



DADI JANKI'S DIVINE MESSAGE FOR NEW YEAR, 2009

Master Creator of New Deity-World, the loveliest, luckiest progeny of Saviour God Shiva, dear brothers and sisters,

Our divine greetings on the auspicious occasion of the confluence of Old and New Year. Always continue to churn the jewels of knowledge and enjoy every moment in the blissful swing of Godly love.

With Brahma Baba's inspiration, monthly magazine 'Trimurti' in Hindi was started and it was later renamed 'Gyanamrit'.

After Jagdamba Saraswati had left her mortal coil, one day I sat in her room; the 'Trimurti' magazine was in my hand. Baba came and asked, "Child, what are you reading?" I said, "Baba, I am reading the magazine, so that if anyone asks what is there in it, I could be able to explain." Hearing this, Baba appreciated it a lot.

Blessed are those who write for the magazines 'Gyanamrit' and 'The World Renewal'; their pen has become like a lotus-flower. How much joy these magazines give! Once, I read an article on "*Sachchai-Safai-Sadgi* (Truthfulness-Cleanliness-Simplicity) by Bro. Jagdish (the then, Chief Editor), in 'Trimurti'. I still remember the incident when I read the magazine in a very small centre of Pune. Baba says, "Children must read the magazine; reading is also progressing."

Today, all are worried due to wide-spread violence and terrorism; they are feeling insecure. Periodic inflation and deflation have given rise to the question "What will happen?" in the minds of all. At such a juncture, the message of Ocean of Compassion, Saviour of all and benevolent of all – Supreme Soul: to remain immersed in the love of one Supreme Soul God Father Shiva. Through the powers of Truthfulness, Cleanliness and Simplicity, solve all the problems; be the embodiment of Mercy. So, you all (our brothers and sisters) – embodiments of Solution, must offer the solution to the problems of all, and, thus, render the great divine service of bringing the Golden Age, of Peace, Love and Purity at the earliest.

With these Good Wishes, I once again congratulate you all on the New Year!

Your Divine Sister B.K. Janki

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BECOMING LIKE FATHER BRAHMA IN 2009

We wish our esteemed readers a very, very happy, healthy and prosperous New Year. We are indeed very fortunate to have received the Godly blessing: *'May you be perfect and complete like the Father Brahma Baba'* from the Supreme Divine Father on New Year's Eve. All of God's near and dear spiritual children were invoked when Avyakt BapDada showered His choicest blessings on New Year's Eve. Blessings in abundance have been showered continuously from January 1937 to date in the form of short messages, Sakar Murlis and Avyakt Murlis, which are an ocean of spiritual wisdom for the benefit of the entire humankind. The nearest one to listen, practise and become the embodiment of God's wisdom is none other than the New Man or *Adi Dev*: Brahma Baba.

Brahma Baba elevated himself to the stage of an angel through tireless effort-making

based on the supreme guidance or *shrimat* bestowed by the Supreme Teacher, God Shiva according to His given promise. The Godly teachings over the last 72 years have awakened millions of human souls from the slumber of ignorance and freed them from the disease of the vices that cause endless suffering. According to the eternal Law of Karma, His Supreme Advice works wonders for those pursuing the path of piety and divinity through enlightenment. The World Drama spanning a number of centuries is so very intriguing as each individual soul is responsible for his own karma.

Every January brings new hope and enthusiasm to everyone's consciousness when new resolutions are planned for the next phase of life. The example of Brahma Baba's spiritual rise through constant vigil and everlasting enthusiasm of "*Self*

Transformation for World Transformation" is a boon for those who have embarked on the journey of inner transformation. Many of us who were guided personally by Brahma Baba cherish those wonderful days when we observed the subtle transformation of Brahma Baba into a complete and perfect human being, rather an 'Angel', serving the world through vibrations and words of wisdom.

Since the advent of the Supreme Father God Shiva, that is the 'Divine Incarnation', Brahma Baba spent the early morning hours in yoga being a 'Spiritual Light and Might House' for the world by spreading spiritual light and might, and invoking souls all over the globe who have now become God's chosen instruments in different regions of the world. These blessed souls come from all religious backgrounds and nationalities proving without a doubt that *'God is truly the Father of all souls'*.

The month of January reminds us of the most important events connected with unlimited *yagya* service: Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya came into being formally when Brahma Baba wrote the red-lettered – will on 18th January 1937. Secondly, Brahma Baba attained perfection and left for the subtle region to serve as an angel on 18th January 1969. Since 21st January 1969, we have been blessed with Avyakt BapDada's *Murlis* for 40 years without break. The heart is overwhelmed with such unlimited fortune and sustenance granted by God, the Almighty and His chosen medium, Prajapita Brahma.

One of the most important characteristics of Brahma Baba's life was the value of '**time**'. Brahma Baba inspired us to spend every moment usefully and meaningfully either in self-empowerment or service of society through benevolent thoughts, words and actions.

The final years of Brahma Baba's *tapasvi* life were fully spent in God-consciousness as well as bestowing unlimited

love and power to one and all. He became a powerful mirror in which we saw ourselves and monitored our internal stages. The difference between the physical and angelic was totally erased in time, and the strong togetherness of Shiv Baba and Brahma Baba created a powerful atmosphere that was felt constantly.

As I write these lines, I am reminded of those precious times spent in Brahma Baba's company in Madhu-ban and Bombay. Baba kept a perfect balance between the hours he spent in silence and that of sharing words of supreme advice. Each spoken sentence pertained either to the depth of his own spiritual experiences or advice on serving all sections of society. Baba's clear and firm thinking revealed the significance behind different kinds of religious practices in the world today. But Baba took us beyond merely practising '*bhakti*' to actually living by spiritual principles. To awaken and be enlightened means remaining in natural soul-conscious-

ness, always attuned to the supreme source of strength and unlimited treasures of virtues, through the power of yoga.

Baba would often invite us to spend some time with him, but seeing Baba in deep silence we would feel reluctant to ask Baba to come into sound and start a conversation... His pure, high consciousness spread magnetic vibrations in the surroundings and we would be influenced automatically to transcend our own consciousness into the angelic stage for a while. These experiences became the milestones of our spiritual life. The beauty of these moments can be appreciated by genuine seekers who are travelling on the spiritual path. These wonderful experiences proved to be the most enchanting moments of my own self transformation and motivated me to continue exploring the depths of God's wisdom. During regular meditation, it has become a routine to ascend to the highest stage of consciousness and feel the self beside Shiv Baba and Brahma Baba in the Soul World. This

practice takes us to the double-light stage where one experiences the richness of spiritual consciousness. Spreading Baba's light of love to the whole universe becomes easy with this regular higher consciousness. Further, the soul gets naturally engaged in conquering all negativities in its subtle forms and maintaining a positive attitude and good interactions, while appreciating the value and beauty of our alokik birth.

It is my deep feeling that if

one spends time going through the Avyakt Murlis properly and understanding the depth of Baba's love for human souls, he or she can create a very meaningful life of service unto the world. This active task of self-empowerment is most needed, looking at the recent events and tense vibrations all around. These scenes had been foreseen by Brahma Baba and were reason for him to be consciously alert, as is apparent from the

divine elevated versions of the 1960s.

So my dear sisters and brothers, while we observe the Avyakt angelic month, let us try our best to follow Brahma Baba's footsteps and live up to Avyakt BapDada's inspirations and expectations of becoming pure and perfect in thoughts, words, actions and relationships. It is time to become **Bap Saman** (like the Father) and serve the world.

– **B.K. Nirwair**

IN THIS NEW YEAR, WITH THE BLESSING OF THE POWER OF TRANSFORMATION, TRANSFORM THE NEGATIVE INTO POSITIVE

(Excerpts from the Divine Message received on 31 December 2008)

This new (spiritual) life is to create the new age. People celebrate the New Year whereas all of you with the new life give greetings to all souls along with the good news that the new age is about to come. All of you have the intoxication that the gift of the *golden* world is your birthright. In your heart you have the happiness that your Father, God, has given you the highest *gift* of all – the new age. No one can prevent this

destiny.

The speciality of this New Year is that you definitely have to become complete and perfect, equal to the Father. How did Father Brahma become perfect? What was his speciality? What was the special basis for his perfection? Father Brahma used every breath and every *second* in a worthwhile way.

You have to use everything in a worthwhile way

and definitely become an embodiment of success. Success is the garland around your neck. Success is your Father's inheritance. Every day you have to *check* yourself: Did I become an embodiment of success and use my time, breath, treasures, powers and virtues in a worthwhile way? If you use your time in a worthwhile way, then, in the future too, you will have the attainment of the fortune of the kingdom

for the *full* duration. When you use your breath in a worthwhile way, you will remain healthy for 21 lives. The greatest treasure is that of wisdom and wisdom means understanding. By using the treasure of wisdom in a worthwhile way, you become so sensible in the future that you don't need to seek advice from any adviser. You use it in a worthwhile way for one life and you eat the fruit of success for many life. In the same way, by using for yourself and for others the powers you have received you will have all powers in your future kingdom; there won't be any power lacking. The time for accumulation is very short in this birth whereas the period for receiving the fruit is for 21 births.

