

GODLY SERVICE REPORT

BANGALORE

A seminar on 'Self-Management Skills for Effective Administration' was organised on 9th February, 2009. The Administrative Service Wing Headquarters coordinator B.K. Harish, B.K. Rohit, B.K. Shailesh and B.K. Sister Veena, executive members, spoke on the topic. Bro. P. Dayananda Pai, M.D., Century Building Industries, Bangalore and Bro. I.M. Kolar, Regional Director, Central Board for Workers Education, Govt. of India, Bangalore, were the chief guest and speaker respectively.

Bro. Dayananda Pai emphasised the need to live in the present, draw experience from the past and plan for the future, with a view to manage the self.

Bro. I.M. Kolar highlighted the need to promote positive culture for better self-management. He cited the 7 principles of Stephen Cove for effective administration.

B.K. Surendran coordinated the stage activities. Rajyogini Dadi Sarla blessed the gathering with her words of wisdom.

About 250 administrators, executives and managers attended the seminar.

CHENNAI

The 1st Hindu Spiritual Service Fair, an exhibition of books and activities, held from 6th-8th February 2009, organised with a view to appreciate and compliment each other's works, was sponsored by Chennai Chapter of Global Foundation for Civilization Harmony (GFCH). Around 40 Hindu spiritual organisations participated in the fair by putting up their stalls depicting their philosophy and their socio-spiritual services. The fair was inaugurated on 6th February by Swami Dayanand Saraswathi, Swami Mitrananda from Chinmaya Mission, Swami Nithyananda from Nithyananda Dhyana Peetham and Swami Abhiramananda from Ramakrishna Mutt.

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RE-INCARNATION OF SUPREME FATHER GOD SHIVA

Diamond Hall in Shantivan, was packed to the capacity with about 18,000 Rajyogis on 22nd February 2009, on the eve of the 73rd *Trimurti* Shiva Jayanti celebrations. Brahma Kumaris sisters, who have been blessed by the Supreme Father God Shiva with the highest wisdom ever since His re-incarnation, have been sharing His message throughout the world in many ways. On 22nd February, there were Godly student-members from over 80 countries listening to divine versions and interacting with the Divine Being. We need divine insight as well as divine intellect to perceive those pure and divine vibrations of the supreme presence through the trance-medium.

The spiritual seekers present during this most elevated meeting enjoyed a very deep and elevated level of consciousness through the observance of day-long silence and reflection in meditation. The personal

practical experience of being in the presence of the Divine Being took everyone beyond the worldly, limited thought-processes. How fortunate we feel on re-discovering our spiritual consciousness and being made aware of our original divine virtues! True to the saying – “We are coloured by the company we keep” – in God's company we naturally have visions of our own highest self that is the most virtuous stage of consciousness, 'Like Father, like son'. It is a wonderful experience of our own re-incarnation (taking on of a spiritual birth) with the re-incarnation of our Supreme Father God Shiva. We celebrate our divine birthday while celebrating God's divine re-incarnation to the fullest.

It would be most appropriate for us to share with our readers the invaluable jewels of God's wisdom (divine versions of 22nd February 2009):

In order to claim the

status of obtaining the first division, your breath and thoughts should be powerful. Let your heart be big and true and your every need will be fulfilled.

“Devotees also celebrate this special birthday (of Shiva), but you children know that this birthday is the birthday of the imperishable love of God, the Father and the children. From the beginning, the Father and children have been together. Along with that, the Father has been with the children in the task of world transformation because there is a lot of love between the Father and the children. This is the special birth as valuable as a diamond.”

“Everywhere, devotees celebrate Shiva Jayanti or Shiv-Ratri; they celebrate with a lot of love. Seeing the devotees, God gives them the fruit of their devotion. However, there is a difference in the way that they celebrate and the way that you celebrate. They celebrate the night whereas you celebrate

amritvela: the most elevated period. It is at *amritvela* that God fills the aprons of all the children with blessings.”

“Maya (weaknesses and vices) does test you, and you have that experience, do you not? Maya also has a lot of love for God's children. Maya's duty is to come and what is the duty of you children? To chase away Maya from a distance. Do not let her come. Some children make a mistake in recognising Maya and wonder whether it is Maya's directions or God's directions. Because of not recognising, they come under the influence of Maya. There is little time left and the promise you have made of carrying out the task of becoming the world transformers and world servers and giving the souls of the world the Father's introduction and to give them their inheritance of liberation is not yet accomplished. Use your time in accomplishing that task. If you use your time in chasing away Maya, then how will you fulfill your promise of becoming the world transformers?”

“You have the knowledge of the entire drama. Therefore, knowledgeable children, in

what way you have to use your time? You have to accumulate two treasures a lot. One of thoughts and the other of time. Both treasures are great and all of you know this because you are the knowledgeable children of the Father, who is knowledgeable. It is only at this time of the Confluence Age that the bank in which you accumulate your treasures exists. Then throughout the whole cycle, you will not have the bank in which you can accumulate.”

“Pay attention at every breath and in every thought. Every breath and every thought should be powerful. It should not be wasteful because what is the title of all of you, those who have come for the first time or those who have come many times? You are the powerful children, not the weak children. You intense effort-makers should completely finish everything wasteful in your dreams, thoughts and in your practical actions. Do you have this courage?”

“When you celebrate Shivratri or Shiv-Jayanti, you specially celebrate three things. The devotees spe-

cially celebrate in three ways. Firstly, they observe a fast. You have also observed a fast in two things from the time that you belonged to the Father. One is purity and that is not just celibacy, but being *Brahma-achari*. What do some children do? They observe the fast of the main big vices, but they allow freedom to the little vices, but the little ones will become very strong. The little ones are no less. It is the little ones that deceive you at that time. Just like a mouse which is small, but it is number one in biting. It blows and bites so that you are not even aware of it. For the little vices and for anger, some children think that that happens all the time and that they have to get angry. Would such a soul be called a perfect soul? You adopted the vow to conquer main vices and their progeny, i.e., small vices and took a pledge that you will always remain pure.”

“In what way do you have *jagran*? They renounce their sleep and you also renounced the sleep of ignorance that you will not allow the sleep of ignorance, the sleep that comes at the wrong time, to come. You will not doze off.

You will not nod off, but always remain alert (in your spiritual life). You have taken this vow too, have you not? The more firm your promise of staying awake and of observing the fast is, the quicker the revelation (of God and His task of world transformation) will take place.”

“Whenever with any child's face, words or actions are filled with a little bit of concern or worry, with waste thoughts or with some type of problem, then God doesn't like it. If the children of God are not able to remain constantly happy, then who else will? It is only you who can, isn't it? Your face should never be the one showing worry; pure you should have thoughts. Whenever any type of worry comes, then remember, “The Father is combined with me.” Hand over the worry to God, your Father. You become one with pure and positive thoughts because God always remains happy. So, should the children be wilted? Whose children are you? You are the children of God. Your face should never be like that, even if a mountain comes, you can change the mountain into cotton-wool. What will

happen if you keep yourself combined with the Father? The mountain will become cotton-wool because you made the Almighty Authority your Companion. You may be weak, but when you have the Almighty Authority combined with you, then use Him at the time of need. Do not use Him just for namesake. Then your face will always be happy and your heart will also remain happy.”

May all on earth receive His blessings and lead the blessed lives!

GENERAL ELECTIONS 2009: New Hopes

The Election Commission of India has announced the schedule for the next General Elections. The stage is set for this very important event to take place in Bharat. The time for elections in five phases from 14th April to 7th May seems to be the best for all sections of society in this vast nation. There is enough time for making fool-proof preparations for free and fair elections. Bharat, being the biggest democracy in the

world, serves as a role model for other nations. The Constitution of India allows for any number of political parties/groups/or even individuals to participate, which is a sign of the air of total freedom that we have enjoyed since 15th August 1947! May our nation continue to enjoy this hard-earned freedom forever – this is our wish and hope for the future.

However, there are a few areas which require a proper scan and review by the voters who have the choice to elect the candidates of their liking. I am impressed by the bold steps being taken by the national daily newspaper, '**The Times of India**', to educate the voters and to empower them to take the right decision during the elections.

For the sake of empowering our democratic forces, we would like to reproduce: “**I Swear...**” published on the front page of The Times of India, Ahmedabad, on Tuesday, 3rd March 2009.

I SWEAR

I swear that this stand I will stand up
Not for what I believe in, but
for what I don't

This time I will vote; not for,
but against

Against my own helplessness

Against my own laziness

Against two words called
'*Chalta hai*'

Against short cuts in queues

Against cheating in exams

Against *Kharcha Paani* in
offices

Against powerless inquiry
commissions

And powerful vote banks

Against religion in politics

And politics in religion

Against illegal constructions

And legal loopholes

Against every cynic, every
non-believer

Against the belief that nothing
will change

Against the feeling that my

Vote cannot make a difference

Against every excuse for not
voting

And I will do this without fear
or shame

Because only by voting
against all that

Is destroying our today, will I
give my

Children something to vote
for tomorrow

LEAD INDIA 2009

Let's make this vote count...

