

# GODLY SERVICE REPORT

## GURGAON (Sindhi Convention)

### Positive thoughts and actions, key to peace – Dadi Janki

A three-day **Sindhi Convention on 'Experiencing God's Power and Blessings'** was organised and hosted by Prajapita Brahma Kumari Ishwariya Vishwa Vidyalaya at its 'Om Shanti Retreat Centre' near Manesar. Over 1500 Sindhis from all over India and abroad attended the inaugural function.

**Mr. S.P. Hinduja, Chairman, Hinduja Group of Companies**, speaking as Chief Guest, stressed that we should rise above narrow and selfish motives in order to find solution to today's global problems and work for greater social good for experiencing peace and happiness.

**Rajyogini Dadi Janki, herself a Sindhi and Chief Administrator of Brahma Kumaris**, in her inaugural address, highlighted the need of practising positive thoughts. "Care and share, love and cooperate if one wishes to experience inner peace and obtain others' blessings," Dadiji advised vehemently. When innate vice, negativity, unholy desires and expectations are sublimated through self-introspection and loveful meditation on the Supreme Being, we surely receive God's love, powers and blessings, she further stressed. Dadiji urged all Sindhis to practise spirituality, Rajyoga meditation, trusteeship and healthy lifestyle for a better social order throughout the world.

**Noted film producer Pahlaj Nihalani from Mumbai**, speaking as Guest of Honour, said that while business and industry might go up and down from time to time, we could balance gain and loss by introspecting and connecting our inner self with the Supreme Soul in meditation. He said that confusion and stress in our life were due to gap between head and heart, thought and action which could end when we would regularly meditate and play our pre-scripted role on this world stage in constant remembrance of God, the Supreme Director and Producer. He declared the Brahma Kumaris as the pathfinder and best guide in this direction.

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## EXPERIENCING THE POWER OF GOD'S LOVE

**W**e are passing through very strange and difficult times. Day in and day out we hear of and witness sudden traumatic developments around us. The recent terrorist attacks in the southern part of Mumbai left everyone shaken and shocked. Loss of precious lives and injuries to hundreds would keep haunting civil society for a long time. These wanton developments reflect our weaknesses on many fronts. From surface to sea and now predicted danger from even air...The safety and security of the entire nation is at stake. Changes at the political and administrative levels may help improve the situation to some extent but the sword of danger will hang over us as long as we live in a divided house. Should the sacrifices of our officers and men of the armed forces bear short-lived results? Should we become mere hapless witnesses to the scenes of destruction.

All the people of Bharat, irrespective of religious faith or trust in political groups, need to rise above differences and guard our hard-earned freedom. Securing our borders on all levels: land, sea and air by our brave armed forces at all times is being assured, tested and proved. Their ever-readiness and constant vigil do assure the nation of secure and peaceful environment. However, due to ignorance or lack of true national spirit, a very small number of misguided people continue to indulge in radical sectarian and violent activities thereby damaging the spirit of emotional integration of our nation. Whenever there are terror blasts or disturbances, the civil society flares up temporarily expressing shock and anger against such perpetrators of violence. Can there be a new approach to this problematic situation? Can we think and act differently to contain this

kind of violence? After all, it has been wisely said "Violence breeds violence" and more violence would only lead to destruction of unlimited proportions.

To some extent, we witness from time to time division in society on the basis of different political groups claiming to be the only 'saviours of society', especially for the poor and backward classes. Too much of mud-slinging carries on against each other until the votes are cast during elections. This has been witnessed for over six decades and has split the nation into divisions and sub-divisions of political parties (at present being over 130 groups in Bharat). This kind of political system, in the name of empowering the poor and weak, has rather weakened the fabric of the nation completely. Everyone knows that it has also given rise to corruption in values and corrupt practices in every field. The lure of money and political power, even for a brief span of time, gives birth to many new problems which endanger the future of the people.

Can we, the people of

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Bharat, rise to the occasion and face this challenge of change in our political psyche? Unless this subtle change takes place, more and more problems are liable to arise at the local as well as provincial and national levels. We may think of the following steps seriously:

- ▶ 1) To inspire the masses to guard our age-old values through films, TV, radio and other media.
- ▶ 2) To instil the spirit of sacrifice and thereby guard the dignity and integrity of the nation, by emerging respect for each other's faith and religious beliefs.
- ▶ 3) To take a pledge to rout out corruption at all levels and rebuild Bharat with love and dedication.
- ▶ 4) To reduce the number of political parties to the minimum by learning from those nations governed by just one or two political parties.
- ▶ 5) To make teaching of moral and ethical values compulsory in our educational system
- ▶ 6) To revive the spirit of service among the elite as well as the Government

and Non-Government employees thereby strengthening our economy and infrastructure.

- ▶ 7) If possible, to form one national group of political leaders to run the affairs of the Nation.

We can also seek advice and guidance of great personalities from different denominations who genuinely care about the upliftment and betterment of society without seeking any favours from the government or society.

The entire humanity belongs to One Supreme Parent who has always been remembered as the Saviour, the Most Caring One, the Greatest Guide and Oceanic source of Love, Peace and Mercy. We may seek His Supreme Guidance at this juncture. After all, God's love and power when experienced in life not only motivates us to transform ourselves into wise and blessed beings, but also helps in empowering ourselves to take to the challenge of being instruments of change for the

better. No one can conquer one's inner weaknesses without spiritual power and wisdom. Those who themselves suffer from inner weaknesses cannot guide people on the path of righteousness, goodness and tranquillity. God's power of love is the need of the hour for the well-being and happiness of individuals, and further to motivate the masses to follow the path of goodness and respect for each other. Then and then alone shall truth prevail over falsehood, deception, corruption and selfishness.

It is our greatest fortune to be born and to live in a country of God's incarnation as we easily can experience His power. For thousands of years, His power has been embedded in invaluable scriptures like the Shrimad Bhagwad Gita. The more we inculcate and practise these precepts and elevated direction in our lives, the faster will Bharat re-emerge as one of the most powerful and great nations. May our leaders and fellow citizens rise to the occasion!

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## GOD'S DIVINE WISDOM

(Excerpts from Elevated Versions of 15th & 30th November 2008)

### 'Be loving to God with a true and clean heart'

“You are the loving children who have made God, the Lord of the Innocent, belong to you, with the love of your true heart and clean heart. This Godly love can only be experienced at this confluence age. The loving children who constantly remember the Father (God) with their heart, are always seated on the Father's heart-throne. If there isn't love in life, there isn't any happiness in that life. All of you are experienced in how much all of you children love the altruistic imperishable love of the Father. God's love is the *foundation* of this Brahmin life. This is why all of you children are those who are worthy of this love and who have experienced this love. You have knowledge, but together with knowledge, God's love is also essential because where there is love, it is easy to experience everything. The power of love brings you very close to the Father. The experience of the power of love is similar to the experience of always having the Father's hand of blessing on your head. Love becomes the Father's canopy of constant protection. Loving souls always remain firm and carefree. Loving souls always experience themselves to be easy yogis in remembering the Father. Knowledge is the seed and together with the seed, is the water of love. If the seed doesn't receive water, you cannot experience the attainment of fruit.

Together with knowledge, this Godly love always gives you the experience of the fruit of all attainments. With love, you can very easily experience attainments. If there is knowledge and no love, then the questions of “Why?” and “What?” can arise, but if there is love, you always remain absorbed in the Ocean of Love.

For a loving soul, the one Father is their world.

This is why although knowledgeable souls are loved, together with knowledge, it is essential to have a true heart and the imperishable love of the Father. If together with knowledge, there is even a little bit less love for the Father, if the love of a true heart and a clean heart is even a little bit less, then you sometimes have to put in hard efforts. You then have to battle in your effort. If there is less love then everything seems like hard work.

One who is an image of experience always remains unshakeable and immovable in all situations. He does not come into an upheaval because he has many *authorities*, but the greatest authority of all is the *authority* of experience. If you have the *authority* of experience then every power, every point of knowledge and every virtue will be under your *command*. Whichever power you invoke, in that second, that power will cooperate with you. To remain *set* on the seat of experience means that as soon as you have a thought, it happens and you don't need to make effort. You don't need to take any time over it. By following every *Shrimat*, your life will easily and naturally become complete because you were told earlier too, when you have a true heart and a clean heart, then God also becomes present in front of such loving souls who are merged in love. When you are “present” to follow every *Shrimat*, then the Father also says: “I, the Lord, am also always present”. When you say, “Yes, my Lord”, then the Lord is always present. Easy remembrance is the natural quality of Brahmin life.”

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## IMBIBE COMPLETE PURITY, AND SERVE SOULS BY GIVING POWERFUL VIBRATIONS WITH YOUR MIND

“All of you have taken the vow of purity, have you not? From God, you have taken the vow of determined thought for transformation. To take this vow (*vrat*) means to bring about transformation through your attitude (*vrutti*). The *foundation* of Brahmin life is purity and it is through purity that you have God's love and all Godly attainments.

The attitude of purity means to have good wishes and pure feelings for each and every soul. Vision of purity means to see every soul in its soul-conscious form and also constantly to experience the self easily in the soul-conscious stage. The importance of Brahmin life is purity in thoughts, words and deeds. You experience yourself to be happy through purity and you also give happiness to others.

The thoughts, words, actions, relationships and connections and dreams of a pure soul are automatically powerful. You are

seeing the time and hearing the call of time, the call of the devotees and the call of souls and you have all made the lesson of 'SUDDENLY' firm, and so weakness in the *foundation* means weakness in purity. If there are no good wishes and pure feelings in your words, if they are opposing purity, you cannot experience supersensuous joy, which is the happiness of complete purity because the aim of Brahmin life is to make the impossible possible.

