



The World Renewal

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GODLY SERVICE REPORT

RAYAGADA, ORISSA

On the auspicious Gandhi Jayanti day, a blood donation camp was conducted on the campus of Prajapita Brahma Kumaris Ishwariya Vishwa-Vidyalyaya, Rayagada, in collaboration with 'Aam Orissa'. As a result, 24 units of blood were collected. The blood donation camp was inaugurated by B.K. Sis. Sreemati, B.K. centre-in-charge. The blood grouping work was done for 30 members. Out of 24 Blood donors, 20 were Brahma Kumars and Brahma Kumaris.

Health check-up and collection of blood was done by the medical wing of Rayagada District Headquarters Medical staff, Dr. Suratha Kumar Biswal, Medicine Specialist, Dr. Utkal Rath, in-charge, Blood Bank, Sri Pabitra Mohan Mallick and Saroj Acharya, Technicians. The blood donation camp was organised and conducted under the direct supervision of Bro. Trinath Khadanga, District Representative "Sambad".

SAHARSA

(Flood Relief Services by Brahmakumaris)

About three months ago River Koshi inundated parts of Saharsa, Supoul, Madhepura and Purnia districts of Bihar. Many flood affected people have started returning from Govt. sponsored Mega Camps to their native places. Most of the institutions and NGO's serving in these areas have vanished. Nevertheless, it is still a period of 'socio-spiritual service' for Baba's spiritual military who is camping at Saharsa. This has been made possible by the enormous response from large BK family which sent relief materials in great quantity. Presently, there are three main types of service being done on regular basis:-

1. Distribution of clothes and sleeping materials like Plastic Mats, mattresses etc.
2. Medical check-ups and distribution of medicines.
3. Spiritual discourse in the areas being served.

The outcome of this service is great in many ways, viz.-

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1. **The local people have become familiar and they speak positively about the services being done.**
2. **The print media has covered our services more than 25 times.**
3. **The local administration is very appreciative of our work particularly; District Magistrate and Deputy Development Commissioners of Saharsa, Supoul, and Madhepura.**
4. **BKs are noticed serving the poor and distraught because of rampant poverty and misery there. Hence, by doing this type of service, BKs are able to earn their goodwill.**

Future plan:-This service is planned to be extended for another one to two months. A doctor is required as a volunteer for rendering medical help. Also, there is a plan to extend spiritual discourse and exhibition service for a longer period. By doing direct social service in the flood-affected areas, platform is ready for spiritual service in these areas.

KATHMANDU, NEPAL

The representatives of Brahma Kumaris organisation, Kathmandu, met Mr. Bam Dev Gautam, Deputy Prime Minister and Home Minister and Mr. Upendra Yadav, Foreign Minister, at their places. During the goodwill visits, they were congratulated for holding important ministerial portfolios and extended good wishes, for the success of their tenure in office. Godly messages were presented to them and spiritual knowledge was discussed in a lively atmosphere. The ministers and their spouses were

offered bouquet, *tolli* and shawl.

On Dusshera festival, a programme of live tableau of Durga was organised in the presence of Mr. Rajendra Mahato, Hon'ble Minister for Commerce & Supply. Similarly in Ramlila fair organised by Marwaris Organisation of Kathmandu, Brahma Kumaris were allotted a large space of about 3000 sq. ft. at the prime location of the Exhibition Hall at Bhrikutimandap, free of cost for 10 long days for Godly exhibition. About 50,000 souls were benefitted with the Godly message. ■

"...Just as the law of gravitation existed before its discovery, and would exist if all humanity forgot it, so is it with the laws that govern the spiritual world. The moral, ethical, and spiritual relation between soul and soul and between individual spirit and Father of all spirits, were there before their discovery, and would remain even if we forgot them."

– **Swami Vivekanand ji**

on 19th September, 1893: "Paper on Hinduism"
presented in Parliament of World's Religions

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EXPERIENCING GOD'S POWER



The months of October and November have been very eventful for the people in Bharat, in particular, and the world, in general. As we observe the different happenings all around we are filled with pride on one side but depressed on the other. Despite a meager budget, the '**Chandrayaan1**' odyssey for Bharat has been a success story so far making every space scientist particularly and every Indian feel so happy. However, side by side, the fury of bomb blasts in the state of Assam killing over 80 people and injuring more than 500 brought so much grief and shock to the near and dear ones, not to mention shame to the rest of Bharat, which is otherwise famous for being a peace-loving democratic nation. Such events continue to shatter the dreams of emotional integration and welfare in the state envisioned by Bapu Gandhiji and Pandit Jawaharlal Nehru. What has gone wrong?

Is it only the small number of ill-advised or disgruntled, misguided outfits or individuals who are responsible for such misadventures from time to time? Or is this the collective result of negativity in the global environment contributed by each individual human being playing his respective role on planet Earth? A roughly estimated global survey clearly denotes that the entire six billion or more human beings spread negative vibrations based on their mundane, materialistic consciousness much more than their positive thinking everyday. This has worked on a deep subtle level in polluting and contaminating the five elements which further affect all necessities of life, including food-grains, vegetables, fruits, air and water. This phenomenon has been going on for centuries thereby subjugating human beings and overpowering their

better sense completely. Criticism has aggravated the problems further and levels of violence keep increasing. Everyone on the official level as well as social level is searching for the right solution to this colossal problem but of no consequence. Day in and day out, sorrow and disenchantment prolong their existence.

The good news is that timely and effective education is being spread in different parts of the world by spiritually enlightened people who strongly feel the need to address this global menace from a different level. They have the clear realisation that each individual human being is originally a very loving and peaceful creature. Rather, love and peace happen to be the very nature of every human soul. It is only when one's personal liberty of being peaceful and loveful is threatened and challenged that a person reacts, sometimes violently, against one's own natural personality traits. To re-create an atmosphere of love and peace for the self and return the world to its original stage of positive peace, global understanding and co-operation based on spiritual enlightenment is required to

bring about positive change. This can happen without delay as we are presently gifted with the most powerful wisdom, directly, from the Supreme Source of Spirituality, as well as the fastest and most effective means of disseminating the same through powerful means of mass media. Our rising to the occasion would definitely bear fruit...

Anyone can experience God's power of love and peace through enlightenment by listening to the first Divine Message of the season received on 20th October, 2008. This Message was received directly by members of the Brahma Kumaris World Spiritual University from over 100 countries. The overwhelming deep spiritual experience of this august occasion provided several different dimensions of understanding, learning, practice and application in day-to-day life. The most valuable treasures received were the immediate experience of intense inner richness, freedom from fear and power of God's love for self-transformation. On the basis of this direct contact and communication with the

Almighty Source of Power and Wisdom, each individual human soul starts a new journey towards a serene and loving lifestyle. By being attuned with our original self full of love and peace, we are able to spread positive vibrations which counteract 'thought pollution' and 'pollution of the atmosphere'. The regular practice of empowering ourselves with these wonderful qualities of the self automatically purifies our mind and soul. Purer the self in thought, better and more positive we become in speech and action thus becoming examples for others to emulate.

Our beloved Father, wisest Teacher, and dearest Friend has given us a very valuable gift in the form of words of wisdom which we now share with our readers. We trust you will keep these jewels of knowledge safely in the treasure chest of your mind and heart (excerpts):

“May you become Jewels of Contentment and Spread the Light of Contentment in the World” Godly Message of 20 October 2008.

“Jewels of contentment

are loved so much by God, loved by everyone and also loved by the self. Everyone loves contentment. Contentment is always full of attainments because where there is contentment there is nothing unattained. A contented soul has the *natural nature* of contentment. The power of contentment easily and naturally spreads contentment in the atmosphere everywhere. The face and eyes of such a soul spreads the wave of contentment in the atmosphere. Where there is contentment other specialities automatically come. Contentment is the special gift from God at the confluence age. The stage of contentment is always victorious on an external stage. External situations continue to change but the power of contentment always keeps on increasing. No matter how many external situations come in front of you, nature is seen to be like a *puppet show* in front of the jewel of contentment. They are the *puppet show* of Maya and nature. Therefore, content souls are never distressed.”

“In order to experience this entertainment, the seat of

your stage should always be of a detached observer. This will give you the experience of entertainment. No matter how much the scene changes, a content soul who is stable on the seat of a detached observer, is able to change every situation with the stage of the self by being a detached observer.

“So, who are God's beloved children? The ones who *follow God, the father*. If you *follow* in just one aspect, you will easily be *following* in all other aspects. “Consider yourself to be a soul and remember Me, God-your Supreme Father.” Those who have received treasures from the Father cannot stay without doing service because they have plentiful attainment and limitless treasures. Today, every child is receiving the blessing: O lovely, beloved child, always be a jewel of contentment and spread the light of contentment in the world. Remain content and make others content.”