GOLDEN RULES TO REMAIN HEALTHY BY DADI JANKI JI

Dadi Janki ji, 94, reveals the secret of her own health management. Dadiji, a frequent traveller on Godly services, sets an example for others in managing her daily routine while serving the world with great experiences of meditation and Godly wisdom.

Here are some of her guidelines to enjoy good health and true happiness:

► Introversion brings constant happiness

Extroversion brings sorrow and introversion brings happiness. A doctor has medicine for your pain and God has medicine for your sorrow. Where there is happiness, peace and love, an operation can be carried out without any difficulty and you receive the injection of becoming 'bodiless'. You easily become bodiless by being introverted.

► Stop thinking about others, looking at others and blaming others

Causes of illnesses are thinking about others, looking at others and

blaming others. Those who think about others are constantly worrying. Those who blame others are constantly finding fault with others. Only when you first become bodiless and realise what the root of that illness is, can you find its solution. Realise yourself and finish the habit of giving and receiving sorrow through your thoughts, words and actions.

► Understanding and company – Methods to become free from illness.

Many have become ill because of their anger. Our thoughts, words and actions become filled with anger and cause sorrow to ourselves and others simply due to a lack of understanding. When we give sorrow to others, we have to suffer for that. This is why God gives us the understanding to let go of that habit. The influence of the atmosphere of the world around us, pressure and subservience are what compel us to perform wrong actions. Be Holy and Rajyogi. Stay in good company and use your understanding and, then,

you will become free from illness.

▶ **Experiencing happiness by saying “I am sorry”**

The most important thing is to make your feelings, attitudes and visions pure. With purity come truth and humility. Those who are arrogant always try to prove themselves right. It is easy to say, “It is so-and-so's fault.” However, when you say, “It was my mistake and I am sorry”, you receive great happiness.

▶ **The cause of illness – getting upset and confused**

When electronic tests were carried out on Dadi Janki's brain in 1978, the scientists declared Dadi to be 'the most stable mind they have ever met'. “While I was being tested, I was simply observing everything as a detached observer. They asked me to keep on deducting 7 from 100, and many other similar questions, but I wasn't even slightly confused by those questions. To get quickly upset about trivial matters is a bad habit, which leads to illness. So, in order to be healthy, this habit has to

go.”

▶ **How to become free from illness – “Don't worry, no problem”**

First of all, realise the truth by going into silence. Check inside and pay attention to yourself and you will become free from illness for all time. Illnesses may be very old, resulting from the bad actions of many births. There may be worries about the condition of the world or insecurity about the future. Let your thinking now become free from such questions and be completely pure. There is no nourishment like happiness and no illness like worry!

▶ **Constantly maintain the intoxication of becoming like the deities**

All other forms of intoxication cause damage. Maintain the intoxication of what you want to become and what God is making you. Those who give sorrow will do so because it is their duty to give it, but I do not take that. God says: “Focus your mind on Me! No matter what happens,

simply remain quiet. People and situations will then automatically cooperate with you.”

▶ **Constantly remain engaged in Godly service and you won't get tired**

Never think, “There is too much service to do, I have to do so many hours of service, I have to do everything all the time.” When you think like that, the fruit of your service is lost. I am on Godly service and God has made me worthy for service, in order to help me create my fortune. With this awareness you will never get tired. Only those who desire name and fame have the feeling of being insulted or getting tired. Now that I am aware of this, let me be careful.

▶ **Transform “mine” into “yours” and become pure and clean**

When it comes to service, renounce all desires; be ignorant of the knowledge of desire and then there will be the *tapasya* of belonging to one Father and none other. The Almighty Authority is my Companion, Mother, Father, Friend, Swami and

Satguru – this is not just a feeling but a practical experience. Bodily relations are here today and will go tomorrow. Let me have the awareness, “I am a pure soul and I belong to only One and none other. When I leave this body, only the One will be with me.”

▶ **Be a true yogi to become free from disease**

A true yogi has no arrogance of “I” or attachment to “mine”. With his vibrations, a true yogi cures the illnesses of others. A yogi stays in such remembrance that the sins of past births are also absolved. Ask for forgiveness for whatever has happened until now.

▶ **Be your own friend, make God your Friend, and consider everyone to be your friend**

A true friend is one whose food and diet is pure, whose thoughts are elevated, whose interaction with others is filled with spiritual love and who is constantly donating and performing charitable actions. Some philanthropists do not keep anything for themselves. Anyone who comes to them

takes away with them whatever they need. Now that you have true understanding, continue to donate and perform charity.

▶ **Adopt truth and non-violence**

Mahatma Gandhiji adopted truth and non-violence. Ask yourself: Do I have 100% truth and non-violence in me? God is Truth and I, the soul, am His child. When the soul leaves the body, his truth will go with him. There can only be truth where there is cleanliness. All desires are fulfilled with a clean heart. A clean heart will not blame anyone for anything. If I look at the faults of others, they will look at mine and this will echo back to me. Go into the depth of these things and liberate yourself from these things.

▶ **Remove the *rajo* and *tamo* qualities and become *satoguni***

Each one has many virtues and perhaps one defect, but because of having an impure intellect, the defects are visible while the virtues are not. Now,

in order to make your intellect pure, see only the virtues and become virtuous. A pure person will become virtuous and also make others virtuous. Become virtuous and donate your virtues. Take what is useful and leave aside the rest. Give a free sample of this spiritual medicine to everyone.

▶ **Take the three pills daily – the pills of Patience, Peace and Love**

Do not waste any of your time, money or energy. Have a big heart but do not waste anything. Use your time and thoughts in a worthwhile way. Do not breathe hurriedly. Always take the three pills of patience, peace and love. One who worries and hurries then becomes bitter and that burns the heart. So, do not do this but experience patience, peace and love and take away the sorrow of others.

MAY YOU BE EVER
HEALTHY AND EVER
HAPPY!

– B.K. Nirwair

REVELATION OF GOD IN HOLI

– B.K. Khem Jokhoo, Trinidad

Once there was a king named Hiranyakashyap. He did a lot of worship and meditation and lived a very pious and virtuous life. God was very pleased with him and offered to grant him a boon. **The king requested a boon that “he should never die either during the day or night, neither inside or outside a house, nor be killed by anyone born of woman, nor be destroyed by an animal or beast, and nor be hurt by metallic or wooden weapons”.** The boon was granted, but with the passage of time the king felt very invincible and with this arrogance, he forced the people to worship him as God. But to his utter surprise his own son Prahalad defied his wishes. As a result the king felt humiliated and made many attempts to kill his son. And in one of such attempts, the king himself was killed in spite of the boon.

Most Auspicious Confluence Age

The period between the Iron and Golden age is called

the “**auspicious confluence age**” “*Purushottam Sangamyug*”. This is the time when God descends. The Golden Age (*Satyug*) and Silver Age (*Treta Yug*) both taken together are called the “Day of Brahma”. The Copper Age (*Dwapur*) and Iron Age (*Kaliyug*) both taken together are called the “Night of Brahma”. The confluence age signals the period or era of transformation” which is, in other words, called dawn, a period of neither day nor night as referred to in the boon. This is auspicious span of transition when God Shiva descends to destroy the darkness of ignorance or the evils of the world at the end of *Kaliyug*. The king was killed at dawn which is symbolic of the confluence age, which is neither day nor night.

Prahalad means “Child of God”

“Prahalad” stands for innocent, true and virtuous souls following spiritual path.

The kittens in the oven also represent God's faithful and virtuous children who need to be protected from the raging fire of the oven, symbolic of the “heat of the vices”, caused by vices – lust, anger, greed, attachment and ego.

The Gita is very explicit about the fact that God is immune to the cycle of birth and rebirth. God is “*abhokta*” meaning that He is above the bondage of karma, nature and matter. Therefore, if God is “*abhokta*”, He surely does not have a mother or father nor does He ever take birth from the womb of a woman. In the Gita (c-9v-11), God tells Arjuna, “Fools, not knowing my supreme nature, think low of Me, the Lord of creation who has put on the human body. That is, they take me, who have appeared in human garb through my *Yogamaya* (divine potency) for the deliverance of the world, to be an ordinary mortal”.

The creature that was described to kill Hiranya-

kashyapa was depicted as “half man and half lion” and was named “Narsingha”. The creature cannot fit in the category of either man or that of animal or beast. Narsingha, when spiritually interpreted, means “the lion of mankind” which is a title symbolising God alone.