All you have to do is what the Father did. It is easy to copy(follow). Is it not? There is no need to think at all. Some children say that, while moving along, they face a lot of *opposition*, and because of the *opposition*, they come down from their *position*. At the beginning of establishment, how much *opposition* did Father Brahma transform into his *position*? Every-thing

was new, a *challenge*. What did people say then? That you used to create chaos. And what do they say now? That you are performing wonders. There is so much difference now because Father Brahma himself finished all *opposition* with his *seat* of self-respect and the weapons of determined faith. So, if you have to face constant *opposition*, then sit on the *seat* of self-respect and *opposition* will change into *position*. First there is self-transformation, then there are many souls who come into relationship and connection, and then there are souls of the world. You have to transform all of them with the good wishes and pure feelings in your mind and with your determined thoughts.

When you say "My Baba" from your heart, then one power will become present. You mustn't say "My Baba" just like that, but if you say it from your heart and if you have a right that it is "My Baba" then the power will become present in front of you. With the power of transformation, especially

change the *negative* into *positive*. While seeing *negative* thoughts and *negative* behaviour, change them into *positive*. Just see, speak and do everything *positive*. Simply with your good wishes and pure feelings, it will become easy because this *opposition* will come, but your power of transformation will easily bring you success. Use the power of transformation with determined thoughts.

If it suddenly becomes dark here, and then, by mistake, someone tries to chase away the darkness, will the darkness go away? The correct method is for you to *switch* the light on and the darkness will go away in a *second*. So, you also make the mistake that when something has happened, you go into the *queue* of questions such as, "Why?", "What?", "When?", "How?" etc. You make a small thing big and something big is difficult. If you make it into a small thing, it will become easy. Sit on the *seat* of the awareness of being a *Master* Almighty Authority. If you sit on this *seat*, you won't become *upset*.

You will give everyone a *gift* in the New Year, will you not? You have many *gifts*. You can give as many as you want. The physical *gifts* will only last for a temporary period, but you, who are becoming equal to the eternal Father, should give an imperishable *gift*. Through your mind give the *gift* of powers, through your words give the *gift* of wisdom and through your actions give the *gift* of

virtues.

You have the fortune of happiness. You have a happy face, so never let your face become bossy. No matter how *busy* you may be doing something, even if you are rectifying a mistake, or if you are explaining to someone, your face and your words should not be bossy. *Aprize* will be given to those who are always smiling throughout the whole year

no matter what situations come. Some brothers and sisters say that if you don't explain with bossiness, they won't understand or they won't change. You have already kept the feeling that the other person is not going to change, so that person has already received your *vibrations*. Therefore, this year, bid farewell to anger and its progeny.

FAREWELL TO 2008 AND WELCOME TO 2009:

Continue to celebrate every day as the day for self-transformation and world-transformation.

Not a single day is for worry or other thoughts. Let every day and night be spent in zeal and enthusiasm. In this New Year, you definitely have to do something new each day for the self, for the world and for spiritual service. Fly and continue to make others fly.

WISHING YOU THE VERY BEST FOR 2009!!!

We thank everyone for his or her thoughtfulness in sending us New Year greetings, which are reciprocated in million-fold. May your positive vibrations and words become the guiding light to help the human race remain peaceful and happy!

We would like to share some of these heart-warming greetings so that our readers may fill their hearts with good wishes as you begin the year:

“May every wish and every dream you have be fulfilled in the most beautiful way!

May life be more colourful as the New Year takes over!”

“The colours of the rainbow, the warmth of sunshine, the breeze so cool, the stars that brightly shine...

hope they all shower their gifts on you forever,

making you truly happy in the New Year!”

“Celebration is the word that will adorn your world with every passing day...

New dreams, best wishes and everything special will come to you

as this year will surely be happy for you...

Wonderful are you, so here's hoping all your dreams come true.”

“May this year transform your dreams to see the light of reality. I hope all the simple joys that make you smile and the big achievements that fill you with pride, are yours now.”

BRAHMA BABA: AN INSTRUMENT OF GOD

Rajyogini Dadi Sarlamani was one of the students in the boarding school opened by Brahma Baba for giving formal education particularly to the children of the inmates. There were nearly 400 inmates; majority of them were women. She has grown with the Brahmakumaris institution. After rendering Godly service in different parts of India, she is now based in Bangalore. Dadi Sarlamani shares her spiritual experiences, particularly on the forthcoming ascension day of Brahma Baba, in this interview, with **B. K. Surendran, Bangalore.**



Dadiji, you came to stay with Brahma Baba when you were 10 years old. At that tender age, were you able to understand what you were doing? What made you come to Brahma Baba and stay with him?

Dadi Sarlamani: My mother expired when I was 7 years old. As I was very much attached to her, I became disheartened and worried. My eldest sister Kalavathi took me to her house. She had two daughters – Lachu and Ishu. Kalavathi was already attending Baba's *Satsang*. The *Satsang* was almost a homely affair in 1936. When Brahma Baba changed his residence to a bigger bungalow in 1937, the *satsang* was known as Om Mandali. My sister took me to Om Mandali. Ishu and Lachu (who are also in the

Yagya at Madhuban now) also attended the *Satsang*. As I yearned for mother's love, Baba's first look lent me the feeling of motherly love and, thus, my sorrow immediately vanished. I decided to stay in the ashram as an inmate.

When was the Boarding school opened? How were admissions to the school regulated? Who were your teachers?

Since there were about 60 children accompanied by the inmates, Baba had decided to open a school for their formal education. The school was known as 'Om High School'. Initially, only girls were admitted to the school. But, when the number of children increased, one class for boys was also started. There were

different standards for the children according to their age. Thus, I became the student of the school, where Dadi Prakashmani, Chandramani, Shantamani, Mithu and Kala were our teachers. Each Dadi was in-charge of 10 children.

What has been your experience when you grew up to adolescence, youth, middle age and also now in old age?

Baba did not expose us to outside world when we were children. We did not come in contact with anybody else. We came to Karachi during 1938. We were given education on worldly knowledge and spiritual subjects, while we were also assigned different duties, ranging from ironing cloths, cleaning vessels, cooking, cleaning cars and buses, security, constructing huts, preparing cow dung balls mixing with charcoal and so on. Baba or Mama used to guide us in performing these duties. Baba used to take us to the beach and ask us to do

churning on *gyan* or sit in meditation. When we were put on security duty, we were often told that we were *Shakti swaroop*, the embodiment of power. I was very receptive to the Godly knowledge and Godly services. I had come to accept that Baba was my real mother and father. Therefore, I had no confusions. When Almighty Baba observed my life, He gave me the name 'Sarlamani', i.e., jewel of simplicity. I always feel that I am an instrument of God. I always focus on myself for self transformation and removing my own weakness. I do not criticise or comment on others. Wherever I am, I am a Godly student and servant. I have no particular interest to be at a particular place and I try to perform all kinds of service dutifully. It is our attitude of rendering service that counts.

What did you find in Baba which was worthy of emulation and motivated everybody to make constant efforts?

Baba used to do everything from cleaning vessels to giving a speech and that motivated all of us. Baba was not giving us only directions, but he practically demonstrated everything. He loved everybody alike, selflessly and

nursed us with pure love. He was impartial to the very core. Baba was a unique well wisher, and a carefree king, *ekantpriy* – liked solitude while equally he was a socialite. He was to the very core an instrument of God. Baba was strictly against thinking ill of others. He would remind us that we are in a race, not in a competition. He was against telling lies. Similarly, Baba was particular that Godly *maryadas* – code of conduct – should strictly be followed. He was a staunch supporter and practicant of purity. We used to see at his forehead, a light just like a burning bulb. He always practised soul consciousness. Baba taught us to remember Shiv Baba only and follow His directions. He taught us that everything belongs to Shiv Baba. Apart from that, Brahma Baba was the embodiment of humility and compassion.

Please share some special experience with the readers.

I was obedient to the very core. Baba's directions for self empowerment and service were received with lot of respect, regard and commitment. One day when

Baba came to the class, he found that there was nobody on security duty. As soon as he came to the class, he looked at all of us and when he looked at me, Baba directed me to go and be at the security post. It was an honour for me. Even now I cherish those moments. On many other occasions, I also had the privilege of attending to such directions. After shifting to Mount Abu, our test paper started. Many of us fell sick due to change in climate. I was directed to look after the patients. So I became a nurse. During night Baba used to come and give powerful *drishti* – vibrations to the patients. Those who were undergoing severe pain would get relief. I had full faith in Baba and his mission. Baba has been a role model to us. I am convinced that whatever Baba has been telling us will come true and there will be Golden Age on earth. I have grown with the institution and am a witness to the outcome of Baba's sermons in the lives of the people and also on world situations. Those who do not follow Baba's directions will have to repent when the consequences start unfolding before us. ■



DEDICATED TO SERVICE OF MANKIND

– Rajyogini Dadi Lachhu
Pandav Bhawan, Mt. Abu

I was just five-year old when I came to the *Satsang*, then known as Om Mandali. It was my great fortune that the whole of our family liked the *satsang*. Celibacy was the main teaching in the ashram. As the *satsang* mainly consisted of elderly mothers and their daughters, mostly from the families of conservative people of Sindhi Samaj, they protested against adoption of celibacy by the ladies in their families.