“Some children say that it is easy to remain content, but to make others content feels a little difficult. If someone is discontent with you or

remains discontent with you, then that person is discontent anyway, but you also become influenced with their discontentment to some extent. You do have waste thoughts, do you not? If you keep yourself as an embodiment of the awareness of the mantra of good wishes and pure feelings, then you would not have any waste thoughts. You know that someone is like this or like that, but still you have to experience yourself to be always detached, and detached from the vibrations of that one and always loving to the Father. Even if the *vibrations* of your elevated stage of being detached and loving to the Father do not reach that soul, they will definitely spread in the atmosphere. If someone does not transform himself and you are being affected by that soul in the form of waste thoughts, then everyone's thoughts spread in the atmosphere. Therefore, become detached, be loving to the Father and have benevolent and pure feelings and good wishes for that soul too. Many times you say,

“because that one made a mistake, I had to tell them with force”. Your nature and face also becomes a little forceful. So that one made a mistake, but is the *force* that you showed not a mistake? That one made some mistake and you spoke something forcefully, and this would be said to be a trace of anger, isn't it? Can one wrong rectify another wrong? According to the time nowadays, you have to pay special attention when you make your words *forceful*, because to speak loudly or to speak while being fed up, thinking that that one is not changing, is also a trace of anger.”

“It is said that the words emerging through your mouth should be like a shower of flowers. Sweet words, smiling face, a sweet attitude, a sweet *drishti*, sweet relationships and contacts are means of service. When you serve through words, then they are influenced through that verbal service and come close and that is beneficial, but when they see sweetness, greatness and elevated feelings through your activity and face, they also take

REV. DADI SANDESHIJI REMEMBERED ON HER 1ST ASCENSION ANNIVERSARY Inspirational Example of Divinity, Dedication & Service

inspirations for themselves. At the time of the changing situations of the future, all of you will have to do more service through your face and your behaviour.”

The Orissa Sub-Zone of the Brahma Kumaris remembered Dadi Sandeshiji with deep love and regard on the first anniversary of her ascension to the subtle region on Saturday, 1st November 2008. About five thousand BK sisters and brothers from all over Orissa and other places, including Dadi Kamal Maniji (Dadi Sandeshi's spiritual friend from Om Mandli days, the start of the Brahma Kumaris movement in the late 1930s) from Delhi, Brothers B.K. Nirwair and Dr. Banarsi Lal Sah from Madhuban Headquarters, Bro. Michel from France, B.K. Sister Kamlesh and other senior teachers from Cuttack, Puri, Sambhalpur and other main centres connected with Bhubaneshwar participated in the *Shraddhanjali Sabha* on 1st November 2008, from 11.00 a.m. to 12.45 p.m. at Unit IX (f) Boys' High School grounds.

The Governor of Orissa, **H.E. Shri M.C. Bhandare** graced the occasion as Chief Guest and paid rich tribute to Rev Dadi Sandeshiji, whom he had met personally. The other eminent guests included **Mr. Sarat Kara**, former Speaker of Assembly, **Professor D.P. Ray**, Vice Chancellor of Orissa Agriculture University, **Mr Uma Charan Mishra**, District Judge, B.K. Leena and B.K. Gita. B.K. Brother Nirwair, as Keynote Speaker, remembered Dadi Sandeshiji as one of the original jewels of 'Om Mandli', an inspiring example of divinity, dedication, service and other divine virtues who enriched the lives of thousands around her.

The sustenance and guidance of Dadi Sandeshi motivated at least 50 B.K. sisters and brothers to dedicate their lives in running Brahma Kumaris Centres and Sub-Centres in Orissa and Bihar, where thousands of families have benefitted by daily spiritual study and practice of

Rajyoga Meditation.

On 1st November evening, another programme on the theme, **“Experiencing God's Power”** was hosted and well-attended. The Speakers included representatives from different organizations connected with the cultural and spiritual well-being of various sections of society. Special candle-lighting ceremony by all the VIPs and B.K. Teachers was followed by silent meditation sessions led by B.K. Neelam and B.K. Durgesh.

The *'Shraddhanjali Sabha'* programme was indeed the most touching tribute to Dadiji, a Holy Soul who had brought everyone closer to the Supreme Father God Shiva, Avyakt Father Brahma Baba, Avyakt Mateshwari Saraswati, Dadi Prakash Mani and other Dadis, Dadas and senior members of the divine family.

Our dear divine B.K. Sisters Kamlesh, Nirupama, Parvati, Leena and Gita, along with a dedicated team of over other B.K. divine sisters and brothers, would continue to fly the flag of God's love in Orissa and guide everyone on the path of purity and happiness with greater zeal and enthusiasm.

~~We extend our hearty best~~

TRIBUTE TO DADI SANDESHIJI
BY HIS EXCELLENCY SHRI MURLIDHAR CHANDRAKANT
BHANDARE, GOVERNOR OF ORISSA

wishes to the B.K. Divine Family of Orissa by invoking the blessings of Avyakt BapDada and Avyakt Dadis.

– B.K. Nirwair

Today, we all have assembled here to pay our respectful tribute to late Rajayogini Brahma Kumari Dadi Sandeshiji on her first death anniversary. I am thankful to the organizers for the invitation to be part of this occasion. Last year was indeed a sad year for the whole Brahma Kumari family as they lost two senior most members, first in Dadi Prakashmaniji, the Chief Administrator of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya in the month of August and then the passing away of another pious soul, Dadi Sandeshiji, Director of Bhubaneswar Sub-zone, in November. They both had in their own ways contributed immensely in taking the institution to new

heights distributing love, affection, and compassion with all humility.

My meeting with Dadi Sandeshiji was a wonderful experience. I got the opportunity of meeting her a few months before her death when I visited 'Om Niwas' for the first time. The pure sisterly divine love she showered on me in that first meeting was so special that I shall not ever forget. I fondly remember her every word, the loving touch and the way she narrated how she became a Rajyogini and passed 72 years of her life dedicated to the Institution. It is really phenomenal.

I am given to understand that she came to Bhubaneswar in 1978 and passed 30 years spreading the fragrance of love, peace and spiritualism. She was very calm, composed, quiet and blessed with divine virtues. She brought spiritual comfort to many restless

souls and helped them realize the power of the Supreme Soul. Bhubaneswar sub-zone was indeed lucky to get such a blessed individual as its Director. She had contributed a lot to the rise and growth of the institution and had also involved herself in the community through many programmes. Being born in a family dedicated to the Om Mandali, later renamed as Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, she grew in a very spiritually-charged atmosphere and dedicated her whole life towards the spiritual upliftment of mankind. Her services to the spiritual regeneration were indeed notable and it is good that she has left behind a number of dedicated Brahma Kumars and Brahma Kumaris to continue the task. Besides paying attention to spiritual aspects, Dadiji was equally concerned about rural development and gave

importance to serving remote village areas. She even initiated programmes for spiritual and social empowerment of rural people, as she believed that it alone would lead to build a better and peaceful society.

Today, everyone is seeking peace in his/her personal as well as social life but it continues to elude us as the whole world has turned into a place of violent activities, full of extremism, terrorism, and communal violence. Bomb blasts, racial discrimination, religious intolerance have become the order of the day. These show lack of trust, love, harmony, understanding, brotherhood since their place has been taken by anger, hatred, greed and violence. Everyone is blindly running after material benefits but this is not the purpose of life. We are the sons and daughters of one God. He has created us with the noble aim of performing great actions on earth. It is our duty to understand the very purpose, aim and objective of life. The practice of Rajyoga

meditation initiated by Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya helps not only in spiritual awakening but also in self-transformation.

Peace can only be attained by self-realization and self-purification. Purifying the disturbed mind is not possible only through chanting of mantras but through the generation and sustenance of noble thoughts. This is the country where *Rishis* and *Munis* have given us the treasure of knowledge and wisdom through our scriptures. These hold relevance for all times to come. The need of the hour is to fill the vacuum in our minds and hearts with the noble messages preached by great souls. It is heartening that the Brahma Kumaris have been relentlessly striving to transform the lives of the people irrespective of caste, creed, religion and culture through their far-reaching programmes, so that we all may live and let others live in a world free from mental

pollution and negative thoughts.

God, the Divine Lord of this Universe is One and only One. It does not matter what name one gives to God so long as he or she is honest and pious in heart and mind. All religions teach us the power of love, peace and brotherhood. Our *Vedas* and *Purans* have taught us the eternal principle of '*Vasudhaiva Kutumbakam*' which means the whole universe is a single family and we all belong to that single family. Orissa is known as a peaceful state and her people are peace-loving by nature. Let not the recent acts of violence shake our firm faith in our strong democratic and secular edifice, rather allow it to unite us in protecting our society from destruction.

With these words, I once again thank the organizers for giving me this opportunity to pay homage to Dadi Sandeshiji. I pray to God to give peace to the departed soul. Let her dedicated life inspire everyone to recommit himself in the service of mankind by spreading the message of love, peace and brotherhood. Let

CLEAN, CAUTIOUS AND CONNECTED

Rajyogini Dadi Janki ji



Dadi Janki ji

Baba wants to see everyone OK: 'O' stands for Baba, 'K' means kingdom. So 'OK' means you are forever OK. There are some of Baba's words, terms, phrases, slogans in English that you should note: 'OK', 'Forever OK', 'Alright' and 'everything right', 'How do we keep our minds clean?' 'No 'insects' or 'flies' come to those who have a clean mind'.