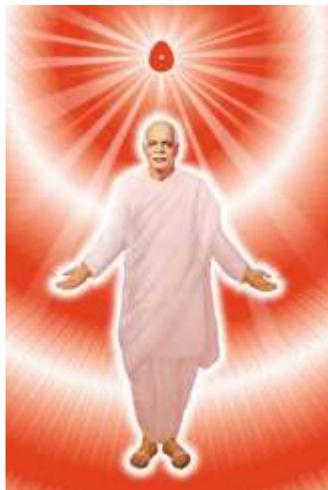
The Iron Gate was so constructed that it separated the inside from the outside of the palace. The king died on the spikes that pierced his body and holding in place on top of the gate. It was neither inside nor outside. Symbolically, this also describes the Confluence age or the "dawn" of transformation.

The claws of the creature are not considered as metallic

or wooden. The claws here represent the weapon of “*Gyan* and *Yoga*”, the teachings of the Gita. Recall how Rama killed Ravan with the “*Brahmastra*” when all other weapons failed to kill Ravan. The “*Brahmastra*” is not a bow and arrow, but it is symbolic of the weapon of *Gyan* and *Yoga*. Recall the “*Sanjeevani Booti*”, the herb that Hanuman carried on the mountain to cure Lakshman. This herb is but the “herb of knowledge” required conquering the vices.

In conclusion, the story of Prahlad is symbolic of the Iron Age when the greedy and evil rulers deeply intoxicated by their devilish and satanic *sanskars*

hijacked the world and its resources. They created chaos in religion, language, law, power and peoples, thereby destroying evidence of the truth and creating mass-confusion. This is why the scriptures say that, in the end, false prophets would be honoured. It is only God who can save this world and this is the significance of Holi. The burning of Holika is symbolic of the burning of the old *sanskars*/things of this corrupt and promiscuous world. **Only God can fit the description of the One who possesses the divine power to destroy the demon. ■**



If you go on adopting the treasures of Maya, noble *sanskars* gradually go on diminishing; the colour of God's company is erased and soul is coloured by vices. While treading this spiritual path, check which colour I am coloured in. What do people do on Holi? First they burn (the vices), then they apply colours, and then celebrate. God has coloured you in the colour of Godly Company, but He also keeps on applying on you the colour of Knowledge, powers and virtues.

– **Avyakt BapDada** (Incorporeal God Father Shiva and Brahma Baba) divine versions dated 09-03-2009

THE IMPORTANCE OF REMEMBRANCE IN LIFE

– B.K. Surendran, Bangalore

It is said that remembrance is life and forgetfulness is death. Nowadays people, in general, remember bad and struggling days of the past, bad behaviour of others, the obstacles others have created in their lives, the resultant sorrows thus heaped on them and so on. By remembering those bad events, they resolve to retaliate, take revenge, resist, and resort to violence and so on. If such remembrance is constant, negative thoughts take their ugly shape and they become negatively tuned. Some people may be reeling under the pressure of imaginative fears of the future. Remembrance of such events robs them of peace and solace. Their life becomes tension-prone and stress-ridden. Their powers of concentration, decision-making and memory start depleting. Waste thoughts multiply and inner strength keeps on reducing, thereby resulting in less

tolerance and decreasing power of accommodation. Such people are most likely to develop symptoms of physical and mental sickness.

REMEMBRANCE IS A NATURAL NATURE

Remembrance is a natural instinct of individuals. We are always habituated to remember and think of some persons, situations, comforts, expectations, results and so on. When we think of or are aware of something, we create a mental form of that thing. Thus, the likely action of that thing follows such thinking. We never go higher than our thinking. When we are aware, we enjoy that moment of life. When we are aware, we learn many hidden facts and facets of life and gain experiences of various kinds. When we have unity in our thoughts, words and deeds, many pitfalls in life are easily

avoided. Life becomes a smooth affair and we have success at every step. Every step takes us to greater heights. When we consciously decide to be in a particular mood and mode, we can be in that particular mode or state of being. Our powers of remembrance increases manifold and our memory power also improves. Our power of visualisation and observation also improve greatly. It also increases our mental stability, resulting in steadfastness as well as peace in life. This process teaches us organised thinking, which indirectly organises our life itself. Everything will be at its place. In this process, a lot of time is saved. Time saved is time earned.

REMEMBRANCE OF GOD

The most exalted remembrance is the sole remembrance of God. It is normally observed that when there is a crisis, severe pain, fear, sorrow, misery or helplessness, people in general remember God only. It reveals that there exists a close relationship between human beings and God. He is the last

resort. He is our Supreme Father and Mother. He is our Supreme Protector. We all know that happiness or peace is not in persons, places and things. It is a state of mind. When we remember one person, there may be taste of sourness; on remembering another person there may be the taste of bitterness. It is also possible that when we remember a particular person, today there may be the feeling of a little sweetness, but tomorrow it may turn out to be sourness and so on.

Again, when we remember a person, place, occasion, or a thing, initially, it may create a little happiness, but as time passes by, the interest of the mind in that object starts withering away and at last it searches for new objects. The mind is found to be on a flirting mood always because it may not get lasting happiness and peace in physical objects. Since the nature of the mind is to remember always some persons, places, events, etc., God asks us to remember Him and exclusively Him alone. When the mind starts remembering God,

it experiences sweetness and peace and, hence the mind pursues that path of remembrance vigorously. It never gets bored or tired of such divine remembrance. It is because the mind is very subtle which is trying to find peace and happiness in physical things at present. There is no proximity or similarity of subtlety in physical things. But, when the mind starts remembering God, it finds the final destination to rest, because there is a close proximity. God is the subtlest of the subtle, the Supreme Being. Once the mind is focussed on God, the Ocean of all virtues and powers, the mind is filled with contentment. The mind is filled with noble attributes of the Lord. It is filled with godliness. The search for happiness and peace from elsewhere stops. Therefore, the happiest moment in the life of a person should be the moment when he remembers God only. It is a pity that many people put in a lot of efforts to concentrate the mind, but they do not know

that the mind will not get focussed on a physical or abstract object for all time, since that is not sentient. But, here, the mind is focused and concentrated in a natural way on God who is the subtlest of the subtle, the infinitesimal point of Supreme conscient light. The closest relationship between the Supreme soul and the soul is revived, promoted and fruitfully realised as a living fruitfully experience this yoga makes it abundantly possible.

God's remembrance brings in ecstasy and inner joy. Our past sins are then burnt and our latencies are divinised. His umbrella of asylum and protection, the super-sensuous joy of being in His Company are felt and that experience naturally inspires the self to remember Him at all times, leaving a positive impact, both during the course of remembrance and at other times. The impact of this remembrance radiates to the surroundings and its rays of light and might travel far and wide. It purifies humans and elements. It fills humans beings with enthusiasm, cheerfulness, happiness

and joy. It activates the elements to respond positively to human needs. The moment we remember God, He also remembers us. In order to bring back the original consciousness of our real personality, purity and glory, He also blesses us with a series of remembrance tips. The soul or self is a subtle being of light. Its original attributes are knowledge, wisdom, purity truth, peace, love, bliss, happiness and power. The moment one thinks of the self, the remembrance of God is flipped up. Associated with this is the remembrance of the Subtle World and the angelic form. One easily becomes an angel then. This remembrance is linked automatically to another stage of remembrance at the incorporeal level. One finds himself in incorporeal stage of existence, in Soul World, in a star-like light form. The consequence of all

these series of remembrances is the ushering in of a new era of Golden Age. A beautiful vision of the future world of Golden Age is unfolded before us. Thus the World of Heaven also becomes another source of remembrance. The power of remembrance (*yoga bal*) is in action now thereby resulting in ushering in of a new world order of peace, purity and prosperity, health, wealth and happiness.

REMEMBRANCE IS RAJYOGA MEDITATION

The remembrance of God and other series of remembrances taken together are termed as Rajyoga meditation. Practising Rajyoga meditation is learning a purposeful, vision-based, God-ward remembrance. Some of the benefits that are derived from this remembrance are

as follows:

BENEFITS:

- ▶ 1. Freedom from vices, waste and negative thoughts.
- ▶ 2. Improvement in mental and physical health.
- ▶ 3. Improvement in concentration and decision-making.
- ▶ 4. Ability to respond positively to people and situations.
- ▶ 5. Enhanced capacity to learn, comprehend and memorise.
- ▶ 6. Ability to convert negative into positive.
- ▶ 7. Better interpersonal relationships.
- ▶ 8. Experience of joy and bliss.
- ▶ 9. Development of self-esteem.
- ▶ 10. Self realisation and God realisation.



BASIC EDUCATION

Basic Education links the children, whether of the cities or villages, to all that is best and lasting in India.

The object of basic education is the physical, intellectual and moral development of children through the medium of a handicraft.

– Mahatma Gandhi

THE JOURNEY OF SOUL

– BK Carol Biberstein

When something is pure, it is powerful, concentrated, new and strong. When it loses purity, it becomes weak, dispersed, mixed with something else, greater in quantity but lesser in quality and older. If you observe anything in this world, you will see that everything moves from a state of purity to impurity or new to old. You can observe any physical object or an organization, or natural formations like trees, rocks and rivers, or bodies of human beings.