You will have to finish three expressions in order to be one who uplifts others and uplifts the world: the first expression is '*par chintan*' (thinking about others). Second is '*par darshan*' (looking at others) and the third is '*par mat*' (dictates of others). Finish all these three '*par*' and you will be able to become '*par-upkari*' (one who uplifts others).”

## TOGETHER WE BUILD 'SHANTI SAROVAR', HYDERABAD

It is a matter of great honour and inner happiness to extend a helping hand for a good cause. This act becomes more significant when it comes to actively establishing real peace in society. As they say, '*Actions speaketh louder than words...*'

During my recent visit to Hyderabad-Secunderabad, my attention was drawn towards the on-going construction work of a 2300-seat auditorium at '**Shanti Sarovar – BK Academy for a Better World**'. Further, the instrument sisters and brothers explained the need of adding a separate kitchen and dining facilities for 2000 persons, as well as accommodation for 200 beds in addition to

the existing 200 beds. This appears to be very essential for the on-going service programmes and also the collective programmes for Andhra Pradesh Sub-Zone Godly service.

During morning Murli Class on Sunday, 23rd November 2008, a tremendous amount of enthusiasm was expressed by the sisters and brothers (about 1000) from the Sub-Zone who offered their whole-hearted cooperation in completing the remaining work. Revered Dadi Jankiji and other senior members of the Brahma Kumaris Managing Committee, while appreciating the spirit of cooperation, have offered *yagya* assistance, if needed at anytime. All the Dadis and senior brothers fervently

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wish for the task to be completed at the earliest so that many more souls come to take spiritual benefit from God's own '*Lake of Peace*'.

On 30th November, a divine message was shared by Avyakt BapDada who lauded the spirit of enthusiasm and cooperation of the divine BK family of Hyderabad-Secunderabad and other centres, and showered Godly blessings for completion of the remaining work with the loving co-operation of all Centres, Sub-Centres and Gita *Pathshalas* of Andhra Pradesh Sub-Zone. It is most appropriate to share these Godly versions through these columns of The World Renewal:

“For the work that still remains, also bring the *teachers* of Andhra Pradesh centres

together because if their contributions are used for this place, then their hearts will also be drawn there. It is good for everyone to give one's co-operation. Therefore, invite them for a meeting and give enthusiasm to each one. The task that still remains has to be accomplished and whoever can give a finger of co-operation should definitely do that. Someone or other should go there every month or in six months and have a meeting with them.”

Our hearty congratulations and best wishes to the sisters and brothers of Andhra Pradesh for receiving such choicest blessings directly from Avyakt BapDada!!!

– *B.K. Nirwair*

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## EMERGING NEWNESS IN 2009

The festive season of December and end of the year brings on feelings of introspection, self-auditing, recollection of experiences, visit to a place of worship to pray for peace etc. Everyone wishes to start the New Year with hope, love and peace. Millions of people are working selflessly towards the goal of a peaceful world and it definitely requires united co-operation, but before I change the world, let me begin with the self. Misfortunes in the world have long been attributed to external sources (God's will, fate, religious fanatics etc.). Even if this may be true, let me choose to look at what I am doing to counteract the negativity.

Reviving the human spirit is a noble task and effective when each person re-ignites his or her own hidden energy. The human soul has the capacity to reach heights of perfection in moral values and inner powers; layers of self-

doubt, sorrow or weak characteristics cannot hide the true self for long. Association with the body has led to adoption of vices but transformation beings when my consciousness returns to the original, eternal state of being an infinitesimal point of divine energy i.e. the soul, spirit, 'atman'. In this state of 'soul-consciousness', I channel my thoughts and intellect towards remembering and communicating with God, the Ocean of Love, Wisdom, Peace & Purity. I fill myself with spiritual energy that helps transform the self for the better. I, then can share this loving, divine energy with others so that they too experience peace, joy and success in their lives.

Here is wishing all our esteemed readers and fulfilling holiday season and promising New Year!!!

- Editorial Staff  
of The World Renewal Magazine

## LIVE IN THE PRESENT TO CONSTANTLY REMEMBER GOD

– B. K. Surendran, Bangalore.

**L**ife is on a fast track now. Everyone is on the run. There are competitions right from kindergarten to the Olympics. There is a mad race for *sona* – gold. People want gold. Those who are on the run to get *sona*-gold-forget the *sona* – the sound sleep. Some people even do not know that they take rest. Many people do not really understand and experience that they are living. They are consciously unconscious of the fact that they are living and treading the path of life. When they are at work, they think of household affairs. When they take food, they think of their office or projects on hand. With the invasion of the mobile phones in daily life, many people are carried away with the message inputs, unconsciously becoming conscious of such messages and being carried away from the actual spot of existence and the activities being done by them. The ultimate result is that many people are not conscious of whatever they are doing at the present moment and therefore, not

able to enjoy life in the present. There is a syndrome of unconscious living. When they are not aware of whatever they are doing, in course of time, their memory power weakens and their power of decision-making also suffers.

The past is already gone. The future is not yet born. Therefore, only the present is in our hand. The present is our wealth. We practically own it now. We can use it in whatever way we wish. **The present is the greatest and richest wealth and we own it now. If we become aware of it, there is a choice for us to enrich it, enhance it, invest it and increase it manifold.** We become aware of our thoughts, our feelings and dealings. We are fully focused with a purpose. We can give proper direction to our thoughts. Thoughts are our real wealth. Waste, negative and vicious thoughts are eliminated in a phased and regular manner. Where the thoughts are properly focused with a specific purpose, we will

understand that life's purpose is to enjoy each and every moment. No breath goes waste, no thought goes waste and in the process our time is purposefully invested.

### **Let go, let be and become compassionate**

In the process of living in the present, there may be problems—there may be problem people, unfavourable climatical conditions or other circumstances. Sometimes, it becomes necessary to 'let go' and sometimes, it becomes necessary to say 'let be'. Living in the present ensures exploring the possibility of advantages, looking at the brighter side of the situations and future advantages. Some can be looked upon as challenges, others as opportunities and some as learning experiences. Some situations are to be left alone, so that time can heal such situations. Focus on what is happening at the moment. Appreciate what is right about the situation and build on it. Pay attention to what is important right now. Somewhere it becomes necessary to forgive and forget. Compassion is a powerful tool to release us from the clutches of botherations of the past and some situations in the present too. Children are unique, for, they naturally live in the

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present moment. Nothing interferes in their lives. They are able to unconditionally smile, being friendly and flexible in the present. They are free from those hot or cold thought currents of vices such as greed, anger, ego, laziness, sloth, slumber etc. They never think of the past or the future.

### **Past**

Whenever we become unhappy in the present or are unsuccessful, it is time to learn from the past. When we understand that something is interfering with our enjoying the present or not performing well, it is time to look at the past and learn from it. When we learn, we can improve the present better than the past. Past is past. By conducting a post-mortem of the past, we cannot make better the past. But the lessons we learn out of the past events can be applied in the present by doing things differently to enjoy the present. Let us not put down ourselves because of past mistakes or failures. No regrets or pessimism should be allowed to interfere in the present. By fully living in the present, we are able to appreciate the world around and we become more effective and make progress.

### **Future**

Some of us attempt to conduct an operation of the future. Since the future is not born, this is a futile attempt. While being in the present, let us not be carried away to the future and threaten ourselves with the thought of the unknown. Experience has shown that future is the consequence of the present. Therefore, planning for the future reduces fear and uncertainty. We should systematically plan and prepare for the future. We should enjoy the present. **Planning takes much of the guess-work as to what we need to do each day. We have a road map. Let us focus on what we need to do in the present to help bring about the future we want.** Let us have a specific vision of the future and we should paint a realistic picture of what we would like our future to look like and strongly believe that it is possible to achieve it and constantly revise our action plan.

We must be living and working with a purpose. Everyday we must see what meaning it will hold for us and also for others as a result of our activities. When we

live and work with a purpose and respond to what is important now we are more able to lead, manage, support, befriend and love. When we are consciously aware of what we are doing now, why we are doing it, how actively we are doing it and that our activities are tuned to doing good to us and others with the unconditional thought of good wishes and pure feelings, the future is going to be the best for us.

### **Constant remembrance of God**

The act of remembering God should take the front seat in all our spiritual endeavours. But, our attempt has been not satisfactory. There are struggles, shuffles, troubles and smuggles. Therefore, it is absolutely necessary for us to create a definite culture of living in the present. When we are aware of what we have been thinking, seeing, feeling, speaking and doing at each and every moment of life, it will be easier for us to remember the Lord. The Lord becomes our partner in life. There is going to be a companionship of the Lord in all our activities. In order to stabilise the culture of 'living in the present' at all times, we must focus on the following:



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### **Thinking/Listening**

The nature of the mind is to always think. While thinking we must be conscious as to what we are thinking and what is the favourable/unfavourable effect our thinking is going to make on us. When we think, a groove is formed in the mind. If there is wasteful negative/vicious thinking, it will leave such an impression which will become a *sanskar* in course of time.

**Therefore, we must think before thinking what we should think.** Similarly, listening is a very important act where we should exercise proper attention. We should do listening in and listening out simultaneously. We must develop an attitude of compassion, mercy, respect, love and be creative when we listen so that we can understand what the other person wants his desires and expectations and accordingly, we can respond satisfactorily. Listening in is also equally important. We must be aware of our feelings and we must listen to our conscience when we think and listen; and respond accordingly. This is possible only when we are aware of the present.