Brahma Baba, in order to give spiritual as well as worldly education to the small children in the yagya, started a boarding school, in which five senior Dadis (senior sisters) were appointed for our spiritual upbringing. Baba made a rule that only such child would be allowed to stay in the boarding who was himself/herself willing and had the consent of his/her parents. There were 80 children in the boarding

including Baba's own son – Narayan and daughter – Surya.

We led a disciplined life. We were punctual in going to the school, walking and playing indoor games. We were also taught physical exercises and yoga. Dadi Mithhu used to teach us music, while Dadi Chandermani was our teacher. Anandi Mata was our Hindi teacher. Brahma Baba used to prepare small lessons and dialogues for us. There was a lesson in which Bhoola Bhai used to ask questions and Brahma-kumari used to answer. Now, those things are not in practice. When we left Karachi, we buried all the literature, including *Murlis*, i.e., God Shiva's versions spoken through Brahma Baba.

One day when we returned after walking, some renowned Sindhis started protesting in front of our

building against the *satsang*. We children remained undisturbed and fearless. The word Om was imprinted on our frocks as well as on our belts. Even above our residence, bulbs in the shape of Om were kept on lightening so that anyone could understand that it was Om Mandali.

A sewing training school was also opened particularly for those mothers and sisters who were not allowed to attend *Satsang* by their family members. Such sisters used to say that they went there just to earn their livelihood. Thus, no one dared to say anything against this. They would do the sewing work and at the same time would also listen to Godly knowledge. Baba had such an impressive personality that people just by seeing him would be influenced by him. Many a time, they visualized a light around Baba while he would be walking on the road.

While we were in Karachi,

the parts of trance messengers prevailed. The sisters would go in trance and see various scenes there and, thereafter, such scenes were played in practical form. Sometimes, it also included the scenes of heaven. In that case, such scenes were shown in reality, showing the crowned and adorned Emperors and Empresses in their thrones, beside their kingdom. Sometimes, they had the divine visions of punishments from Dharam-Raj. The trance-messengers also saw the visions of those Godly children who didn't follow *Shrimat* and as a result they were shown to be falling from mountains. The same scenes were then shown practically. If they saw fairies in the subtle world, such dresses used to be prepared to be worn by the fairy-actors who then performed the same scenes seen by the trance-messenger. If they saw deities in their visions, such dresses were prepared and scenes of deities used to be shown. In the same way, our evening time was spent in recreational activities such as sports and spiritual entertainment.

Baba asked us to never shed tears. He always cautioned us against the vice of attachment towards anybody. When Mamma left her mortal coil, her photo was put on the dais. Seeing this, Baba immediately asked us to remove it, so that no one would be attached towards anyone physically. Baba's stage was always unshakable and immovable. Whenever anyone in the *yagya* left his/her mortal coil, Baba would say in Murli that only body had left; the soul is imperishable and, thus, he would advise us not to cry at all.

When we were at Kota House, lots of centres were opened. When parties from centres started coming to meet Baba, Kota House was too small to accommodate them. Therefore, we shifted to Dhaulpur House, and then to Bharatpur Kothi. It was around this time that the Beggary part started, because of which many children left the ashram and went to their relatives. However, those who had firm faith in Baba, remained with him.

When Baba sent all senior sisters to newly opened centres, we junior ones got an opportunity to be with Baba. When we shifted to Pokhran House, I was deputed to look after Baba which responsibility was earlier being discharged by Santari Dadi. Baba used to get up at 2 a.m. in the morning and used to churn the points of Godly knowledge as well as giving *Sakash* to the whole world. Sometimes, Baba would go outside his room, in the veranda. Due to his powerful stage of soul-consciousness, it seemed as if Baba was not sitting there but was at some other place. I felt that when Baba was awake, my remaining asleep was disregard for him. Therefore, when Baba would get up around 2 or 2-30 a.m., I too should get up. On this Baba would lovingly say, "*Mutthi* (child), though I left the bed so quietly, you still got up." At such time also, Baba used to give *Sakash* to those sisters and mothers who had bondage of their relatives. Then, those sisters and mothers would send letters mentioning therein that at a particular time of the night they remembered

Baba and Baba came in front of them. They felt as if Baba was meeting them personally.

When any VIP arrived, early in the morning, Baba would give written instructions as to how spiritual knowledge had to be given to him. For example, when Pope came to India, Baba gave written directions as to how the Godly knowledge was to be explained to him. Baba's hand-writing could not be deciphered by all; but I could understand it and would write Hindi translation under the line written by Baba which Baba used to correct afterwards.

During Beggary Part we were in Brij Kothi. There was a jungle behind the building. We used to go to forest and pluck blackberry from the blackberry-trees. Baba would direct us to bring fruit for those also inmates who stayed in the ashram. Thus, Baba sustained us, took care of us and disciplined us in a very entertaining manner. Through spirituality, Baba entertained us, trained us and inspired us. The result of this wonderful upbringing was that children never wanted to go away from Baba, even for a moment.

Through his unique spiritual efforts, Baba slowly moved towards complete stage. He had become introvert and had stopped taking much interest in worldly things. Some sisters had planned that on meeting, they would say certain things to Baba. Hardly would they started saying those things to Baba that he cautioned them that he had no connection with such things and he didn't want to listen to those things. However, during the last few months, he would say, "These are worldly things; they would continue to come. Never take interest in them." Slowly Baba became more and more introvert; perhaps he wanted us to experience divinity for ourselves and at so close quarters. His Remembrance Day, i.e., 18th day of January reminds us of his unique qualities and inspires us to dedicate ourselves completely in the divine service of mankind. ■

A NICE LESSON..!

Once a boy went to a shop with his mother.

The shopkeeper looked at the small cute child and showed him a bottle with sweets and said, "Dear Child, you can take the sweets."

But the child didn't take.

The shopkeeper was surprised, "How such a small child he is and why is he not taking the sweets from the bottle?"

Again he said, "Take the sweets." Now the mother also heard that and said. "Take the sweets, dear"

Yet he didn't take. Seeing the child not taking the sweets, the shopkeeper himself took the sweets and gave to the child.

The child was happy to get his both hands full of sweets. While returning home, the mother asked the child, "Why didn't you take the sweets, when the shopkeeper told you to take?"

Can you guess the response? Child replied, "Mom! my hands are very small and if I take the sweets, I can only take few. But now you see, when uncle gave with his big hands how many more sweets I got!"

Moral :

When we take we may get little, but when God gives, He gives us more beyond our expectations; more than what we can hold..!!

Keep Smiling..!

BRAHMA BABA: A MODEST AND AFFABLE LEADER

—B.K. Wicky, Matale, Sri Lanka

Eighteenth January, 2009 marks the completion of 40 years of angelic sustenance through illustrious spiritual Father-figure of the people, Brahma Baba, who made his debut in the year 1936-37 in the spiritual field. At the age of sixty years, he, by a call of divine, became instrumental in giving to humankind, including himself, a system of revolutionary spiritual principles that seemed to challenge many decrepit and decadent beliefs and practices. In their content, the spiritual discourses that came from his lotus lips were so original and, powerful in their impact that they caused a sensation and a stir.

The spiritual treasures in the form of versions came out of his compassion and kindness for the people. He did not entertain any personal ambitions and was highly content working with the children adopted by God through him. Sharing the company of his

adopted children and caring in the best possible way, he did his best to uplift their spiritual life. Of course, children of the *yagya* followed him sincerely and loved him for his honesty, integrity and an affability which appear to be hallmarks of his character. He remained more a spiritual server than a talker, hence a pragmatic man with practical solutions for problems of the organisation. This approach of Brahma Baba endeared him to the spiritual family.

Although Brahma Baba had this amazing power of

giving *drishti* and a powerful personality, he balanced it with love and humility. Normally, we find in the material world that someone who has a powerful personality would also exert an amount of authoritarianism. But here was that amazing balance in Baba's life. Because of this particular quality, Baba had time to pay attention and care to all details of the *yagya*, to make sure that all children were being looked after well, not just on a spiritual level but also on the physical plane. And so Baba played not just the part of father and teacher, but also the part of the caring and loving mother who is concerned about the comfort of the children.