The first time I heard this, I tried to argue that some things become better with age, but then I realized that it is a matter of opinion only. Wine and antiques, we would say, improve with age, but they still age and do lose purity. A human being might become wiser with age, but what is really wise? Look into the

eyes of a newborn baby and you will see true wisdom because there is none of the impurity in the body which comes from the tough lessons of life. An older person may be wiser in a worldly way, but they are harder with a wisdom born from the school of hard knocks. A baby has the wisdom of innocence, acceptance and trust and the fearlessness to express his/her feelings without holding back and thinking what people will think of him or her. We are always attracted to purity and this is what makes a group of people in a room gravitate their attention to a baby in their midst. The innocence and purity of a baby remind us of our own original purity and innocence and we feel happy just seeing that. We identify with the body and then we also want to protect

it, for it brings out the mother in all of us. Sometimes, we feel very sentimental about it, wishing we could be like him or her again and sometimes this also brings out a feeling within us of wanting to have a baby.

A tree starts out its journey from the stage of a tiny concentrated seed and then grows and expands until it has reached the stage of a fully grown tree. Then it produces fruit and out of that comes another tiny seed and that whole cycle itself repeats. Some trees do live for a very long time, seen in the rings in the trunk, but eventually even very old trees wither and die.

An infant is born and the baby is pure and its smile is innocent. Then it grows up and begins to age gradually until it reaches the old age. At some point of time, everyone has to die, but death isn't really death; it's just a new beginning. The soul is a seed and it continues on by entering a new body in the womb of a mother. If you could get some perspective on this, you would see that one birth blends into another. It's only the body that

undergoes physical changes during the passage of time and ultimately dies but the soul never dies. The *karmas* (actions) and their consequences continue on and on from birth to birth. The habits and tendencies are carried within the soul and added to as “things happen” to the soul and the soul reacts in a certain way ingrained in it. The way that a soul chooses to react, creates its character. A soul always receives the fruit of its own *karmas* (good or bad action). It isn't God who gives the fruit of action but it is a natural law of the universe that whatever one puts out into the universe in terms of my thoughts, one's words and actions, it will receive the return of these at some point of time to the same degree that it gave out in interactions with others.

Just as a baby starts out with purity and gradually moves to middling purity and then to impurity in old age, (no judgment implied), and just as our lives are a string of many births, then our first birth must

have been one of the maximum purity or strength which gradually lost purity over time bringing us down to the level that we are now. This fact runs contrary to the theory of evolution which humans would like to believe in, that we are constantly evolving and becoming better in the course of time.

It is science and technology which create this illusion and give us the feeling that now, as a human race, we are somewhere. But, morally and spiritually, take a good look at the state of the world, at man's inhumanity to man, at wars happening everywhere, at the inability, no matter how hard they try, to create peace in the world, at the widening gap between the rich and the poor, at the diseases that never existed before, at what we've done to our planet in terms of pollution, and at the natural calamities of extreme magnitude that results in large scale destruction of life and property. All these

reflect that we are receiving the fruit of our actions as a human race, but it is also according to the law of entropy. So, it is a perfectly natural and expected outcome.

Purity has been lost and the old tree is stretched to its maximum expansion. If something didn't intervene in the meantime, as the bearers of this planet, we would completely destroy ourselves. At this time there is only one Soul who remains beyond the cycle of birth and death and, therefore, never loses purity. There is only one Soul who has the strength and power to save the planet from complete annihilation. This Soul is very similar to us in our perfect and pure form, a form that we have fallen so far away from that we have forgotten that we ever were this. Innately, we somehow all know that this Soul is the only One who can bring us back to the pristine state of peace and purity. All religions have some sort of belief in this one, no matter how varied the perception of this one is. No one seems to be able to figure

out exactly who He is but everyone cries out to Him. Even the great sages and holy men of the past said, “*neti, neti*”, i.e., He is neither this nor that. So, why does everyone have some sort of belief in someone who is neither this nor that?

All souls, even the atheists, have a memory of this One deeply embedded within. All souls have a deeply recorded memory of how much benefit this One gave at some time. Souls, matter and God are eternal. The role of the Supreme Soul is purification of souls and of all matter. How can a soul be new or old and still be eternal? A baby is new and the same body becomes old and then it becomes new again. A soul is a traveller through time, through cultures, through religions, through occupations, through relationships and connections. The soul is constant, but it gathers information, joys and sorrows of the physical world as it goes and gradually becomes more and more attached to its own body and the bodies of others

as it moves from a state of pure love and soul-consciousness to a state of fear and body-consciousness.

The time period that we are in right now is very unusual and special in that God Himself is sending special vibrations to the whole world to take everyone up into the ascending stage, to move everyone from completely impure to pure stage. The world is in a lot of upheaval and metaphors because these two energies are at work simultaneously. The great Mahabharata War or the scenes of Revelation are playing themselves out at this time with the ultimate struggle between good and evil, but good, eventually, has to win out because good is always stronger than evil.

The scenes in front of us may seem to be horrendous, but everyone and everything are in a process of purification, which means that everyone is receiving its own *karmic* return of all the wrong actions which it, as a

soul, has performed over many births. This purification process is natural, normal and has happened countless times before. Deep down inside, all souls have some sort of memory of this time period and of God. How they remember it depends on how they passed through it in previous cycles. You may see the cup as half full or half empty. Some souls will see it positively and others will see it negatively and suffer miserably. We all have a choice in this, but it depends on the consciousness that we are in. We all have to go back home, i.e., Soul World or *Param Dham* and we go home together with sweet Baba leading us, and then we come back on to this field of action, one by one, in the dynasty of Shri Lakshmi and Shri Narayan, exactly as we did in the previous cycle without any memory of doing it all before. It is undoubtedly, a wonderful and amazing drama of the three forces – Souls (*Purush*), God (*Param Purush*) and Matter (*Prakriti*)! ■

THE REAL REMEDY OF TENSION – POSITIVE THINKING

–B.K. Chaitali, Sub Ras Pally Road, Burdwan, West Bengal

Thinking is an integral part of our life. We cannot do anything without thinking. But we should always think positively. Negative thinking brings tension which is the root of all diseases. Seeing a glass half-filled with water; someone may say that 'glass is half-full' the other may say 'it is half-empty'. The first one is a positive thinker while the other is a negative thinker.

Thinking is a great art. If you let your thoughts run unconstrained, they may damage your present happiness by opening the past chapter of your life which may be bitter. Thus it may turn your life into miserable one.

There is a story of an Engine Driver who was always in cheerful mood and positive in thinking. He used to see the brighter side of every affair. One day, he met with a serious accident. A car ran over him. One of his legs was seriously injured and it

had to be amputated. His friends thought, "Now he will not see the bright side of life". They went to meet him in the hospital, but it was a great surprise to find him in the same cheerful mood. It was he who consoled the visitors rather than being consoled by them. He said smilingly, "Now I have to buy and clean only one boot. So it will save both my money and time".

Thus, we can solve our problems just by maintaining a healthy and positive approach to life. Nowadays we invite tensions as a result of which many chronic diseases, such as diabetes, depression, frustration, heart disease, hypertension, etc. have erupted. Under tension which has become almost traumatic nowadays, we cannot take proper decision and are unable to distinguish between right and wrong. If we think positive, we can do good deeds and our outlook

becomes positive. Peace, happiness and contentment are gifts of God. A poor man also may be happy and he may lead a tension-free life if he has developed contentment in life. In our everyday life, we also generally find a poor man happier than a rich man.

Hence, the answer to the question –'What is the solution for removing our tension?' is very simple. If we realise that in this world, we have nothing to lose but we are sure to receive 'what is allotted to us' in terms of our actions; this bent of mind will help us to overcome our tension.

A spiritually healthy person enjoys sound sleep as he feels no tension. Though he is not a king of any kingdom yet by his own personal realisation, satisfaction and ratification he is king of his own mind. In contrast, a person lost in the material web of this world will find himself anxiously turning and twisting without getting a small wink

of peaceful and blissful sleep.

