



THE KNOWLEDGE OF GOD

Is God beyond the reach of human understanding?

The identity of God, in the mind of most theists and believers, is vague. Most people consider the mystery of God as insoluble. Even the sages of the ancient past, who have spent most of their time in the search of the metaphysical truth, have said that God is beyond the reach of human understanding. *Aparampar* (beyond human perception), *Agam-Agochar* (Unknowable) *Neti-Neti* (Neither this, Nor that) - these are some of the words they have used to express the inability of human mind to comprehend God. The well-known saint Ramakrishna Paramhansa used to illustrate this difficulty by giving the analogy of a mountain and an ant. He used to say that God is like an infinitely huge mountain of sugar and all human beings, including the sages, are like ants. Just like an ant cannot eat up a Himalaya-like mountain of sugar, the sages too cannot imbibe the knowledge of God.

But, we respectfully differ with this view of

saint Ramakrishna Paramhansa, though we admit that most people of the world are ignorant of the identity or form of God, firstly, because God, being a transcendental entity, can be known only in a *spiritual* way as against other things of the world, which can be known through *physical* senses and, secondly, because the knowledge of God cannot come through the method of *trial and error* or as a result of *research* but only through *revelation* and *experience*.

Saint Ramakrishna's analogy says - the question is not about eating up the mountain of sugar but about tasting and knowing the sweetness of sugar. Thus, it is not about what an ant can do but it is about what attracts the ant to do. In other words, the analogy is defective and misleading as it refers to merely the size and quantity and not the attributes. If the mountain-sized heap of sugar is nothing but sugar, pure,

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FESTIVE SEASON BEGINS AGAIN IN BHARAT

After two years of COVID restrictions, the entire atmosphere in India is changing and returning to our normal 'Joyous' Indian mood! People not only in Gujarat but all over the country have started preparing for the biggest festive period of the year. The advertisement hoardings with jewellery-loaded colourful dancers are visible at most vantage points of towns and cities around Gujarat especially. Publicity for the *Rann Utsav* (Desert Festival), which begins on Diwali Day, 24th October and continues for 4 months, looks appealing; their nicely decorated air-conditioned tents are very attractive, as well as the line-up of different recreational activities announced by the organisers. Almost every corner of the cities and holiday destinations has creative ways of inviting visitors from different parts of Bharat, as well as international tourists to enjoy the festivities away from home.

Even our small hill-station (Mount Abu) presents an inviting environment where young adults and children can spend their holidays playing cricket, sightseeing, mountain-climbing, engaging in other games and activities, or watching artistic and cultural presentations in the evenings.



The sweet shops are over-busy, and the 'garam chai' and *pakor*as (fritters) on offer are relished by one and all. The overflowing lakes are filling everyone's hearts with joy and happiness; there is no dearth of water, which is a blessing from the Rain gods this year.

After the heavy rains that continued for nearly two months, the hills are full of lush green vegetation and colourful trees in the forests. The peacocks and other colourful birds can be heard chirping in the early mornings, which is a very fascinating experience and good for change. The *langurs* (gray monkeys) of Mount Abu, ducks and some wild cats (leopards) have become a source of attraction for all tourists, especially the little kids and adolescents who love to feed sweets and other munchies to the monkeys.

A number of saints and meditators enjoy the warmth of the early morning sun in silent contemplation, and use the power of

the atmosphere to spread deep vibrations of peace, and good feelings to all. In such an impactful environment and month, people in towns and villages of Bharat, have started to celebrate *Navratri*, the Festival of worshipping 9 goddesses for 9 Nights, with rituals, fasts, prayers, and evening celebrations with *Garba* and *Dandiya Raas*. There is nothing more exquisite than having thousands of people in their best colourful jewellery and outfits dancing in synchrony, and playing/singing melodious songs in intoxication of love for the goddess Mother(in *Garba*), and emerging memories of Shri Krishna and Shri Radha with the gopis as they dance to the *Dandiya Raas*. One has to be present to experience the magic and richness of sweet feelings that permeate the atmosphere at these nightly performances...

During the Navratri holidays, the devoted enthusiasts also venture out of their cities to

appreciate the refreshing winds of new destinations, and spread divine vibrations in groups. They carry sumptuous sweet and savoury snacks to be enjoyed during their picnics. At Ahmedabad and other cities, people spend their holidays on the roof-tops flying kites and exchanging Gujarati dishes. The *Navratri* festival infuses the air with joy and enthusiasm at every small or big programme.

There are some very sincere devotees who observe the 9-day fast and only consume lemon juice and honey (several times a day) for the duration of the festival, as part of their yearly routine of **self-cleansing** and building immunity during the transition of seasons, as well as **self-empowerment** through meditation and spiritual study.

The Festival of Navratri and its culmination into Dusshera on the 10th day is a family affair, and a beautiful time to revive

Diwali is the Memorial of Victory of Righteousness Over Negativity



- ◆ It reminds us to live with 'ignited consciousness', which is awareness of all human souls as spiritual beings of light, purity, wisdom, peace and bliss.
- ◆ It represents the birth of the Brahma Kumaris Spiritual Organisation that grew exponentially to spread the Light of Knowledge and Meditation across 130 countries.
- ◆ It rewards us with hope and enthusiasm for the coming golden-aged world of goodness, love and happiness created by our beloved Supreme Father and Mother.

Wishing everyone a peaceful, prosperous and joyous Deepawali 2022 !

traditions and re-acquaint ourselves with the ancient lessons embedded in our history and religious texts. The Brahma Kumaris and Brahma Kumars take benefit from this pious atmosphere to not only enjoy the festivities, but also organise spiritual get-togethers, seminars and cultural evenings, where remarkable “Living Goddesses Spiritual Tableaus & Fairs” are set up to share the significance of each Goddess, honour their values and powers, and give education to the public to live our lives in accordance with the teachings of the Goddesses. Negativity can and will end only when every human being reawakens his or her own spiritual energy to conquer the evils within and around us with Spiritual Knowledge and Yoga Power. This genuine practice will take us to great heights of purity and companionship with the Supreme, so that we may contribute towards eliminating the ten heads of Ravan.

On behalf of the divine family of Brahma Kumaris and Kumars, we extend our hearty greetings for a very joyous Navratri and Dusshera!

We share the following elevated versions from Incorporeal God Shiva through His precious medium, Pitashri Brahma, with our cherished Readers to help deepen your spiritual endeavours as we honour the festivals of Navratri and Dusshera:

“May you become soul conscious and remember Me, your unlimited Father. Then, through this fire of yoga or this

remembrance, the burden of the sins of many births that are on your heads will be burnt away. Renounce arrogance of your bodies, have the faith that each of you is a soul and remember Me, the unlimited Supreme Father and you will once again become pure and satopradhan. In the copper age, when the kingdom of Ravan is established, souls that were like real gold and called golden-aged and satopradhan began to become iron-aged; they become tamopradhan by the end... Now, in order to become pure, the people of Bharat especially have to remember the Purifier Father because My incarnation takes place through this lucky chariot of Brahma. This lucky chariot initially had a different name and I made him belong to Me. I enter him and name him Prajapita Brahma...

“At the end of the cycle, when souls have completed the cycle of 84 births and become impure, I have to come once again to purify this impure world. Every cycle, that is, every 5000 years, everyone on the path of devotion remembers Me, the Supreme Father of all, the Supreme Soul. I come at the end, when the path of devotion ends. Because of Ravan, that is, because of the five vices, it is everyone's stage of descent and all human beings have become impure and degraded. I then become the Father, Teacher and Satguru of the decoration of the Brahmin clan...”

– B.K. Nirwair

BE LIGHT AND ACHIEVE NEW HEIGHTS

B.K. Chirya, Peace Village Retreat Centre, USA

If I want more roses in my garden, I would start planting them. If I want more love in my life, I would start spreading it. If I want more lightness and happiness in my life, I would start connecting mentally to the spiritual light of God and radiating it. Surround yourself with what you like by continuously generating it!

Our cheerfulness should be so profound and steady that it makes others curious about the reason. For this to happen, you must be truly smiling from your heart, not just superficially. It's not that you have one thing in your heart, something else in your head and yet another on your lips. **If we are truly happy, then even our momentary smile and a single word "hello" can make people forget their sorrows.**

However, we have to be very, very selective in what we allow to enter into our ears. An elephant is so big and so are its ears, but as soon as a tiny ant enters into it, the elephant goes crazy. In the same way, if we allow even the slightest defamation of anyone to go through our ears, we may lose our values and good intentions. We should not believe in the defamation of someone so blindly that it affects our behaviour. Pay attention! **Let us learn to see only virtues and specialties of everyone. Let us not concentrate on anyone's weaknesses.**

By encouraging and supporting the ideas



of others, we not only benefit them, but also ourselves. **Freedom is a state of mind achieved when we neither try to control anyone nor try to compare ourselves and our lives with anyone.** Yes, one comparison is very beneficial for everyone and that is to compare with the successful form. By doing this comparison, we are well aware of how much more effort should be put. Also, this practice saves us from being trapped under the influence of superiority complex and inferiority complex. **Remember that there is no competition or comparison between the sun and the moon. They shine as per their schedule.**

"Angels are seen up above flying; their feet rarely touch the ground. Why is it so? Because the angels are always light!" - Alan Watts.

