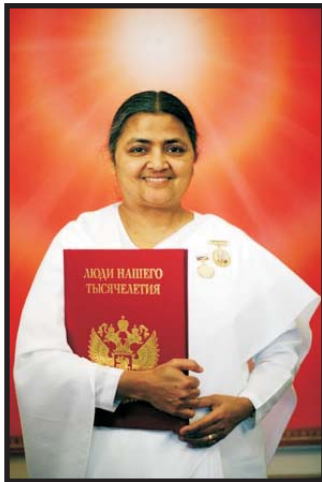


# GODLY SERVICE REPORT

## MOSCOW (RUSSIA)

### “The Person of Millennium”

B.K. Sis. Sudha, Director, Brahma Kumaris World Spiritual University, Moscow, has become a heroine of the encyclopedia 'People of Our Millennium'.



This is an encyclopedia of a new type. It is a Federal Information Project. It tells about outstanding personalities from different professions. The author and leader of this project Mrs. Vera Boldycheva, Chief Editor of the magazine 'My Moscow', wrote in the preface to the edition: *“A special creative inner energy has uplifted these people to the heights of their activity. They generously share*

*with people their talent, and love. As guardian angels, they support this world”*. About Sis. Sudha, the author writes... 'The Carrier of Light'... There were many other awards and diplomas, but the highest and unchangeable reward that always followed Sis. Sudha was the gratitude of many thousands of people, who saw light in their lives and could find for themselves an elevated purpose...

In his inaugural speech Vycheslav Ageev, Head of the Cultural Sector, Administration Department of President of Russia, congratulated the participants and said that such leaders with high moral values are the lights of hope for the whole humanity. Yakov Messenzhnik, the renowned Russian scientist, addressing the audience emphasized that it is this Spiritual University that develops and supports spirituality in the whole world as the means of survival and salvation. Remarkable is that the Director of Brahma Kumaris Centre

(...Contd. on page no. 31

# CONTENTS

- ▶ Godly Service Report .....1
- ▶ Experiencing Success with God’s Power(Editorial) .....2
- ▶ The Miracle of thoughts .....4
- ▶ A Moth in love with the Eternal Flame .....7
- ▶ Conquering Maya with will power.....9
- ▶ Time, the sand castle, ..... 11
- ▶ Falsehood in the world will finish when we become truthful .....14
- ▶ Spiritual significance of Swastika .....15
- ▶ Face-To-Face .....18
- ▶ Baba- The Supreme Surgeon .....20
- ▶ Flying into the future with the deities of the past.....21
- ▶ Listening - A great power of survival .....23
- ▶ Seven Steps towards self-reformation .....24
- ▶ Realisation .....27
- ▶ Sakaash .....28
- ▶ Glory of Him .....30
- ▶ An Unusual Experience! .....32

## Rates of Subscription for The World Renewal

	INDIA	FOREIGN
<b>Annual</b>	Rs.75/-	Rs. 700/-
<b>Life</b>	Rs.1500/-	Rs. 7000/-

Subscriptions payable through Money Order/Cash or Demand Draft (*In the name of "The World Renewal"*) may be sent to: **Om Shanti Printing Press, Shantivan-307510, Abu Road, Rajasthan, INDIA.**

For further information regarding subscription, please contact:  
Mobile: 09414006904, 09414154383

## Editorial

# EXPERIENCING SUCCESS WITH GOD'S POWER

**O**n 7th April 2009, Shantivan was overflowing with God's love through the unlimited number of His beloved children who gathered here from all over the world. For over 50 years, I have been trying to understand God's role in transforming the world from the present Iron Age (*Kaliyuga*) to Golden Age (*Satyuga*). The process on all three levels, spiritual, moral and behavioural, is very subtle. God, famous for being the Supreme Father, Supreme Teacher and Supreme Satguru, plays this unique role at the Confluence Age (confluence of *Kaliyuga* and *Satyuga*) thereby fulfilling His given promise of bestowing 'liberation' or '*mukti*' to one and all. However, He does not grant salvation without seeing that we are making the effort to change or transform ourselves according to His Supreme Wisdom in the form of *shrimat*.