So, if we surrender to God and accept life as it is, and remain contented and adjust with all sorts of situations as part of an eternal drama, we will feel no tension. We should always think that past is a dream, future is unknown, and it is only the present that belongs to us. Then we should make best use of the present, which will ultimately influence our future in a most productive way. Meditation will help us in channelising all efforts and energies to that end and enable us to lead a happy life, thereby showing us the real path to everlasting peace and tranquility characteristic of The Soul World *Paramdham*, the eternal abode of incorporeal God. ■

SOUL – THE DIVINE SKYLARK

–**B.K. Yudhisthir**, BK Colony, Shantivan
Principal (B.Ed. College)

Fly, fly, O' Soul, fly to your divine abode
The world of Sixth Element, the Sweet Home, where all souls reside
With the Supreme Soul-the Supreme Father Shiva, and abide
By the laws and the innate nature of the metaphysical world
Fly, fly, O' Soul, to that sweetest and dearest abode

The ordinary bird is Shelley's skylark
That flies with its earthly fluttering wings; it does bask
In the rays of the elemental sun, and does embark
An ordinary flight in the physical firmament, and never does ask
For divine bliss, for limited is the confine of its want and work

But, O' soul, you're one with a difference – the extraordinary one
The divine flight you take only you know alone
With knowledge and yoga – your subtle, celestial wings – you align
And fly silently in flash of a second without any sound and drone
You bask in divine bliss and glory of the Knowledgeful Sun
The Almighty God, who beyond the Sun, moon, and stars, does shine
And, as the Lord of the Three worlds, does direct and reign
Alas! There even you move and merge with Baba in silence, solemn
To fulfil the unlimited wants and works of your heart often

The poet's lark is the common bird and sings often
Only futile songs of events, human and mundane
The mere mortal bird, it dies unremembered after its limited life span
And its works are also soon done and forgotten

But, O, Soul, the uncommon bird, in your pristine state you're most rare
You sing only divine songs and 'murlis' that purify they self and other
You're the immortal bird that dies never
And thy works and essences are remembered ever
By the humans, gods and God equally sure
For you're the benefactor of humans, deities and elemental Nature
And worshipped as 'Shaligram' along with God Shiva, the Sole Creator
The Sole Maker and Redeemer, the Main Actor and Director

MOUNT ABU: THE LAND OF SERENITY

– **Vijay Saihgal**, former Editor, Dainik Tribune, Chandigarh



There may be many attractions of visiting Mount Abu, the only hill station of Rajasthan. Though from tourism point of view, the fabulous mountains of Aravali attract lakhs of tourists, yet its spiritual fascination is much more charming. Although Mount Abu has been the centre of activities of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya for decades, yet the contribution it has provided to the society in terms of world peace, spiritual goodwill, *tapasya* and sacrifice, is rarely seen in the world today. There must be some reasons why Mount Abu has been the heart of holy places such as Dilwara Jain Temple, the great ashram – Guru Shikhar, Achal Garh, Shankar Muth and Brahma Kumaris World Spiritual University. As per the Hindu mythology, it is believed that once upon a time there lived 33 crore deities on this earth.

This was my fourth visit to Mount Abu. Prior to this visit, I had got an opportunity to

visit Mount Abu on three different occasions, on invitations. This time the occasion was the four-day National Seminar-cum-Retreat 'Media for Value-based Society', organised at Gyan Sarovar Complex of Brahma Kumaris World Spiritual University. In other words, it was a great opportunity to churn the pearls of wisdom and relax in the lap of nature in Aravali Mountains. Today, in the context of changing social scenario, while the eyes of the entire nation are fixed on media, the seminar-cum-retreat organised by the media wing of Rajyoga Education and Research Foundation at Gyan Sarovar, had been crucial from many aspects. For that purpose, which place could have been more serene and peaceful than the Academy for a Better World – Gyan Sarovar – where thousands of media persons had assembled together for churning the pearls of wisdom! It seemed

as if *Gyan Ganga* had been flowing for some days there. However, amongst such a big crowd, how many had assembled there for the cause of value-based journalism in real sense, is a separate issue. In spite of that, such an organisation could certainly bring about some spark in the context of establishing a new Golden-aged world. This time, I got an opportunity to be there, after five long years. During that period, although Mount Abu had maintained its divinity, yet, internally, the mind was afraid as to how that complex would look without the Jewel of Light – Dadi Prakashmani, the Chief Administrator of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. When she left her mortal coil in August 2007, we were in Canada. We were, in fact, shocked by the news received through internet. Whenever we media persons visited Mount Abu, we would receive her motherly love. Presently her place has been taken over by Dadi

Janki. During every main event of the seminar, we were blessed with her divine presence and company. What I felt was that we saw the same affectionate and blissful Dadi Prakashmani in Dadi Janki. We experienced the same divinity, love and smile on Dadi Janki's face as we used to see on Dadi Prakashmani's face. Dadi Prakashmani always believed that media could play a positive role in the social transformation and establishment of a better world. Dadi Janki has the same conviction. She believes that instead of sensation, violence and negativity, the media needs to bring about positive transformation in the society. Besides, spirituality needs to come forward for the betterment of the society. For this, it is not necessary that media person should become a sanyasi; a spirit of selfless and dedicated service with pen is the true identification of a media person.

Those were the last days of May 2008. We reached Abu Road station at 6-30 a.m. by Rajdhani Express. Many passengers travelling from Delhi to Gujarat travel in this train; while a very large crowd also gets down at Abu Road

station. Here, B.K. Bro. Lakshman had come to receive us. Alternatively, many buses and taxis ply between Abu Road and Mount Abu. There is abundance of hotels and guest-houses of many types. It took one hour to reach Mount Abu. While we climbed up the zigzag road, the natural beauty was very charming and amazing. There was moisture in the air and sky was cloudy.

Mount Abu is 27 kilometres away from Abu Road. After such a long journey, when we reached Madhuban, the international headquarters of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya and thereafter Gyan Sarovar, it seemed as if we had entered into heaven. Mount Abu is about 4000 ft. above the sea level. The main complex of the Ishwariya Vishwa Vidyalaya along with its units, Nakki lake, main market and many places of mythological significance, have been the centres of great attraction for the visitors. Wherever we moved, we found *Gyan-Ganga* flowing that takes humankind towards spiritu-

ality. According to Dadi Janki, Rajyoga is the medium for divinisation of mankind.

Churning the points on Media at Gyan Sarovar and attending the meeting on spirituality, how the days passed at Gyan Sarovar, I don't know. Here, whatever points came up for discussion, made it clear that today the world is worried about role of media and the degradation of values. The people of the world are also worried as to who would uplift them from such an adverse situation. Under such circumstances, it would be wrong to blame media entirely. Even today, most people believe that the goodwill of the society lies on a value-based media. It is a separate issue that even a fish is enough to infect the whole pond. That was why Dadi Janki made it clear that media has the power to give right direction to the society. So, media persons must use that Brahmastra for the welfare of the society. She advised and encouraged media persons to publish a *Khush Khabar*, i.e., 'Good News', daily in their newspapers.

At Mount Abu, during the seminar for media, the opportunity of get-together of

eminent personalities of spirituality and media was also provided. Otherwise, media persons don't have that much time. Those days, there was so much turmoil on the movement of reservation in Rajasthan. Due to that, many media persons were worried as to how they would be able to return. During this seminar, I got an opportunity to meet brothers B.K. Om Prakash and B.K. Karuna, Chairperson and Vice Chairperson, respectively of Media wing. One day, we visited Global Hospital and Research Centre, Mt. Abu, along with B.K. Ranjit Fuliya, Associate Editor of The World Renewal magazine. This hospital is managed by the P.B.K.I.V.V. itself. There we met Dr. Pratap Midha, its Medical Superintendent who also hails from Chandigarh. This hospital provides all important medical facilities to the people of the area. At Mount Abu, thousands of dedicated Brahma Kumars and Kumaris are doing selfless service of society and they are working for the establishment of a better world. They have got such inspiration and education from the founder of the

organisation – Dada Lekhraj, i.e., Brahma Baba, on whose principles this institution has been running. It has about 8000 branches in more than 100 countries of the world.

When we visited Mount Abu for the first time, this complex consisted of Talheti (now known as Shantivan complex) and Madhuban i.e. Pandav Bhawan. Mr. Harbhajan Singh, the then Editor, Punjabi Tribune, had also accompanied us. Now, it has been further expanded beyond Gyan Sarovar, up to Peace Park. We have seen the construction of 'Academy for a Better World – Gyan Sarovar'. The two ponds, besides being naturally beautiful, also perform the two important tasks of preserving the rain-water and producing electricity. These days, if you visit the nearby rural areas of Mount Abu, you will have the glimpses of social development. This comprises environmental conservation, solar energy, and development of forest, literacy and health awareness, apart from women empowerment. This progress shows that subjects like spirituality and human

welfare are complimentary to each other, provided they are taken together.