Accumulating spiritual energy and conserving physical energy fills us with lightness in this disturbing world. We are imperishable beings of light-souls, housed in perishable human bodies and are being sustained by God. Being light gives wings to the mind, which leaves no room for the negative thoughts and reactions. It brings clarity to the mind, creates a happy heart and makes our actions fearless, loving and tireless.

SYMBOLISM AND SPIRITUALITY IN INDIA

Celebrating the festival of Vijay Dashmi with proper understanding

B.K. Ranjit Fuliya, Associate Editor

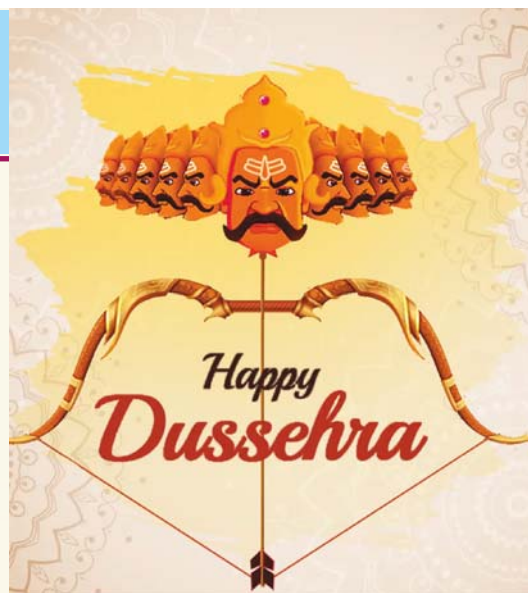
(India is a land of festivals, fairs and festivities which add fun, frolic and fervour to life and make it interesting, invigorating and inspirational. On one hand these festivals drive away monotony of the day-to-day work; on the other they bring new zeal and enthusiasm, imbuing mutual love and cordiality in people's lives. Associate Editor B.K. Ranjit Fuliya delves on symbolism and spirituality in India, particularly with reference to Dussehra, which we hope will be of relevance to our esteemed readers. – Editor)

In India, almost every day of the year has some festival or the other. Although all festivals have some distinct spiritual significance and some specific message, yet their underlying message is social amity, universal harmony, brotherhood, mutual respect and cooperation. The festivals commenced with a view to introduce novel zeal and creativity in people's lives but with the passage of time their inherent purpose lost sight of and in its place what remains today are mere rituals and customs. It is sure that **if we celebrate these festivals with the proper understanding that we will not only enjoy and relish them but will also help in creating cohesion, cooperation and congruity in the society and in the world.**

Dussehra is one of the most prominent festivals of India. It is celebrated with great

zeal and enthusiasm. This special festival is celebrated every year on the tenth day of Ashvina month of the Hindu calendar year. It is believed that Shri Ram killed demon king Ravana, the King of Lanka, on this day. Hence this festival is also known as *Vijay Dashmi* (victory on the tenth day). The importance of Dussehra is also due to the fact that it marks the beginning of the festive season, which continues till Diwali, which is celebrated twenty days after Dussehra and is another very significant festival of India. Dussehra symbolizes the victory of good over evil and is depicted by burning the effigies of the ten-headed devil Ravana, his younger brother Kumbhkarna and son Meghnath.

The festival is related to the great epic Ramayana—the story of Prince Shri Rama, son of King Dashrath of Ayodhya who had three queens—Kaushalya, Kaikeyi and Sumitra. According to the legend, Rama had to face various adversities as he was exiled into jungle due to evil designs of queen Kaikeyi. Rama was accompanied by his wife Sita and younger brother Lakshman. When they were passing their time in the jungle, demon king Ravana, attired in the guise of a monk, abducted Sita



and made her captive in his garden named Ashoka-Vatika. Shri Rama got help from army of monkeys, prominent of which were Hanuman, Sugreev and Angad. Rama's army fought a fierce battle with mighty Ravana killing him, his brother Kumbhkarna, son Meghnath and the rest of the brave warriors.

Dussehra – Victory of Good over Evil

However, all the legends associated with the epic are only symbolic, as is revealed by

(Thus Ravana is a true representation of today's persons who have lost all values and morals in life and crave for more and more wealth, possessions and physical pleasures. All such persons must understand that howsoever powerful and influential they might be, ultimately their immodest, wanton and vicious tendencies will only cause their doom.)

Incorporeal God Shiva. As explained by Him, ten heads of Ravana stand for five vices (Sex-Lust, Anger, Greed, Attachment and Ego) each in man and woman of today. God Father Shiva has revealed that Shri Rama and his better half Shri Sita were pure and vice-less king and queen respectively of *Treta Yuga*, i.e. the Silver Age and at that time all the other human beings were also pious. So the question of Rama and Ravan being contemporaries does not arise. The war between Rama and Ravana is in fact the symbolic depiction of the war between the forces of good and evil.

Soul in the Captivity

During the on-going auspicious Confluence Age, God Shiva gives us the code of ideal conduct, i.e., His elevated *Shrimat*, which we must obey. The violation of this code of conduct, Line of Control, mentioned as

'Lakshman-Rekha' in Ramayana, puts the souls in the cage of vices, which is represented by Sita being in Ravana's captivity. Soul is represented by Sita symbolically. God Shiva liberates us from the den of vices of Ravana. The righteous effort makers thus receive God Fatherly inheritance of Purity, Peace, Prosperity, Health, Wealth and Happiness in the Golden Age for the ensuing 21 births.

Ever Increasing Vices

The five main vices and their allies namely jealousy, hatred, selfishness, laziness, carelessness etc. are ever-increasing in the world, which is shown by increasing the height of the effigies of Ravana, burnt every year. **As we fail to burn the real Ravana hidden within the self, there is no happiness and peace in the world today.** Before receiving this Godly knowledge, souls are vicious and polluted like monkeys. After receiving the Godly knowledge, souls abandon vicious tendencies, become pure and help God in the divine task of world purification. It is symbolically depicted in Ramayana as Rama taking the help of the army of monkeys, so as to kill Ravana.

Being Associates of God

The word Dussehra means to sever the ten heads depicted by ten vices (five each in man and woman). When souls become impure at the end of Kaliyuga, when there is extreme irreligiousness, God Shiva reveals true knowledge through the corporeal medium of Prajapita Brahma and explains the true nature of soul, Supreme Soul, the three aspects of time, karma philosophy, world Cycle etc. Those aspirants, who follow the teachings in the true sense, become pure and

qualify for the new-aged world to be established soon after the destruction of the old vicious world. First of all, Prajapita Brahma becomes perfect and complete with his spiritual efforts. Those souls, who follow him, also get enlightened. Their ignorance disappears and they free themselves from the clutches of body-consciousness and the five vices. This is the true meaning of Dussehra, as has been revealed by the Supreme Soul at this most auspicious Confluence Age.

Ravana stands for Arrogance and Lust

The main negative characters Ravana alias the heinous vices represent are arrogance and lust. Though man has acquired a lot of wealth and has captured vast lands, yet he is dissatisfied with his possessions. He has been a slave to his lust and earns disrespect and ignominy due to his sinful and vicious tendencies. He boasts of his intellectual acumen and his physical prowess. Due to such heightened ego, he rejects judicious advice of his family members and well-wishers. His wife tries to dissuade him from his promiscuous proclivities, but to no avail. Thus Ravana is a true representation of today's persons who have lost all values and morals in life and crave for more and more wealth, possessions and physical pleasures. All such persons must understand that howsoever powerful and influential they might be, ultimately their immodest, wanton and vicious tendencies will only cause their doom.

Ravana neglects and disrespects even his younger brother Vibheeshan who is an incarnation of simplicity, devotion,

religiosity and right conduct. Ravana's characteristics fit well on the arrogant, selfish, vicious and voluptuous persons of today who find solace in physical pleasures alone and want to amass more and more wealth and mundane possessions by hook or by crook.

Why Peace and Bliss evade us?

We must introspect and try to find out the reason why happiness and peace evade us despite all the worship and rituals. Is it the result of our negative, careless, selfish and reckless attitude? Let us understand that we alone are responsible for our misfortunes. God has given us the slogan: "World Transformation through Self Transformation." Hence, first we must change ourselves before changing others.

Contributing our mite for world transformation

If we want to give our contribution in establishing the new world – Golden Age or Paradise, let's have a firm resolve this Dussehra to eradicate vicious tendencies, forge all relationships with God and obtain the God Fatherly birth right of ensuing Golden Age. ■



SIGNIFICANCE OF DIWALI

Let's clean our mind to invoke the divinity within on this festival.