'Even a tiny bit of grit or straw can cause a lot of pain, when it enters your eye. Once, when I went for a walk a bee stung me; I didn't even know that it had stung, until my finger started to swell. The sting of a bee can be very painful. Since then, whenever I go for a walk, I am very careful that nothing should sting me. Why does a thorn prick? That's because of your carelessness. You know when there are thorns on a path, so be cautious. I never walk on

the grass, as I was once bitten in my foot and since then, rather than being careless, I take care. Always be careful of where you set foot and where you walk.

There is a song that goes: 'We have to go onto that path, where we have to tread carefully, so that we don't fall.' Those who walk carefully, always stay happy. Others get inspiration when they see that you are walking with caution. Always remember that the destination is very high. Everyone is walking on the same path; we will all reach our destination and there will be great joy and happiness on reaching it.

I am very fortunate. I have to walk with caution one step at a time and not look around at others. A lot of time is wasted, when you look at others. Time just goes when you look here and there, when you think about

this one and that one. We must not see any of these things. I neither see nor hear waste things. Only then can I keep my mind clean. If I start to see or hear the rubbish of others, it will enter me through my eyes and my ears, because these are my windows. When the waste enters inside, it's very difficult to take it out and it takes up a lot of time; is that what I should be doing with my time? The difficulty is that one hears through the ears, the eyes see; then you get lost in that thought. No one should interfere between me and Baba because that will create fear; so let there be no interference. I am a soul, Baba is the Supreme Soul; I, the soul am alone and God, the Father, is with me. When Almighty God is with me then there is no fear.

'If you take someone's company (saath), Baba will

not give you His. If I make someone else my companion, will Baba be my companion? Baba gives company to those who don't have another companion.' Only by making Baba your Companion will you see everything as a detached observer. Baba is our Companion, and we have knowledge with us too. Knowledge is not just knowledge, but a power we can use practically in our life. Another is communication. When there is connection, there is good communication and our minds remain clean. Pay attention to keep your mind clean and connected with God at all times; then power will come.

Baba says: "It's your job to move along. It's my job to

make you move." Our connection with Baba has made us very sensible. I have to move along with everyone with understanding and common sense. Baba is making us move along. How can I say "How can I move?" Baba says: "I am making you move along, so go." Baba has made us so sensible.

'When we have all the relationships of the Mother, Father, Teacher, Swami and Satguru,' we receive all powers from Him. If you make a mistake, immediately ask for forgiveness; don't pretend that you haven't made any mistake at all.

A child should be obedient, faithful in relationships, honest in

business and obey all instructions. All are number-wise.

I always have to remain faithful to the seniors and do whatever the seniors do; not what others say. Be honest in your business. Those who serve from their heart accumulate blessings. Through being honest, faithful and trustworthy, you win the hearts of so many others. Instructions from the seniors have been my life; this has been my protection. Honesty also enables me to win Baba's heart. After belonging to Baba for such a long time, I have to make sure that I remain honest, trustworthy, faithful and obedient; then Baba will be present in front of me... ■

SELF-SOVEREIGNTY

Subservience to my negativity is a very precarious existence as I can never be sure how well I will handle a difficult situation. With practice it is possible to create appreciative and compassionate thoughts; then I no longer need to indulge in resentment, bitterness or dislike. Training myself to react calmly and wisely offers enormous dividends. Let me talk to myself silently with love and encouragement, balanced with firmness, and like the wise old sovereigns of fairy stories, let me rule the inner kingdom of my mind with benevolence.

SAKASH – GOD'S BLESSINGS

– B.K. Khem Jokhoo, Trinidad

Sakash can be described as a subtle powerful current of light and might that contains all powers and virtues to refresh the soul and reinstate it to its original, powerful state. It is God's unconditional and pure feelings of power-filled spiritual love, in the form of rays of spiritual energy that emanates from Him as blessings for His children. **Sakash contains God's special, powerful vibrations that can solve any difficulty, mend broken hearts and refresh distressed souls provided there is unconditional faith, honesty and obedience to God.** *Sakash* is your own personal canopy of spiritual protection from the evil forces of the world.

Characteristics and Powers of *Sakash*

The source of all *sakash* is God. *Sakash* is pure, powerful energy that is transmitted through pure thoughts in the form of vibrations or pure feelings (*shub bhavna*) either through the intellect or the

eyes. **These pure vibrations contain all the innate virtues as well as the powers of the soul.** The main virtues are power, purity, happiness, love, peace, truth and bliss. The eight main powers are the power to pack up waste thoughts, tolerate, accommodate, discriminate, judge, face, cooperate, and withdraw.

God's *sakash* can change attitudes and transform depressed, degraded or lonely souls giving instant love, power and purity. One who is able to access and receive *sakash* can attain an instant spiritual lift and become peaceful and contented. It is also possible for lost or searching souls to get self-realization as well as God's realization in a second. With God's *sakash*, a soul can be liberated from having to labour to achieve constant success. Difficult things become easy and impossible things become possible. Success is certain

and it becomes your birthright. Just as the sun rays have seven incognito colors as displayed by the rainbow, so too *sakash* has all powers, all virtues and nutrients necessary to restore the soul's original qualities, original strength and original healing powers. Therefore a “peaceless soul” on receiving *sakash* directly from God or even through a powerful yogi is able to transform and enjoy peace and contentment. **In other words, the vilest sinner on receiving *sakash* can be transformed into a divine person. *Sakash* can change anything bad into something good.**

Self-Sovereignty through *sakash*

First we must have self-realization through the knowledge of the soul, the history of the eternal world drama and awareness of God. Using this knowledge, transformation can take place by making effort to do everything in soul-consciousness and in the remembrance of God. This is the practice of a *karma* yogi. Constant effort is required to practise purity in thoughts, words and actions. To achieve purity in thoughts, the soul must aim to have complete

control of the mind, intellect and *sanskars* as or resolves.

Controlling and Ruling Power Required

To achieve this, the soul must regain complete control of the five senses—sight, sound, smell, touch and taste. In addition, the soul must conquer main vices—Anger, Greed, Ego, Lust and Attachment by inculcating the virtues of tolerance, contentment, humility, purity and detachment. The soul must not be influenced or have any attraction or be disturbed by the behaviour of the elements—air, water, earth, heat or ether—in their original or serving forms. For example, air is required to breathe, but the soul must not be afraid of the very air when it serves as violent currents of wind or hurricanes. Such souls are those who attain self-sovereignty, i.e., those with controlling and ruling power and those who receive support and cooperation from all.

Purifying the *Sanskars*

The soul should have complete control of the *sanskaras* or resolves both while awake or asleep. Pure and sublime thoughts, egoless words, viceless actions as well

as selfless service burn and remove negative *karmas* accumulated in this lifetime. Intense meditation, yoga or *tapasya* removes and settles negative *karmas* accumulated from previous births. **When the *sanskars* have been made pure with effort and help of *sakash*, there can be no leakage of any past weaknesses to the mind or intellect even in dreams.**

Preparing the Intellect to receive *Sakash*

The intellect must always be pure, divine and pristine clean to receive the touching and catching power from God's *sakash*. To be able to receive *sakash* at the right time, occasion or the right situation, the intellect must always be clean and clear. To be clear means never to have the slightest trace of waste, idle, negative or even ordinary thoughts. To prepare and maintain a clear and clean intellect, one must always be in soul-consciousness maintaining an angelic stage and an angelic form even when performing actions. The mind, intellect and *sanskars* must be in complete

harmony.

Slowing down of thoughts to receive *Sakash*

The soul must experience a deep, inner silence. This means that the speed of thoughts must be reduced to a single powerful thought linked with the Supreme Soul and merged in love. This is the condition that the soul can receive pure *sakash* to improve its own stage, to remove obstacles or to help other souls under the influence of *maya* or matter.

Description of *Sakash*

Sakash has unlimited subtle properties, powers and healing attributes. *Sakash* cannot be seen with the physical eyes but it can be felt and experienced. It is a subtle energy, just as when a tiny current of electricity is felt on the hands or the body. It feels like a slight chill caused by a gentle cool breeze that gives a tingling effect. It sometimes causes goose pimples with hair-raising effect. There is an aura of calm that pervades the atmosphere and creates a “sobering assuring silence” as though a guardian angel is spreading an invisible canopy of protection over you. The feeling is refreshing and the

soul feels powerful and free from bondage.

How does one receive

Sakash

Sakash is received when one is in deep yoga and when there is no influence, attraction or awareness of the body, bodily relations, nature or physical matters. There is no leakage of the intellect into mundane matters and the intellect is still and *totally* surrendered in all loving relationships with God. The soul becomes merged in love of the Father. It is as though God, the Eternal Surgeon, is examining the intellect and attending to the needs of the soul by removing even the subtle traces of impurity. The *sakash* received is discerned into thoughts of elevated Godly directions or *shrimat*. There are not many thoughts to confuse you. If there are weaknesses that you are trying to remove without success, God gives that additional power to burn those weaknesses, making you lighter in spirits. However the soul must always be honest in all relationships with God and must be obedient in following *shrimat*.