Approximately 5 kms away from village Oriya, Gurushikhar is the highest peak of Aravali mountain ranges. It is famous for the temple of Guru Dattatreya where his footsteps are there. As per Hindu mythology, Guru Dattatreya is considered the incarnation of Lord Vishnu. Without the mention of Gaumukh and Vashisth Ashram, this article will be incomplete. Gaumukh could be a subject of research for those researchers who have been searching for the extinguished river Saraswati. When you arrive at Gaumukh, you see a pond. It is believed that river Saraswati is still flowing from Gaumukh. On a pillar of this pond, there is written – *“Yeh kal-kal chhal-chhal bahti, kya kehti Saraswati dhara, yug-yug se behta aaya yeh punya pravah hamara.”* The English translation of these lines is, “What says the murmuring and nimble Saraswati river, This virtuous river of ours has been flowing from ages together.” ■

A MOTH IN LOVE WITH THE ETERNAL FLAME

(Contd. from Feb. 2009)

– B.K. Prakash Talathi, Lagos, Nigeria

In the February issue, we read how the spiritual knowledge changed the life of Bro. Prakash Talathi by providing key to important questions about soul, The Supreme Soul and the drama of life. The problems of mundane life and adversities in professional life opened new vistas of inner development and eventually proved beneficial to him. He also became instrument in spiritual service through T.V. During a spiritual sojourn at Mt. Abu, he got highly inspired. In this issue, Bro. Prakash shares with us how Almighty Himself becomes our saviour in the most turbulent hour and we turn victorious, with an increased self-confidence and unshakable faith in Incorporeal God Father Shiva. – **The Editor**

As I had been benefited from Sunday evening talk at Mr. Bakshani's place, I got inspired and organized spiritual classes at my residence every Sunday. After a few weeks the attendance reduced and one morning there were only two persons. Sister Rewa, however, was speaking as if she was addressing 200 persons. I was unhappy at the attendance. I was restless because the sister had come all the way through rain and the attendance was so poor. Some questions cropped up in my mind. Should I go out and invite someone or call some others through the

phone? What should I do? These thoughts made me restless and suddenly I came out and decided to stop any car that would pass by and invite those people. A car came and I signalled it to stop. It stopped; the driver got down and came to me leaving the door opened. **I said to him, "Brother, there is a spiritual class going on at my residence and an important person, a Rajyogini sister is sharing the wealth of knowledge. Will you come and listen to her, please." He looked at his wrist-watch and said, "I am going to my home as I have to take my wife to**

church; I don't have time now". However, I again requested, "Please come in just for two minutes". Seeing the zeal in my request, he agreed and signalled to his companion to take the car to his residence. Then he accompanied me, listened to Didi's talk for about five minutes and then gestured to get up. My heart started beating rapidly, as I felt that he would leave. But he said, "I will go home and bring my wife and family." I could not believe my ears. He instantly went home and brought his family. And with them he also brought the family of his in-laws and two other colleagues from his company. My house was full and so was my heart.

The name of this person is Brother Gamini Virsinghe; he is a Sri Lankan and is very cooperative in Baba's service till this day. When we started looking for new premises for Rajyoga Centre, the one we selected was recently built but had not been finished. Brother Gamini came forward and carried out the pending jobs to our satisfaction.

Once, Bro. Gamini told me, "When you stopped me the first day on the road, I felt a pull." I know that this is not

within my capacity to pull someone. Then who was the one that gave him such experience? It is clear that BapDada made me an instrument to draw him here.

Another point I appreciate the most in this incidence is the perfect timing of Drama. The time I myself came out of the house on the road and brother Gamini's car came on the scene was exactly accurate. It was so arranged in drama to create Gamini's fortune that after a little while we went for Baba's new house. So just before acquiring the new house Baba caught him to give him an opportunity to create his fortune by knowing and recognizing the Father and completing the pending work. Drama is so perfectly accurate!

Even in the event of Baba giving me *tolis*, where I was seated, I was surprised how I was brought from that place to the front row, and how Baba's sweet and magnetic glance fell on me! The entire sequence is so wonderfully and accurately designed in the drama. It became a memorable and an invaluable event in my life, which I have cherished and preserved in my heart, the remembrance of which gives me a lot of pleasure and super-

sensuous joy and delightful experience of easy yoga.

After getting this divine knowledge, very easily I got rid of my addiction to smoking, drinking and *tamasik* food. No efforts at all on my part for all this! It must be Baba's help. Because due to acidity I had tried my best to give up smoking cigarette many times in the past but could not succeed then!

The chairman of the organisation I was working in was a Sindhi gentleman, named Chief H. B. Chanrai. He is a pious person. Every full-moon day he does perform a devotional ceremony of Satya Narayan Pooja. After this a meal is served. Because of me they resolved to prepare vegetarian food, without using any onion and garlic. This went on for some time and then I decided to eat only Brahma-Bhojan. However, I did not know anything about cooking. I was well looked after by my mother and my wife. Now alone in Nigeria, I did not know cooking. But a thought came to my mind that in some of my previous lives, I must have been a female and so must have cooked food for the entire

family. So, it is not difficult to cook; it is only a matter of entering in kitchen and the past memory will guide me as the past *sanskars* will emerge. And to my surprise, this proposition worked. I started making quite a few items just sufficient to survive. I am not so much fussy about taste and that also helped me. One Saturday I had to go to the chairman's house as one elderly *mahatma* (great soul) had come and the discourse was followed by food. After the discourse, everyone was going for food except me. Seeing this, the chairman requested me to join them. I said, "I am on fast." Being an elderly person from a reputed royal Sindhi family he knows about our organisation. He said, "I know Om Mandali; none of them observes fast." My *yukti* (trick) failed. So, I had to come out with truth. I disclosed, "Now-a-days I cook my own food and do not eat elsewhere as these are our disciplines, and by following these, I can progress in my spiritual life much better". He exclaimed, "You are a *devta* (Deity)! and let me go home without taking food. I took his remark as a certificate which gave me immense strength to observe my disciplines.

In the year 2000, there came a time in my life that I should decide once for all, what I want to do. Should I go for Baba or should I continue the way I am doing. I was pulled by both the options, my Baba and my career. Both were demanding my time. I had to select one of them and do justice to it. Finally, I decided to go for Baba and resigned my job. My employer was not ready to accept it.

Before I left Lagos, one evening whilst we were taking dinner, a phone call came. As I observe silence whilst eating, my wife Sucheta took the call. Someone warned her to 'take care of your husband' and disconnected. She couldn't make any sense and got scared. Luckily within a fortnight she left for India as planned earlier. I was to follow her in a month's time. It was a festive period of Christmas. One evening when I was sorting out some papers upstairs in my bedroom, the door-bell rang. From balcony I asked who he was. The person was my security guard who had forgotten his keys in the house. I asked him to wait and continued my work. Within a few minutes he rang again showing his urgency

and thereby annoying me. I came down, opened the door and saw that someone pushed the door forcing my security guard in by kicking him at his back and entered in the house. I lost my balance and sat on the small stool. He was followed by three persons, one of them with a gun. The first one pulled my specs, so that I should not identify them later and took out my ring and gold badge of 'Om Shanti'. He told me to go upstairs and as I did so, they followed me. On the way he said I should hand over my gun. I said I didn't have any. In the bedroom he asked me to give dollars, pounds and jewellery. Naira, the local currency, was the last priority. One of them beat my security guard to scare me. I said in my mind, "Baba, today it seems I may be coming to you." Coolly, I gave all the currencies and said, "My brother, my wife, travelled just recently and she took away her jewellery." My habit of calling everyone as brother might have touched him and so throughout none of them misbehaved with me, as if a shield of protection was around me. No one can dare

to enter, no one can dare to touch the one who serves God and enjoys the canopy of protection. This incidence proved that nobody can harm the children of God.

Meanwhile, the door-bell rang; the gunman brought me down the stairs and warned me to behave well. The door was open and their fifth man was standing outside. He said to his leader, "Finish fast. People are moving around and they may become suspicious seeing me." He brought me back to my bedroom; others had searched other bedrooms and left. The gunman forced me to enter the wardrobe and then tried to close the door, couldn't succeed and left me in that state.

I stayed like that for a while. I heard sound of some fire crackers. I came out of the wardrobe, searched the entire house but couldn't find my security personnel. The telephone lines were cut, and the door was wide open. Again someone came rushing towards me; luckily he was the security man. He said they caught one and killed one while others escaped. But how could this happen? He told that when they were busy with me, he quietly slipped out of

contd. on page no. 26

A GIRLS' HOSTEL: GATEWAY TO DIVINITY

(The experiences of Kumaris of Divine Life Girls' Hostel, Indore)

In today's world of cut-throat competition, where impressionable young minds find it difficult to resist the attractions of modern life, it causes anxiety, stress, etc. to their parents. There is still a ray of hope, in the form of Divine Life Girls' Hostel alias 'Shakti Niketan', which for the last 27 years, has been working selflessly with the aim of divinising girls students. Today, in the world of sheer selfishness and opportunism in most of the fields including education, this hostel provides golden opportunity to girl students where they can blossom into fragrant flowers.

Despite diversity of region, language, caste and creed, all the students live in perfect harmony. The main object of Shakti Niketan is to provide to the inmates ample opportunities for self-development and character-building along with value education. By shaping girls'

life as true citizens with strong character, "Shakti Niketan" has been rendering unique service to society. Here are some experiences of the girls residing in the hostel, in their own words:-

► Before joining the hostel, I was too much attached to the worldly affairs. I took interest in making new



Kiran Agrawal (C.G., BA 3rd Year)

friends, loitering without aim and watching movies etc. Due to these involvements, I turned out to be selfish. Gradually, I felt an inner vacuum which caused despondency and despair. But no sooner I joined this hostel, a total reformation took place in my life. I learnt how to control my thoughts.