### **Meaning**

When we think and listen, we must specifically under-

stand the meaning properly. Unless we understand the proper meaning, we cannot respond. Sometimes the meaning may not be favourable to our interest, but still, there is a choice. We can convert that into positive mode and respond positively so that we will not be committing any sins. We can safeguard ourselves. This is possible when we live in the present.

### **Feeling**

Each and every thought has a vibration and that vibration spreads in the form of feelings. At the outset, these feelings are spread inside the body and they affect the organs of the body favourably or unfavourably. Further, there is a possibility that these feelings become an infection or affection to the people in the surroundings or affect the atmosphere. Our feelings should assume the form of good feelers. If we live in the present, we have a choice. We can control the thought before it amplifies into a feeling. We can decide what kind of feeling we must generate and spread in the surroundings.

### **Seeing**

When we are present in the present, we can see our

feelings. We can see what we hear and what we speak. We can see what we think. If we think of the relationship with the Lord, His divine acts, His blessings on us, His love on us, His power to transform the lives of the souls, we will see it, feel it and understand its effect on us. When we think of the Lord and His abode, we will see, feel and enjoy it. We will first see Him, His abode and all that He has revealed.

### **Doing**

When we enter into the field of action, if we are present in the present, definitely we will execute our actions only after going into the thinking/listening, meaning and feeling aspects and understanding its consequences. Our actions should begin with the remembrance of the Lord. **Remembrance of the Lord is the super-eminent and most exalted virtuous action. Soul-consciousness is the unique awareness, which will ensure our living in the present. This consciousness links to the remembrance of the Lord as a natural process. We earn the blessings of the Lord. If we practise soul-consciousness, this becomes the short cut to living in the present and this consciousness forces upon us the remembrance of the Lord. ■**

# MIND MANAGEMENT FOR CONCENTRATION & DETERMINATION

– BK (Prof.) Ved Guliani, Hisar.

**W**e often find even the young boys and girls suffering from depression and many of them would often contend that they cannot concentrate on their studies or in what they wish to at a particular time. In fact there is nothing external that has happened. No injury, no ailment and not even any unfriendly or hostile situation. What is it that puts them in such a situation? It is their mind and the uncontrolled mental processes that cause this upsetting outlook.

It is often said that it is mind that determines not only a man's personality but also his response to any particular stimulus. But the state of one's mind often depends on many things. A weak person's thought and response system often depends on many external factors like the behaviour of other persons, their mood, man's social, economic and professional environment etc. But a stable and strong mind selects and

decides his own response without the interfering impact of anybody or anything. No doubt while these qualities are helpful yet the ability to think clearly and act decisively depends upon our feelings and emotions. It is a common experience that our ability to think and respond is often negative or at least vague when we are in a state of fatigue, illness, worry or anger. We all know that good judgment is often impaired under stress.

Hence for management of one's mind one needs to self-introspect and look at himself. We should understand our own individual mind and intellect and ask ourselves whether we are at peace with our own self and whether we are happy and contented. If not, why? Very often the cause of this state of discontent is a lack of knowledge and also one's negative approach towards things and individuals.

It is important that we must have knowledge of what we want. In simple words what is our aim? In whichever situation one may be, one needs to have an aim and goal to achieve, howsoever transitory. I should know why I am here – in a party, in an institution, amongst friends or in this cycle of life. What do I wish to attain? It cannot be that I am just whiling away my time like a rolling stone and gathering no moss.

Secondly, along with the knowledge of my aim, I should also be conscious of my own present state vis-à-vis the goal. In other words, do I have **the potential** for the goal that I have fixed and do I have **the resources** and is the **goal pragmatic**? I need also to inspect whether I really have **the desire to attain that goal** or has the goal been fixed for some other considerations – to please a friend, parents or even to maintain a social prestige or status? Naturally if I can satisfy all these fundamentals, I will not only have a strong determination to attain the goal but will do so very enthusiastically.

Hence the first fundamental is that our thinking process should be clear and free from

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any stress. In life there come many situations which require a split-second decision to be taken. It is just like the aircrew deciding about landing away from an aerodrome in an emergency. Life does neither allow time to sit back and think nor does it have any re-take of the situation. Decisions have to be taken. Hence mind must be concentrated and free from unwanted interference.

*In fact, stress is an internal state of mind caused by many factors, some of which may be:*

**Physical demands on body:** During the course of daily routine, one is supposed to discharge many duties and to attend to many situations all of which cause their own level of stress on mind. However, a balanced mind does not allow any retention of the negative impact of any of these physical situations, which of course will also keep him free of any stress.

**Mental drives and urges:** Man has many aspirations, expectations from persons, things and situations which may often be not fulfilled. These things not only raise the level of tension but also create

many negative feelings and emotions like anger, irritation etc.

**Environmental and social situations:** Man lives in a particular social environment which puts many demands of time and efforts on him. One may try to rise up to certain situations and may fail in some others all of which is a great source of stress in man's life.

All these factors causing stress affect our physical health which is usually seen in the form of blood-pressure, increased heart rate, irritability, depression etc. One thing is certain that in all such cases, one lacks the power of concentration and has a very low level of determination.

Another factor adversely affecting our mind is the trait of **Negativity**. Negativity is a factor of one's response mechanism which expresses in denying the natural and logical implications of a situation or even an argument. We often find people worrying unnecessarily about things and happenings which may not even take place. We all have seen the elders troubling themselves

about the well-being of a near and dear one who might be away and about whom we have had no news. The negative thoughts that we generally have about a child who has been exceptionally late in coming back home are all the results of our negative approach.

Negativity is often the result of certain socio-personal factors. We very often see people around us and get tensed simply because we are not like them. A very brilliant student or a rich and happy person nearby or even a family leading a very cordial life tend to become a source of tension for many though they have not done anything to merit a criticism. Many of us have many qualities and talent in them yet they are not happy, because they seem to lack faith in themselves and their talent.

One major factor causing negativity and its harmful impact is our tendency of unnecessary challenges or even entering into quarrelsome arguments where healthy cooperation could have helped both the sides. Often it is argued that 'It is the

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age of competition'. If we had been wise and analytical in our approach, we could have found that 'Ours is the age of learning' and 'It is the time for achievements and not wasting energy.' By and large, it is the misconception, often inspired by others' opinions forced on us, that encourage negativity and stress.

Hence the basic need for man, particularly amongst youth, is not as much the physical fitness as mental fitness expressed through a positive thinking and healthy approach to life and situations around. A healthy approach implies a quick and effective ability to perceive, think and act without any impact of anger, worry or anxiety that one might be passing through at the given time. One's mind-management is best perceived in the manner one behaves in a tense and difficult situation. It is not necessary that one might be victorious in all situations but his concentration and determination bring out the level of mental control.

So the best thing is that one should keep one's mind free from unnecessary and negative thoughts and should be alert about what enters the

domain of his mind. Being careful, ensures one's happiness while carelessness will add to your worries and failures. A bee sting or the prick of a thorn suggests that I had not been careful. It is my attraction of the wasteful thoughts and deeds that cause my distraction and resultant suffering or loss. Wasteful thoughts and things often look attractive and useful while in reality they are harmful. To a student films, gossip, coloured and glossy magazines may look attractive but it is their content that will decide their utility or otherwise. Always keep in mind that evil enters our mind either through our ears or our eyes. In other words at the initial stage it is what I see or hear that generates evil and wasteful thoughts, which are very difficult to throw out once they make a place in our mind.

Sometimes the question may arise whether the youth are being asked to lead a life of austerity and boredom and whether they should run away from all sorts of worldly pleasures. No, it is not so. But if we wish to

manage our mind and wish to concentrate only on the desired ideas and objects for the purpose of attaining our ambitions of life, we have to follow certain norms.

**Satisfy your desire and not your ego:** We often find that youth are more egoist than realist. Where is the harm in working for the fulfilment of one's desires? But during this process one should not be overpowered by ego. We have heard of the fox which failed to get the grapes but told everyone that she did not want grapes because they were sour. In the evening an elderly fox told her 'Don't hide your weakness in boastful words, but find new and innovative means of getting the grapes'. The next morning that very fox tried again and succeeded. Exactly, we, as learners in life, discard even the good things after one attempt and would show as if we did not like that object or destination. Let us learn to make more attempts and if unsuccessful, be bold enough to accept that we could not make that achievement.

*(to be contd.)*

## HYPERTENSION: HOW SHOULD WE CONTROL?

– **Dr. H.K.Chopra,**

Sr. Consultant Cardiologist, Hypertension Clinic,  
Moolchand Medcity President, CSI, Editor Indian  
Heart Journal Chairman WHA, Secretary General  
IMSA WHQ, New Delhi



**Dr. H.K.Chopra**

**B**lood-Pressure is the pressure generated in the peripheral channels (arteries) during contraction of heart muscles (systolic) and during relaxation of heart (diastolic). Clinically, blood-pressure is measured by an instrument called Sphygmomano-meter. It is measured at the level of the blood channel in the forearm and expressed as systolic (upper) and diastolic blood-pressure (lower). The average normal blood-pressure values are 120/80 in an adult. The term high blood pressure is synonymous for hypertension, which means the blood pressure values are higher than the upper limit of the normal range. Generally speaking hypertension affects both systolic and diastolic pressures and if it affects systolic blood-pressure it is referred as systolic hypertension.