God instructs everyone to

renounce the habit of giving excuses. Very rightly the Almighty One says we human beings have been giving excuses for 63 births (*Dwapur* and *Kaliyuga*) because of which change for the better did not take place. Further, the more the excuses, worse became the situation. Everyone, irrespective of our roles in this world drama, kept drifting astray down the stream until we reached the ocean of all sorts of intense sufferings and problems borne out of our own weaknesses. Those inner weaknesses have festered into terrible habits that trouble the self and also those around us day and night. Sensing this acute weakness among the majority of souls, the Supreme Teacher explains in depth ways and means to conquer these habits of weak thinking and wrongful actions. It was truly a wonderful method of awakening each one of us when asked by the Supreme

Satguru to renounce the habit of giving 'excuses', and then made to raise our hands in confirmation. "Even if the weak thoughts re-emerge hereafter, this showing of hands in front of the Supreme Teacher would empower you to conquer the habitual weakness eventually..."

We know how ashamed we would feel if we failed to live up to our given promises, especially having taken a sincere vow in front of God no less! Instead of feeling disheartened or nervous, we realise that this is indeed a great blessing bestowed directly by the Supreme Being, which empowers us to realise the beauty and depth of God's calling. He knows our strengths and weaknesses better than anyone else and since He is our Supreme Father, Supreme Teacher and Supreme Satguru in practical form, God never gives up on us but very much wishes that we, His specially loved children, reach the highest stage of becoming God's worthy children. One's self-transformation becomes easy, certain and immediate the day one realizes this sterling truth. This awareness awakens our consciousness to the highest level and fills us with the determination to no longer

---

postpone the essential change we need to bring about in our attitudes, habits and *sanskars*.

It was emphasized quite beautifully that we should remain completely free from the word: 'because' or 'reason' (*kaaran*). Once we have conquered this inner weakness, our faces would glorify the 'Bestower of Liberation (*Mukti Daata*)'. While being enthusiastic about serving others, we would remain completely detached internally devoid of ulterior motives. One would constantly experience true freedom from attachment and the desire for praise or fruit in any form. With the practice of being silent internally, we would experience God's power bringing about success at every step. The regular routine of bathing and basking in spiritual consciousness and remembrance of the One Supreme fills the self (soul) with all the spiritual powers that act as a catalyst for success at every milestone of life.

"Therefore, BapDada are signaling you repeatedly to check yourself again and again and then bring about transformation. Transformation over a long period of

time would determine your rights for a long time. BapDada have love for every child even the one coming in last number, because God's love has made even the last child become Baba's spiritual child, having recognised the Supreme Being. As you are Baba's child, don't leave things unto 'time' but usher in the 'time for perfection'. Each one of you is a partner in BapDada's work of world transformation. The Father alone cannot accomplish this task; you children are His companions and are being cooperative in this great transformation. Moreover, the Father says the children are in front and so are important. So do the homework if you wish these meetings to continue next year... Will you do it?"

"BapDada are very proud of the fact that no one else has such a big family throughout the *kalpa*. BapDada are very happy to see the smile on everyone's face. Let this smile of happiness remain on your faces forever; don't leave it behind."

"BapDada are congratulating all those who have come for the first time.

Special congratulations for your spiritual birthday! BapDada are giving you the blessing that even though you have come last, you have the chance of going ahead fast and reaching first division (claiming the inheritance to the golden-aged sovereignty)."

BapDada showered petals of love on one and all, and specially praised the fortune of those who have been active on Godly service for over 40 years, along with the fortune of all servers in Madhuban, Gyan Sarovar, Shantivan, and Global Hospital. Recognition of our identity and service by the Highest of High, Supreme Father Himself is our greatest reward for being His right hands in world transformation. It would be impossible to even become God's instrument in this act of change if it were not for the divine power we receive directly from Him. The more we appreciate this reality in its truest form, the easier it will be to remain in the highest stage of spiritual consciousness and become instrument to bring on success in the field of spiritual service.

**May you always experience success with God's love and power!**

**– B.K. Nirwair**

# THE MIRACLE OF THOUGHTS

.....

– B. K. Surendran, Bangalore

**W**e all know that **everything starts with a thought. A thought has energy, which will have a positive response or negative reaction. A thought can be given as a problem or a solution. If we are leading a thoughtful life, it is certain that we will experience what a thought is capable of making. For example, we normally have the thought of stress, distress, fear, suspicion, arrogance, anger, greed, attachment, dispassion, happiness, peace or contentment. When we express a thought through the mouth, it becomes a word; when we express a thought through the eyes it is a vision or an experience. The process of action originates in the mind. Thinking itself is also an action.**

Life is energy in flow, in fact thought energy in action. A thought amplifies into a feeling, creating a state of

mind. Then an attitude is shaped leading to an action, leaving an experience on the self, duly forming a habit. At times, we are also surprised to face the flow of negative, waste and vicious thoughts even though we do not like these thoughts. In the flow, we are also flowed down, suffering mental and physical injuries. This process has held us a pathetic victim of our habits.