Noble Company and pure food purified me not only externally but internally too. Here I realised the existence of God. That very feeling provoked in me love for God and love for the self too. Now I am a positive person.

► As I entered into this innovative hostel, I could inculcate ethical values which I lacked earlier. I was pilferer;



**Priyanka Suryavanshi
Baroda, 9th Class**

to chide others was my recreation, telling a lie was infused with me. But the holy environment of this hostel and daily practice of meditation drove out all my ill habits and honesty shaped into my life as an asset.

► I was quite arrogant and

negligent. Long chatting on internet, making friendship



Nupoor Bawne Pune, 12th Class

with strangers and to chat for hours on cell were my pastimes. But a celestial gift was bestowed on me no sooner I joined this hostel. I experienced true pleasure which I could not find earlier. I had a keen desire to do something unique but without any vision I couldn't do it. I got a divine vision here. The regular classes on spiritual secrets opened new vistas and simplicity; pioussness became a way of life.

► I used to dress myself as a boy and my lifestyle, my mode of talking, the eating habits were just like a boy. I always liked to be in their company. To quarrel with others, tease them and doing nothing throughout the day had been my habit. No sooner I joined this hostel, my entire



Yaiphabi, Manipur, 9th Class

lifestyle changed. My simplicity and modesty in behaviour have amazed my family members; their joy knew no bounds. As Shakti Niketan is situated in a region where Hindi language is prominently spoken, my Hindi too is now polished.

► When I was with my family, I used to be fully dependent on them. To argue with elders was my bad habit. I never thought what I had to do in my life and what



**Gouri Laxmi, Brahmapur, Orissa
11th Class**

was the aim of my life. After entering Divine Life Girls' hostel, I learnt how to be self-dependent, and realised the value of life. All my

tensions and burdens I handed over to my Shiv Baba. Thus I felt relaxed; this created in me an interest in studies.

► While living in this hostel I found a lot of changes in me. I could understand deep secrets



Rajmani, Bihar Sharif, 9th Class

of *Gyan-Yoga* and this increased in me love for Shiv Baba. This positive change has surprised my family members. Now my parents too have started following spiritual knowledge. I observe complete silence on Monday because on every Monday *Maun* {complete silence} is observed in the hostel.

THE SALIENT FEATURES OF THE HOSTEL

- Presently 150 girls from 24 states of India, Nepal and Sri Lanka reside here.
- Training is provided in music, dance, writing aptitude, public-speaking, stitching, embroidery,

knitting, cleaning, house decoration, cooking etc.

- ▶ A remarkable performance by girls in annual examination during this session. Most of the girls have obtained first or second rank in their respective classes and many have secured distinctions in the examination which has glorified the name of the hostel. The hostel-resident kumari Vasumati stood second in the merit-list of bachelor's degree examination conducted by Devi Ahilya University.
- ▶ The inmates are trained to handle various departments and they themselves supervise the hostel activities. Education section, cleanliness portfolio, Art and culture department, kitchen supervision, decoration activity and management of Accounts are some prominent departments.

***For new admissions to the hostel, contact during March/April. The admission process commences in May and June.
For further information contact:-***

B. K. Karuna

“Divine Life Girls’ Hostel”

**Om Shanti Bhawan,
New Palasia, Indore,
PIN: 452 001 (M.P)
Phone No. 0731-2531631
Fax- 0731-2430444
Mobile – 94253-16843
Email:
shaktiniketan.ind@bkivv.org
shaktiniketan@gmail.com**

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the house and reported to the police and repeatedly requested them to come to help me.

How he managed to slip from there was quite wonderful! So, that was the sound of fire crackers I heard.

Next day morning, as a daily routine I went to the centre to listen to Murli; no one noticed anything. On my return, the Secretary of the estate told me that the Police killed four persons and only one could escape. There was a benefit in this. If they would have killed all the robbers, the insurance company would have refused to compensate me.

It has been my experience that I do not serve; but dearest Baba gets it done through me. I only catch his signals and work on them. When I receive success, I understand that it was Baba's signal. I merge myself in Baba's love and the fortune-maker Himself creates my fortune. I do not have to do anything; I just immerse myself in the Ocean of love. I fill myself to the fullest of my capacity. As the river runs through the mountains, dancing to meet her love and flows towards it notwithstanding obstacles that come her way, she flows with grace and meets the ocean at one point and gets merged into it. No one then can separate the river water from the ocean because she herself has become the ocean now. I am the river that flows into the ocean and becomes one with that. Every stream of the river becomes one with the ocean. Then the river benefits through whatever the ocean does that. I am that lucky one. My duty is wherever and whenever Baba needs me, I should be present there and hand myself over to Him.

(to be contd.)

LAUGHTER: THE STRESS RELIEVER

– B.K. Sangeeta Chandak, Surat

**The resonance of the laughter is
Something that can never
surfeit
O' God! Give me more and
more of laughter
That makes me very content
and sweet**

The world at present is one of utmost stress in which the soul is influenced very quickly. Even after the profound effect of science on human beings, they are always struggling in their life and are always full of stress. The whole atmosphere of today is surrounded with the vibrations of stress. Man gets up in the morning with stress and goes to sleep with stress. In the modern society people generally suffer from in body and mind so stress has now become a chronic psychosomatic disease which is the outcome of our living in the world of various uncertainties, accidents and injustices. But, in fact, it is a more superficial symptom of a much deeper and complex crisis in man's existence.

Stress was discovered in

the 1930s. Stress in itself is not bad; some of it is even good. Our body is a wonderful machine and like a machine, when some demand is placed on it, our body responds. Some machines can, like race-horses, thrive on stress and are only happy with a vigorous and fast-paced lifestyle. Others are like turtles require peace, quietness and a generally tranquil environment to be happy.

Stress is a powerful force which can either do a lot of good or cause extensive harm depending upon how it is handled. It is like a flowing river. When you tame the river by putting up bunds and dams, you are able to direct the water to the places where you need it. But when the river is untamed, it can cause havoc. So it is also with the stress.

Stress is the result of a mismatch between demands and the resources available

to meet such demands. So, we can manage our stress by either reducing our demands or increasing our resources. When we cannot arrive at a balance between demands and resources, our bodies react with the “fright, fight or flight” response. When demands remain unfulfilled, the result is unproductive tension.

Stress is scientifically defined as internal resistance set up in a material when an external load is applied. At present time this definition is also appropriate to the human being because we see that the increase in lawlessness and violence, proliferation of weapons of mass destruction, contamination by irreversible pollution, etc. act like an external load, and when this load is applied on human being, the internal resistance i.e., mental stress is set up in human body. It is mental, i.e. it is always in our minds. Stress starts in the head. Events do not cause stress; how we interpret and react to these events cause stress. It relates to an imbalance between demands made on us, generally from external sources, and or from our capabilities to meet these

demands. In other words, we can simply define stress as lack of tolerance power and patience when we face untoward situation and unexpected circumstances with weak and negative thoughts.

It is necessary to distinguish between temporary stress that will subside when a situation is settled and chronic or long term stress which continues or lingers long. Oftentimes, an individual can adjust with short term stress. It can be resolved by meditation, taking walks and interaction with friend or simply rest/sleep. While chronic or long term stress, on the other hand, is more difficult to deal with, and eventually results in physical and emotional imbalance.

Stress is the result of unruly emotions; it is the result of intemperate reactions; it is a question of demand and supply of time and money, and so on. Stress occurs when we have to deal with things that our mind cannot deal with or cope with.

Promod Batra has compared stress with a rose bush! He says, "It depends on how you look at it. You might see

the rose bush as a treacherous plant, its branches covered with sharp thorns with some rose flowers at the ends, or you might see the rose bush as all roses with a few thorns underneath - and even these thorns crumble when you hold the bush forcefully with a gloved hand!"

When we cannot solve our problems, we become tense. In a nutshell, this is stress. Most stressful problems are really the absence of ideas. Why do we have problems?

One-third of our problems are there because we are alive and kicking; another one-third of our problems are created by ourselves and the remaining one-third of our problems exist because of our vices like greed and ego. Stress is also the result of doing too much in too little time.

Stress is internal tension. Bottling up tension leaves our bodies vulnerable to a variety of health problems. The other side of stress is happiness. Take a coin, write HAPPY on one side and STRESS on the other. Take another coin and write

HAPPY on both sides. Take a third coin and write STRESS on both sides. Whenever you get up in the morning, decide which coin you want to put in your "fountainhead", i.e., your mind for the day, for the week, for the year.

There are many ways to relieve ourselves from stress. But the most simple and easily and inexpensive way to relieve stress available is laughter. Laugh and the world will laugh with you. If we had to find mass possibly a single best way to reduce stress in almost all problem situations, it is laughter. Laughter is the purest form of human expression that transcends all ages, castes, creeds, religions and other differences.