B.K. Viral, Mumbai

Diwali is the festival of lights, when everyone lights *diyas*, lamps and lanterns at their homes. **Let's also ignite the light of knowledge within, which dispels the darkness of sorrow and allows us to remain happy by reminding us that:**

- ◆ We are originally a very pure, divine, peaceful, loving and happy soul. Hence, we don't need to run after these virtues outside, just need to remain in this elevated self-awareness for their experience to flow through us.
- ◆ Supreme soul is Incorporeal and is Ocean of all the virtues. It enables us to instantly connect to Him anytime, and experience a powerful current of His pure vibrations of peace, love and happiness. This acts like recharging our battery, which makes everything easy.
- ◆ Every scene of this world drama is accurate (being just a return of past karma), beneficial (even if the benefit may be hidden) and nothing new (as the same scene has repeated innumerable times and will keep on repeating after every five thousand years innumerable times).

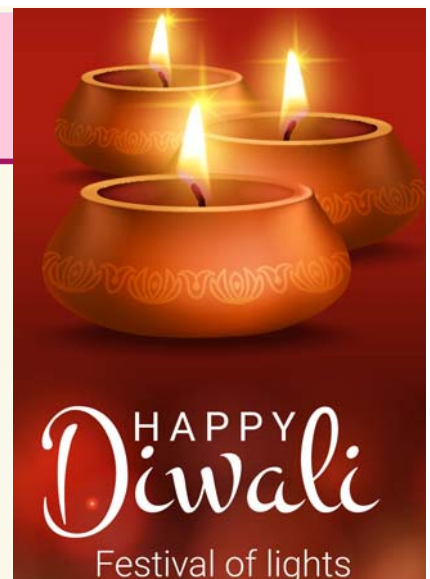
Diwali is followed by the New Year, hence it's also the occasion of newness. However, since the impact of physical things on the mind is very temporary, **let's also inculcate newness in our thoughts, belief system, responses and habits.** It's this newness which leads to a permanent benefit in not only our lives but also in the lives of those around us, truly making our

new year prosperous. This new year, let's experience a new relation with the Supreme Father, which could fill us with beautiful experiences, making our entire life new and wonderful!

Diwali is a time of celebration, when we visit each other's homes lovingly, distribute and eat sweets, share gifts, enjoy a holiday, etc.

- ◆ To truly celebrate life, let's emerge the attitude of gratitude, and thank each and every person for their invaluable contribution in our life. Indeed, let's also thank challenges and situations for making us strong.
- ◆ Let's spread sweetness through our words by keeping in awareness others' virtues and specialities.
- ◆ Let's share the gift of good wishes with all, and forget past grudges held against anyone.
- ◆ When we visit a temple, we first remove our shoes then apply *tilak* and then worship God. Similarly, let's remove the influence of body-consciousness (shoes), by considering ourselves a soul (apply the *tilak* of self-awareness), and this soul-consciousness instantly connects us to God, making our life a celebration.
- ◆ Diwali is also called *Shubh* Diwali. Hence let's make this holiday a holy day, when we think, speak and act in a divine manner.

We usually clean our house before



worshipping Goddess Lakshmi on Diwali. Hence, let's also clean our mind to invoke the divinity within. Let's remove the clouds of negativity, to make the sun of virtues shine again.

The festival of Diwali follows the festivals of Navratri and Dussehra, it is because by emerging our inner powers (Shaktis) through meditation, we annihilate the demons (weaknesses) within.

The word *diya* itself means to give, hence let's keep giving something or other to everyone. Further, like the *diya* consists of a flame and earthen vessel, we're also souls (flame) in this physical body (earthen vessel). Hence, when we remain in this elevated awareness and experience our original qualities, we automatically keep giving in the following ways:

- ◆ An elevated state of mind automatically radiates elevated vibrations all around, leading to harmony in relations and a beautiful atmosphere around.
- ◆ What we experience inside is what we share with the others. Hence while experiencing our original virtues, we tend to share smiles, pleasant words, encouragements, appreciations, spiritual knowledge, experiences and attainments with everyone, inspiring their elevated transformation too.

Although *diyas* are available in different colours shapes and sizes, their flame is the same. Similarly, our bodies are different in terms of age, colour, gender, physical appearance etc., but as souls we are one (being children of the same Supreme Father, having the same original virtues of peace, love and joy, belonging to the same home etc.). This emerges a natural

feeling of unity and closeness with everyone.

Many of us will create a beautiful and colourful *rangoli* outside our homes. Similarly, let's fill our lives with the divine colours of virtues and powers, reflecting them through our sparkling smiling face and elevated character and hence delight everybody.

We Wish You a very Happy Diwali!

God has revealed that Diwali is celebrated in the remembrance of the first day of *Satyuga*, where there's the light of 100% purity and divinity all around, where each day is a festival and each moment a celebration. Hence, **let us also ignite the *diya* of soul-consciousness within by filling ourselves with the oil of spiritual knowledge and by connecting to the ever-shining flame, God.** This will help us to keep the experience of original virtues within us always. Further, like one *diya* illuminates several other *diyas* around, we'll become instrumental in transforming the lives of numerous souls around us, hence helping to create a new beautiful world again! ■



YOU CAN CHANGE ANY HABIT

Have you said to someone or has someone told you - You have made a particular habit since childhood, you will never change. **Do you believe it is difficult or impossible to change a habit especially if it is a strong and old one?** First we need to change our habit of saying I cannot change habits. Absolutely any unhealthy or uncomfortable habit can be changed. Let's not say I have such an old habit of coming late... habit of gossiping... habit of being irritable... habit of skipping breakfast... So I cannot change. **Anything we repeatedly do becomes our habit.** Now by avoiding or changing a few times, the old habit gets finished. We need to constantly work on it even if we have failed earlier. If we give up, it becomes stronger and our will power becomes weaker. Let's confront our uncomfortable habits and ask ourselves – Why should I change this habit? How to change? Do I want to change?

Once our want to change is strong, changing becomes simple.

Is there anyone we know who has never changed a habit? Pretty sure there can be none. Each of us have created certain habits and changed them for some reason. **The wrong belief that we cannot change habits makes negative habits stronger and blocks our transformation.** Sit back and check how you control your habits and your habits no longer control you. As you check repeatedly and create thoughts of what you want your reality to be, your will power increases. You let go of uncomfortable habits, dependencies and addictions. You will easily be able to choose what stays on your mind. There will be no habit that you cannot change. Not just small habits like drinking too much tea or coffee or watching TV while eating, you can get over deeper addictions. You will eventually become who you wish to be. ■

LAUGHTER: THE BEST MEDICINE

- ◆ A defendant isn't happy with how things are going in court, so he gives the judge a hard time. Judge: "Where do you work?" Defendant: "Here and there." Judge: "What do you do for a living?" Defendant: "This and that." Judge: "Take him away." Defendant: "Wait; when will I get out?" Judge: "Sooner or later."
- ◆ Alcohol is a perfect solvent: It dissolves marriages, families and careers.
- ◆ I think they picked me for my motivational skills. Everyone always says they have to work twice as hard when I'm around!
- ◆ My boss said I was going to see a big increase on my Payslip this month..... He increased the font size.
- ◆ Today a man knocked on my door and asked for a small donation towards the local swimming pool. I gave him a glass of water.
- ◆ I changed my password to "incorrect". So whenever I forget what it is the computer will say "Your password is incorrect".



SPIRITUALLY FULFILLED

Farha Sayed, (Tarim, Yemen), Mumbai

The purpose of spirituality is to establish a set of values, principles and beliefs, which could give meaning to your life, and to guide the decisions and actions you take.

Most people learn a vocation to make money, and then assess their success on the basis of achievements in their field. Spirituality is not linked with worldly achievements, but rather about becoming your best self as you move through the life. You can find your higher purpose in life through many pathways, including meditation and prayer, personal reflection and practising spirituality. Seeking a spiritual purpose is its own reward. It includes behaving in a gracious and compassionate manner and striving toward self-actualization. They also take the time to savour life and flourish in areas such as personal relationships, self-esteem and finding meaning in life.

If you find yourself searching for spiritual purpose, you can travel at many pathways. But the first step to find your higher purpose in life is to understand what it is, that you seek.

While a variety of methods can help you find your higher purpose, it is typically a lifelong quest. It may change as you evolve as a person, or when confronted by events or a crisis. Often, a quest for increased spirituality begins with questions such as:

- ❖ What does it mean to be a good person?
- ❖ What is the purpose and meaning of my life?
- ❖ How can I connect with others in a better manner?
- ❖ Do things happen for a reason?
- ❖ What's the best way for me to live?

Another important step is determining where you are on your journey towards spiritual

purpose. This requires asking yourself some honest questions about how you feel under certain situations in life such as:

- ❖ Who gives you comfort during times of sorrow?
- ❖ Who or what do you turn to when looking for hope?
- ❖ Do you find that you tolerate the beliefs and viewpoints of others?
- ❖ Which values and beliefs guide your decisions?

Not only art, music, meditation, yoga or prayer are some of the ways to transcend immediate surroundings, but also keeping a journal and writing down your thoughts every day for 10 minutes or so, is helpful. Some people also find solace and a sense of belonging by surrounding themselves with those who take an interest in spiritual issues in a church, mosque or synagogue. These methods can help you get closer to finding your spiritual purpose. Also, it's important to realize that spiritual purpose is about living on the basis of a set of values that make your journey throughout the life better, it's not about the ultimate destination.