To quote from a senior sister in *yagya* today, she said: "It was as if Baba had carried



me away from the old world and given me a new birth through the power of his *drishti*. From the time I knew Brahma Baba, he was already in his eighties. And yet I remember how Baba would play badminton with us. Baba's energy was incredible, he beat me at badminton and I was 72 years his junior. While playing there, it used to be our experience that Baba was like a Light-House and Might-House. While playing, Baba would ask, "Child do you know with whom you are playing, do you remember you are playing with Shiv Baba?"

Another important factor is that Baba, although he was an authority, would never say that you have to do this. He would say, "This is Godly advice, do it children like this?"

He would never suppress or dismiss the inspirations or

advice of the children. He gave them co-operation in order to bring that into practical form. In this way, children of the *yagya* not only became obedient but also felt free. They never felt dominated.

Brahma Baba was a great visionary who gave the people a fascinating new-world vision. He was indeed a Maharaja of his sense organs and a consummate yogi who was far ahead of others. Neither the unjustified criticism and vile opposition could dampen his high spirit, nor could adoration and admiration of his audience take away his humanity. He remained as undisturbed, calm and graceful. He always helped spiritual seekers with love, care and compassion. He worked tirelessly as a great architect for the new age

which he had envisioned and called it the Golden Age. He gave a new definition of purity and set new and high standards of private and public morality. He paved a new path for the people to march on the generosity offered through his guidance.

Many a person may succeed for short time in a well-defined narrow field, but only a few excel in a wide spectrum of activities and over many decades. Even among them, only a handful could be considered as uniquely gifted and talented true geniuses. But Brahma Baba will always remain one of them.

Let this Remembrance Day bestow blessings of love, peace and spiritual wisdom on one and all of us human beings to usher in a new era of universal peace and happiness! ■

HAPPY NEWS

"MYSTERIES OF THE UNIVERSE," the series of articles published in this magazine from November 2003 to March 2006 has been published as a book, and can be purchased from literature stalls of BK headquarters in Mount Abu / Abu Road.

— Editor.

THE INCREDIBLE LIFE AND TIMES OF A WORLD LEADER IN HIS FIELD

(Thought Bombs & Talking Bullets. Don't Really Know & Don't Really Care Jr.
Eventually Arrested By Karma Police)

–B.K. David, Paignton. England

Prof. Don't Really Know was a lecturer at a renowned university in the State of Nevada, USA. He came from a long line of intellectuals and scholars, His father, D.R. Care Jr. (Don't Really Care Jr.), was an eminent physicist and knew all about the structure of the universe, matter, grey holes, the formation of rainbows and clouds, and had spent all his life either digging at the end of them (rainbows) or trying to get out from under them (clouds). Now having broken his spade digging (lost all hope and given up his dreams), had spent the last 10 years studying dust and rocks in his back yard, had written several books on the subject, had made a documentary on the rare fossil he found whilst digging out the swimming pool in his back yard of a five-legged lizard which he later named Deep End Lizard. He would later discover the

extraordinary and daring Spring Board Turtle and Shallow End Monkey, all of which would later see him win a peace prize for his work and the rare finds in his field (yard). He even has a crater on the moon named after him called Idiot Proof.

DOT And The UOUTUAT

Don't Really Care Jr.'s son, Don't Really Know, followed in his father's footsteps. He had become a Doctor of Time, having become an expert on his theory 'Quantum Time Theory. No one else could understand his theory but everyone thought it must be true as it all sounded so complex, and besides, his father had won a peace prize for finding Deep End Lizard. He was known as DOT (Doctor Of Time) to everyone on campus. Even though knowing all about the dark side of the moon and having a moon crater named after

him and being a doctor of time, he was forever late for his lectures at the University of Understanding the Universe and Time (UOUTUAT) which he called: **The Importance And Meaning Of Time In Our Universe Today!** Not only was D. R. Know always late for his lectures on space and time but wherever he went he was often rude to everyone, owed many people much money, was an alcoholic, smoked 40 times a day, ate far too much, was rather dirty as he hardly ever washed, had very poor health, was very selfish, got up late everyday, yet he was a world leader in his field and travelled the world lecturing on the secrets of the universe and time and giving talks on his theory. Don't Really Know was at the pinnacle of human thinking and understanding. Little did Prof. Don't Really Know (DOT, as he was known) that

the answer to the universe and time and our total existence and meaning to life was much closer to home than he could have ever realised.

**Thought Bombs Inc. (A
Worldwide Distribution
Product)**

Most people carry a daily arsenal of weaponry today, the main ones being their thought bombs and talking bullets. Most have an unlimited stock of such arms (bad, negative, aggressive thoughts), as many as there are rupee coins in India, and all potentially as dangerous as if you were to throw a fistful of rupees in someone's face stood next to you.

**Are You In, Or Out Of
Control? Are You One In A
Million?**

Think, and your life will soon reflect your inner hidden world outwards into your open visible world for all to see. It's a fact, what goes on inside your mind soon jumps out into your outside world. The need for inner cleanliness and hygiene (good, honest, positive, clean thoughts, thinking and habits) has never been more evident and at a premium than today, what

with CCTV on every corner, forensic science, and the *Karma* Police sitting on your shoulder day and night watching your every move, it makes sense to take full control of yourself and become completely in control of your attitude, thoughts and actions, speaking, and as a result, your life. How many people do you know who are in total control of all four? If you know even one person, count yourself truly lucky, and make that person your best friend, for he can teach you much. A quality friend is worth a million of another kind. Are you one in a million?

Peaceful thoughts emanate and will create a peaceful atmosphere. If you want a peaceful world, one really needs a peaceful mind to enjoy it first. What good is a peaceful world if you are feeling peace-less? What is the point of being in heaven if you are thinking of rubbish? Good thoughts in hell is another story, but both stories have been written by the same author who has many different names but

who always puts a full stop, a dot, after His name: God. He teaches of the total beauty of heaven tomorrow and of complete self control in hell today. You can drop all the bombs you like on a country, but if there are no explosives inside your bombs (peace), would you win the war?

**Beautiful Face – Terrible
World**

If we spend as much time as we do on our hair and looking good as trying to create peace in the world, we'd be living in a wonderful place by now. In making ourselves look beautiful, we have made the world ugly. Only when we make ourselves beautiful inside will we make a beautiful world for ourselves outside. The world has gone crazy, and there is only one reason for that. From Sputniks in space to the falsehood and sorrow of chasing the Californian dream, from the deserts of Nevada to the stillness of the trees of New England, from everywhere to nowhere, from the brightness of the sun to its reflection on the moon with us in between, from messages from Dubrovnik to soldiers who

drive air force tanks ready to strike, the world has gone completely crazy.

Do You Sleep In The Jaws Of The Crocodile? Snap It.

The world sleeps in the jaws of the crocodile which is increasingly becoming more and more hungry with each passing day. How long before he shuts its mouth? For this world to snap out of its coma of ignorance, it will need to have pure thoughts so as to create a pure meal (life). Impure, selfish and disturbed thoughts will create a meal not worth eating, tasting would be rather bad.

Walking With God In The Comfort Zone Of Life.

We have a gift of seeing and hearing, of life itself, yet all the world seems only to run round in circles, like the mad dog chasing his tail. What do you think when you see a dog running round chasing his tail? We have a gift (life) and not only do we not use it as we should, but abuse it. Most can be seen to be running round each day like headless chickens. Stop and ask them what they are doing, what is their aim or meaning to their life, and most would have

either a very selfish or shallow answer.

There are few, today, who live in the comfort zone, most having to chase after money to put food on the table and keep the roof over their head. The only secure and reliable table which will always provide for you today and in the future is God's daily timetable of rising early, remembering Him, working for him, and running round for Him, eating with Him and listening only to Him. This is the only recipe for a delicious meal and full table.

The Big Fake Theory

To become real inside, you have to first see the falsehood of your exterior. This is essential, a bit like if you wish to travel on a train, you first have to board it. If you miss the train, you can't travel on it; just as you cannot become real if you first cannot see your falsehood. If you're not on the train, you are not going to get anywhere. If you wish to move forward and become a better person, you are going to have to jump on the train of realisation. This is the

most important train and journey you'll ever make, so hopefully you will not miss this train. The train might be pulling out from the station now but it is not too late for you to jump on board. Even though the station (world) maybe fake, this train is very real. God has now blown the final whistle and the train has started to depart for the new world. Are you onboard? Or are you at the station running to catch this Godly train?

The Car's The Star.

This world revolves around the one big false idea - that we are what you see, these bodies. But we are spirits and if the spirit is not present, the body is just an empty shiny car with no driver. How many cars have you seen being driven without a driver? A car is only of use when the driver is inside. What use is a car parked in a car park? Of what use is a dead body? Our bodies are only of value when we, the wonderful spirits, are inside our cars driving it with love and peace. Who likes sitting next to a nervous, erratic driver?

(to be contd.)