**What are the mechanisms**

**responsible for controlling the blood pressure?**

There are various mechanisms responsible for regulation of blood-pressure such as neuro-hormonal mechanisms, which are mediated by some chemicals such as rennin and angiotensin which reduce the diameter of the arteries, aldosterone which retain salt and water, Catecholamines such as adrenaline and noradrenaline which increase the arterial resistance, thus, increasing the blood-pressure as they are the primary source of rennin and aldosterone.

**Does blood-pressure vary in our daily normal activities?**

Yes. Blood-pressure may be elevated with anxiety, hostility, anger, exercise, after having excess of tea, coffee and tobacco smoking and during sexual activity.

**How common is Hypertension in India?**

Hypertension is a very common public health problem; 24% after the age of 30, 50 % after the age of 55 and 60 % after the age of 65. **It is usually detected accidentally on a routine medical check up and it has been estimated that nearly 60 % of patients are unaware that they had been suffering from hypertension.** Mostly, it has no symptoms in the early stages, therefore, **it is considered as silent killer.**

**What are the common predisposing factors responsible for hypertension?**

The common predisposing factors for hypertension are negative stress, excess of salt consumption, smoking, obesity, excess of alcohol, consumption of fat rich diet, high cholesterol, lack of exercise, oral contraceptive

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pills, environmental and uncontrolled diabetes etc.

*“As are the blood-pressure and Heart rate, so is the lifestyle optimisation*

*As is the control of hypertension, so is the health of the heart”*

**Stress:-** Stress is an individual physical, mental reaction to daily events of life. Fit of anger or hostility may stimulate neuro-harmonal mechanisms to produce premature narrowing of the blood vessels and then cause hypertension.

**Consumption of salt:-** The recommended daily intake of salt is 5 gms, which is available from cooked food. **Higher is the salt consumption, higher is the blood pressure.** The food stuff rich in salt are tomato sauces, *papad*, potato chips, soya sauce, salted biscuits, canned vegetables, smoked fish, all pickles and chutneys etc. Excessive consumption of such food may lead to hypertension.

**Smoking:-** Smoking increases blood pressure by nicotine in tobacco, narrows vessels and increases peripheral arterial resistance. Nicotine accelerates the arteriosclerosis (hardening of

the arteries) which narrows blood vessels and increases circulatory catecholamines.

**Obesity:-** Obesity contributes to hardening of the artery (arteriosclerosis). **Obese people are 3 times more vulnerable to hypertension.**

**Alcohol:-** Excessive alcohol consumption makes a subject more prone to develop hypertension.

**High Cholesterol:-** High levels of total bad cholesterol, high level of low density lipoprotein, high triglycerides and low level of good cholesterol- high density lipoprotein.

**Fat- rich diet:-** Such as fried food, excessive trans fats and saturated fats may predispose the hardening of the arteries causing hypertension

**Lack of exercise:-** Exercise improves circulation, decreases low density lipoprotein and increases high density lipoproteins. Aerobic exercise like walking, jogging, cycling, swimming and dancing, are very useful. One of the major problem today is that we have become more sedentary with the

availability of cordless telephones and remote control technology.

**Oral Contraceptive pills:-** Such pills may accelerate hypertension in women as oestrogen and progesterone in the OCP may interfere rennin mechanism.

**Environmental :-** Dry winter with excess of smog and pollutants such as CO, SO<sub>2</sub>, suspended particulates, sedentary habits and over consumption of fat rich diet in winter may narrow the blood vessels and accelerate hypertension.

**Do Hypertensive have low life expectancy ?**

Yes, the impact of hypertension on life expectancy depends upon severity and duration of hypertension and the status of target organs like heart, brain, kidney, eyes etc. Hypertensive are three times more vulnerable to heart attack, four times more vulnerable to stroke (paralysis). Patient with uncontrolled hypertension are expected to live 6 years less and those with severe hypertension may live 20 years less than the normotensives.

**What are the investigations required for hyperten-**

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### sive patients?

The investigations include Urine, Blood Urea, Serum Creatinine, Sugar, Lipid Profile, Hs, CRP, Uric Acid, ECG, X-Ray chest, Abdominal Ultrasound, Colour Doppler echo of the heart and carotids to evaluate LV mass, diastolic dysfunction, intimal media thickness and kidney and blood vessels etc.

*“As is the weight management, so is the control of the hypertension*

*As is the control of the hypertension, so is the health of the heart”*

Lifestyle optimisation for control of hypertension may be as follows:-

- Heart friendly exercises daily for 30 minutes including walking, jogging, swimming, dancing, cycling, treadmilling etc. in natural ambience.
- Avoid unaccustomed exercise.
- Do not smoke or chew tobacco. Avoid excess of alcohol.
- Maintain optimum body weight with abdominal girth of less than 90 cm. in men and 80 cm in women.

- **Eat the right food, at the right time, at the right place, in the right manner, in the right dose and in the right environment. Eat only when you are hungry, but don't eat when you are upset and avoid overeating, avoid excess of salt (more than 4 gms per day). Avoid fat rich diet , fried food such as pakoda, samosa, puri, halwa etc.**

- Have *satvic* vegetarian food and not *tamsic* or *rajsic* food. All 6 tastes including sweat, sour, salty, bitter, pungent and astringent should be included in every meal. As most of the coronary artery disease are *pitta* or *kapha* imbalances, eat more natural foods such as vegetables, fruits, salads and nuts – Almonds etc. Do not eat junk food.

- Remain cholesterol-fit. (LDL < 70 mg %, CH < 130 mg %, TG < 130 mg %, HDL > 40 mg % in men, >50 mg % in women)

- Fasting blood sugar < 110 mg %, A1C < 6

- Have adequate rest for 6-8 hours everyday.

- Meditation and yoga for 20 minutes in the morning and

also in the evening.

Don't burn both the ends of the candle, manage stress in a positive way. Avoid lust, anger, greed, attachment and ego. Be honest, truthful and dedicated to work.

- Have good social support system. Work with self-referral and not with object referral approach. Don't feel lonely. Have perfect choices to achieve any goal in a very peaceful manner.

- Become an embodiment of positive emotions such as love, compassion, humility, faith, confidence, peace, harmony, bliss and happiness.

- Appropriate use of cell phone and internet. Avoid overuse of these gadgets and also avoid noise pollution.

- Protect from cold, as cold weather may accelerate hypertension.

- Avoid ephedrine containing cough syrup, nasal drops as they accelerate hypertension.

- Regularly follow up for effective control of hypertension in an hypertension clinic.

*As is the control of hypertension cholesterol, sugar, body weight, stress management, so is the health of the heart. ■*

# THE MAGIC OF THE MURLI

– B.K. Sr. Denise, Gyan Sarover, Mt. Abu

**W**hat is The Murli? According to legend, when Krishna played his magic flute, all the nymphs and shepherds forgot everything and became enchanted. From listening to The Murli, we become enchanted with ideas that are in it. Ideas are culturally based. For example, in the West, a common figure of enchantment is Harry Potter. He's a hero, a wizard who does magic. The bad guys give Harry trouble – they do bad magic and Harry wins over them with good magic. We also get harassed by "bad guys" but we generally don't win. So we cheer for the rare guy who wins. While the story of the magic flute is folklore, the attraction of magic is universal. When something beautiful happens, we say, "That was magic!" The Murli is a "magic flute" of ideas. What magic does it do on us? It answers questions such as "Who am I?" People often ask children, "What do you want to be?" What they really mean is "What do you want to do?" When a baby is

born, people say, "What is it?" meaning "Is it a boy or a girl?"

The question "Who am I?" comes up when there is a crisis or stressful situation (marriage, someone dying, etc.). When you realise you are not what you see when you look in the mirror, everything in your life changes. Likewise, when you realise that there was never a time when you didn't exist, or that your life didn't start with birth. On tombstones there is a birth date and a death date with a dash in between. Am I just a glorified hyphen? To say that I'm a "twinkle in my dad's eye" doesn't explain my complexity.

The Murli speaks to the soul. Soul speaks to the body: You're called by your name and you get a grade. You're told that success is "good" and failure is "bad." The Murli talks to the part of you that is perfect. The Murli talks to your heart. Not the organ that pumps blood but the core of your existence – your ideals. You wish that you were beautiful.

The Murli says, "You are. Become what you are. Stop being what you aren't." When the Murli clicks, it's magic. It changes everything. You start seeing those in your household as souls (not roles). The Murli says, "It's a game. You're actors wearing costumes called bodies. You are lights communicating with each other by flashing light at each other." We use our bodies like telephones. The chip inside is small and subtle. The Murli says, "Be aware that you are small and subtle. No one ever sees you. You're invisible. All that people can see is your vehicle, your veneer. No one can see the essence – the being who exists forever and is beautiful and precious."

The Murli tells us to be real, to quit being false. There is Someone who can see us. The Murli is a letter, a piece of music in words that is addressed to you. Just as Krishna dances with everyone at once, we can each have a private conversation with That One at the same time. This is new! People wonder, "Who is God?" I surveyed people of religions that don't have a reference to God and found out that these people believe in God. Belief in God is in us, regardless of our religion. Imagine you're God looking at the people of the



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world. Would you be worried about what religion people are of? No! They are souls, all children of God. Religions are in a way man-made. They are social, political, made to take care of big groups of people, sort of like multinational corporations. The essence of religion is to wake up your spiritual core, be aware of the Someone beyond, and understand that your life has significance. "I'm not just a glorified hyphen."