As my journey began with Raj yoga meditation, I achieved enriching and unbelievable benefits and received enormous profits every day by its simple practice. It comes through personal experience of every individual. **It is not only spiritually fulfilling but also enhancing your inner capabilities and making you absorb all the positivity at every moment of life.** ■



WHY IS CHANGE NECESSARY IN HUMAN LIFE?

We can enjoy the journey of life only as long as we move along with the time.

B.K. Ram Singh, Rewari

A beggar used to beg from one station to another in a train every day and then return by the same train. One day he asks a suit-wearing businessman for money. The businessman refuses saying 'Being a businessman, I give something only if I get something in return'. The beggar replies: 'What can a beggar like me can give you sir?' The businessman ignores his reply and leaves. This incident leaves a profound effect on the beggar, which makes him think the whole night: 'what can I give in return?'

Next morning he picks some flowers from the station and starts giving them to whomsoever gives him money or food. Gradually it becomes his daily habit and he starts getting known as 'the *Phoolwala* Beggar'. After a long time, he meets the same businessman. When he gives flowers to him also, he astonishingly says, "Oh! You have become a businessman like me! I like your attitude." Listening to it, while getting down from the train on the station nearby his house, the beggar happily and loudly says: 'From today, I have become a businessman. I am not a beggar anymore'. Those listening to him think that he has gone mad.

After that day, the beggar was not to be seen for many years. After 5 years, in the same compartment of the train, a young businessman shakes hands with an old businessman asking, "Do you recognize me?" The old businessman

replies, "I am probably meeting you for the first time." The young one gives him his business card saying, "No sir, we have met twice before. Now, I am a florist businessman and am going out of town for a business deal. The credit for this goes to you. **When I met you for the first time, you taught me what to do in life and in the second meeting you told me who I am.** Both these encounters changed my thinking process. I understood that as long as I considered myself a beggar, I would be living the life of a beggar. As soon as you called me a businessman, I became a businessman. It only took a few years."

Like the beggar, we have been begging for the fulfilment of one desire or another from the God since Copper age. Finally, God descends on the earth during the confluence of the Golden and the Iron Age and says 'If anyone wants my imperishable treasures of happiness, peace, bliss, love, knowledge, purity, and powers, then he also needs to give me something in return. Because if I give something to someone in particular and not to the rest of the world, then that would be an example of being biased. And if I give it to everyone without any reason, then everyone will lose their creativity and become dependent upon me for everything. Sorrow is the outcome of sin. If I remove sorrows of everyone in every situation, then they will become worse sinners. So, the true businessman God says that the formula to get everything from me is 'first, stop considering yourselves to be devotees, who



keep asking for one thing or another and develop the intoxication of being my heir and second devote time and energy in remembering me and in distributing my treasures selflessly amongst the sad, the disturbed and the troubled souls; spend some portion of your wealth in giving the message to the whole world about my arrival; use your mind and intellect in churning my knowledge and in imparting it to others etc. In this way do a true business with me'.

As long as you keep thinking of yourself as a beggar, you will continue to lead the life like a beggar. It will definitely take some time, but after that you will become a true businessman. It is all in the mind.

Change is necessary with time

To change oneself with time according to the situations is the basis of a happy life. Happiness and sorrow are temporary just like the blooming and withering of flowers. That which neither can be created nor be destroyed is the existence of the self. Considering that 'I am a soul and my existence is permanent. I either exist here on the planet earth or in the sweet silence home of the souls, but I never vanish' is the essence of life. Situations are temporary but I am permanent. It is day after night and night after day. Suppose if day ceases to stop, then how will the night appear? **Change is an eternal law of nature. If happiness does not remain, then of course sorrows will also not last forever.** The person who realizes this truth neither flies under the influence of superiority complex during his good time nor falls down feeling low under the influence of inferiority complex during his bad time. His life becomes like an unshakeable rock, which remains the same in the rain and in the sun.

Change is not Dependent on Time or Date

Change is not dependent on any fixed time or date, it is a continuous process. Change takes place at every

moment, so one should enhance his adaptability. To lead an obstacle-free life, first one should bring about transformation on the conscious level i.e. from considering being a perishable body, to be an immortal, imperishable, peaceful soul. Second, he should put conscious efforts to eliminate waste and negative thoughts by diverting the mind towards pure, positive, powerful and purposeful thoughts and hence stay in the present more and more. And third, he should change his vicious nature.

Every day is like a new beginning

Without change, progress in human life is impossible. **A person who cannot change his mind cannot change anything. So accept the change.** The changing man is full of strength to cope. Until his last breath, he keeps on learning something new. Every day is like a new beginning, there is still a change to be made. So don't ever tell yourself that you've stopped because it never happens.

The law of nature is 'change'

Whenever we refuse to obey this law of nature, we become unhappy and depressed. Accepting change makes a person dynamic. We are travelling in a train of time in which to stop means to get down from the train. We can enjoy the journey of life only as long as we move along with the time.

Change is Eternal

With time, there is a difference in an object, subject and idea. Seasons change, human conditions change. Development is the process of changing progressively. "Stagnant water starts rotting". In order to progress, we should make our behaviour change oriented. If we do not accept change, we become conservative. **Accepting change is an act of courage. For this one should dynamically, bravely and positively face the difficulties of life.** Remember, struggle sows the seeds of development in our life. ■

LET'S BE HUMAN BEINGS, NOT HUMAN DOINGS

We are all special angels in this world born for a higher purpose. Have you ever wondered that apart from living a life from morning to night, full of actions like dressing up in the morning, going to work, cooking meals and going off to sleep at the end of the day, we also have a higher purpose in this lifetime? Take for e.g. a machine in your home like an air conditioner. It runs when we put it on and shuts down when we instruct it to. When it is not running, it remains idle without ever thinking that it could do something else. Does it have a higher purpose? No. Then one day comes when we discard it forever and it is abandoned. We all are human beings first and not human doings only. **Human doings work from morning to night, performing different actions, without a higher purpose. Human beings have a higher purpose – to look after the being while performing actions necessary for life. So, let us not be like a machine from today.** When we step into our workplace or when we look after our home, family and friends, let us think and be aware that one day we will leave this body and take nothing with us. No financial success, professional achievement, beautiful relationship and looks and outer personality will go with you, when you are no longer in this physical costume or body.

So, pause for a minute this moment and look inwards. I love my son or daughter or husband or wife but one day they will no longer be with me, when I leave this physical costume. For me, the purpose of my life may be looking after them. But **my higher purpose is looking after my inner self, my *sanskaras*, my inner being, which I will carry with me.** So take an affirmation every

morning – I choose to beautify my inner self throughout the day and give happiness to everyone I meet. I choose to be good at work but also work on my actions, which makes me receive blessings from everyone. Also, I choose to be a mirror of goodness for everyone, in whom people will see positivity and be inspired to become better human beings. Why? Because you are special, a special human being and not an ordinary human doing!

Whenever you begin the day, look at everything and everyone around you and realize deeply that my education, my professional qualifications, my wealth and my role – all this and much more is not really mine. This is because you are a being full of peace, love and happiness, which is non-physical, first. And, all this expanse of physical belongings, people, close relationships and everything else, even your physical body – all of this, you have acquired later. The non-physical is controlling and running the physical. The non-physical is eternal and the physical is limited to this lifetime only.

Happiness is the primary quality that we are looking for. Also, we are looking for peace and love. As long as your consciousness is centred around the physical, all these three emotions will not be experienced by you permanently and forever. They will come and go. This is because everything physical is transient or changeable. One day your relationships are good and on another day there is a lack of co-operation and you feel less loved. Sometimes, everything is going smooth at the workplace and on another there is a pressure of incomplete tasks and deadlines which make you feel restless. Also, at times your physical costume or body is healthy

and running well and suddenly an illness arises and you lose your inner contentment and feeling of wellness. **So, life is about twists and turns. When your consciousness is focused on your inner being, you are peaceful, loving and happy at all times.** This is because the foundation of your peace, love and happiness is not transient or changeable. Also, by looking at the eternal and inner self as the basis of your existence, you will not be affected by the situations outside. They will come and go and you will remain stable, because you are a source of peace, love and happiness and you will fill every situation of your life with them. The situations are no longer your source for them and you are no longer dependent on them to remain full of peace, love and happiness.

A life full of inner happiness and contentment is only possible when everything you do is based on your real spiritual self. Suppose you have an important exam in school and you are preparing for it with complete honesty and sincerity. Taking the exam is an important challenge for you but despite all your hard work you do not fare well in the exam. In such a case, we might feel unhappy but have we ever wondered that an external situation like this may be positive or negative. But do we allow our mind's thoughts, feelings and emotions to be governed by

them or to be controlled by them. Also, do remember that your life's purpose is not only to earn wealth, play roles of different types, look after your family and children and excel in exams and get good degrees. No person in this world has everything going his way at all times in these different spheres of life. So a sole purpose based on things that may or may not go our way can be tiring and full of broken happiness, which goes and comes from time to time.