When we go into the root or the originating point of thoughts, we find mainly the following sources through which the thoughts are originated in our mind.

▶ **1. We have taken many births. Our actions in the past births have left many vicious experiences on the soul. Such vicious experiences force their way into our mind in spite of having the knowledge of the pros and cons of the impact of such thoughts on our mind and actions. It is**

**also our experience that we at times get such thoughts, which will have no connection with the present life since we have not involved in a practical vicious life.**

▶ 2. The information flow through print and electronic media and other forms of media such as the people who live with us, who come in contact with us, the society we live in, which are predominantly negative, waste and vicious also are forcing their way into our mind.

▶ 3. Our habits and experiences in this very life have also been predominantly negative, vicious and waste and, hence, similar thoughts force into our mind.

▶ 4. Our beliefs also play a very important role in originating vicious, negative and waste thoughts. We have many unreasonable beliefs, superstitions, ritualistic and customary beliefs, which are prompted by negative, waste and vicious thoughts.

▶ 5. Our core personality – the goodness is also influencing our thought pattern at times, leading to pure and positive thoughts. The goodness is, at present, almost a captive

---

under the grip of vices. Therefore, very few pure and positive thoughts originate in our mind.

**The effect of our thoughts on our body and the self**

Thoughts have power and vibrations. Since the mind runs the body, a positive thinker is supposed to have a healthier body and a negative thinker will have an ailing body. It is found that when a person becomes angry, the sympathetic branch of the autonomous nervous system is activated. This causes the heart rate to accelerate and the arteries to constrict. On the contrary, feelings of appreciation for another person are found to affect the parasympathetic branch of the autonomic nervous system. This branch is considered protective to our health. There is a close connection between mind and body. This is called cyber-physiology – which demands our willingness to feel genuine love for our body. If an organ of the body is not functioning well, we can send the vibrations of peace, love and wellness through thoughts to that part and in course of time, that part will get cured. It

is reported that a person called E. M. Alexander cured his own speech problem by mentally talking to his bones, saying 'Let my neck be free, let my head go forward and up, let my back lengthen and widen'. Thus, he solved his speech problem. Life in general is positive. When we think positive, we become co-creators.

Medical science says that our brain is like a magnificent computer. It has 30 billion neurons, each one functioning like a component of a computer. We must relax our mind so that we will have a relaxed attitude. This will relax the body. Thinking positive, and taking a few deep breaths and visualising a few passive scenes are a therapeutic act. It helps the body and the mind. The thoughts of peace, purity and contentment not only have a soothing effect on the body, but the self also becomes happy and peaceful.

**Our thoughts, plants and environment.**

A Lie detector equipment teacher decided to monitor

his house plant to see how long it took for water to go from the pot to the leaves, using the lie detector. He attached the electrodes to the leaves, turned on the readout and decided to go and get water. Instantly there was a positive spike in the readout. He brought water and poured, instantly there was another positive jump in the readout marker. The plant reacted positively. He thought of getting a match to burn the leaf. Instantly, there was a negative readout on the chart. Similarly, our thoughts create a pleasant atmosphere or uneasy atmosphere. It is our experience that when we visit one person we feel happy to be there, while we visit another person, we feel uneasy and uncomfortable. At these two places, the thoughts of the people who live in that place are in action.

**Effect of thoughts on animals.**

J. Allen Boone, an animal trainer in his book 'Kinship with all life', states that he had to train a dog for the police department. He tried all methods to train the dog, but could not succeed. One day, it

---

was sunset time. He was admiring the sunset. He saw the dog was also looking at the sunset. Boone's animosity toward the dog melted. He became sympathetic to the dog. There was a thought of forgiveness and a feeling of closeness. From that moment the dog became very friendly. The dog became obedient and followed the directions.

**Effect of positive thoughts and positive imagining**

A restaurant employee who walked from his residence to the restaurant daily passed a beautiful mansion surrounded by gardens. He never failed to stop and admire this dream home on his way to work and on his way back. Admiring its beauty, he would close his eyes and picture himself living there. Opening his eyes he would continue his walk in the 'real' world. One evening, the elderly lady he was serving in the restaurant said to him, "I see you stop and admire my home daily; how would you like to live here. I am too old to take care of it, so I am leaving this place; I want the house to be in the hands of one

who appreciates it". And she handed over the keys of the mansion to him.