An Analogy of *Sakash*

One who receives *Sakash* has

the same feeling as when a child is hugged in loving embrace by a mother. It is always pure, unconditional love. The child feels a special canopy of protection and all fears disappear immediately. This is the same feeling you get as if God is in close embrace and is your constant companion. There is a feeling of assurance that someone is near you, sitting and watching over you. There is also a sense of security that nothing can harm or hurt you. There is that feeling of loving comfort. Just as the child “smells” the mother's natural loving and caring fragrance, similarly, when you make that connection with God, you feel completely carefree as all the troubles of the world have gone. When you are in that aura and fragrance of receiving powerful Godly *sakash*, all mundane thoughts retreat and the soul feels powerful. You get that spiritual lift that leads to either deeper self-realization or experience further transformation that gives additional zeal and enthusiasm. Everything appears easy and you feel certain of success. With

sakash, no questions of doubt arise and you are ready to proceed and undertake the tasks assigned to you.

Giving *Sakash* with Eye Contact to Close Souls

Sakash can be given through “eye contact” to those visible in front of your gaze. The intellect acts as both an absorber and reflector. The intellect first absorbs the *sakash* and accumulates it and when the soul is fully immersed, full of love and in subtle embrace of God, the intellect reflects the *sakash* through the calmness of the glazed divine eyes with happy and contented expressions on the countenance. The eyes are still and calm and the observers get the feeling that your body is here but your thoughts and mind are very far away. The observers get lost in this peaceful, spiritual atmosphere and divine countenance--face and eyes--and they themselves share and experience these feelings through vibrations.

Giving *Sakash* to Distant Souls

Sakash can also be given by projection of your angelic form through deep concentration and

visualization to any part of the globe or universe. You actually experience yourself at distant places giving vibrations through the intellect. The intellect in this case acts as a “powerful transmitter” that can transmit to wherever you so desire. **It is as though each “thought” is inflated with powerful *sakash* and the intellect launches these “*atmic sakash* thought bombs” that explode releasing true spiritual love.** To do this, one must acquire a highly elevated stage through constant practice of meditation acquiring a clean and clear intellect. The intellect here is described as a “viceless, wireless set”.

What are the practical benefits of *Sakash*

Sakash is filled with power and solutions to all mundane problems. If someone has been searching for spiritual help and has been making effort to improve on his own spiritual stage, his intellect remains clear at times immersed in the hope to find God one day. When yogis give *sakash* to the world, these vibrations travel far and wide, creating a peaceful atmosphere. Yogis are also in the

practice of releasing good vibrations wherever they are. These vibrations create a peaceful aura that spreads around in the atmosphere. Those who are in close vicinity pick up the vibrations in the form of a peaceful fragrance and experience calm. Because nothing negative can remain in a divinely charged atmosphere, it is quite likely that a soul in close vicinity will be able to discern these pure thoughts and recognize God. That soul would be drawn to that person and attract some divine knowledge through *sakash* or his thoughts would guide him to where divine knowledge is taught. Many yoga teachers share their experiences how they came in contact with divine knowledge or share experiences when people come to the yoga centers and they don't know what lead them there except that they had the feeling they should go there. This is the power of God's *sakash*.

***Sakash* used as Spiritual Protection**

Pure vibrations can also be used as a method of spiritual protection. If you

are face to face with a stranger whose vibrations feel impure, then you immediately connect with your spiritual resources and send out *sakash* to that person. The *sakash* then acts as a lotus-like flashlight shine directly in the face of that person. That person feels temporarily loved, dazed and neutralized because it is God's way of protecting you because you had the power of remembrance. If the person with impure vibrations had any ulterior motive, the pure *sakash* transforms the negative thoughts and renders the person harmless. Similarly, you can send *sakash* to anyone, wherever they may be, if you get the feeling that person may be in danger. The *sakash* forms a protective shield around that person, giving immediate help. *Sakash* is similar to a magnetic field created to detect intruders who may enter that unauthorized space without permission. So too, a yogi, in constant remembrance of God emits vibrations to remove known as well as unknown obstacles in his path. *Sakash* can be used anytime and anywhere and it guarantees protection and solutions to all problems. ■

THREE STEPS TO ELEVATED CONSCIOUSNESS

– B. K. TNK Varma, Kochi, Kerala

In worldly life, it is performance that matters a lot. Even in spiritual life performance counts. A true effort-maker is the one who has unity in thoughts, words and performance. A spiritual aspirant is initiated into *Gyan* with the following questions:

Who am I?

Who is my Father?

Where do I stand in God's scheme?

These questions retain their relevance, till the last breath, only the stages change. From gross consciousness an effort-maker progresses to soul-consciousness and to elevated or super-consciousness. We require self-analysis to improve our spiritual stage. Self-analysis to be effective, one has to know from where to start and where to reach. It is a wonderful journey with the best guide at our service.

The three steps to get a hold on one's spiritual journey are learning, doing and being. In Baba's words these are knowledge (*Gyan*), practice

(*Abhyas*) and experience (*Anubhav*). Everyone of Baba's children goes through these stages but moves in different corridors of his own. The ultimate stage of super-consciousness is again the culmination of this journey through these stages. It is as simple as that and in Baba's own words He does not burden His children in any way. So, any serious student should consider himself unlucky if he is not able to make daily progress, however small it is. Now how to evaluate one's progress? Progress must be measured on a regular basis. Baba has given us a tool for measuring our daily progress, i.e., the chart, and this is the simplest form of recording one's progress. On the importance of daily routine, Baba said in a recent *Murli* that just spending time on setting one's daily routine saves time and energy. Moreover it facilitates and ensures accuracy in

everything.

The next part is to concentrate on the important questions that help one's mind to focus on the ultimate aim. *Gyan* is so vast that if proper selection is not done and followed up, one may find the going tough. As Bro. Jagdish observed in his book *Gyan Sudha* (No. 3) the tree has the trunk, branches and sub-branches and if one keeps moving in all directions, it will take one far from the seed and one may lose track of the goal. So, we go back to the three basic questions—who am I, Whose child am I and where do I stand in God's scheme? The essence of Baba's *Gyan* is encapsulated in these three sentences with particular emphasis on one's personal growth. It is seen that Baba's new children who are from diverse situations and circumstances, find it more difficult to adjust to the demands of spiritual life than their seniors as the level of negativity is on a constant upward swing. It has been proven by recent developments that what were once considered the citadels of civil liberty, governance and jurisprudence are crumbling at the slightest provocation and even the strongest of

governments are helpless and unable to face the onslaught of negativity. Yesterday's weapons are powerless against tomorrow's enemy. So the new entrants face a dilemma. On the one hand they are surrounded by worldly symbols of affluence and on the other hand they fall into self-pity when not able to cope up with the demands of *Shrimat*. This again has been regularly touched upon by Baba and His version 'Last So Fast, Fast-So-First' should comfort their hearts. But all said and done, the onus of going up the spiritual ladder rests solely on each individual, and hence it is immaterial whether one had a head start or not.

In this context, a workable plan can be evolved. As far as the first step of acquiring *Gyan* is concerned, Baba's children are lucky to have the perennial *Gyan Ganga* in the form of daily *Murli*. This is never to be missed. *Dharna* classes and the vast amount of literature containing Dadis' and senior BKs' classes give whatever is needed to fill gaps. Most of the days, *Murli* itself will touch upon the three basic questions mentioned

earlier.

The next step is practice. Yoga or Baba's remembrance is the only method that can effectively cleanse one's past *karmic* account and help move forward. The day must start with *Amritvela* yoga. Baba has said in his *avyakt vani* on 5th March 2008 that *Amritvela* is the time to reinforce one's pledge to utilize all the blessings Baba is giving regularly. He is bound to help but only if His instructions are followed verbatim. Practice of *Shrimat* makes perfect and the churning of the basic questions is a wonderful way to take an exhilarating spiritual trip. It will give the practitioner unusual insights and a daily dose of spiritual energy that will impact the body, mind and intellect. The changes will come and as Baba said in the same *Murli* that with dedicated practice one will achieve a balance in action and meditation (*Karma* and *Yoga*) and the differences will disappear, making ones' natural nature dominant. During such communion with the Almighty, the gap between

doing and being will start disappearing.

The third and most important step is that of being, or *swaroop* (embodiment). This can be explained with a couple of examples. Firstly, with the attainment of *swaroop*, the affirmation, every time we start our spiritual journey that 'I am a soul', will not be needed. One quietly slips into soul-consciousness if one is not already in it. Then feelings disappear come what may. On the other hand, if an effort-maker is intermittently buffeted by thoughts of events and persons which evoke negative feelings, then it is a sign that much work needs to be done. This is where the chart helps us to evaluate our progress. To the question 'Have you been able to distribute goodwill to all who come in contact with you', a straight 'yes' cannot be given unless you become the embodiment of carefree emperor (*Nischint chakravarthy*) during the day. Another tricky question is 'did you take sorrow', which is worse than giving sorrow, because one can give only what one is endowed with.