SAWASDEE

— BK. Dr. Damrongpan Watanachote
M.D., PhD. Bangkok, Thailand

OM SHANTI is a commonly used greeting in the spiritual family of Brahma Kumaris. It means “**I am a peaceful soul**”. This verbal greeting, combined with peaceful thought of the mind and blissful word from the heart, in connection with **Drishti** (eye-contact), gives a profound self respect and regard to whoever we greet or meet. However, in **Thailand (the land of smile)**, when people greet each other they say “**SAWASDEE**” and by raising both hands, palms and fingers close at the level of the upper chest, which is the expression of respect to each other. A few days back, I was invited to deliver a lecture on “**Knowing the true SELF**” at Chiang Kum hospital, Prayao province in the northern part of Thailand. The relevance of Sawasdee with Om Shanti just came into my mind when I picked up the Thai air flight magazine “**SAWASDEE**”. This beautiful greeting helped

me to explain the first fundamental of Raja Yoga in a very natural way. “**SAWASDEE**” in spiritual sense, implies “**I AM A PEACEFUL SOUL**”. Let it be the sacred word for creating real inner peace among the Thai people and through this polite manner of greeting, it can establish the eternal peace for the whole world. **S-A-W-A-S-D-E-E** has a beautiful meaning in each of the 8 letters.

S = “**SOUL**” or “**spirit**”. This is the **true self** (not this body), which is perceptible only at the subtle level of mind, intellect and impression or personality (*sanskar*)

A = “**ATMA**” in Hindi means “**self**” or “**soul**”. “**Atom**” in English comes from the Latin “**atomus**”, which means “**the twinkling of an eye**” and the Greek “**atomos**” means “**indivisible**”. “**Anatta**” in Sanskrit as in Lord Buddha's teachings means non-self or non-

ego.

W = “**Will Power**” is the soul's intellectual strength which plays an important part in discerning the positive and virtuous thoughts rising in the mind. A powerful soul can enjoy the experience of right decision of its own spiritual nature i.e. purity, peace, love and happiness regardless of the external stimuli or situations.

A = “**Ability**” is the pure natural resource of the intellect that comes from the silence and meditative mind. One can have the benefits of the study and practice of **Rajyoga** by gaining **eight spiritual powers** – the power to withdraw, the power to pack-up, the power to tolerate, the power to accommodate, the power to discriminate, the power to judge, the power to face and the power to co-operate.

S = **SMILE**: In deep silence and stillness, we souls, can have peace of mind. With more practice we gain other values viz. Maturity, Introversion, Lightness and Empathy. Soul can also visualise and realise original Seven Core Values which can be identified as seven meta-

physical energies corresponding to the seven hues of the light spectrum or the seven rainbow colours (VIBGYOR). These are Violet (Bliss), Indigo (Truth/Knowledge), Blue (Peace), Green (Love), Yellow (Joy), Orange (Purity) and Red (Power). The other spiritual meaning of the word smile can be SMILE: Simplicity, Maturity, Introversion, Lightness and Empathy.

D = Dignity: Soul has self respect and dignity of being a child of the Supreme Soul, Supreme Being. Hence all souls are brothers or sisters in one family.

E = Empathy: All souls should have empathy and spiritual love for one another. We must be non-violent and benevolent to the whole world and transform the nature of all

five elements.

E = Eternal: Soul is eternal and imperishable. Finally with the elevated knowledge of the **cycle of time** and the **human world tree**, we know that soul is imperishable and **eternal** so we should claim and churn the benefit of this confluence with zeal and enthusiasm for liberation in life. Let us have deep remembrance for our Beloved Brahma Baba (who is always our model in the corporeal form), who attained the Avyakt stage of Perfection on 18th January, 1969. We too will become *Bap-Saman*. **“The Father is always my World”**.

In conclusion the spiritual meaning of the word SAWASDEE in Thai language will give more powerful vibration in greeting each other as for the

Thai Brahma Kumaris imply **“My true real self is the soul”**, a being in this costume body similar to the Hindi *“atma”* which means soul, the conscious energy part of the human being which is an imperishable point of non-physical light. This soul has the **“will power”** or the intellect which has the **ability** to see things positively and discriminate between virtues or vices. A beautiful soul is full with **seven core values** and with the awareness of soul we have the **dignity of being a child of the Supreme Soul, Supreme Being** who is the ocean of love and elevated knowledge. All souls are brothers and sisters so we have empathy and respect for everyone who is playing a different role in this Eternal World drama. ■

Keep giving happiness

Serve others in such a way that they receive happiness. Let go completely of the limitations that come from thinking in terms of “yours” and “mine.” Don't become impressed by other people's specialties (virtues or talents), but instead, learn to appreciate them. Don't become disheartened by seeing weaknesses in yourself or in others and don't become arrogant about yourself and you will see how you become one who is happy and who gives happiness.

– Dadi Janki

THINK BEFORE YOU TALK

– B.K.Vinayak, Mount Abu.

“A slip of the foot you may soon recover but a slip of the tongue you may never get over.” – Benjamin Franklin.

As the air, water and food are essential factors to lead a life, 'to talk' is also an essential factor for human beings to lead a life of fulfillment. 'Talking' is the easiest and strongest way of communication, which ties one with others. But sometimes it is also talking that creates a lot of troubles.

The story of Mahabharata has ever been the best example to realise up to what extent a slip of tongue can create the crisis. A heart-breaking word that escaped the tongue of a lady sparked the destruction of the whole dynasty.

Duryodhan, the Prince, comes to visit Indraprastha, a newly built mysterious palace for the Pandavas. While enjoying the spectacular scene of the palace, he falls down in a pond, which looked like a polished floor. Draupadi, the

wife of the Pandava princes, saw this miserable scene and instead of sympathising with the prince she uttered something humiliating and insulting. She said “*andhay ki aulad andhay*” (child of a blind is also blind), as the father of Duryodhan was blind.

These words had sown a seed of hatred and revenge in the mind of Duryodhan and this fire of revenge not only claimed the whole dynasty of Kauravas, but Draupadi herself lost her father, brother and all her children. Such was the terrible outcome of just a slip of the tongue.

Recent history also gives plentiful examples of the slips tongue. One of those horribles is Jalianwala Bagh massacre. On 13th of April 1919, the people of Punjab gathered at Jalianwala Bagh,

adjacent to Golden Temple (Amritsar), to celebrate the auspicious day of Baisakhi and also to lodge their protest peacefully against persecution by the British Indian Government. That place was neither a battlefield nor the people gathered had any weapons in their hands. They were innocent people including women and children. And that was the time when the disaster happened. The reason for this tragedy is an indiscreet word spelled by the British General Dyer.

Being in a very responsible post, Dyer should have thought of his word before it came out from his mouth or at least he should have foreseen the formidable result of his word. But, unfortunately No! Dyer issued to his army a very inhuman and inappropriate command on that occasion. He ordered 'Fire'!! Within a moment Jalianwala Bagh turned into a lake of blood. Thus a single but cruel word took the life of nearly 400 innocent people and left thousands wounded. How horrible it had been!

The Almighty Authority, God Father Shiv Baba has always said “Sweet- children, you are like *Roop-Basant*.”

Flowers and jewels of knowledge should always come out from your mouth and not the stones and thorns that will give others sorrow". Baba says, "Our way of talking should always be the one that gives others bliss and makes them feel blessed and elevated.

It is the word we utter that shows what type of person we are and the word we use will decide our relations with others. **The person, who thinks and then speaks, would always be considered a 'Gentleman'.** There are many people in this world who have soured their relations with almost everyone only because of silly 'slip of tongue'.

There is a beautiful story of 'Akbar and Birbal' that shows the importance of 'thinking' before 'talking'.

One night, Emperor Akbar dreamt that he had lost all his teeth, except one. The next morning he invited all the astrologers of his kingdom to

interpret this dream. After a long discussion, the astrologers prophesied that, all relatives of Akbar would die before him. Akbar was very upset by this interpretation and so sent away all the astrologers without any reward.

Later that day, Birbal entered the court. Akbar related his dream and asked him to interpret it. After thinking for a while, Birbal replied that the Emperor would live a longer and more fulfilled life than any of his relatives.

Akbar was pleased with Birbal's explanation and rewarded him handsomely. See how one can transform an inauspicious matter into a pleasing one by just thinking a while before talking.

Man calls himself a 'thinking animal'. But in spite of having the power to think, if we speak anything

without prior thinking, then 'thinking' will disappear from the term and remains only the 'animal'. It means having no value. **Talking with the use of proper words at a proper time and in a proper place would make our 'talk' valuable and successful. But this is possible only when we have the habit of thinking about what we are going to talk.**

Before talking, we have to keep the following two very important fundamentals in our mind. Firstly, our style of talking should not hurt the person we are interacting with. And secondly, **the honour of our most beloved Shiv Baba and esteem of Godly family should not be lost sight of because of the words we are using.** This control over one's speech brings sweetness and royalty in our personality, which attracts others to the spiritual path. ■

REMAIN CONTENT

The virtue of contentment is the most elevated of all virtues. To remain constantly content, you have to learn to let go of thoughts such as "I want this, I want that." Make yourself full and use everything in a worthwhile way and you will see what it means to experience bliss in your life.