Laughter is nature's greatest nourishment. A good laugh shakes up the liver and immediately makes us feel better in every way. Many of us "enjoy" inflicting "self-wounds"! We all know that laughter kills stress. We also know that there is nothing so cheap and easy to produce as laughter, but still we prefer producing stress knowing very well that it is harmful for us. Mind and

body are very well connected. Mind can make the body either sick or well; depends upon all of us how we regulate our mind. Mind can produce laughter or stress. Start whistling we will make ourselves happy. Make up your mind to laugh at your cares and worries and your stress will disappear.

Laughter brings strength. Now, even medical science says that laughter is one of the best medicines. It lowers our blood pressure, reduces stress, hormones, and boosts our immune system. These, as we may know, are the characteristics of a stress-free body. Laughter is a natural killer of stress because it loosens the body and makes us feel carefree.

The most important thing that laughter does to us is that it causes sudden movement in us. It makes us shake, move and giggle; thereby it helps relax the body and thus releases endorphins – the natural painkillers in the body. Combine this with the greater intake and use of oxygen in the body, then you will have the perfect recipe for relaxation and stress-reduction.

Stress and anxiety can

easily be cured through laughter. Sometimes you don't even have to laugh loudly; only a smile can work wonders. When you get up in the morning, you should make it a habit to wear a big grin that brightens up our face. Think of nothing, just smile. Just get out of bed and start the day. You'll never feel stressed throughout the day. Only laugh and smile, you will feel that laughter works like a magic pill.

There is a connection between laughter and stress management. Sigmund Freud found that laughter could release tension. For this reason, laughter is seen and used as a coping mechanism when we get into a negative mood.

According to Steve Wilson, M.A., CSP, and a psychologist and laugh therapist, laughter is so helpful because "We change physically. We use muscles, stretch and our heart rate increases." Laughter is controlled by the brain. An important part of the brain, the limbic system is involved in laughter. This part of the brain helps us to

deal with emotions and to function properly for our survival. Laughter is also linked to the part of the brain where endorphins are produced. This chemical is a painkiller. Endorphins also lower epinephrine which is a chemical that is associated with stress.

Sometimes we find that laughing is not so easy as we see but through self-thinking and self-reinforcing, we can build self-respect in our own mind and then remain smiling and stress-free.

Bonnie Ruth Shaulis writes:

**Laughter is a pleasant sound
It spreads joy all around
Whether you're young or old
Laughter can be like magic to
you souls
Whenever we're feeling sad
Laughter can sustain, things
don't seem quite so bad
Laughter can be like cure
For something that seems
impossible to endure
So anytime your spirits need a
lift
Fill yourself with laughter and
you will find
Yourself a much happier
person with a peaceful frame
of mind ■**

– Contd. from page no. 1–

In BKs stall, there was a pictorial depiction of Rajyoga and related spiritual knowledge, literature, CD's, information about the organisation and its activities. Besides, two TV sets were kept with silent videos. 'Meditation Room' gave a deep experience of peace and tranquillity to the visitors who were gifted a special blessing card which was highly appreciated.

The cultural programmes in the evening were highly appreciated by the audience. Around 50,000 visitors, mostly from intellectual and elite group of society visited the fair. After visiting all the stalls, they were led to the central exhibit hall having introductory board of the participating organisations with the photo of their founder or Guru. The BKs also provided 15 volunteers to GFCH for different services in the fair.

Special visitors to the BKs stalls included actress Revathi, Mrs. and Mr. Krishnaswamy (Padma Bhusan Awardee), Swami Mithrananda from Chinmaya

Mission and Swami Nithyananda from Nithyananda Dhyana Peetham.

HYDERABAD

The 73rd Shiv-Jayanti Celebrations were held in the form of depiction of **Shiva Temples** at four different places. A **70 feet Amarnath cave** was depicted in the exhibition at Saroonagar in South East Hyderabad, with stalls depicting the present *Kaliyuga*, *Sangamyuga* and forthcoming *Satyuga* scenario, along with a stall of value games. A giant **Somnath Temple** was put up in the exhibition grounds in the heart of the city, and **Dwadash Jyotirlinga – Twelve Shiva Temples** were put up in the **Hi-tech city**, which is on the north-west side of Hyderabad and also at **S.R. Nagar**, in the north.

During February, **Bro. Nirwair** from Mount Abu along with **Bro. Mahesh** from London, **Sis. Dr. Kala** of Global Village retreat centre from New York and **Sis. Pratibha** from Nairobi,

Africa, visited the twin cities of Hyderabad and Secunderabad. They inspired the BKs brothers and sisters through their experiences and classes.

KATHMANDU

The 73rd Trimurti Shiv-Jayanti was celebrated by Kathmandu Zone of BKs by organising six Peace Rallies with the theme 'Experience God's Power'. The rallies converged at Exhibition Ground of Kathmandu.

While addressing the inaugural programme as Chief Guest, Mr. Gopal Kiranti, Minister for Culture and National Restructure, highlighted the need of respecting the beliefs of all religions. On the occasion, other distinguished persons who inspired the audience included Justice Rana Bahadur Bora, Judge, Supreme Court, Mr. Shanker Pandey, Secretary of the Council of Ministers of Nepal Government, Mrs. Indira Mandhar, Chairperson of Religion and Peace Forum, Mr. Jaya Prakash, former Minister, Dr. Mrigendra Raj Pandey, senior Cardiologist, B.K.Raj, BK Ramsingh, BK

Tilak, BK Menaka and BK Kishore.

In the programme held at Thamel, Vishwashanti Bhawan, chief guest Bro. Lekhraj Bhatt, Minister of Labour and Transport Management hoisted Baba's flag and flagged off the Rally. Mr. Deepkumar Upadhyay, Member of Constituent Assembly, also inspired the audience.

The festival was celebrated by BKs with great zeal in Biratnagar, Janakpur, Birgunj and Narayangarh areas also. The news of the programmes were extensively covered by national dailies, TV channels, AM and FM Radios.

KOCHI

A Stress-Free Week was organised under the umbrella theme of 'Self-Management for Stress-free Living' from 25th to 31st January, 2009. It was inaugurated by Justice P.N. Raveendran, Judge, Kerala High Court, on 25th at 5 p.m., at the Town Hall and was presided over by Mr. K.V. Thomas, M.L.A.

More than 120 programmes were arranged on

stress-free life at various bodies like private companies, institutions, Govt. offices, schools/colleges, hospitals, clubs, etc. all over Ernakulam and Thrissur districts.

The participating organisations included Indian Navy, Kochi Port Trust, Southern Railway, BPCL, Indian Oil Corporation, Kerala Police, Customs & Excise Deptt., Kochi International Airport, BSNL, State Bank of India, LIC of India, United India Insurance Co. Ltd., Kalady Sanskrit University, Taj Hotels, Bajaj Alliance, Reserve Bank of India, Collectorate, Rotary Clubs, Federal Bank, etc.

SATNA (MP)

Workshops and Value-based Management

BK Sis. Savitri, Faculty Member, Pandav Bhawan, Mount Abu (Raj.), conducted workshops for executives of Satna Cement Works, and at Laxmi Priya, Prism Cement Company Ltd. at Satna. The participants expressed their appropriation for tips on how to enhance self-confidence,

build team spirit and better environment at workplace.

Some of the executives took interest in learning meditation course at Brahma Kumaris local centre at Satna to receive constant positive input of spiritual knowledge.

TRIVANDRUM

Bro. Charlie, Director, Brahma Kumaris, Australia was in Trivandrum on 1st Feb. 2009. He had a busy schedule of 3 programmes on a single day from morning till 8 p.m.

The first talk on "Creating Healthy Relationship" was arranged at Hotel TAJ Green Cove, Kovalam, Trivandrum, for their executives. The second programme was experience sharing with BKs.

The third event was a VIP programme organised by the Rotary club of Trivandrum at hotel City Heights where he spoke on "Meditation—the Journey to Self – Love". He said, from his own experience, "Rajyoga meditation is an art of positive and healthy thinking". If your thoughts are negative, your investment in the self loses. To perform well and to develop quality relationships, invest in the self with healthy and positive

thinking. This will enable us to manage any situation efficiently.” **Bro. Charlie concluded, “The best way to develop values in life is to**

know your identity, understand your relationship with God and experience peace through Rajyoga Meditation. The

secretary of the Rotary Club, while thanking Bro. Charlie profusely, sought the co-operation of Brahma Kumaris to arrange more such programmes wherever their members meet every month. In the end, they honoured both Bro. Charlie and Sister BK Sis. Neelima from Chennai by presenting shawls. ■

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The power of realisation brings permanent transformation. To have the power of realisation means to have the power to understand what is right and to have the commitment to the right thing. So, if a mistake is committed, when there is the realisation, there is easy and permanent transformation. So the same mistake is never committed again. When we have the power of realisation, we will never experience difficulty in bringing about a change, because we have actually understood the importance of bringing about change.

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For registration, contact –

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