The antidote to such negativity is to never let go of the 'being' stage. To forgive and forget is an excellent tonic for healing wounded hearts. By forgiving, one is doing oneself a great favour by releasing the negativity residing inside into outer space.

It will not be correct to say that these three stages are independent of each other. Progress in one aspect will reflect in the next step. In this context what Baba said in his *avyakt vani* on 18-02-2008 reveals the need of the hour in no uncertain terms "Time will become critical. At that time, huge amount of Touching Power and Catching Power is needed. Things or devices will not be able to do anything. Success will come only through spiritual power and Baba's instructions in the form of touching. That time will come sooner than later. This is the time to check whether one will be able to catch Baba's 'touching'. It needs long practice. To make it possible, mind and intellect should always, be clean and clear. Such rehearsals will increase in number and turn into reality in a second".

Now that is again Baba's blessing to convert the doing stage into 'being'. Baba is not looking for qualified men and women. Baba takes ordinary folks and makes them qualified. ■

LIFE AFTER LIFE

– B.K. Raj Mohan Saha, B.A.,
LLB-Final Year, Calcutta University

Death is not a deadline of life
But everyone has to cross the line
Death is not an end of life
It is a stage of life
Let's understand the philosophy of life
Death is a hidden river, flowing along
The life to meet with the divine
It blesses the life to sing the song of life
It conspires with the cosmic
To regain a new lease of life
Death is a door to embrace the divine
A pyre to know the eternal
And hidden fire of life
A flower to appreciate the essence of
life
It is unavoidable part of life
It inspires us to know
The value of life and
To respect every aspect of life with a
smile

RESENT NOT

There are no justified resentments. To resent someone is to fall under the illusion that they are the cause of our suffering. No one can die from a snake bite. It's the poison that kills them. You may receive the poison of another's words, or even just in a glance, but you don't have to absorb it or allow its free passage through the veins of your consciousness. The consequence of not absorbing the poison of others is you never experience enmity towards others. And people notice when you have absolutely no enmity. It draws them close, it empowers them, it builds trust, it enables harmony to break out! It is only because the lion has no thought of killing the lamb that the lamb feels able to come so close.

THE RETURN JOURNEY

– B.K.Prema, Pune

The persistent questions we humans have: *Where did we come from? Where are we heading towards? And are we aware of our present state of 'exile'?* Like the story of the prodigal son in the Bible, in India we narrate a simple tale of a young prince who accompanies his father, the King, on a hunting trip to the jungle. Unfortunately, he gets lost... Years pass by, and trapped helplessly at the mercy of the wild animals; the young boy grows up into a wild, crude, ill-mannered human-being. He loses all memories of his past, and forgets his true identity, his palace, and even his parents!

Ten years later, daunting memories of his son draw the King back to the same jungle. He is confronted with this uncouth youth whom the king recognizes as his long-lost child and with great love the King embraces his son. Feeling outraged, the young man pushes him away. But the king's faith is unshaken.

He lovingly relates stories about his son's happy childhood, reviving recollections of how life used to be in their palace. Gradually, the truth dawns on the prince. He acknowledges and as if awakening from a dream, whispers, "Now I recall I'm not an orphan... I'm not a bandit... I simply forgot but now I realize who I am!" Truly a prince, he returns with his long-lost and now-found father, to the comforts of his home.

This is our story.....

Your story!

We, ordinary mortals, today have forgotten our true, original, and eternal identity. The Supreme Power, the Eternal Father of all souls, on seeing His children trapped in the clutches of the negative forces which have resulted in the distraught condition of morality in the world today, incarnates Himself on earth again. The Supreme Soul enlightens us that we ordinary human beings were actually those same virtuous

deities of the *Satyug* (Golden Age) and *Tretayug* (Silver Age) whom He had created in His Image!

The Ocean of Truth has come to remind us that we were those self-same, elevated human beings who once ruled the entire world, when it was Heaven on earth! We are those very pure, divine Souls, whose memorials are still being worshipped in temples today. Our Supreme Father has come to awaken us souls from the 'grave darkness of ignorance' in which we are buried today. He has come to rescue us and help us win back our inheritance which we had lost to the evil forces!

Your relationship with the Supreme Father

During the journey of birth and re-birth on the World Drama Stage right from the Golden Age down to the present Iron Age (Kaliyug), we gradually forgot the very purpose of our existence. We forgot the unlimited inheritance of Peace, Joy, Purity bestowed on us by our Eternal Spiritual Father. Trapped in the vice '**body-consciousness**', we allowed ourselves to be deceived and from the Copper Age (*Dwaparyug*) onwards, got so

tainted with the consuming and over-powering enemy the vices (lust, anger, greed, attachments, ego...) that we lost our true, original, intrinsic identity of “**Soul-consciousness**”. We forgot our One and the only One Spiritual Parent. And we even forgot our original Home, the Soul World, from where we had come on earth to play our part on this unlimited Drama Stage. This is the very period of the great *Mahabharata* when God discloses the true meaning of all our religious scriptures. The festival of *Maha Shivratri* or *Trimurti Shiv Jayanti*, the most auspicious festival symbolizes God's dynamic act of reincarnation on earth to transform the world.

History repeats itself

The only thing constant in life is change! Our unlimited eternal **World Drama Cycle** or the Wheel of

Self-Realisation *Swa-Darshan Chakra* has once again brought us to the wondrous scenes of *Sangamyuga*--the auspicious Diamond Age or the CONFLUENCE AGE-- when God stages His entry on this unlimited stage! The World Drama, the History and Geography **repeat identically every cycle**, from the Golden and Silver ages i.e. 'Heaven on earth', to the Copper and Iron ages i.e. 'Hell on earth'! This cyclic movement of time indicates that our future is nothing but our far-distant-past!

We are now on the threshold of the dusk of the old Iron Age and the dawn of the new Golden Age. This is the most crucial but also the most auspicious and beneficial age an age of Hope, Enlightenment and Upliftment--an age when our Supreme Father, the Teacher and the Preceptor, true to His

promise, stages His Divine entrance once again to transform us ordinary human beings into deities... residents of Heaven!

'Heaven' and 'hell' are terms related to the standard of man's morality, and it is in this invaluable Diamond Age that a 'magical' dramatic transformation takes place directly through God's elevated directions, tutelage and guidance. **These are the final moments of the World Drama Clock when history writes its final page.** It provides an opportunity for every single soul to make his or her life worth diamonds! And yes it is also the time for final liberation from the painful bondages of stress, sorrow, poverty, fear... It is now the return journey; so come, join us and embark on the journey to the *Satyug*...

But, Now or Never.

PERSEVERANCE

Learning to enjoy the present moment and give my best, no matter what the situation, protects me from beginning jaded by life. If when my stamina begins to diminish I remind myself to enjoy whatever I do and pour love into every task, then my energy will be replenished.

A HEARTY CONVERSATION

– BK Gayathri, Bangalore

When a person starts treading on Godly path, his/her life gets transformed. One is gifted with Happiness, Contentment, Love towards all and Godly powers. Through the constant practice of meditation and listening to God's discourses regularly, one feels all relationships with one Supreme Father. Thus, mental communion with the Almighty becomes quite natural. Here is one such conversation of a true and honest soul with the Supreme Soul. . – The Editor

Today, I feel like sharing with You, how I experience each and every relationship with You. Well, You know me in and out... so I cannot tell you tall stories!

Baba, when I was just a few months old in Gyan, I was told that I could have all relationships with You. I did not take it seriously at that time because my poor heart was not in a position to accept or even believe such a BIG offer! Slowly, as I developed good relationship with You as a daughter and a student, it had dawned upon me that You really wanted me to have all relationships with You. Well, I accepted You as my Satguru from the beginning; I had this feeling even in my bhakti days too, so, that was nothing new.

Then I started to talk to

You in a friendly way, treated You like my closest friend and started sharing my views, ideas, problems, victories etc. with You. Even though I used to joke with You sometimes, it always remained in my consciousness that You were my Satguru too; so, I always got a royal treatment! Baba, I am very grateful to You for the support You have been giving me as a Friend... You know my weaknesses, You have seen me breaking my promises, still, You supported me and encouraged me to make efforts. Yes Baba, I understand Your silent message I will also be like you and will treat my friends in a similar way.

Baba, do You remember how I hesitated to ask You whether I could have all

relationships with you.

Baba, only a couple of years after coming to You did I start experiencing You as my child. This relationship had literally made me feel like, and take up the responsibility of being a world mother! Baba, I thank You a lot for making me an unlimited mother... it is a very wonderful feeling!!! This feeling is the basis for my love for service.. be it explaining knowledge to souls, taking care of the centre or yagya.. it is the feeling of “I am serving my Child and His children!”:)

Nearly for ten years after becoming a BK, suddenly one day I experienced You as my Mother. That was a lovely feeling... That happened at a time when I was feeling very embarrassed to talk to You directly about some blunders I committed out of my

ignorance. The deep sorrow and repentance in me made me automatically call out to You, my Mother.. and You are such a wonderful Mother! That day I really felt that You are at Your best as a Mother! So, I decided that day never to let go of this relationship.