– Dadi Jankiji

MIND MANAGEMENT FOR CONCENTRATION & DETERMINATION

– BK (Prof.) Ved Guliani, Hisar.

A little can always make a difference. Very often the youth feel that they don't have enough resources. As such they make no efforts in achieving the desired goal. They even seem to forget what they might have daily seen or experienced in life. For example, when we heat water it boils at 100° C. But, if we boil it even one degree more, it starts evaporating as steam and we know the power of steam. But all it needed was only one degree after the boiling point.

Every little effort is useful. A man breaking a big boulder would not be able to break it just with one stroke, howsoever strong he or she may be. If the stone is broken to pieces in 100th attempt, should we say that the earlier 99 attempts were wasteful? We know every single stroke made the stone weaker, which

finally came to pieces with one such later stroke. Hence our determination should never be weak with a failed effort nor should our concentration deviate from the goal.

Don't give up. Apparently, we may sometimes be in a disappointing situation. But one's strength of mind is tested only when one has difficulties. If we could attain all we want, how would we know where we stand in life and its demands? One small fable would make the point clear. Once a donkey fell into an unused well. Its owner realised that he could not take it out. So with the help of other villagers, he decided to fill the well, burying the donkey in it. They started throwing shovels of soil into the well. Soon, they saw a miracle taking place in the well. They saw that the donkey shook off the dirt that fell on its

back and stood on that soil, raising itself by a few inches every time. Soon it came out. Always remember that life also keeps throwing dirt and soil of disappointment and negativity on us. Only those people can rise above and come out clean, who shake off the dirt and stand above it.

Hero emerges from Zero. Great achievers of life were not born as heroes. But they made their way through the thick and thin of life with a strong determination and focused concentration. Here is an example of a person whose family was rendered homeless when he was just 7; at 9 his mother died; at 22 he lost his job; at 25 he was defeated in the legislative elections ; at 27 he had a nervous breakdown; at 28 he lost his beloved; at 30 again he lost the election for Speaker; at 35 he lost the Congress election; at 46 he lost his son and in this year he also lost the Senatorial election; at 47 he also lost the Vice-Presidential election. But at 52, he became the President of USA. He was none other than Abraham Lincoln

Therefore, more important than material achievements is understanding the self i.e. my own mind and my situation wherein ego and anger won't help. If I want to attain success in life, I must inculcate certain values of life in me. Our present style of life seems to have discarded the social, moral and spiritual values of life. With the change in life, our thinking has also deteriorated. Urbanisation has taken away much of space and as such our thinking has also grown narrow. Now we meet each other on telephone and our entertainment is limited to the TV viewing. So the natural socialising, carefree laughter and entertainment have become the things of past and to compensate this, loss man has formed 'Laughter clubs'. How ironic it seems! We have no experience of happiness and real achievement.

We often curse the situation (*Par-sthiti*) and are not mindful of our own state of mind (*Swa-Sthiti*). More important is my state of mind and I must concentrate to

change the self before attempting to change the world. One faces different types of situations in life and it is his response to such a situation that brings out the strength of his mind and determination. A woman got fed up with her daughter, who was always complaining of the conditions at workplace, in the market and in the neighbourhood. Next time when the girl made a complaint, the mother took her to the kitchen. There she put carrots in a kettle, eggs in the other and coffee in the third. She filled all the three with water and boiled them. After the kettles started boiling, the mother asked the daughter to touch the carrots. They were almost pulpy. Then she asked her to peel the eggs. Lastly, she asked her to take a sip from the third kettle.

What did the girl find? While the carrots had lost their shine and stiffness with boiling, the eggs were unchanged at the surface, but underneath they too had

changed. Now they had lost their inner softness and had turned into a solid mass. But the coffee had made the whole water taste of coffee. Is it not the same with us human beings vis-à-vis the situations in life? Some get weak and pulpy like carrots and lose their shine with just one boil of life. Others may maintain their outer strength and shine but they are totally changed from within. Still, there are people who do not change but they change their surroundings and make them like themselves. The mother asked the daughter what she would like to be in life – a carrot, an egg or the coffee beans. Hence the question with us all is the same what we all wish to be.

However let us remember that our mind is like a temple and we must keep it pure and clean. Let no dirt of evil and wasteful thoughts enter this divine temple. We should always put the angel like images of positive and nourishing thoughts in our mind. ■

AVYAKT SUSTENANCE THROUGH ADI DEV

–B.K. Khem Jokhoo. Trinidad

Thirty-three years of sustenance by Incorporeal God Shiva, through the corporeal form of Prajapita Brahma, completed on 18th January 1969. That day is remembered as *Smriti Diwas*. Thereafter, forty years of *avyakt* sustenance through the angelic or *avyakt* form of Brahma have been experienced. Even the students of Rajyoga became very perplexed when Prajapita Brahma became *avyakt* as they had no prior knowledge of this *avyakt* role in the subtle region. They literally believed that Brahma would physically remain with them until the end of the cycle.

Shiv Baba explains

Avyakt Role

Some three days after Brahma Baba became *avyakt*, Shiv Baba explained, “the part being enacted at the present time is the method to make all of you *avyakt* very quickly”. Shiv Baba told them that those who were stable in the *avyakt* stage would have experienced that Brahma had attained the

angelic form, months before leaving his mortal coil. Shiv Baba knew that some children were feeling mental upheaval which He calmed by reminding them that Brahma would complete the part of establishment through his angelic form.

Avyakt Sustenance – the Destiny in the Drama

Avyakt sustenance through a subtle body of light is easier and faster than sustenance through the corporeal form. There was the need to spread this knowledge throughout the world. Therefore, the part of *avyakt* sustenance was said to be the destiny of the drama, as Brahma Baba would become unlimited to ensure that every soul receives this knowledge.

Prajapita Brahma as Adi Dev in Avyakt Role

On 23rd January 1969, *avyakt* Brahma Baba was 'sent' by Shiv Baba to meet the children for the first time after attaining the *avyakt* form. The time had come for the children to make the

avyakt stage natural. The formal course of knowledge was completed in the corporeal form and this was the beginning of the revision course. Two days earlier, on 21st January, Shiv Baba had told the children that “the body of Brahma had been fixed and so the murlis that were spoken through that body will always be the murlis. There is magic in the *Murli* of BapDada. So you have to revise all the *Murlis* that have already been spoken” as *Murli* is the main form of sustenance.

Brahma Baba, that day, told the children “**Only those children who are stable in the *avyakt* stage will understand this. Are you seeing me in the *vyakt* (corporeal) form or in the *avyakt* (subtle) form? Are you in the corporeal or the subtle stage? If you look whilst in the *vyakt* stage, you will not be able to see the father. Today, I have come to meet you from the subtle region**”. By taking your own *avyakt* form and receiving blessings through *avyakt drishti*, you become the embodiment of remembrance constantly; you become the embodiment of power. So through *drishti* learn the language of *drishti*.

The Difference of Avyakt Drishti and Corporeal Blessings

Shiv Baba in *Avyakt Murli* dated 11th November, 1985 says: “The word you use is “avyakt” and yet your desire is to experience the meeting in the corporeal form. **Now become avyakt, destroy all attachment, maintain the consciousness of One, that is become the embodiment of remembrance**”. This is the basis to pass in the final exam.

Through “words” and through “*drishti*”, both forms of meeting can give the experience of blessings. **This is why, now, stabilise your consciousness in the subtle stage and experience all blessings through the *drishti*. Otherwise, in seeking to listen, you may miss the importance of *drishti*.**

You can experience all blessings and claim all rights simply through *drishti*. The more you stabilise your consciousness in the subtle stage, the more you will catch the language of *avyakt drishti*. **A blessing received through *drishti* is a blessing of permanent transformation, whereas the blessing that comes through words is sometimes remembered and**

sometimes forgotten”.

In *Murli* dated 11th November 1989, Shiv Baba said “When you hear the *Murli*, you feel that you have received power. In the same way, do you have the practice of experiencing the attainment of power through your *drishti*? As you progress further, there won't even be time to give anyone an introduction through words and there won't even be those circumstances, and so what will you do then? Those who are bestowers of blessings and great donors will donate and bless through their *drishti*. **The power of peace, the power of love, the powers of happiness and bliss are all attained through *drishti*”.**

Avyakt Sustenance creates the Golden Age

Avyakt sustenance can be taken when you are in the avyakt stage in the *avyakt* form from Brahma Baba in the subtle region and this includes Godly sustenance of blessings, visions, trance, *murlis*, *sakaash*, touching and catching power. This can be attained at regular intervals during the day, although the most beneficial time is *amritvela*. With this constant

practice, your *drishti* becomes most powerful and you emerge your Golden-Aged *sanskars*. When your vision (*drishti*) changes, the world (*srishti*) will change and when your eternal *sanskars* emerge, the Golden Age will be created.