When we have a higher purpose of redefining our thinking and modifying our feelings into better ones, our little world around us – our family and then the little bigger world around us – our workplace and then the even bigger world – our society followed by our country and then the complete world will begin to change. If we had the complete human race acquiring a higher purpose before short term purposes of eating and feeding, earning and breeding, gaining and producing, then all these things outside us would be full of accuracy and beauty. So, take a step forward today and start living like special human beings who love the being before the doing. This will create little worlds of happiness, full of peace and love around you ... the little heavens, which will create a beautiful paradise in the whole world. ■

On the occasion of Diwali, the team members of The World Renewal, the English Spiritual Monthly Magazine, express their heart-felt golden wish of complete peace, purity, prosperity, health, wealth and happiness for all its readers, B.K. divine family members and all the souls of the world. May everyone remain under the all-embracing canopy of the Incorporeal God Father Shiva's remembrance and achieve His blessings and benedictions!



BUILDING A TEAM-SPIRIT

Teamwork divides the work and multiplies the success. Simply wearing the same shirts doesn't make a team. Embodying a sense of team spirit at work is essential for success in a team.

Prof. Onkar Chand, Shantivan

Can you imagine what it would look like if there is no 'team-spirit' among the players of hockey or football teams? It would be total chaos. Likewise, look at some of the best things accomplished in the world, and you'll find that there was a good team behind it. It's very true that a team can achieve much more than anyone working alone.

Effective teamwork occurs when people combine individual skills to produce amazing results. Teamwork promotes maximizing the exchange of knowledge and ideas. This, in turn, helps individual team members to learn new skills and gain better experiences. It is worth mentioning here that talent wins the game, but teamwork and intelligence win the championship. A competent team is nothing more than a group of people who each fulfill different skill sets. While one team member may excel at creativity, another may excel at goal setting or at office work.

Teamwork is a feeling of unity and co-operation. It is an enthusiasm that a group of people share for their common interests and responsibilities. Teamwork is the fuel that allows ordinary people to achieve unusual results. Teamwork divides the work and multiplies the success. Teamwork brings people together and motivates them to trust each other to get things



done. Teamwork also makes progress easier and allows the group to overcome obstacles that would have obstructed an individual.

Some of the benefits of teamwork are: it reveals new and fresh ideas; improves efficiency and productivity; provides better quality; helps in problem solving; provides more learning opportunities; gives quicker innovation; supports stronger working relationships and healthy competition etc. Team spirit is an attitude that enables people to work well together. It's about companionship, cooperation and collaboration between different members of the organization.

Here I have some excellent old teamwork lessons from an age-old tale of a tortoise and a hare.

Once upon a time the tortoise and the hare were good neighbours. One day they had an argument about who was faster. They decided to resolve the argument with a race. They agreed on a route and started off the race. The hare shot ahead and ran rapidly for some time. Then seeing that he was far ahead of the tortoise, he thought to sit under a tree for some time and relax before continuing the race. He sat under the tree and soon fell asleep. The tortoise kept on moving slowly and overtook him and soon finished the race, and emerged as the undisputed winner. The hare woke up and

realized that he'd lost the race. Here, the moral of the story is that "Slow and steady wins the race".

This is the version of the story we grew up with. But then recently, someone told me a more interesting version of this story. It will continue....The hare was disappointed when he lost the race and analyzed some of the root causes of the defeat. He realized that he lost the race only because he was overconfident, careless and reckless. Had he not taken things lightly, the tortoise could not have beaten him. So he challenged the tortoise to another race. The tortoise agreed.

This time, the rabbit got out and ran from start to finish without stopping. He won by many miles. Here, the moral of the second part of the story: Fast and consistent will always beat slow and steady. It's good to be slow and steady; but it is better to be fast and reliable. If you have two people in your organization, one slow and reliable, and the other fast and still reliable in what they do, then the fast and reliable person will steadily climb the organizational ladder than the slower chap.

But the story doesn't end here. The tortoise did some thinking this time, and realized that there's no way he can beat the hare in a race the way it was currently formatted. He thought for a while, and then challenged the rabbit to another race, but on a slightly different route. The hare agreed. They started off. In keeping with his self-made commitment to be consistently fast, the hare took off and ran top speed until he came to a broad river. The finishing line was a couple of kilometers on the other side of the river. The hare sat there wondering what to do. In the meantime the tortoise trundled along, got into the river, swam to the opposite bank, continued walking & finished the race. The moral of the story: First

identify your core competency & then change the playing field to suit your core competency.

The story still hasn't ended! The hare and the tortoise, by this time, had become pretty good friends & they did some thinking together. Both realized that the last race could have been run much better. So they decided to do the last race again but to run as a team this time. They started off, and this time the hare carried the tortoise till the river bank. Then, the tortoise took over and swam across with the hare on his back. On the opposite bank, the hare again carried the tortoise and they reached the finishing line together. They both felt a greater sense of satisfaction than they'd felt earlier.

The moral of the story: It's good to be individually intelligent, brilliant and talented and to have strong core competencies; but unless you're able to work in a team & utilize each other's core competencies, you'll always perform below par because there will always be situations at which you'll do poorly & someone else does well.

Creating a healthy team culture

Let's go through some of the ways we can encourage team spirit and create a healthy team culture in our organization, workplace or



business. The basic building block of good team building for a leader is to promote the feeling that every human being is unique and adds value. Here are a few ideas on how to build a strong

team "spirit" in our workplace:

- ◆ Provide clear direction and a sense of purpose to all team mates.
- ◆ Value the contribution of each player. Listen to, acknowledge, and celebrate each player contributions. Loyalty is earned by caring about not only the performance, but also the person.
- ◆ Make trust-building a top priority. It is the foundation of high-performing teams. Trust is built by being reliable, open, straightforward, and accepting.
- ◆ Build on strengths; manage weaknesses.
- ◆ Appreciate team members for their excellent work which will influence the whole team to become better and work harder.
- ◆ Lead by setting a good example.
- ◆ Encourage creativity and risk-taking.

What makes a team successful?

Mutual open communication, respect, common and aligned goals, and patience can all help build a successful team. Building team spirit is a leader's responsibility. It is the ability of everyone in a group to be eager not to put "we" ahead of "me". So be a humble leader. The group should know that they work with you, not for you. If something good happens as a result of a suggestion you receive, give credit to the person who made the suggestion. If something bad happens as a result of a suggestion you receive, take the blame.

Praise publicly and criticize privately. When you praise, give praise to those who are seldom acknowledged. Remember that a bolt that keeps a wheel on the car is just as important as the powerful engine that runs it. Everybody should know why their job is important and feel that their effort is appreciated.

A group of individuals attempting to achieve a pre-determined goal in a specific time frame

can potentially grow into a team. However, simple engagement and association is not enough because merely wearing the same shirts doesn't make a team. Ideally, each member of the team should be aware of their role and work dedicatedly to make their sincere effort, without considering whether others are doing the same or not. Open acceptance of success on the outside and failure on the inside is the key to team spirit. ■

Life Changing Advice

- **Raise your words, not your voice. It is rain that grows flowers, not thunder.**
- **If you don't like something, change it. If you can't change it, change your attitude.**
- **If you want to conquer fear, do not sit at home and think about it. Go out and get busy.**
- **You cannot swim for new horizons until you have the courage to lose sight of the shore.**
- **Our greatest glory is not, in never falling, but in rising every time we fall.**
- **Your life is short. You have no clue when this ride will end. Stay present and live fearlessly.**
- **Once you replace negative thoughts with positive ones, you'll start having positive results.**



THE MASTER IS GIVING ORDERS

Pay attention to every direction very well and don't harbour waste in your mind.

The God Father Shiva says, "Now follow my instructions. This world is going to be transformed. I am laying the foundation of a new world. Be focussed to imbibe purity and to apply it practically".

The Father's advice is, 'Remember Me, and keep your deeds elevated. Never perform any action under the influence of a vice. Remove the obstacles caused by the past karmic accounts through spiritual knowledge and yoga, and move forward'. The Father says: 'In case you get confused, I am always there. You can seek advice from Me. Yes, I am not present on the earth always but only during the Confluence Age. My entering into a body is like taking a house on rent. For the sake of you children, I have taken this human body (that of Brahma Baba) on loan. Look, I will make him the Emperor of Heaven. Is this rent less in any way? Children, I will make you the masters of the entire world'.

Signs of Intelligent Students

God Shiva has given us divine intellect through His most elevated spiritual knowledge, so that we may understand what to do in various situations. This confluence-life is very valuable and beneficial for everyone. This is why the Father says, 'Pay attention to every direction very well and don't harbour waste in your mind.

Don't allow the thought that ups and downs do occur and so you can let them happen. Take care of yourself, and put sincere and intense efforts. **Always keep the divine knowledge in your intellect.'**

It's also good to take notes. Writing down the points makes us memorize them for a longer time. **Some signs of an intelligent student are: taking notes, being attentive in the class, and revising a number of times. They not only understand themselves, but also make others understand.**

Good students never miss studying *Murli* (Godly versions). Although it seems that similar points come up every day, *Murli* shows new ways of moving forward. If one doesn't listen to it attentively, it seems monotonous. Everyday Shiva Baba says, 'Remember the Father and become pure; be holy, be yogi'. Some of us think that this can be done while being at home as well and therefore ignore listening to the *Murli* in the *Murli* class. However, points of knowledge get clear in the intellect only when one listens to the *Murli* daily. Those who pay good attention to understanding the knowledge also have good ability in explaining it to others.