Baba, I have just one lokik brother and some times in the past I used to wonder how it would be to be a member of a big family... You read my thoughts and You being an Unlimited Father, gave me a family of 6 billion souls! Baba, You are a little too much!

Baba, You are wonderful in each and every relationship!

Baba, shall I tell You something? Many years ago, (in my previous BK days) I saw a movie in which the hero works very hard to conquer the heart of the heroine and finally succeeds in his effort and marries her. The last scene was because of his old habit of talking to her photo everyday begging her to accept him, even after their marriage, forgetting that he had actually married her, he sits in front of her photo and starts talking to her telling her how much he loves her..... When we saw this movie, all of us laughed a lot at the foolishness and forgetfulness of the hero. Baba, I did not realize at that time that I will have to 'pay for that action' and that, the karma theory was very accurate!! Now, I, the hero actor in this unlimited drama, even after I made You belong to me, sometimes I forget about it and start begging You to come to me and to take care of me!

OK, Baba I take leave of You now and will be right back. ■

WORLD OF WONDER

— — — — —
— Seeram Dukharan, Trinidad

The world of nature hums with music
naturally

But it takes listening with a loving heart

And full of beauty and magnificent
splendour

For he who truly sees

Nature's music and power, full of
potential for tranquillity

Nectar for the soul's serenity

Listen to peace amidst the deafening
din of materialism

All joy of contentment is yours

Should you traverse boundaries
beyond

The worldly mental domains?

Far from the madding crowds

Where the landings are desolate of
man's gigantic ego

Position, power, fame and wealth are
of no consequence

Where wars worry and hatred disturb
not

Then the once pristine pastures for
simple pleasures and pains

In man's child-like realisation

Promote peaceful, harmonious
dimensions

For the permanent wonders of change.

ORDER

—B. K. Suryaprasad,
Engineers Enclave, Hyderabad

When I was studying engineering course, our principal, in his introductory lecture, explained the importance of engineering subject and how the engineers should be. He told that all the engineers should be in 'ORDER' in all respects. Further explaining on black board the meaning of the word ORDER, other than dictionary meaning, he wrote:

- ▶ **O for Observation**
- ▶ **R for Remembrance**
- ▶ **D for Design**
- ▶ **E for Execution**
- ▶ **R for Repair**

He explained each word with reference to how engineers should have a keen observation of items with respect to their design, method of manufacture, man, machine and material required, cost and profitability of manufacture in less quantity or bulk. Besides, an engineer should also have good remembrance power so

as to be able to execute the job and repair it, if required.

Our beloved Supreme Father Shiva Baba has also been teaching us to be in 'ORDER' daily through His divine versions or *murli* classes. He has been guiding us to live in an orderly way by following His *shrimat*. The Godly knowledge being given by Incorporeal God Shiva through the corporeal medium of Prajapita Brahma includes teachings as to when to get up, how to start the day, what to eat, how to spend the day while earning daily bread and living with kith and kin, through daily lessons. He is teaching us how to be patient, not to get angry, accept everyone as God's child by practically demonstrating through senior sisters of the *Yagya*, lovingly called *Dadis*. He not only selects us for spreading the news of His arrival and His teachings but

also guides us through the methods of telling the knowledge to the new aspirants interested in His daily lessons. From that we can redefine the word order as:

- ▶ **O Observe the soul**
- ▶ **R Remember the *Shrimat***
- ▶ **D Develop good qualities**
- ▶ **E Enter the Soul World, chat with the Supreme Father daily at *Amritvela* and fill yourself with powers and virtues.**

- ▶ **Record your daily remembrance chart and submit the same to the Supreme Father for guidance.**

Further, the representation of each letter of ORDER can be explained as:

Observe every person as a soul and treat them with regard. Keep in view his physical age, condition, mental ability, his circumstances, background and present position and then give him the knowledge in such a way that it penetrates into his heart and he immediately experiences 'My Father (*Mera Baba*)'.

Remember and repeat the *shrimat* being given by Baba and the good qualities of the newcomers so that they

cultivate the habit of seeing only good qualities in others and learn to appreciate them. Explain them the world history and the importance of time. Appreciate their joining us and explain how everyone including God is bound by the Eternal World Drama.

Develop good qualities and habits by designing new methods of teaching. You have to use different methods of teaching the knowledge depending on the person as the same method may not work for all. Develop new pictures, posters, pamphlets as per the guidelines given by Baba from time-to-time. If you behave well, the world will be good to you.

Enter the Soul World (*Muktidham*) and Subtle

World daily at *Amritvela* and have a pleasant chat with Baba. As per His advice execute the exhibitions at temples, lectures in schools, colleges and offices in such a way that they understand the importance of the present Confluence Age, when God has descended and has been teaching the knowledge for establishing a better world or Golden Age.

Record your successes and failures and report to Baba in your daily chart. Repair or re-establish the faith in the souls who came, accepted Baba and went back due to the circumstances or captured by the vices. Visit their houses, try to understand their difficulties, explain them the

importance of time--with respect to the time passed and the time remaining for change and convince them that this is the only way to get liberated from all types of problems. If required, take them to senior sisters and Madhuban for getting refreshed so that they return to hold Baba's hand.

There is no doubt that those who follow Baba's *Shrimat* in all respects will attain high status in *Satyuga*, as enunciated by Brahma Baba, Mamma and Dadis. Those who follow *Shrimat* will be in order in all respects and also have good engineering skills to be helpful in construction of golden houses embodied with diamonds and pearls in *Satyuga*. ■

DETERMINATION

Determination is an essential quality to nurture if I am able to continue on my spiritual journey. No matter how much enthusiasm I have or how clear my aim is, without determination I will give up sooner or later. In times of challenge, I take care that determination does not lead to stubbornness; then I can let go of resistance and not oppose anyone or anything with my mind. Instead, I take time for meditation, reflect on the most compassionate way to deal with the situation, and quietly wait for an approach to present itself.



VALUES

– Ms. Seema Mishra, Kolkata

We come across the word 'Values' many a time. But what is the exact meaning of this word and how can one develop 'Values'?

While searching the internet and the dictionary, I found that the word 'integrity' in relation to values cropped up now and again. Values are actually the beliefs of a person which he upholds at any cost. It is a standard we set for ourselves. At times, the values pass on to us from our earlier generations. These are called family values. Values may also vary across cultures and countries. Values are of two types, permanent and changing. Today, we find that mankind possesses more of changing values than permanent ones.

India has been one of the countries where people uphold their values learnt at the feet of their grandparents, parents and Gurus. They would rather embrace death than part with their values. In this sense, we are talking

about values such as speaking the truth, honesty, maintaining cleanliness in mind and body, maintaining discipline, supporting the righteous, not exploiting the weak and doing one's duty. Though many persons today, due to the atmosphere of *Kaliyug*, are shedding off the values learnt in childhood due to the lure of money or an easy life. We can still find many people in India who are developing and maintaining divine and Godly values.

Today, we find the world in much turmoil and confusion. We have lost all faith in God and fight over petty matters, giving the 'I' utmost importance instead of 'We' for whose welfare we were taught to work for. The Indian scriptures talk of '*Vasudhaiva Kutumbakam*'. India believed in joint family system in sticking together in joy and sorrow. But today we find nuclear families, members of which do not know whom to turn to in

adverse circumstances as well as with whom to celebrate good times because of lack of family members. In the olden days, all the family members would get together and cook delicious food, which could feed even an entire village. Today's family has to spend a lot of money on outside food if they care to invite guests for a meal. Apart from it, being a dent in the pocket, we do not know with what attitude the food has been cooked, as opposed to the love and positive thoughts with which our mothers cook, and we find ourselves unable to digest the outside food and visit to the doctor make us still poorer!

Another value which I remember being taught as a child is 'Early to bed, early to rise, makes a man healthy, wealthy and wise'. Today's youngsters believe in burning the midnight oil and getting up late in the morning. They cannot look at the beautiful sunrise; they do not take physical exercise, resulting in poor results at examinations and ill-health. Somewhere along the line, it is the parents who indulge them with this habit, perhaps being an only child, compared to more number of children in olden

times and even cousins staying together. Though we may complain that they did not get individual attention, they turned out to be better human beings than we can ever be! They learnt to share things and not to be selfish and self-centred.

We find an example of Lord Krishna in Mahabharata when he visits Vidur's house to take food even though the latter was poor and spurns Duryodhan's invitation for a rich feast, Lord Krishna knew that Vidur was a man rich in values whereas Duryodhan fell far below expectation in terms of upholding values.

Another strong Indian value is the belief in the institution of marriage and the virtue of tolerance for each other so that the marriage does not break-up. This has become a big issue the world over and those who are intolerant of each other and are not able to control their egos become victims of divorce, forcing their children to lead incomplete lives without a proper family.