Avyakt Sustenance and Direct Sustenance

In the beginning in *sakar* form, Brahma Baba did not even realise how powerful his *drishti* became when Shiv Baba was with him. It is said that when his *drishti* fell on people, many instantly closed their eyes and went into trance and had visions of their special deities and in particular Krishna. He was confused at first why people would close their eyes on meeting him until they explained to him. Shiv Baba said in *Murli* on 03.03.07 “Change your *drishti*. Become an image that grants visions”.

In one of the *Sakar Murlis* dated 28.05.07, Baba says: Really, some of these daughters are not clever at all! If someone has to be uplifted, I enter the child and uplift that person. I definitely have to enter an impure body in the impure world. Therefore, in order to bring benefit to

someone, I even enter into some children. Some children do not understand this, whereas those who listen to them become cleverer than they are. It is because of the Father's help. One thing is that there is faith in the intellect,

and secondly, they receive *drishti*.

The destination of Rajyoga is very high and incognito. It requires intense concentration of the mind to listen to this knowledge and purity of intellect to inculcate it. It

also requires utmost faith in this knowledge so as to be able to experience it, as it cannot be proven in a laboratory. These are subtle and incognito matters and it requires a clean and clear intellect to discern it. ■

**EXTRACT FROM AN INTERVIEW BY
RENOWNED TELEVISION AND STAGE
ANCHOR, MR. SUDHIR GADGIL**

(Dadi Janki – 19th December 2008 (evening) – Pune)

Dadi Janki: The seed of spiritual service in Pune was sown by Brahma Baba himself. Jagdamba Saraswati too sustained souls in Pune, having stayed here for months. Deep within this city, lies truth and love – falsehood or deception cannot last for long. There is a Sindhi saying, “The one who speaks the truth can dance” (such a soul is carefree and worriless). Forgiveness, truth and love are wonderful qualities to emulate.

Q1: In an age where people do not live to see 70 years, you have spent 70 years attached to this field of spirituality. How did that come about?

A: I have had religious sanskars from childhood. I used to spend a lot of time with Dada Vaswani, who always gave me love and regard. He would ask me to sit beside him and we would pray together. I would

specially go to the satsang to cook vegetarian meals. So the call to serve natural feelings of love for God and the need for truth are sanskars that are deeply rooted in me.

Worldly influences have never affected me. Despite being a jeweller's daughter, I would never wear jewellery. I used to wear white as a child -- it wasn't that I started after becoming a Brahma Kumari. Truth, cleanliness and simplicity have been my life companions for as long as I remember. I never defame anyone and so how can anyone defame me? The biggest sin these days is to insult or defame one another – gossips turn our minds against that person.

I used to ask God for one thing – a good intellect; I didn't want anything else. With a clean intellect, one is able to

catch God's inspirations. I have always kept myself ready at His service. With will-power and faith in God, nothing can stop me and the boat of my life is sure to be taken across...

Q: What benefit did you take from Baba's *drishti* (pure vision)?

A: Brahma Baba's *drishti* never showed any prejudice towards any caste, culture, religion, or language as we are all children of God. I have never received such a divine *drishti* or experienced this quality of a divine intellect from any other guru. Baba's *drishti* helped me understand 'soul consciousness' deeply. We know what it feels like when a person has lustful vision, or when he is influenced by anger, greed, attachment or ego. Baba's *drishti* helps chase away all these vices and gives us the experience of deep purity, peace, and true love. Even after Brahma Baba left his body, all that I have attained from his *drishti* still carries me forward. ■

PILGRIM'S PROGRESS

– B.K. TNK Varma, Kochi

We all go on a daily pilgrimage, starting the process of purification from *Amritvela*. Baba's remembrance is the only method to reduce the burden of past *sanskars* and purify the inner core which is our true self. What we are used to see is the outer projection which we mistake for the true self. From *Dwapar* onwards, the difference in perception has been widening. This seemingly innocuous but glaringly deep gap between the inner and outer persona is in urgent need of rectification and our efforts are directed at eliminating this gap.

As we progress along the ladder of consciousness from learning to doing and onward to being stage, we undergo a transformation which is partly visible and partly hidden. We may or may not surprise ourselves initially, but we will start seeing the expressions of surprise on the faces of our contacts. When they see a reaction from you to a ques-

tion, comment, a taunt or at worst, an insult different from what they expected, it will show on their faces. This will go on till they accept it as normal coming from you. Observation is a tool which will help us see what we want to see in ourselves in the reactions of others with whom we come in contact. Where they were expecting a vehement protest, they hear only a philosophical statement. No retort, no repartee. No one upmanship. But you made your point by holding your ground and not getting provoked.

When one reaches the

super-conscious stage, no questions remain, like 'who am I'? Duality expires. Brahma Baba towards the final days was an embodiment of that stage was able to form those who came to meet him also to that stage. Hence, those, who had questions to ask and clarifications to seek, forgot their questions as soon as they were ushered into his room. Their questions could not stand spiritual scrutiny.

Now how do we maintain the elevated stage without slipping? Our fall from deity stage to the present *tamo-pradhan* stage was brought about by our submission to vices. A better understanding of how these vices attack and erode our self defence system will make it easier to strengthen our will to fight. Out of the five major vices



lust, anger, greed, attachment are easier to detect than ego. We must understand the main difference between ego and its cousins. All the other vices need an accomplice or partner in the form of a protagonist or antagonist. Ego needs no such thing. 'Me and mine' are the partners. It is therefore the most difficult to eradicate. Baba has underlined this and has permitted Brahmins to cultivate pure ego. The impure ego is one which fuels (and in turn gets fuelled) all other vices. Pure ego has its base in remembrance and that is the basis for all spiritual progress. Thoughts like 'I am the ancestor of humanity', 'I am Master Almighty Authority', 'I am the beloved child of Godfather Shiva' and 'I was the emperor of *Satyuga*' all fall in that category. Baba's farewell message '*Nirakari, Nirvikari, Nirahankari*' leaves no doubt about the fact that ego or *ahankar* will be with us even after the rest of the vices having fled.

The crux of the whole exercise is to keep at it. There is no better tool to maintain a steady progress than maintaining the chart. At least we will

know where we are. Otherwise, it will be like the monkey who fell into a deep well. Somebody lowered a rope he climb. He climbed steadily for some time but slowly started slipping. For every two feet, he climbed, he slipped two feet, but carried on regardless. This extra effort could not be sustained for long and time was lost because he did not have any sustenance or encouragement. Even in our case, sustenance from the *alokik* family is important. Now maintenance of chart is Baba's instruction and as He always had said, 'I am responsible for the outcome of my instructions'. How lucky we Brahmin souls are!

Now a word on the attention needs to be constantly given to one's thoughts, words and deeds. One has to accept first that one's own position is not what one would like to be in. As said earlier, ego is the biggest bottleneck in our spiritual progress. Once we accept the fact that we ourselves are the biggest stumbling block in our spiritual progress, it will be

easier to analyse where one stands in God's scheme of things. The realisation coming out of a true analysis enables the effort maker to concentrate on his weak points and assert his will to work at eliminating it. Never lose your cool. Generally, the tendency is to blame someone or a hostile situation for one's own mistakes. Study how senior BKs handle pressure situations. There is a Hindi saying, which when translated says: 'Kill the snake without breaking the rod.' It means get the work done and at the same time, maintain good relations with everyone. Never forget that everything starts in one's mind. Mind is to be treated like a child. A child can be easily controlled if his attention is directed to things that interest him. Thoughts need no invitation and the mind makes no distinction between positive and negative thoughts. So the sensible effort-maker either diverts or converts negative thoughts into similar looking but positive thoughts or deflects them to a later time zone earmarked for worldly matters.

We have a habit of slipping out the words. It can be a double-edged weapon instead of a means of communication. So avoid committing unless you have to. Otherwise it will be very difficult to follow the dictum, 'Keep your word even at the cost of your life'. It will be difficult to regain lost ground. This is what Baba tells us to cultivate; to be able to see the enemy and his intention before he attacks. We have no personal enmity with anyone but the interplay of the vices is what we want to keep out from.

Action is what makes or negates the good intentions behind it. The question one should ask before embarking on any venture is 'Is my intellect clean and clear'. This will ensure that Baba's touching will correct the course whenever needed, or if something goes wrong somewhere.