The Buddha wanted to know why people suffer. He sat under a tree for 49 days to figure it out. He got the answer: People suffer because they have desires. Then Buddhism developed to help people get through the suffering in life. I recently got an e-mail from Brazil that asked, "Why are we alive?" The short answer is: Happiness. The Murli explores how to be happy and what makes you unhappy (negative thoughts, even the small ones). It's very difficult to spend an entire day without even a tiny negative thought. We get irritated by what other people do. The Murli says, "Why don't you try being the same, regardless of what is going on?" This is a strategy. The Murli gives us strategies

for what to do when negative thoughts multiply and we lose our connection.

The Murli says that if you think about who you really are, you'll be happy. If you sometimes do this and sometimes you don't, you get confused. The Murli says there is a negative force in the world. It's the accumulation of negative thoughts that people generously contribute to. You can't see microwaves, but they are detectible and they affect people. Negative thoughts are like that. Imagine that we all sat here thinking, and we could all see everyone else's thoughts! We are very affected by the thoughts and vibrations of each other. Everyone knows that they sleep, but people don't know what sleep is. You check out. The mind temporarily separates from the body and you get refreshed. Death – you go to sleep and don't wake up. You go somewhere. Birth – suddenly someone is there who wasn't there before. The Murli explains all this. It sets you up for the day. It reminds you who you are and where you're going (i.e., the logical consequence of your thoughts, words and actions). It puts you in a

state of being self-aware. It tells you how to find the depths of yourself.

Those who are in jail but innocent, often change and improve when they get released because while being in jail, they think. Ordinarily, we don't take time to think. The Murli tells us to meditate, that is, to be in remembrance of yourself as a soul and of God. Be independent of this big drama and your memories, and focus your mind on Me. Do you like yourself? You must live with yourself forever. I am an immortal soul. No one gets "lost" when they die. Identify with the "forever" being. That is being a soul.

Om shanti is my identity. "I am a soul at peace." Peace is my baseline. From there I speak, think, act, build my ethical policy and make it through a life full of challenges. The murli says, "If you can endure and tolerate, you will receive many blessings from God." A blessing is seeing that everything has a reason or purpose. Blessings don't hurt so we often forget them. We remember what gives us trouble. Blessings show us that our troubles are manageable. ■

## RAJYOGA FOR EXCELLENCE IN RESEARCH

– B.K. Dr. Prafulla Kumar Das,  
Bhubaneswar

**T**he development of science and technology during the last 100 years or so has added to the material power i.e. physical energy. But so far it has not been able to add to mental power or the power of silence and peace of mind. Yet science and the scientific technology exist through the power of mind and the level of thought which is the result of self-consciousness.

Thoughts, intentions, attitudes, emotions and actions are the reflection of self-consciousness. These are the metaphysical powers. The implementation of technology and the material power may lead to beneficial purposes if mind remains in a state of silence and peace and it may lead to harmful or destructive results if mind becomes loaded with vices like ego, anger, jealousy, etc. Hence technology is a tool to be used according to one's wisdom, will-power and the state of mind.

The scientific studies have been and are still being advanced and planned to provide comfort to human body. With the passage of time, people have become more attracted and motivated towards scientific inventions which provide physical comforts and temporary happiness. There has been change in lifestyle, food-habits, and personal activity with disharmony in routine life. The life has become fast, miserably expensive and competitive. Thoughts are loaded with strong negativity resulting in stress and tension. Today, man considers himself a physical body and thereby the body-consciousness dominates his life.

On the other hand, while bodily-comforts are increasing, spiritual power is declining. The confidence of life has been diminished which has led to disequilibrium and disharmony in personal and social life.

Peace, purity, happiness, divine insight, moral values and spiritual strength have been depleted and the attention for spiritual aspects has been neglected.

Thus, it is significant, at such a time, to learn spiritual knowledge for attaining mental stability and purity of thought. The soul consists of three metaphysical powers--mind, intellect and resolves (*Sanskar*). The soul is the basic source of every action performed through body and it can be termed as the store-house of power and energy. Excellence in every action depends on purity of thoughts and power of wisdom. Rajyoga meditation is the intellectual communion of soul with the Supreme Soul, God Father Shiva, which enables a person to maintain balance in life.

Mind is the thinking faculty of a soul. It creates vibrations when there is emergence of thought – be it positive or negative. Each thought needs some amount of energy from the soul, more energy – loss for negative and less energy – loss for positive one. If mind is busy, it vibrates with more frequency. The

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vibrating motion creates waves on still surface of mind. Rajyoga meditation enables the soul to remain in a state of equilibrium, the point of silence. It leads to a peaceful, relaxed and positive state of mind.

One should have faith in the existence of God in an objective sense and from intellectual prospective which helps a lot to achieve a very deep stage of meditation quickly and easily. As meditation is similar to the principle of siphon, in which someone links two vessels, one at higher level and the other at lower level; the liquid flows from higher to lower level. Similarly, God Almighty is the ocean of all virtues and all

positive qualities which we lack. When we link our consciousness to God, those virtues and qualities start flowing into our consciousness; we start receiving those positive vibrations and qualities with minimum effort. God is a point of light. He is a spiritual energy with unlimited attributes. As He is the powerhouse, the discharged battery of the soul through connection with Him is recharged; the soul becomes pure and blissful with positive wisdom and energy. This mental link with Almighty God is Rajyoga meditation through which we get self-enlightenment, deep peace and relaxation.

In 1978, scientists at the University of Texas, USA, examined the brain-wave patterns of Rajyogini Dadi Janki ji, the present Chief Administrative head of this Godly University and described her as a person having “the most stable mind in the world”. Her mental state remained undisturbed even whilst she performed the most complicated mental exercises. For successful research performance, a scientist needs concentration, determination, devotion, discipline, peace and stability of mind, which can be achieved through the practice of Rajyoga meditation. ■

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## YOU MUST NOT QUIT

– **B.K. Reshma**, Kurnool

When things go wrong, as they sometimes will, when the road you are trudging seems all uphill, when the funds are low and debts are high and you want to smile but you have to sigh, when care is pressing you down a bit, rest if you must, but do not quit.

Life is queer with its twists and turns as everyone of us sometimes learns and many a failure turns about when you might have won had you stuck it out. Do not give up, although the pace seems slow. You may succeed with another blow.

# CHRISTMAS COMES BUT ONCE A YEAR - AND SO DOES BABA

(Why Not Give The Present Of Yourself This Christmas ?)

– B.K. David, Paignton, England

**J**ack Frost's Unending Shawl Of Purity. Yes, Christmas. That time of year we are expected to be extra generous in love, warmth, peacefulness, kindness and show how much we really care about humanity. If indeed we did give extra at this time of year, how wonderful that would be. But who even gives anything to others the rest of the year?

To meet someone who is loving, peaceful, kind and thoughtful all of the year is as rare as someone meeting Jack Frost or a snowman sunbathing in summer. And to find someone who gives extra at Christmas would be as rare as meeting Christ and Father Christmas out Christmas shopping together on Christmas Eve in your local supermarket.

Christmas was originally a time of giving and being more thoughtful and spiritual, a time of contemplation of all things holy and sacred and special in life, thoughts of God, Christ, of our blessings

and be thankful for the good things in life, and of the wonderment of it all. Yes most when you look around today, are only concerned with what to buy this Christmas, what to wear, where to go, what parties there are, what to eat this Christmas dinner, how cheap one can buy a bottle of whisky for, and what is good on TV this Christmas, and simply how best to have a good time. They should rename Christmas to Drinkmas or Eatmas or TVmas.

The Last Christmas Card  
- The First Greetings  
Card Will Be Sent By  
God.

Christ died for us, for



what? So we could watch more TV, eat more food and dance the night away? We should dance in the happiness we have found God and truth, and have a very bright future in front of us. Eat and drink spiritual knowledge, and watch God's wonderful drama unfold before your eyes everyday. For the time of endless suffering is here, and so is also our time of endless giving, of endless thoughts of good wishes, of being so detached, and so loving. This is now the season of thinking of others and their welfare, and of how best to give to them. This is NOT a time for you, but a time of how YOU can give to others. Why not forget yourself for a change and see what happens? This is, after all, the season of miracles.

This is the season of forgetting the self and remembering them—the needy. We have so much, and they have so little. Why not follow Christ and his incredible example of selflessness and remember the people of the world. Do not follow your neighbour (or your lower, less elevated self) who only remember their wife/husband, children, wealth, job, car, dog and hobby. Selfishness is the

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downfall of this world, and selflessness will be its upliftment and savour.

*The people of the world can be heard singing a modern Christmas carol from their heart to God if you listen. The carol is called CRUNCH TIME. It goes:*

We live on a caravan site on a hillside,  
out of sight

We are made everyday to climb tress  
Just to please

We call out everyday to You God for help  
As we have a most difficult life  
That we have been dealt

There is nothing stable or firm in our caravan life  
As we hear the endless moan from our children  
and wife

Our children are underfed  
As they are misled

Our little world is in big trouble  
As we are now lost in this Credit Crunch lead  
bubble

Comfort and joy, comfort and joy

#### Action Man (Mouse Dinner)

So at this festive time of Christmas, spare a kind thought for your neighbour, God and His desires and plans, that all one day soon will sit round the same table of bread, grape juice, vegetables cooked with herbs, where all will laugh and joke, and see the new born animals jumping in the fields, as opposed to them fighting to get out of their stomachs.