We have been listening to the *Murli* (the divine versions of God) for so many years. Some points stay in the intellect fixated as they attract and pull the heart so well that it feels that, "It was meant just for me". There are many types of people and *sanskars*. Different points appeal to

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

WINNING THE SPIRITUAL GAME OF HIDE AND SEEK

If the person is forever busy looking at their bodily image, how can they hope to see their soul? Are you one of the vast majorities that lead a life looking through their physical windows (eyes) whose view always falls on the body?

B.K. David, Paignton, England

Your soul can only ever be seen through a spiritual window which needs to be a clean window without any mud of body consciousness on it. What can be seen through a dirty window that's not been cleaned for 50 years?

The difference between a spiritual window and a bodily window is that the spiritual window is situated on the top floor where everything can be seen (and ignored) easily, with the bodily window located in the dark damp basement whose view is extremely limited.

The basement window lets little light in and when looked through, only sorrow can be seen through it. Most cannot envisage seeing anything other than their sorrows of the past, stress of today and the endless fears of tomorrow.

All three, past, present and future, are growing huge weeds, poisonous plants and thorny bushes around each person's house (life) that is making them forever stressful, ill and worried.

As they say: seek and you shall find.

It's one thing to seek out a new, better paid job, or a wife, a new car, suit or shoes, or seek out your friends that are hiding up a tree or behind a bush on your childhood street in the game called Hide and Seek, and a totally different game in which you try to seek out and catch hold of your soul.

Your window needs to have no dirt of body consciousness on it that would spoil your ability to see out of it and see your soul in all its glory.

The soul is hiding in the tree house of your brain.

The soul is not in the trunk or branches or the canopy of your hair – but in the centre of your house, in its armchair, sat in the centre of your brain. And where else could the soul be found? The soul is not to be found in your knee, elbow or shoulder and is not without a location as most think.

The soul is also very separate from God's soul but is of course, related as Father and child. It is God that's all-encompassing but who is still, never omnipresent.

We can be seen as a point, a star, whilst God remains forever as vast as the sun, unending in power and the heat of love and the coolness of peace: quite a difference.

Yet out of nothing more than habit and conditioning, people see only their bodies when they look in the mirror or think of themselves. This alone is enough to take a person a million miles away from truth and knowing their soul!

Are you sat in the boot of your car often crashing?

Have you ever seen a person driving their car whilst being in the boot? A driver sits in the driving seat with good reason as from there he



can steer, accelerate and stop the car. For this reason you will not find the soul in your heart as it needs to be seated in the driving seat in the middle of your brain.

The world is driving from the boot of their cars and this is why they are having endless crashes. And the only way to stop all these crashes is how? Is for the driver to sit in the driving seat from where he can take control of the car and drive (think and act) carefully and slowly and avoid the endless crashes that take place every second all over the world, from arguments, fights, moods, altercations and killings.

Man sees a handful of sand and builds a desert and oasis from it with his imagination.

The trouble with man's imagination is that when his fort in the desert gets hit by the storms of reality, it vanishes overnight and turns back into sand.

What would you call the man that wanted to study the moon through his extra powerful telescope and yet it was aimed at his neighbour's shed and fish pond in his garden? For many years he thought he was looking at the surface of the moon and one of its many lakes surrounded by huge city buildings.

This stargazer had wrote essays, thesis and books on his observations and gave lectures on the planet's rivers, its seas and forming life that he had discovered observed closely, and all by accident. He had even named one of its great seas after himself and the moon's biggest lake after his dog, Jerome.

The soul is very much hidden and for some, they try to find it but can spend a lifetime seeking it.

Could something so important, so sought after, as what the soul is, that's studied, thought of and philosophised over, really be hiding out of our spiritual grasp and mental understanding?

Do we have some Himalayan secret cave within us that the soul hides from us? How can

the cave that houses the soul, where it is sitting dormant, remain so undisturbed for so long and be such a secret? Surely, it makes sense to find and look into this hidden cave and grasp the soul that's sat there and make it out best friend.

I think we shall find that it's not that soul that's hiding but the person's lack of insight and inner desire for truth that's blocking out the light that would allow them to see and feel their soul shining from within their inner darkness.

In which pool do end up swimming in daily?

Pure desire can give the power and impetus that bestows the ability on a person to open his third eye of spiritually that gives him not X-ray vision but S-ray vision (spiritual) to look beyond their body and see the soul.

Have you the power and love to stop looking at your body and start seeing yourself as a soul? Few have such love, courage and desire for truth.

For most, this world is just of body and until they look at it through spiritual eyes, they must carry on swimming (living) in the quicksand of their own making and so far, no one has climbed out of that swimming pool victorious and with a smile but from such a pool, can be heard constant screams and moaning of suffering.

The cause to all blindness that afflicts man starts with his inability to look at himself as a soul. Looking through his physical eyes has made man completely blind to seeing his soul.

What would you think of the almost blind man that whilst looking for his front door, was looking through its keyhole for that very door?

On the door is painted the words: I am the soul. Yet humanity complicated this search and started looking through its keyhole into outer space, into religions, science, perverse satisfactions and under the sea for our origins and beginnings.

This search is making mankind increasingly blind to the truth and in so doing, makes him weaker and more peaceless and unhappy, as the days pass by and the rope of stress, worry and bad habits grows constantly tighter around his hands, ankles, body, neck and head.

A real hero does not look in the mirror to see himself but those behind him wanting his help.

Once upon a time it was only man's intellect that was tied in knots but now that same rope of body consciousness has grown longer, thicker, coarser and more tangled with many knots of ignorance, anger and selfishness along its entire length.

Now man is almost blind with carelessness, the rope has fallen down over his eyes, making most of the world half blind and in many places, totally blind.

Man lives unknowingly with his hands and feet bound tightly. The rope of his past and present is causing his belly to be in knots and his head to go dizzy.

It is man's everyday thinking, actions and bad habits that are preventing him from living in true freedom as these are pulling him down constantly to very low levels. Just the accumulation of bad habits has the power to restrict a person's daily life to that of the human equivalent of the hamster wheel.

It is this invisible hamster wheel that we all now must tread that reduces, confines and condenses a person's living into a state of almost 'zero happiness'.

Man's happiness has been replaced with the constant state of worry and stress which further compounds his dilemma as it dries up that drop of happiness and peace he had.

Everyone is thirsty for happiness and can be seen living in a giant swimming pool that has no water. All their refreshments contain the salt of bad habits that they themselves added thinking it would enhance their drink (life).

Would the soul be placed within a body where it could never be found? If the soul cannot be found

and understood, how then could it ever be unwrapped and felt?

The soul has sunk like an invaluable treasure chest beneath the waves of body consciousness and only a true searcher, an adventurer, will have the courage to keep on diving down until one day he finds it.

Man's huge burden of sin and ignorance weighs him down heavily and blurs his vision sufficiently to make it hard for him to see clearly, if at all. The cause to man's blindness originates from his blurred thinking that is responsible for pulling the plug in his swimming pool and what is the cause to his distress and having no water (happiness) in his pool.

Hardly anyone can see that what they are thinking and doing is actually wrong as they do not know right from wrong. People have become unable to see the truth and the falsehood with which they are living. People cannot grasp that their body is false: when standing in front of a mirror, they see not their soul but only their gross body staring back at them.

The soul is truly the key and the only key that can open the door for you to step though into the room that will allow you to lead a happy life.

Many think they are free and liberated and yet they live in the pantry of limited attainment as if the ant finding the sugar bowl thinks he's found everything worthwhile that can be found in life and that he's lucky and has gone to heaven.

By understanding the soul, where it is within your body and its functioning and faculties, you can then and only then, master its thinking and learn to control your desires which in most cases, acts as their soul's downfall.

With effort in the right way and done on the right path, you can become your soul's (mind) ruler and the true king of yourself.

(Contd. on Nov. 2022 issue)

GLORIOUS HISTORY OF INDIA

Ancient glory of golden sparrow and re-establishing its esoteric concepts

Dr. Ankur Chaturvedi (Sr. Quality Consultant-Infosys), Pune



If someone wants to destroy a nation, just damage its rich heritage. That is the case with India. How many Indians are actually aware of the Golden Sparrow era of India? Hence, this article is meant to rekindle the ancient glory of our great nation, from the words of foreign authors.

"India was proverbially the land of opulence; no other country ever brought together such an assemblage of wealthy and enterprising men. Alexander opened to Europe a much more ample knowledge of India than had hitherto obtained. From him, we have learnt that India at that remote period was populous, fertile, highly civilized and more opulent than at any time; and that her manners and institutions were precisely the same. We also hear a famous attack by Semiramis, the celebrated queen of Assyria or Babylon on India. She, who spent three years in preparation, is said to have led an army of one million soldiers and was met by a force equally numerous. India opposed her passage by battling and gaining a decisive victory. Indian history goes earlier than that of Greece or the foundation of Rome. It was a time when Europe was darkened in barbarism, England with the abode of Druids and America being an unknown forest. We find India to be a fully grown nation in its first introduction. If we judge from the wealth, comforts and the luxuries of life, which the first conquerors found, **we must believe that India was once a favoured land of Heaven**, above any nation on the face of the earth. Perhaps, the

Phoenicians were the first to introduce the rich produce of India into Europe¹."