Values are very important in life as we can see from the above examples. During the festive season just passed, we

found those who respect our customs and traditions, celebrating Durga Puja and Diwali upholding the traditional customs and traditions and passing on the same to the next generation. Still others just found it a time to gamble, killing animals to feast on their flesh, drinking intoxicants or going away for a holiday and forgetting the very essence and meaning for which these festivals were celebrated.

In today's world, we have to focus on values because values determine the actions we perform. We act as we believe. Our old values of thrift and shunning of material comforts are giving way to luxury and overspending. Mr C. N. R. Rao, Professor at the Jawaharlal Nehru Centre for Scientific Research feels that Indian society must commit itself to all spheres of creative activity if we want to assure a balanced future for our country. Our leaders, politicians, intellectuals and teachers should discuss and highlight India's innovations in science, art and literature, theatre and other creative topics.

Economic growth and industry are definitely important for a country, but not to the extent that the new generation does not find it important to discuss the traditions and values of its country, its creative spheres and triumphs, its political issues and literary topics or how to improve society. Instead, the talk revolves in their group of employment, how to make more money, how the sensex fared over the week, which employer is offering better perquisites, which film star had affair with another film-star, why a certain sportsperson was not included in the team, etc.

We have to educate our youth about values before they get lost in their quest for wealth and power. Educationists and spiritual leaders should broadcast from different media about the 'real' wealth of our country and how to uphold and enhance it. Only then will India be again rightly called the "Golden Sparrow" (*Soney ki Chidiya*). This is the only way we can ensure that peace prevails in the coming days and we find a way out of the present madness. ■

THERE IS NOTHING AS FINAL AS DEATH: THERE IS NOTHING SO FINAL AS BIRTH

(SHOES THAT ALWAYS FIT AND WALK WITH AN ACCURATE TICK)

– **B.K. David**, Paignton, England.

The end as we know it, is all but here. You can talk to yourself, try, reason and argue till you're blue in the face, and find a reason as to why the end is not near and that the world will carry on forever.

But the end is here. The END is complete as we have the END all in place staring at us in the face everyday, talking to us, shouting at us, showing us its final scenes of destruction. But do we see it or listen to it everyday? May be we see it once or twice a year and so it goes out of our minds, but then it's all so easily forgotten.

The only small aspect missing to bring this END is the full stop at the END. When the DOT is added, then and only then, THE END will be over.

When this almighty spiritual DOT (soul) is added, then the end will have come and all but finished. When the souls become truly soul-conscious, the end will have begun and ended at the same time; such will be the speed of the ending.

The end is here; it just requires your consent, your effort to finally push it over the cliff of No Return. The world has been precariously perched on this dangerous cliff of modern times for the last 50 years; it just needs now the nudge of truth to send it crashing down the canyon of endless regret and sorrow.

The only ones who can push this world into oblivion are the ones who have truth at their fingertips, in their hands, heart and mind. You need to be awake three hundred and sixty five days in a year, and be alert and strong, loving and aware if you wish to lend the finger of truth to help topple this old world of falsehood.

TRAFFIC LIGHT SYNDROME

You can tell if you have the finger of truth with you and in a powerful form, by seeing how often it is pointing at yourself, or God! If it is constantly pointing at yourself, then the light of truth burns bright within you. But should your finger

be pointing at God most of the time, then like many people of today, you dare blame God for your many headaches and the only real truth you know is what is on TV today. And if your finger seems to be often pointing at someone else (blame), then understand you have caught the dangerous disease of Traffic Light Syndrome. You are sometimes on going (truthful), sometimes on stop (false), and sometimes getting ready (thinking about and wanting to be honest and good). This is far better than getting ready to be false (fake).

DRAYLON WORLD (FAKE)

We live in a fake world full of fake people with fake ideas and goals. It is only with the fullness of time that will expose their falsehood, their false world and its feebleness, their mistakes, their stupidity and ignorance. Only the fullness of time will reveal God, the truth, His teaching, His unending wisdom and love. And it's only from the mind and heart of God which will bring about the peace we

all crave for and rightfully deserve from life.

Put simply, if you want peace in your life, then you have to open your front door to Him. Some folk only open their back door to God (think of Him now and then or when they really need something or are in trouble) thinking that is God or enough. But you do not need to be a mathematician to work over why they have little peace or success in their life. When you have not got God in your life, you have not really got anything, let alone peace. The only things most people have today is the air they breathe, TV, the lottery, music, an unhappy family life and poor eating habits. They constantly struggle in life as they do not know the meaning of life. To know and understand the meaning of life, one needs to know and understand God.

POINTLESS!

It's not rude to point at yourself, or God (if in praise), but it is rude to point at others, it's also a waste of time, as they are often busy or looking the other way when you are pointing at them (a bit like trying to catch fish when they are on the other side of the lake busily feeding). You can moan and point all you like in life,

but it will never help you walk with a straight back (enrich), quicken or more relaxed in life. In fact, moaning can seriously damage your health, give you a curved spine, make you walk with a constant limp, send you round in circles when you wish to move forward.

Instead of you looking to your future in a happy manner, moaning can keep you looking at the floor with all of its rubbish. Is your gaze fixed on a bright future or on the dirty floor? If you wish to moan, know that you have locked yourself in the prison which is very hard to escape from, even see from. The key to freedom is to always concentrate on the future (your aim,) and ignore the past and a confusing present. Life can be good; just needs a bit of thought, planning, care, love and dedication. It's also essential to be able to sidestep (dodge, ignore) rubbish.

And should you ever find yourself locked in the cyclic prison of blame, try to constantly point at the two windows for an answer and free yourself and God! ■

A BLESSING IN DISGUISE

– B.K. Neena, East Delhi

Wherever I went
A latent fear did rant
Good God! what is in store
For I can't bear anymore
The copious ocean of tears
From my near and dear
Is it all life with pangs?
And woes of men rife
Every moment you know not
What may befall your lot?
The luring life beguiling you
With its preposterous bribes!
The imminent Tsunamis
tossing
And turning our lives topsy-
turvy
The vagaries of nature hither
The nuclear war thither
Distorting and defacing
The beauty of the earth
Wherein lay so much of mirth
Deaths knell ringing, spelling
Disaster; a soul leaving
Its serpentine costume
To be cocooned in a
New mother's womb!
Thus embarking on a new
journey
Through the never ending
Throes of birth and death
In the eternal journey
An Aeon of 5000 years
Albeit, the Paeans of
21 Births to sing
A new world order, the Golden
dawn
Being the only silver lining
Perhaps a blessing in
disguise
Amidst the massive
forthcoming
Devastation and Demise!

GOD SHIVA SUPREME TEACHER

– *B. K. Yogesh Kumar,
B.K. Colony, Shantivan*

Generally four persons play an important role in our life right from birth till death. These are Mother, Father, Teacher, and Preceptor. They, by instilling good *Sanskars*, contribute towards carving out good characters of younger generation, which helps create a better society.

However, in olden days, there used to be *guru-shishya* tradition. In those days the teachers themselves used to have a virtuous and inspiring life. After attaining the age of five, the children had to live in Gurukul for getting education. At that time, their life was quite disciplined and controlled. That is why during those days, there were no crimes and lawlessness.

But, unfortunately, today the situation is quite adverse. The crimes and lawlessness are widespread. That is why there has been bitterness and negativity in almost all the relationships. Even the relationships of teacher and students and parents and

children have not been left untouched. Gurus and teachers of today have not been able to maintain their earlier character. However, today we need such teachers, who have divine virtues such as purity, humility, love, cheerfulness, etc.

In order to inspire our youngsters towards leading a virtuous and inspiring life, we need such a teacher, who is free from vices and can give such education to the students so that mutual trust and confidence can be brought back into our society and all the pollution, widely spread in the minds of people today, can be removed.

At this time of extreme decay of religion and righteousness, when majority of people have lost their moral values and when we quite often hear that a teacher (who is the character builder of our society) is found guilty of being indecent towards his students, which in some cases has compelled students to take law in their hands, at

such a time, Incorporeal God Shiva incarnates into this vicious world and adopts the body of a human soul, whom He renames Prajapita Brahma. As the 'Supreme Teacher', God imparts us the knowledge of soul, Supreme Soul, Eternal World Drama and philosophy of Karma,

At this present 'Confluence-Age', He plays triple role of Supreme Father, Supreme Teacher, and Supreme Preceptor so as to fulfil His triple duties:

- ▶ 1. Loving His children as a father and filling them with all the virtues, of which He is the ocean like Purity, Peace, Bliss, Knowledge, Happiness, etc. which are though inherent powers of all the souls but we have forgotten the same because of being body-conscious;
- ▶ 2. Giving Godly knowledge as Supreme Teacher and
- ▶ 3. As Satguru, liberating all the souls from this hell and taking them back to 'Sweet Silence Home', where we all as souls reside along with Him in the form of points of light. Those who follow His *Shrimat* as Godly students get Heavenly kingdom for 21 births. The aim of this

'God Fatherly University' known as Prajapita Brahmakumaris Ishwariya Vishwa Vidyalaya, is to enable every person to attain the status of Shri Lakshmi and Shri Narayan in the ensuing new world. The ocean of knowledge, Incorporeal God Shiva teaches Easy Rajyoga to His spiritual children that makes them world sovereigns.

