godly gift by BK Indumati, BK Vijay and BK Shanti.

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