Thus the daily pilgrimage can become an exhilarating journey of self discovery. Once the process of analysis is in place, the next step is asserting one's true identity. That is a kind of auto suggestion we give to our mind and regular practice will make it a habit. We are lucky to have a daily supply of these inputs in the form of blessings (*Varadan*) and titles of self-respect which is next only to God's glory. At the end of every working day, we will find that

Baba has made our progress so easy and painless and at the same time entertaining. We shall have surprises galore as the meaning of Baba's golden words 'the more you give the more you gain' and there is no word 'impossible' in the Brahmins' dictionary', sink in and we start experiencing new vistas all along. All that we'll be required to do before retiring for the night is to say 'Thank you Baba, thanks a million!' ■

ONLY IF WE BELIEVE

**To believe is to know that
Every day is a new beginning.
It is to trust that miracles do happen
And dreams really do come true**

**To believe is to see angels
Dancing among the clouds
To know the wonder of a stardust sky
And the wisdom of the man in the moon**

**To believe is to know the value
Of a nurturing heart, and
The beauty of an aging hand
For it is through their teachings we learn to love**

**To believe is to find the strength and
Courage that lies within us
When it is time to pick up
The pieces and begin again**

**To believe is to know we are not alone
That life is a gift and
This is our time to cherish it
With all our heart and soul**

**To believe is to know that wonderful
Surprises are just waiting to happen
And all our hopes and dreams
Are within reach ... Only if we believe**

CHANGE PASTS INTO PRESENTS FOR THE PRESENT

– B.K. Sis. Santhi, Malaysia.

Most of us keep dwelling in the past especially when the past has been sorrowful. **Whatever has happened in the past is good**, as has been said by God Himself but we do not understand what goodness it might have brought, though the event would have been a sorrowful one. Dwelling in the past creates anger, vengeance and grudge over the others living around by thinking back of the sorrows one has experienced. As a result, a lot of energy is drained out. Without understanding the reason as to why we must forget the past we will not put an end to this waste thought.

Having lived without true knowledge and guidance in the past for many births, our minds are tuned to all the negativity in us. In addition, our deep rooted *sanskars* are mainly of sorrow and impure thoughts which never enable us to recognise or recall any past events as beneficial, joyous or positive. The past events in our lives have definitely brought positive

changes to our spiritual stage without our realisation.

Feelings of sorrow start ruling our mind, which make our intellect dull and depriving it using its power to discriminate and judge. This is the main reason to why most human beings who constantly recall the past have turned friends into enemies. Negative experiences may also turn out to be fruitful after some time but positive attainments can be seen instantly.

Consciousness of “I” and “Mine” root cause of sorrow

It is always that we put ourselves in the forefront considering that we have been the victims of circumstances. This is because of our consciousness of “I” and “mine”. As a matter of fact, those who feel that they have been the losers are the ones who gain compared to the then winning party. It is so because every loss, defeat and sorrow experienced is a teacher teaching us to make ourselves equipped better

mentally and spiritually to face more challenges in the long run. “Failures are the stepping stones to success”, therefore, if failures are seen as obstructions to one's happiness, they will become a stumbling block to our effort for the transformation in us. We need to see every scene with our third eye and use our divine power which would transform every bitterness of the past into sweetness.

All human souls are positive and powerful ones

Various situations that arise in our lives are met by us in accordance to the needs of the respective moments. Although all of us have our own predestined part in this eternal drama, we try to solve the problems in our own way and manner. We move along the drama without even realising the storms that we would have undergone. All of us would have definitely gone through some types of sufferings mentally, physically or spiritually because no one in this world could escape pain, sufferings, sorrow or defeat. God, our Heavenly Father says that all of us **in this dirty old world have become poverty stricken** and He also says that we **have become beggars, no matter how wealthy one may be**. If

we sit back and recall every scene of the past in the drama of our lives, only then the significance of our power and strength could be realised. When those inner positive powers in us are realised, we feel amazed as to how strong and courageous we could have been during the time of our sufferings. We need to understand that God, our Father, who is the Creator and Director of this predestined drama says that, **“This drama is very accurate.”** He knows the inner powers of His children because it is He as the Bestower who has given us all positive powers. He also says, **“No one can play your role better than you.”** Hence, whatever has to happen in this drama will happen, so there should not be any regrets over anyone or any situation.

No teacher can be better than situations in our lives

Every bad event and situation makes us into better

persons or characters. It changes us from being egoistic in to egoless, angry into patient, arrogant into humble, rude into kind, jealous into generous, fearful into courageous and confident, in short from vicious to virtuous just as the English proverb says that **every cloud has a silver lining**. Nevertheless, negative traits in us have been our inheritance from Ravan, which we have been proud of and been pratising in our life. It was not until our Supreme Father told us of our original nature, that we **apply brakes** and **make effort** to transform ourselves into our original forms.

Every happening displays some Truth

Our inner positive powers are the components of Truth. **Truth always prevails**; this is why no matter what may happen it is the purity, peace and

positivity in every sense which acts as the weapon to fight against all odds that makes one come into realisation and agree upon its prevalence. That is why God says that **“success is your birth right.”**

It is said that “old is gold” and since our childhood, we have been told that every sorrow must finally yield to happiness. God too says, **“Only those who have lived in hell will come to Me”**. In our many previous births, we have gone through a lot of sorrow, stumbling around in search of God. Likewise, the fruit of our past is the path to our success in our efforts to transformation.

Thus, we as the children of God should not let our past be past or bygones be bygones, instead let us learn to forget the sorrow and wait for eternal happiness that is bound to dawn in our life in the New World. ■

“...Just as the law of gravitation existed before its discovery, and would exist if all humanity forgot it; so it is 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 Vivekanandji** on 19th September, 1893: “Paper on Hinduism” presented in Parliament of World's Religions

GODLY SERVICE REPORT

PUNE

The Mind, Body and Medicine Conference for about 1000 medical professionals was blessed with presence of beloved Rajyogini Dadi Jankiji and other seniors from Madhuban: B.K. Sis. Usha, Dr. B.K. Ashok Mehta, Dr. B.K. Satish Gupta, Dr. B.K. Pratap, Dr. B.K. Banarsi and B.K. Bhupal.

Dadi Jankiji's every minute was spent in sharing Baba's love and bringing the family closer. Dadiji's special love for Pune stems from the 16 years she had served in Pune before she went for further service to London.

Some of the main programmes held in Dadiji's honour included:

On 19th December evening, in an event with elite citizens of Pune, Dadiji was interviewed by renowned television and stage anchor, Sudhir Gadgil. The Medical Conference and session with doctors was inaugurated on 21st December.

In Kakade City Ground, Karvenagar, Dadi Jankiji was honoured with the 'Satguru Bhushan Award 2008', presented by Sri Anna Hazare,

on behalf of the Satguru Parivar. The Parivar honours people for their notable work and contribution in the upliftment of society. The programme organised by the Vital More (Chairperson of Satguru Parivar), was graced by the presence of Padmashri Anna Hazare (prominent social worker), Rameshwar Shastri Maharaj, Sanjay Kakade (Chairman of Rupee Bank), Sanjay Nahar (President of "Sarhad"), Sachin Shinde (President of Vyasana Mukta Yuvak Sangh).

Around 5000 citizens of Pune benefitted from the programme.

BHILAI

BK Sis. Shivani, a renowned motivational speaker from Delhi, whose lectures are being telecast regularly in different TV channels, had a series of programmes at Bhilai, on 26th December, 2008. At 11 a.m., a programme was organised at Bhilai Training Institute assembly hall on the theme: 'Exploring Inner Power' for middle and senior level management of Bhilai

Steel Plant, the largest steel plant in India, chaired by Mr. R. Ramaraju, Managing Director, Bhilai Steel Plant. The programme witnessed a gathering of a large number of top executives that included Bro. T.K. Gupta, Executive Director (Finance), Bro. V.K. Arora, ED (Projects), Bro. S. Sharma, ED, (HSCL) etc., besides a large number of General Managers and senior officials. At 3 p.m., another exclusive programme for lady executives, Mahila Samaj members and relevant people was organised at Kalamandir, a beautiful auditorium, on the theme – Role of women in enhancing Quality of Life, which was chaired by Mrs. Renuka Ramaraju, President, Bhilai Mahila Samaj. The programme was attended by a large number of intellectuals, women activists, wives of Sr. Management, Lady Doctors, relevant NGO's, etc.

CANADA

B.K. Sis. Binny, Manager, Public Relations and Mass Media at Global Hospital, Mount Abu, during her stay at St. Francis Xavier University, Antigonish, Nova Scotia, conducted various sessions on meditation and

stress-free living for participants from 21 countries.

She was the only woman participant in the State of Rajasthan who was awarded scholarship for the Certificate course in "Organisational Learning and Change" at Canada.

St. Francis Xavier University is a leading Canadian University, upholding women position and using innovative approaches to building leadership and strengthening organisational capacity. After successfully completing her course and returning to Mount Abu, BK Sis. Binny while sharing her experience, said that "Most of the people of the western world, including America and Canada, are reflecting deep thirst for spirituality and meditation. While meeting with Mr. Peter Mackay, Defence and Foreign Affairs Minister, Canada, she gave him spiritual message and shared spiritual services of world-wide Centres of Brahma Kumaris. Mr. Mackay appreciated the efforts and noble services of Brahma Kumaris. ■

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 31st, 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.)

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-Dr. Partap Midha

Medical Superintendent & Trustee

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