God makes this education quite easy. Prajapita Brahma, the human medium through whom He gives this Supreme knowledge, becomes the first person to get the certificate of 'Pass with Honour' that means he is the one who gets the distinction of being the first student of God Shiva in becoming completely viceless and egoless as per God Shiva's *Shrimat*.

Let us pledge to follow the Godly knowledge in its letter and spirit so that we can enter into Golden-Age through transformation of our *Sanskars*. ■

DIVINE HAPPINESS

– B.K. Pinki, Mahanta, Garia Centre, Kolkata

Five years ago in the year 2003, I had completely lost myself and my family and had forgotten the charm of a normal life. I only cried and suffered from gloom, sorrow, and unhappiness. Apparently, there was no reason why I could not sleep at night but there was intolerable pain in my head and whole body. The doctors could not detect any biological or psychological disorder in me and everyone would tell me that nothing had happened to me, and I was intentionally being abnormal just to gain sympathy.

After 2-3 painful years, I went to a reputed Neurosurgeon-cum-Psychologist who finally detected the nerve disorder. After excellent counselling and appropriate doses of medicines, I started getting back to normal life. But by that time, I seemed to have lost all my peace and happiness. It seemed as if I was missing something which I could not see, yet felt the loss of something precious and indispensable to my life.

At this time, I came to learn about this Godly University of Brahmakumaris from one of my friends, who first brought me to the B.K. centre at Garia. I felt a complete new change in myself from the day I had stepped in. I regained as if I had recovered my lost energy and enthusiasm. I followed the seven-day course, which gave me the knowledge about me the soul, the Supreme Soul and my Supreme Godfather Shiv Baba. After gaining this knowledge, I felt to have been transformed into a new person. The love and care I got from the sisters at the centre as well as the daily '*Murli*' made my belief over Shiv Baba stronger than ever. Now I feel a heavenly happiness everyday, every moment by merely connecting myself with the Supreme Soul which I had not found in my past 48 years. Now both my son and husband have also joined this university besides me and nothing gives me more happiness than going to the Centre and listening to Baba's daily *Murli*.

My doctor is quite surprised at the miraculous change and has concluded that I am much better nowadays and my dependence on medicines has been reduced drastically. So I daily commune with Baba at '*Amritvela*' to seek His blessings so that I could spend the remaining days of my life in His company and sweet memory. Now I am waiting to get the opportunity to meet Baba at Madhuban and follow His '*shrimat*' till the end of my life. ■

EDUCATION AS THE MEANS OF REDEMPTION

—Dr. Srihari Murugudu, Asstt. Professor,
Bhashyam College of Education, Guntur, A.P.

Morals and values have to be cultivated from within and practised voluntarily. They cannot be superimposed from above and can never be promoted by direct instruction. As teaching is external and learning is internal, students should be made to discover values for themselves. If we want people to learn values, these must be internalized. Appropriate learning situations and teachable moments should be provided inside and outside the classroom.

A certain scholar did painstaking research to find out the factors that produced human values of the highest order in the people. He took a random sampling of men and women representing various professional groups. Investigations showed that in all those cases, one of the three elements was invariably present. They are: (1) Personal example of the

parent; (2) Sound training received in the school/college; (3) Inspiration derived from the classics and biographies of great persons. Of all these three, the teacher's role in the school is regarded as the most significant, especially in the formative years of the child. The teacher's influence should provide ample compensation for the total absence or negative aspects of the father's example and the mother's training outside the school. This being so, schools and colleges should not merely mirror the society they serve. They should be islands of purity in a sea of corruption. Eventually, their wholesome influence will transform the society itself.

It is not enough to set apart one or two periods earmarked for value-oriented education when we seek to achieve total development of the student's personality. Moral

education should be conducted as a total school experience, from primary level through secondary grade to college level. Further, this should be integrated with classroom work, extra-curricular programmes and outside interactions. Where possible, there can be separate classes or courses for the whole school. Value-oriented education should include participation by students in decisions to be taken about discipline and rules of conduct, which should lead to a voluntary, accepted system of public morality. In the opinion of Freud, the great psychologist, every child is a bundle of instincts and drives which must be subordinated to societal objectives and requirements. This socialization constitutes the ethical development process. Sublimation of instincts is the resultant process of socialization. The teacher has a role as socializing agent. We get glimpses of India's culture and value system in scriptures and epics like the Ramayana and Mahabharata. The Upanishads and the Puranas tell us about the right conduct. Students should be introduced to such books and literature.

Lives of heroes in the epics and the achievement of great men should inspire the young to lead a higher life. **In educational psychology, there are three ways of achieving internalization of these moral and spiritual values:**

- (a) Emulation of the role models, following the examples of good people, those who lived in the past and also those who are present.
- (b) The reward system, which reinforces good conduct.
- (c) Critical assessment of the norms leading to the acceptance of the standards on the basis of one's validation.

He should have commitment to a society based on justice and should, therefore, strive for the inculcation of values and extension of knowledge and skills to the society at large. In effect, the teacher should become an effective instrument in the processes of development and social change. He should be a key factor in the transformation of our value system. To meet the new challenges boldly and to play his role meaningfully, the teacher, besides imparting knowledge, has to help the students understand the components of their conscious and unconscious personalities, the meaning of their dreams and aspirations and the nature of their relations with one another and with the community at large. In short, he has to teach his students not only the art of learning but also the art of living and working in a society which they must create as an embodiment of their cherished ideals and realized goals. Unless the teacher looks upon his job more as a mission or a vocation rather than as a mere means of livelihood, he can never discharge his new responsibilities satisfactorily. ■

THE FEATHERS GREW AND I FLEW TO YOU!

— BK Anoop, Rohini, Delhi

My Father was an earnest devotee of God. He used to sit for His remembrance in the morning as well as evening regularly. I, too, was inspired, how to sit in His concentration, by him. When I learnt the true way to meditate and establish internal relationship with the Supreme Father God Shiva, I thought of conveying the same method to him. So I wrote letters full of the Godly Knowledge to my bodily father soon. He liked my writings and agreed with the new ideas and the spiritual knowledge also.

I had been to Mount Abu to meet Sweet Baba many times, but he happened to visit that real temple of God, the holiest pilgrimage, after many years. He along with my youngest brother met Shiva Baba and was very pleased to see Him just face to face. Baba said to him, "Dear Child! Baba remembered you long before. What made you come so late?" He listened to Baba carefully and then responded, "Dear Baba! The feathers of the Godly Knowledge and Meditation had not grown to me soon. As and when the feathers grew, I flew and came to Your Holiness." On hearing this, Baba broadly smiled and all the brothers and sisters made a loud laughter. My father, too, joined the laughter with them. ■

LIFE AFTER DEATH

– B.K. Ramesh Rao, Thane, Mumbai

As long as the soul remains in the body, one is said to be living. The moment it leaves the body, one is said to have died. Then the remains of the dead person merge with the five elements of nature. However, when the soul again is reborn as a corporeal being, there starts the life again. The process goes on.

Self does not dissolve

Life is eternal. What we call death is only a phase concerned only with the body. The body consists of matter which gets dissolved in time to their original form. But the self has no dissolution. If we are for a few days here and some days at another place, why bother about anything? Live the normal term of life doing your work; remembering God at every possible moment, without coveting the wealth of others and enjoying God's bliss. The mortal body is perishable, but that which holds the body will

move on its eternal journey.

Body Transformation and Change

Whosoever is born (attains the corporeal body), must leave it one day. Only the body changes and gets transformed while the soul exists. Just as the combination of hydrogen and oxygen form water. Again under certain conditions, oxygen and hydrogen get separated and go to their former condition, so death is only a change and transformation.

Mahatma Gandhi had once said, "I love India; India is to me the dearest country in the world, not because it is my country, but because I have discovered the greatest goodness in it".

God brings men into deep waters, not to drown them but to cleanse them. Shiv Baba cleanses his children at every stage so as to make them the best.

Human beings are afraid of death as it seems to transport them from light to

darkness or from known to unknown zone. Life is called a long preparation for the ultimate end. Death is a common event, a routine but we fear it. To survivors, it is traumatic. Our inquisitive mind asks why and for what purpose we have been sent to this world. Mind wonders where does the soul, which is said to be indestructible, immortal and permanent, go after being freed from the mortal body.

"God Himself has drawn the lines of fortune with each child's pen of elevated actions. God is eternal and these lines of fortune are imperishable too. The lines of fortune are drawn on the basis of elevated actions. The effort made at the Confluence Age creates the reward for many births." These are the blessings of our most beloved Almighty Father.

Why then fear the event which is pre-fixed and pre-destined for human beings? However, we must have an everlasting smile on our face as God Father Shiv Baba is our Companion, Friend, Philosopher and Guide, leading us to the New Golden Age i.e., *Satayuga*. ■