"It is well known that the Indian residents used to build their houses with gold bricks. Men of some of the Indian islands used to put one flag on their house-tops for each successful potful² of gold.

"Amongst the principal things exported from India to Europe by way of the Persian Gulf and Byzantine Empire or the Red Sea and the Venetian trade in the middle ages were precious stones, ivory, pepper, ginger, indigo, dragon's blood and other dyes, incense, alum, aloes, quicksilver or cinnabar, the cassia drug, ammoniac, cinnamon, opium, gum-mastic, ambergris, silk, saffron, cloves, cubebs, rhubarb, mace, camphor, nutmegs, spikenard, cardamoms, borax, gum-Arabic, muslins, cotton cloth, velvets, damasks, silks, gold-embroidered cloth, canvas and hemp³."

Professor Max Muller says: "In the study of history of human mankind, in the study of our true selves, India occupies a place second to no other country. Whatever sphere of human mind you may select for your special study, whether it is language, or religion or mythology or philosophy; whether it is laws or customs, primitive art or primitive science, every time you have to go to India whether you like it or not, because some of the most valuable and most instructive materials in the history of man are treasured in India only⁴."

"According to European writers, the ancient

Hindus were “poetical people,” they were essentially “a musical race” and they were “commercial people”. “They were a nation of philosophers”; “in science they were acute and diligent as ever”.

Their language is the best and the most beautiful in the world.⁵

Professor Wilson says: “The ancient Hindus attained as thorough a proficiency in medicine and surgery as any other people whose acquisitions have been recorded.”

The above section hints about how great our nation was. But the point is how we bring its ancient glory back. The most important point to note about ancient India is about the characters of Indians. Professor Max Muller says: “It was the love of truth that struck all the people who came in contact with India, as the prominent feature in the national character of its inhabitants. No one ever accused them of falsehood.” Indus valley civilization is the prominent evidence that you don't need weapons for extended survival. No weapons were found in archaeology. Even the great historians, Oswald Spengler suggests, moral pollution is one of the topmost contributors towards the civilization collapse. Hence, it can safely be deduced that **it is the highest moral character of Indian people that has provided them an edge over the others.**

If we really want to re-establish the ancient glory, we need to focus on core strength, i.e. moral values. We need one example of a person or community who could show us the way to the highest moral standards with zero tolerance towards vices, i.e. lust, anger, greed, ego and attachment (a true religion, as mentioned in Shrimad Bhagwad Gita). He/she will be the true manifestation of Brahma. As our ancient literatures postulated, after *Kalyuga* there will be a golden period after the industrial destruction of the Mahabharata episode. As we see today, people are fighting over religion; climate

crisis and nuclear war are on the cards, humanity is touching its lowest etc. **It is a good time to dwell on our rich heritage, teach our kids about our glorious history and get back to the basics of Rajyoga of Shrimad Bhagwad Gita.** Brahma Kumaris is one such distinguished organization, known for zero tolerance towards vices and its presence in international forums is universal and open for all the religions.

Let us now have a look at the following verses from Shrimad Bhagavad Gita:

Whenever there is a decline in religion and morality and an increase in unrighteousness in India, O Arjuna, at that time I manifest Myself on earth. (BG 4.7)

I manifest myself veiled by my Yogmaya, hence foolish people don't understand how unborn is manifested. (BG 4.25)

I carefully perform my duties, all human mankind follow my path. (BG 3.23)

With the above 3 verses, it is clear that when Supreme Soul comes, it's very difficult to recognize Him. He comes at the time of peak adversity and the only way to recognize Him is through His teachings and character as He shows the path.

Looking at the present atrocities that human mankind is suffering; this must be the apt time for the **Shrimad Bhagwat Gita episode. The immediate teaching of Shrimad Bhagwat Gita is to see self and others as souls, which is the basis of Rajyoga Meditation, as body consciousness is the root of all the sufferings.**

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2. Cathay and way thither: being a collection of medieval notices of China, by Yule Henry Sir, 1913, London, Printed for the Hakluyt Society
3. Pioneers of India, by Johnston, Harry Hamilton, Sir, 1913, London [etc.], Blackie and Son, limited
4. India: What it can teach us, Max Muller
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Ludhiana: BK Ram Parkash from New York is addressing the Punjab Police officers on 'Converting crisis into opportunities and fear into courage'.



Mumbai (Borivali East): A Special Event for Youth is being inaugurated by Dr. Anu Mehta, Author & Motivational Speaker, Mr. Tejender Singh, Youth BJP President, BK Divyaprabha, BK Ritu and BK Kavita.



Mohali: After conducting a session on 'Stress Management' for the faculty of DAV School, BK Shashi and BK Meena are with principal and staff.



Brahmapur (Prabhu Upahar Retreat Centre): BK Mala tying up sacred Rakhi to Mr Satyabrata Bhoi, IG of police.



Raisingh Nagar (Sri Ganga Nagar): During the 'Har Ghar Tiranga' campaign, Mr. Manish Kaushal the chairman of the municipality and other officials are with BK Geeta.



Ranchi: 'Har Ghar Tiranga' rally is being taken out in the streets of the city by Brahma Kumaris.



Vrindavan: BK Roshni is extending invitation to Shri Anirudhacharya Ji Maharaj for the All India Bhagvad Gita Mahasammelan program at Mount Abu.



Ludhiana: After conducting a programme on 'World Suicide Prevention Day' Principal of Khalsa College for women is being presented Godly gift by BK Neeru, BK Jaswinder and BK Vijay.



Bhanjanagar (Odisha): Taking a pledge in a programme on 'Healing Body & Mind' are Mr. Gopabandhu Mahapatra, Chairperson NAC, BK Satish, BK Santoshini and others.



Delhi: Felicitation ceremonies of doctors and corona warriors were organized at various hospitals. Here BK Banarasi is in group photo with doctors of Adarsh Hospital.



Mangaluru: Inaugurating 'Sri Krishna Janmashtami function' are Mr Venu Madhav, General Manager, HPCL, Dr. Kishor Kumar, Distt. Health and family welfare officer, Mr. Pradeep Rathod, General Manager, BPCL, and BK Vishweshwari.



Chhapra (Bihar): A programme on Teachers' Day is being inaugurated by Prof. Arun, Prof. Basant, Prof. Bhibha Kumari, Prof. Devendra and BKAamika.

Before Meeting Someone, Create One Thought That HE IS A PURE BEING

Each time before we come into interaction with someone, we mentally create an image of how that meeting would go. If we are about to meet a stranger, we create curiosity and anxiety. And if it is someone we already know, we perceive them through our past experiences. Our vibrations, words and behaviour during the interaction will be based on how we think about them.

When you interact with someone who you know, do you perceive that person based on past impressions about them? And if that past impression, which could be days or years old is negative, do you fear meeting them again now? Or do you meet people each time with a fresh, open mind? In our interactions, people may not speak or behave the way we expect. They are not in our control, but what we record in our mind about them is always our choice. Holding a clean perspective about people will radiate pure vibrations in the next meeting and will create a

pleasant interaction. **Every time we meet someone, we should meet them with a clean mind and with a thought –'I am a pure being, meeting another pure being'.** This thought deletes any unpleasant experience of the past. Otherwise the bitterness becomes a flavour of our next meeting. Don't allow past experiences to become a part of your present and influence future interactions. Meet people with a clean mind and bless your meeting. Remind yourself - If I had an unpleasant interaction with someone, I clean my mind of the past experience before meeting them again.

Cleaning your mind and creating a highest frequency thought for people helps you radiate authentic respect for them, before and during your interaction. Remind yourself - I meet people only after perceiving them to be pure, beautiful beings. This makes us comfortable in each other's company. It also energizes us and our interactions. ■

WORDS OF WISDOM

- ◆ Everyone wants happiness, no one wants pain, but you can't make a rainbow without a little rain.
- ◆ Leaders create results by letting others shine.
- ◆ The better you feel about yourself, the less you feel the need to show off.
- ◆ It's okay to be discouraged. It's not okay to quit.
- ◆ Success will not lower its standard to us. We must raise our standard to success.
- ◆ Just because I can't do it today, doesn't mean I'm not going to be able to do it someday.
- ◆ Striving for success without hard work is like trying to harvest where you haven't planted.
- ◆ The better you feel about yourself, the less you feel the need to show off.