How lucky you are to be sitting down with God this Christmas to a divine meal, and not the meal of 'Two slices of sparrow, cat and mouse, rain deer, polar bear leg and putrefying bird'. How lucky we are!

Become superman this season and spread comfort and joy wherever you go. ■

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# APPEARANCE AND REALITY

– B.K. Achuthan, Colaba, Mumbai

All that glitters is not gold. A layman may, on finding a shining cheap metal, think it to be gold, but goldsmith will tell the truth.

Many fakes and quacks skillfully perform the role of really qualified people.

Third rate cosmetics, which actually botch the skin, can market well because of the perfidious propaganda and publicity.

Painting and powdering the face and dyeing the hair may attract attention of passer-by, but soon everyone will realise what is what.

Sweetness and sadness are often considered as distant poles. It is seldom realised that both have ties, rapport and nearness. While joy is momentary and superficial, sorrow has been regarded as something lasting and appealing. Serious notes and sad music lasts longer than the trivial and boisterous tunes. Our sweetest songs very often tell the saddest thoughts.

Attraction and retention

are two different things. One enchanted by beauty may be offended by inner ugliness. Physical beauty has a short life; so long as one is young one can enjoy it. The mental and spiritual beauty lives for ages. Jesus Christ and Gautam Buddha are more honoured than Helens of yesteryears.

Our love and smile should be from within as well as from without. Our heart and head should think, walk and do the same thing alike. We don't always do what we talk, let along thinking part.

One should respect the authority as well as the work equally. Often, too much importance is given to the authority and less importance to the work. It is said that it is not enough that we 'DO' the work; we must CARE for our work. When the duality between the 'doer' and the 'work' disappears, we experience the unity of existence as embodied in the famous *upanishadic* state-

ment (*Mahavakya*) '*Tat-tvam asi*' (Thou Art That). When this happens, what emerges is a product of outstanding quality.

What we see with naked eyes or perceive through the gross senses are not everlasting, but perishable. But we often think that whatever we see with naked eyes is permanent. When we see a beautiful being we are normally drawn to it. We forget the fact that our body is the combination of flesh, blood and fat and is filthy.

Certain movies, novels, etc. may give us momentary entertainment. These can affect our nervous system and lifestyle and we may have to pay for it in the long run. So also is the case with certain eatables, such as ice-cream or sweets. Eventually these items can harm the gums and digestive system and our life span.

It is said that a person should not be judged by his favourable appearance and his words, but only by his deeds. He may be taking us for a ride through his words and looks. A truthful person will rarely say that he is speaking the truth. But others will repeatedly say so.

People at times think too

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much of themselves. A person, who is not much educated, may think that he is erudite. A post graduate may think that he knows all. A person with a bit of authority may think that he is the boss. A person with small means may think that he is well to do. One with moderate wealth may think that he is the richest. An ordinary looking man may think that he is the most handsome, and so on. Ultimately, all will come to know the reality.

One should be clean internally and externally. Remember, Lord is pleased with an honest heart. The positive is real and innate. We should always remain original and not 'duplicate' (artificial). The absence of light is darkness which is negative and it shows what is missing.

There is an impeccable incessant space within us shrouded under different appearances. In that space there is only peace, love and wisdom. We must come out of the layers that conceal the space to know the secret of a life of fullness. ■

## **CONDITION YOUR THOUGHTS FOR PEACE, SAYS DADI JANKI**

The Embassy of India, Muscat, in association with Rajyoga Education and Research Foundation, organised a talk titled 'Live more, worry less' by Dadi Janki, Administrative Head of Brahma Kumaris World Spiritual University (BKWSU) at the Embassy auditorium on September 22, 2008.

Dadi Janki was in town to celebrate the International Day of Peace, observed every year on September 21, according to a press release issued by the Embassy.

H.E. Anil Wadhwa, India's Ambassador to the Sultanate, while welcoming Dadi Janki and other sisters, said that in today's world when everybody is after material gains, the topic as mentioned above is more than apt. Wadhwa lauded Dadi Janki's efforts in spreading the message of love, brotherhood, peace, happiness and humility.

He said that worry accomplishes nothing worthwhile and leads to illness, fatigue, unhappiness and depression. He later felicitated Dadi Janki with a bouquet.

In her talk, Dadi Janki dwelt on spiritual peace and said "Once we learn to condition our thoughts, all the problems will perish." She said, "We should try to remain calm and refrain from anger, emphasizing that we need to understand that peace is our religion, and when we allow the innate love within ourselves to flow, it automatically transcends our ego and ultimately helps us attain peace". The talk was attended by more than 300 persons.

Dadi Janki has dedicated more than 70 years of her life to the work of the BKWSU. After serving throughout India in the years following independence, she moved to London, UK, in 1974 and from there her vision and drive saw the organisation's teachings carried into more than 100 countries.

She is based in India since August 2007 at the headquarters of the BKWSU at Mt. Abu.

**– Oman Tribune, MUSCAT**

# THE ABCDE METHOD FOR SETTING PRIORITIES

– *Brian Tracy* (through Internet)

**E**fficiency is doing things right. Effectiveness is doing the right things. Your ability to plan and organize your work, in advance in such a way that so you are always working on your highest value tasks, determines your success as much as any other factor.

## **The ABCDE Method for Priorities**

The process of setting short-term priorities begins with a pad of paper and a pen. Whenever you feel overwhelmed by too many things to do and too little time in which to do them, sit down, take a deep breath, and list all those tasks you need to accomplish. Although there is never enough time to do everything, there is always enough time to do the most important things, and to stay with them until they are done right.

## **Setting Better Priorities**

The best method for setting priorities on your list, once you have determined your major goals or objectives, is the A-B-C-D-E

method. You place one of those letters in the margin before each of the tasks on your list before you begin.

▶ "A" stands for "very important;" something you must do. There can be serious negative consequences if you don't do it.

▶ "B" stands for "important;" something you should do. This is not as important as your 'A' tasks. There are only minor negative consequences if it is not completed.

▶ "C" stands for things that are "nice to do;" but which are not as important as 'A' or 'B,' tasks. There are no negative consequences for not completing it.

▶ "D" stands for "delegate." You can assign this task to someone else who can do the job instead of you.

▶ "E" stands for "eliminate, whenever possible." You should eliminate every single activity you possibly can, to free up your time.

When you use the A-B-C-D-E method, you can very

easily sort out what is important and unimportant. This, then will focus your time and attention on those items on your list that are most essential for you to do.

## **Just Say No**

Once you can clearly determine the one or two things that you should be doing, above all others, just say "no" to all diversions and distractions and focus single-mindedly on accomplishing those priorities.

Much stress that you experience in your work life comes from working on low-priority tasks. The amazing discovery is that as soon as you start working on your highest-value activity, all your stress disappears. You feel a continuous stream of energy and enthusiasm. As you work toward the completion of something that is really important, you feel an increased sense of personal value and inner satisfaction. You experience a sensation of self-mastery and self-control. You feel calm, confident and capable.

## **Action Exercises**

Here are three ideas that you can use, every day, to help you set priorities and to keep you working at your best:

First, take the time to be



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clear about your goals and objectives so that the priorities you set are moving you in the direction of something that is of real value to you.

Second, remember that what counts is not the amount of time that you put in overall; rather, it's the amount of time

that you spend working on high-priority tasks.

Third, understand that the most important factor in setting priorities is your ability to make wise choices. You are always free to choose to engage in one activity or another.

Resolve today to set clear priorities in every area of your life, and always choose the activities that will assure you the greatest health, happiness and prosperity in the long run. ■

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## BE THE MASTER

– B.K. Anita, Mahim, Mumbai

**W**e, the *Brahma-mukh-vanshavali Brahmin Kulbhushan*, (the mouth born progeny of Brahma – Brahmins) called as Brahma Kumars and Kumaris are very fortunate as God Shiva whom we lovingly call Shiv Baba praises us daily in his daily *Murli*, i.e. His Godly versions, in which He gives to us all the Godly teachings, the philosophy of Karma, the secret of World Drama and the story of beginning, middle and end thereof.

Again and again, Baba says to us in *Murlis*, “Sweet child, you are not weak creatures of clay. Within you lies locked up a tremendous energy, i.e. *Shakti* of the Spirit. Release it and the mortal

becomes immortal.”

Every man is meant to be a master of life. Across the centuries comes travelling to us the teaching of the Supreme – To become a master, to walk the way of perfection, the way of immortality. However, for all this, certain qualities need to be developed. “The universe”, says Supreme Baba, “challenges you to tremendous tasks, to adventures and responsibilities. You must meet the challenges of the universe with **Courage**. Be brave, be fearless!”

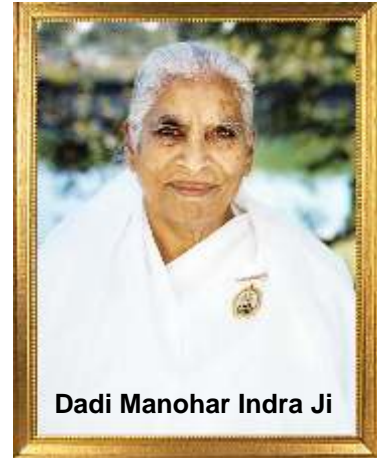
The second great quality is the quality of **Simplicity**, for the way of wisdom is the simple way. And the simple life, according to the

Supreme Father Shiv Baba, is the life of purity and austerity. And as true purity is of the heart, the true poverty means abandoning ambitions. There is so much of egoism in our work, so much of ambition and level-less-ness. Egoism on the other hand is a deadly sin of the simple life. True religion is the death of egoism, for true religion is poverty or more clearly austerity. Therefore, Shiv Baba says, “Renounce ambition, renounce all imitation and walk the way of humility.