The Knowledge Of God

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unadulterated and uniform in its sweetness, then, from this point of view, it should not be impossible, in fact not even difficult to know it in essence along with its true nature. If this ant is what is called an intelligent and devotional human being, free from bias, no one can deny the fact that the difference between man and ant is itself like that between a mountain and an ant, both intellectually and spiritually. Thus, while it is true that **God cannot be subjected to investigation by human senses or the scientific instruments, it is in fact, not beyond the ability of a human being to get a reasonably accurate idea and an enjoyable and fair experience of divine virtues, attributes and acts of God.**

It would be proper to add here that the 'metaphysical habit' of considering God to be infinite in size is in itself based on misconception and hence, those, who theorise that God is beyond human comprehension, are not prepared to accept that they too have not properly comprehended.

The word 'God' is now-a-days used in several meanings but if we consider it etymologically, it means: One who is extremely good. In the word 'God', 'G' stands for 'the Greatest', 'O' for 'the Only One' and 'D' for 'Dazzling Divinity'. According to some mystics, letter 'G' stands for one who is Self-Existent, 'O' signifies the Perfect One and 'D' denotes brilliancy and self-luminous nature. Hence, the word 'God' means an entity which is self-existent, eternal and self-luminous.

The Arabic word 'Allah', which is used for God

and is derived from *Al* and *Lah*, means the Secret One or the One who is of the nature of Hidden Light (Divine Light).

The Biblical '*Elohim*' and the Arabic word '*Allah*' mean the same thing. Similarly, the Teutonic word *Hel* or *Ala* also means: God that exists forever, is indivisible, indestructible and holy.

The Persian word '*Khuda*', is, in fact, *Khud-A*. '*Khud*' signifies '*self*' and '*A*' means '*come*'. Thus, the word stands for a being, who is *self-existent* and who has *no creator*, i.e., He is '*Swayam-bhu*'. Some consider this word to mean One who Himself comes into this world.

Another title or word used for God in the Bible is '*Jehovah*', which originally was *Jahweh* which literally means: 'the living truth' or 'the consciousness of life' or the self-existent One. One may even say that the word '*Jehovah*' originally was '*Shiva*' and the justification of this belief is that the form of God, visualized by Moses on the Mount Sinai was of the nature of a flame of Light and *Shiva* also means the Salubrious Truth.

Thus, even the different names, used in different languages of the world, give a clue to the nature of God being of the nature of Light. How could we have these words come into use unless one could visualize God, even though the full revelation of the truth came much later?

Thus, it would be only proper to say that God can be known through people who know Him and have realised Him, each one according to his or her ability. Certainly, we are duty-bound to say on the basis of our own experience that the God Father has revealed and is revealing Himself now and it is for people to seek and to have His knowledge. ■

GIVE YOURSELF AN EMOTIONAL DETOX

Are you in a habit of checking your phone or laptop every few minutes to read messages from different media sources? Do you evaluate the quality of information you consume?

B.K. Manjula Baijal, Bangalore



Knowing your true self and identifying your unique qualities are important steps towards being peaceful and happy.

You are in charge of your thoughts and your personality. Independence and self-awareness are directly linked to confidence. By knowing who you are and what you stand for in life can help you get a strong sense of self-confidence.

The Art of Respecting Your Body

Our costumes i.e. the bodies (as we are souls), often become a topic of judgement, criticism or rejection by us or others. For the ways it serves us throughout our life, it deserves gratitude. Focus should be on feeling happy and healthy and not on appearing thinner, taller or fairer. Let's become aware of our thoughts and words about our body, especially when we admire someone. Consciously give energy of appreciation to the body. It is easier to cultivate love and respect for our body once we stop judging others. Let's not pay excessive attention to people's appearance, dressing, diet or lifestyle. We should ensure that our body is clean, dressed comfortably, nourished properly, exercised adequately and rested sufficiently.

Casual statements like – “I am not happy about how I look”, sends a very strong negative message

to the mind and the body. The fact is that how you look does not make you happy, but your happiness definitely makes you look good. People around you may have opinions about how your body looks but be sure that you do not criticize or reject your body. “I am too fat... I am dark ... I am weak ...” Using such words implies that you are rejecting your body. Take care of your body, keep it fit, but do with energy of love and appreciation. Now, pause a few times to appreciate and thank your body.

Control your daily media intake

Are you in a habit of checking your phone or laptop every few minutes to read messages from different media sources? Do you evaluate the quality of information you consume? Do you listen to, read and watch everything coming your way? Just as food nourishes the body, information nourishes the mind. Every piece of information we consume is a source of our thoughts. Today not just our phones but our mind is also flooded with information. **In the name of news and entertainment, we consume energies of violence, hatred, ridicule and manipulation. So our thoughts reflect shades of anger, fear and stress.** We are what we read, watch and listen. To keep our thoughts pure and positive, we need to filter the information we are taking in. The next time

we receive any message, let us reaffirm – “I am on an emotional diet. The information I consume and share with others is pure, positive and powerful and fills me with happiness, harmony, kindness, sharing and caring. I delete negative messages without even going through them. I keep my mind and intellect positive and clean at all times.” Let’s reduce the use of computer/mobile, earphones, cosmetics, jewellery and soon.

The digital world has made it challenging for some of us to reconnect with the real world. With media flooding our gadgets, we are all going through a content overdose. **Most messages focus on negative stories, give us negative opinion about people, things and the world, and heighten the negative levels in our minds.** Sit back and check how you control your daily media intake. When you consume only positive information, your mind has raw material to create only positive thoughts and feelings. You will help yourself immensely by avoiding gossip, judgement and insult – all in the name of entertainment or being well-informed. With less distraction and more time, your days will be more productive and relaxed. So enjoy your time online but maintain an inner awareness all the time of what you consume.

Believe and You Will Succeed

Do you sometimes doubt whether you'll be successful or not despite of having worked very hard? Just recall how it influenced the outcome. Whether it is a personal goal or a professional one, we typically need people's support to be successful. It's important for everyone to work with a calm, relaxed and stable mind. The environment needs to vibrate confidence and determination. When we deal with each other, trust must be at the core of our belief and behaviour. All of us have experienced that we are the most

productive when our abilities are trusted. Let's ensure no-one creates thoughts of doubt, insecurity, incompetence or anxiety – either about themselves or others. Negative thoughts become obstacles to success. We must be solution-oriented to achieve our goal. Let's focus on how to help and motivate people. And let's remind ourselves daily – “I am confident that together, we will be successful.”

We have heard – “Well begun is half done.” Whether there are 10 things on our to-do list today or 20, if we begin them with self-belief, discipline and enthusiasm, our speed and efficiency increase magically. People working with us absorb our energy and feel motivated. An overall sense of belonging for the place, people and task develops. Time doesn't seem to be a barrier. **The factors of success such as stability, disciplined efforts and happiness lie inside but influence on getting us success outside.** You can save time and energy if there is no emotional leakage of anxiety, aggression or stress. In this way, you can go back home from your workplace pleased and happy. ■



Importance

Time cooperates with each person if one chooses to recognize its importance.



THE THOUGHT DESTINY CYCLE

The process by which we create our own destiny is quite easy to see in theory; however it requires some checking to see how it matches the reality of our practical lives. Here is the process in brief:

- As our intentions, so will be our thoughts.
- As our thoughts, so will be our feelings.
- As our feelings, so will be our attitudes.
- As our attitudes, so will be our actions.
- As our actions, so will be our habits.
- As our habits, so will be our personality.

As our personality in all our relationships on our journey through life, so will be our destiny. So watch your thoughts! Be aware of your intentions!

Our intentions are based on our beliefs about who we are, where we are and why we are here. If we believe we are the physical form, our belief will be that we need to survive as long as possible. This leads to the intention to get what we think we need before others, which leads to competition, which leads to feelings of fear. Our destiny gets shaped accordingly. When you know you are the non-physical and immortal (which is neither created nor can be destroyed) energy, a soul, then survival is no longer an issue and your intention is one to include, connect and co-operate with and enlighten others. The service of others at a spiritual level becomes the highest intention in action. It is fully free from fear and can be seen as an act of love. This is why competition and authentic spirituality can never be found together. ■

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different people. *Murli* contains points, which are helpful in explaining the spiritual knowledge to a person with any kind of *sanskar*. It's like shooting arrows at a target.

Have the Concern to Donate Knowledge

It is our duty to benefit everyone through the spiritual knowledge and Rajayoga. Everyone will understand as per his own fortune, but our efforts should be wholeheartedly and complete.

Some of us think: 'We have to make our life pure, and sit in God's remembrance. That's it...why should we break our heads over people?' No, after receiving happiness and peace through this knowledge, it's our duty to donate it to others. That is why Shiva Baba always says in the *Murli*: **'Have concern. Daily give this knowledge to as many people as possible. Your vibrations must go to at least 5-7 houses on a daily basis.'** It should become our hobby. ■

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A/c No: 30297656367, Branch Name : PBKIVV, Shantivan, IFSC Code: SBIN0010638

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Edited and Published by B.K. Atam Prakash for Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Mount Abu and **Printed at:** Om Shanti Printing Press, Gyanamrit Bhawan, Shantivan - 307510, Abu Road, (Rajasthan).

Chief Editor: B. K. Nirwair, Pandav Bhawan, Mount Abu.

Associate Editors: Dr. B. K. Ranjit Fuliya, Delhi and B.K. Onkar Chand, Shantivan