Third great quality is the quality of **Sympathy**. How wonderful is the heart of Supreme Father! How it is moved out in sympathy to all creatures in suffering and pain! And the one blessing He repeatedly offers is: “May all my children be ever-happy! ■

## A TRIBUTE TO DADI MANOHAR INDRA

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



**T**hough I did not meet Prajapita Brahma Baba, the founder of Prajapita Brahmakumaris Ishwariya Vishwa Vidyalaya, but have experienced divine and benevolent sustenance through our reverend Dadis, who are performing great act of spreading this Godly knowledge, in every corner of the world. I feel myself fortunate that I could meet and interact with one of His most obedient, faithful, loyal daughter and prime jewel – Rajyogini Dadi Manohar Indra, who left her mortal coil on 17<sup>th</sup> November, 2008.

I had several opportunities of meeting Rajyogini Dadi Manohar Indra, former Director of Gyan Sarovar Complex of this worldwide spiritual institution as well as the Chairperson of the Women's Wing of Rajyoga Education and Research Foundation. I found her very firm in inculcating Godly knowledge. Besides, she had the quality of narrating the

history of this world spiritual university in a unique manner with such a zeal and enthusiasm that the listener would find himself/ herself spellbound. She played a unprecedented role in spreading the Godly message as she was ever-ready to go to any place Brahma Baba asked her to go to perform Godly service. She soon became a loving child of both Shiv Baba and Brahma Baba, i.e. BapDada.

Being the resident of B.K. colony near Shantivan complex of Brahmakumaris for the last two and a half years, I can never forget the moment when I met her for the first time. During those days, Dadi ji used to read the Murli at Shantivan complex. She had a very humorous nature and was very fond of asking B.K. brothers/sisters to sing the song of that day's Murli. Once when she asked if any brother from the assembly could sing the song of that day's Murli and

when no one raised his hand, she was surprised. From that day onwards, I started practising those songs. The next day, when she asked, I raised my hand and started to sing. From that day onwards, I sang those meaningful and inspirational songs. And after some days, seeing my confidence and enthusiasm, she named me 'Ever-ready Torch' in front of the whole class, which surprised me and I accepted the title as her blessing. Though I lacked rhythm, but I continued singing. Hence it was only through her inspiration that I was motivated to compose and sing the spiritual songs. Thus, Dadi had the unique quality of carving out one's talent and adorning it further.

I also would like to share another memorable experience. Once I got an opportu-

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nity to interview Dadi ji for this magazine. Although she was not keeping sound health, she agreed for the interview. I went to her cottage 3-4 times to interview her but she didn't find herself fit enough. At last, she let me interview her. Even on that occasion, she shared a light moment with me. To make me feel comfortable, she offered me the soup she was taking. She seemed to have a divine spark on her face. Although I was fully prepared with my questions at the end of the interview that lasted for about 30 minutes, I felt myself short of questions as she answered all of them promptly. That was due to immense concentration power she had through deep meditation with God.

Even while reading the Murli, she never missed a chance to share a light moment and make us laugh. Through her innumerable virtues such as purity, simplicity, innocence, sweetness, etc. she won the hearts of all who met her and made them belong to Supreme Father God Shiva.

However, during last three months of her worldly existence, her health had deteriorated. Though during the last one month, the soul was in the body, her mind and intellect had drifted towards Shiv Baba. That's why BapDada said in their Avyakt Murli dated 20<sup>th</sup> October that in subtle form she was already with them (ever since she entered into the state of coma) and was enjoying a lot in the subtle world.

Our salutation to such a great and noble soul – Dadi Manohar Indra. ■

### BE LIGHT AND EASY

By learning to let go of the habit of bossing over and of the feelings of jealousy, anger will not emerge. You will easily remain light. When you see that others cannot manage to do something properly, don't see it as a problem. Remain light and do it yourself. This way you will not spoil your stage or your relationships. Also learn to keep an accurate timetable for yourself because when your thoughts, words and actions are accurate you remain light and easy and others become inspired.

### BECOME 'OBSTACLE-PROOF'

Carelessness and laziness invoke obstacles. Don't make small things big; consider big situations small and chase them away. Don't have such a delicate heart that feelings of sorrow appear quickly on your face. Learn to become "obstacle proof" by making yourself complete with spiritual love.

### BE HONEST AND TRUTHFUL

Do not ever be afraid to speak the truth. Always be fearless and free from animosity. Speak the truth with humility and love, not with suppressed sorrow. When you do something that is not right, do not suppress it or feel bad. Realize your mistake, and remain cautious so that you do not repeat it in the future. This way you will make yourself free from the tendency to make mistakes and perform actions that bring sorrow.

### REMAIN PEACEFUL

To develop the capacity to remain peaceful, you need the power of true peace and the power of concentration. One who is peaceful has an easy nature and has a smiling and cheerful face. Learn to become free from thinking unnecessarily and you will see how easy it will be to remain calm. This is true peace.

–Dadi Jankiji

# SERMONISER OF GITA

– Lt. Colonel B.K. Rajinder Singh Modgil  
(Retired)

**G**ita, the sacred source of spiritual knowledge, has been translated into almost all the languages of the world, and a number of writers have written commentaries on it. Rajyoga, the royal system of meditation, which involves connecting the soul with the Supreme Soul is the most impressive yoga revealed in the Gita. The famous “Manmanabhav” which is part of 34th Shloka, chapter IX of Shrimad Bhagvad Gita,

is translated as below

+ “Fix your mind on Me and be devoted to Me; thus linking yourself with Me and entirely depending on Me, you will come to Me.”

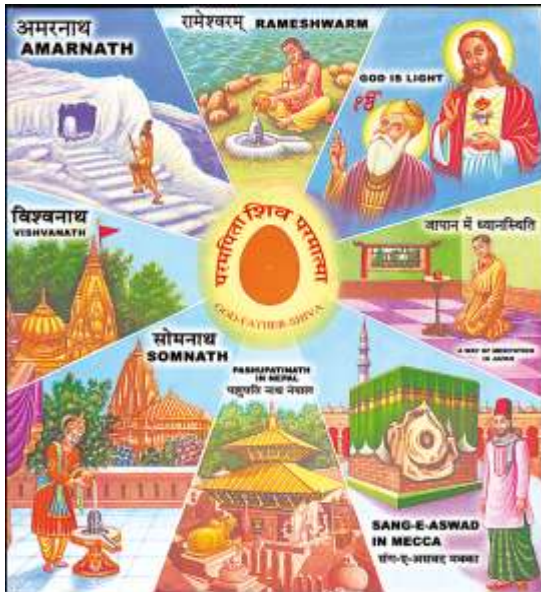
The above is the key to Rajyoga. Knowing GOD as Almighty, ocean of beauty, love and supreme in every aspect, the Yogi truly realises the glory, virtues, truth and secret of God. He also concludes that God alone is the permanent object, as well as source of

true love. This leads to constant remembrance of God alone thus leading to a mind which is absorbed in GOD.

In some of Baba's *Murlis*, it is mentioned that it will be universally acknowledged that the 'Gita

Sermoniser' is God Shiva. While Shrimad Bhagvad Gita is often presented as an independent scripture, it is actually part of 'Bhishma Parv' of 'Mahabharata' written by Maharishi Ved Vyas. Interestingly, there is another less known incident in Mahabharata, which is relevant to the issue of the 'Gita Sermoniser'. This incident, mentioned in topic number 320, Ashwemedh Parva (page 667, Volume 2 of “Sanshipt Mahabharat” (Hindi), 26th edition published by Gita Press, Gorakhpur) is as follows:-

After the victory, when the Pandavs had established full control over their empire, then Arjun and Lord Krishna started living happily in a palace, as beautiful as the paradise. One day, while they were alone, Arjun addressed Shri Krishna, “Lord! During the war, with your grace I got the knowledge of the 'Mahatatva' and I saw the Godly Vision. But Lord, whatever knowledge you taught me at that time, I have forgotten due to bad memory. I want to hear those topics again. Since you are planning to go to Dwarka soon, please



describe to me that knowledge again”.

Hearing the above, Lord Krishna embraced Arjun and replied, “That time I made you listen to the most secret subjects. I am sorry that you have not remembered that knowledge due to your bad memory. It is not possible for me to remember fully all those at this stage. It is difficult for me to repeat it verbatim at this time, because at that time in my 'Yogyukt' stage, I explained the 'PARAMATM Tatva”.

The above incident clearly proves that the sacred knowledge of Gita was obtained by Lord Krishna in his 'Yogyukt' stage, through 'Paramatma'. The stage of the term 'yogyukt' means the union of soul with the Supreme Soul.

Supreme Soul, Shiva, God, or Allah, are names given by various faiths and religions and numerous other names of the one and the only one World Almighty Authority. The sacred words “La-ilah-il-lih-lah”, contained in Holy book Quran, the religious book of Muslims means there is only one God. The sacred words “Ek Onkar”, at the beginning of 'Jap ji Sahib' of the Sikh scripture 'Guru Granth Sahib ji', also means there is only one God. A few sentences further down in Jap ji Sahib, God is referred to as 'Ajooni', which means that He is not a bodily being. In Dasham Granth, Shri Guru Gobind Singh ji, the 10th guru of Sikhs, addresses God as 'Shiva', and also emphasizes that God is not a corporeal being. The source of creation is also the same one God, and so is the source of all spiritual knowledge. The same God, we lovingly call Him 'Shiv Baba'. ■

## TODAY IS OURS

– Seeram Dukharan, Trinidad

Today – A new day is our priceless gift  
Today – The first day our unknown  
certainty  
With boundless love of heart, hands and  
mind so swift  
Touch the sacred truths; caress the  
world  
Whisper sweet tranquillity  
To know a wordless prayer for the depth  
of souls' divinity  
And a time fragrant by the ecstasy of  
Om is all  
Sun, sea, stars, waves, wind, flood of  
woes; let it be  
No evil speak, see or feel. This is the  
Master's call  
Caring sweetly, sacrifice and serve in  
duty-*Dharma* reality

Maximise potent senses in positive  
appreciation  
Of Karmic energies  
Be empowered, accept, change  
Not oppressed by transient fantasies  
Present is permanent  
To lose the Joy is to lose all  
Yesterday – a memory was  
Tomorrow – a dream to be  
Today – All reality, Hope, Faith  
Spring board for Saintly Realisation  
Fill it with all of you in  
Sweet Divinity of Love, Truth, and  
Service  
In absolute righteousness

# NOW OR NEVER!

– B.K. Ramesh Rao, Thane, Mumbai

*You are here to enable the Divine purpose of Universe to unfold.  
That is how important you are!* – Eckhart Tolle

**W**e all are in a journey, which is spiritual i.e. a journey towards *Paramdham* or Incorporeal World, which is our real home. Like any other journey, in this journey too, we must focus on present, for which we will need to leave our analytical mind and its false-created self—the ego—behind. Although the journey is challenging; Eckhart Tolle offers simple language to guide us: “The words themselves are the signposts”.

For many of us, there are new discoveries to be made along the way. We are not our mind; we can find out our way out of psychological pain; authentic human power is found by surrendering to the 'Now'. We also find out that the body is actually one of the keys to enter into a state of inner peace, as there is silence and space all around us. Indeed, access is available to all sources of peace. These access points, or portals, can all be used to bring us into the now, the present moment, where problems do not exist. It is here we find our joy and

are able to embrace 'our thyself'. It is here we discover that we are already complete and perfect.

If we are able to fully present and take each step in the Now; if we are able to feel the reality of such things as the “Inner body”, “Surrender”, “Forgiveness” and the “Un-manifested”, we will be opening ourselves to the transforming experience of “The Power of Now”.

In this context, a story will make you understand the point more clearly:

A beggar had been sitting by the side of a road for over 30 years. One day, a stranger walked by. “Spare some change?” mumbled the beggar, mechanically holding out his old baseball cap. “I have nothing to give to you”, said the stranger. Then he asked: “What is that you are sitting on?” “Nothing”, replied the beggar, “Just an old box; I have been sitting on it for as long as I remember.” “Have you ever looked inside?” asked the stranger. “No”, said the beggar, “What is the point?

There is nothing in there.” “Have a look inside”, insisted the stranger. The beggar managed to pry open the lid. With astonishment, disbelief, and elation, he saw that the box was filled with gold.

I am that stranger who has nothing to give to you and who is telling you to look inside. Not inside any box, as in the parable, but somewhere even closer; inside yourself:

**“But I am not a beggar; I can hear you say”.**

Those who have not found their true wealth, which is the radiant joy of being and deep, unshakable peace that comes with it, are beggars, even if they have great material wealth. They are looking outside for scraps of pleasure or fulfilment, for validation, security, or love, while they have a treasure within that not only includes all those things but is infinitely greater than anything the world can offer.

The word enlightenment conjures up the idea of some super-human accomplishment, and the ego likes to keep it that away, but it is simply natural state of feeling oneness with being. It is a state of connectedness with something immeasurable and indestructible, something that almost paradoxically, is essentially for you and yet is much greater than you. It is finding your true nature beyond name and form. ■

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- Contd. from page no. 1-

**Rajyogini Dadi Hriday Mohini, Addl. Chief of Brahma Kumaris**, said that key to world peace, unity and brotherhood is soul-consciousness and loveful remembrance of God, Who is Spiritual Father of all souls.

**BK Sis. Jayanti, Director of Brahma Kumaris' Overseas Centers**, said that practice of spiritual values like truth, selfless service to humanity, sharing of love and contentment, was the basis of getting God's power and blessings. Noted Cine and TV Artist Ms. Uma Lalla regaled the audience with her melodious devotional songs in Hindi and Sindhi. At the end, "Jhoolelal" Group Song and Dance were enacted by students of SES Baba Nebhraj School, New Delhi.

Many senior B.K. brothers and sisters also inspired the participants.

#### KARNAL

On 16<sup>th</sup> November 2008, Brahmakumaris Centre, Sector -7, Karnal, organised a conference on 'Re-establish Golden Society through Spiritual Values'. The Chief Guest of the programme was Mrs. Asha Hooda, Vice

President, Bal Vikas Kalyan Samiti, Haryana. Mrs. Hooda appreciated the noble work being done by Brahmakumaris organisation and urged people to give noble and spiritual *sanskars* to the children so that they become good citizens of the society.

Speaking as Chairperson of the programme, Swami Dharamdev from Pataudi emphasized the need of spirituality and appreciated the efforts of Brahmakumaris in this field. He also shared the experience of his visit to Mt. Abu.

The other dignitaries who participated in the programme included Mrs. Meena Mandal, Minister of State for Archaeology & Museums, Archives and Cooperation, Govt. of Haryana, Mrs. Prasanni Devi, M.L.A., and Chairperson, Haryana Housing Board, Mr. S.P. Gupta, Patron, Senior Citizens, Karnal, Mr. Jeet Tuli, President, Central Lion's Club, Mr. D. D. Sharma, President, Rotary Club, Mr. Ravneet Chawla, President, J.C., Mr. D. K. Sareen, Asst. Commissioner, Rotary Club,

Mr. Subhash Narang, President, Lions Club and Mr. G. S. Sharma, Zonal Chairman, Bharat Vikas Parishad. B.K. Amirchand, Zonal In-charge and Sis. B.K. Prem, center in-charge, also spoke on the occasion.

A large number of eminent persons attended this conference which was extensively covered by print and electronic media.

#### NARAYANGARH, NEPAL

While inaugurating a seminar on "Stress-free Administration", Mr. Ratnaraj Pandey, District Magistrate, said it is possible to remain free from tension through spiritual outlook, despite all pressures, problems and challenges. B.K. Sis. Raj, Director, Nepal Zone of Brahma Kumaris, expressed that practice of Rajyoga and spiritual outlook enable one to have mental stability and intellectual clarity.

Others who spoke on the occasion included BK Harish, coordinator, Administrative Wing at Brahmakumaris' Hqrs., Mount Abu, BK Neha, Ahmedabad, BK Ramsingh,

BK Laxmi, in-charge of Narayangarh region and BK Bijaya.

### POKHARA, NEPAL

In a seminar on 'Application of Spirituality for Value-based Administration', Dr. Keshar Jung Baral, Vice Chancellor, Pokhara University, speaking as Chief Guest, said that values such as sense of understanding, power to judge and decision making ability, expand one's status, irrespective of his/her position and it is spiritual wisdom which helps gain this ability. Mr. Kedarnath Sharma, Local Development Officer, said that positive outlook and mental strength are the outcomes of spiritual awareness and benevolent attitude towards one and all.

The programme was chaired by BK sister Parinita. Others who spoke on the occasion included BK Harish, Mount Abu, BK Neha, Ahmedabad, BK Lajwanti, Mumbai, BK Sabitri and BK Shankar. The programme was very lively on account of relevant power point presentations, practical demonstration of meditation etc. ■

## MESSAGE FROM

### GLOBAL HOSPITAL , MOUNT ABU

We are sharing this good news with you that Global Hospital is organising a special Urology Surgical Programme in the month of February , 2009. The details of the programme are as follows:

#### MEGA UROLOGY SURGICAL PROGRAMME

**from 5th to 8th February, 2009 (Registration closes on 31<sup>st</sup>, January , 2009)** to be performed by **GHRC team**, led by world renowned Urologist from USA, **Dr. Sakti Das, M.D., F.R.C.S. (Edin), F.R.C.S ( C ), F.A.C.S.**, Professor Emeritus, Department of Urology, University of California, Davis, School of Medicine and **Dr. Darshan K. Shah, M.S., M. Ch. (Urology)**, Consultant Urologist, Apollo Hospital, Ahmedabad .

#### **Following are the types of surgeries which will be performed:**

- Stones in the kidneys, ureters, urinary bladder and urethra.
- Congenital hypospadias.
- Prostate surgery TURP/Open .
- Tumors/Cysts in the kidney
- Surgery for dribbling of urine in females
- Urethral strictures etc .

Besides, free consultations to all, surgeries will be done free for dedicated brothers and sisters and at concessional charges for others. Please confirm and register for surgery at the earliest. Limited seats, registration for surgery on first come first basis.

For further information and registration, please feel free to contact:-

**Dr. Sanjay Kumar Varma, M.S. (Gen. Surg.)**

Department of Surgery, Global Hospital & Research Centre, Mount Abu, Rajasthan.

**Phone:** (02974) 238347 to 238349. **Fax:** (02974) 238570

**Email:** sanjayvarma780@yahoo.co.in, ghrc@vsnl.com  
ghrcabu@gmail.com

**-Dr. Partap Midha**

Medical Superintendent & Trustee

Global Hospital & Research Centre, **Mt. Abu**, Rajasthan

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