**Rajayoga—the unique technique to understand and experience the miracle of thoughts**

It is now clear that our thoughts have the power to create peace or peacelessness, love or hatred, friendship or animosity, fear or courage, stability or instability and so on. Our mind is the master of thoughts. The self—the soul is the master of the mind. Once the master is in command, life will start moving to healthy and happy directions. The source of peace, wellness, happiness and prosperity is God. As and when the thought of God emerges in the mind, it is refreshed and empowered. It enjoys a special joy and an experience of closeness. As the self moves closer to God, super-sensuous joy is experienced. As a consequence, the rust of vices is slowly erased. Freshness and lightness is experienced. This simple process of connecting thoughts to God restores the original purity of

the mind. Mind becomes stable, able and capable. Our thoughts will propel over the cosmos and amplify into a powerful antenna to absorb the signals from the Ultimate source of light and might – God. Our code of conduct and daily routine will come to naturally demonstrate the miracle of our thoughts. The thought energy can only connect us with the Supreme Being. This is rajyoga. Thus, the process and practice of rajyoga will naturally replace the existing vicious source of thoughts with a mine of virtuous source. The miraculous ability of the thoughts is enhanced to the maximum level with the power of God. Consequently, super human beings – popularly known as deities will emerge in the world who will rule this world with the power of thoughts, for generations. This was imaginary some time past. But, it is a reality now with the emergence of a mass of people who have attained the miraculous power of thoughts. Let us connect the self to the ultimate supreme source of thought energy. ■

An Experience

## A MOTH IN LOVE WITH THE ETERNAL FLAME

(Contd. from April 2009)

– B.K. Prakash Talathi, Lagos, Nigeria

So far we have read how B.K. Prakash Talathi got spiritual enlightenment after coming in contact with the Brahmakumaris organisation. New vistas of inner development were opened and he became instrumental in the noble task of spreading God's message. He acquired new talents and developed the existing ones. One of these talents is writing. How Bro. Prakash was smitten by the writing bug, he shares with our esteemed readers. – The Editor

It was mentioned by me that God's blessings create new talents and develop the existing ones. It is true that He acts through us, His spiritual children, to carry on the task of divinisation of mankind. He uses our talents for the service of others, by inspiring and motivating us in mysterious ways. He gets such wonderful works done through us that are beyond our imagination which is depicted as a memorial of lifting a mountain with the little fingers of His beloved children. I never had a flair for writing. How I became a writer is also an important aspect of His divine grace.

In the year 2002, my son was posted in New Delhi. He was residing in R.K.Puram and I stayed there with him for some days. I would attend Rajyoga class in the morning at Brahmakumaris Centre, Mohammadpur. There I met a B.K.brother, who was a bachelor and held a high position in Govt. of India. Inspired by his achievements in professional as well as spiritual life, I was inclined to know more about him. He had received this spiritual knowledge while he was studying in Matriculation. He applied spiritual principles in his life and continued

studies. Among the B.K. spiritual aspirants, he had the rare distinction of becoming the first I.A.S. officer. (He is brother BK Raj Rup Fuliya). One day I visited him at his residence, as he was staying very near to our residence. There I met his younger brother, (B.K.Ranjit Fuliya who is also a Kumar, i.e., bachelor) then a senior executive in general insurance sector. While discussing with him about spiritual matters and areas of personal interest, I mentioned that I liked to interact with people and inspire them by sharing personal spiritual experiences. “You have sufficient knowledge of English. Why don't you write your experiences so that many people can take benefit from your personal achievements in the spiritual field”, he said with vehement emphasis in his advice. “I have never written any article or experience and you require expertise for such pursuits”, I frankly told him. He assured me that he would guide me in the matter by saying “You will be a great writer one day”. Though initially it seemed unbelievable to me, yet I expressed my desire to learn

---

writing. He asked me to visit him in his office on any working day around 5.00 p.m. He was then posted as Senior Divisional Manager, National Insurance Company Limited, in Palika Place, R.K. Puram. I visited his office one day to further pursue this area of common interest. It was about 5 o'clock; he had almost finished the day's work and was free to discuss with me.

The tips given by him on writing and editing were really enlightening. Though I had not been acquainted with him for a very long time, yet his openness and sincerity really inspired me. He never let me feel that he was talking to a novice in writing. After a few days, I wrote an article and he was really impressed by my efforts. Shortly thereafter, my first article was published in 'The World Renewal'. After returning to Nigeria, I continued writing and he would inform me about readers' positive response to my articles, which inspired me a lot. I also started inspiring my friends in various countries. It was really wonderful that they too responded positively and I

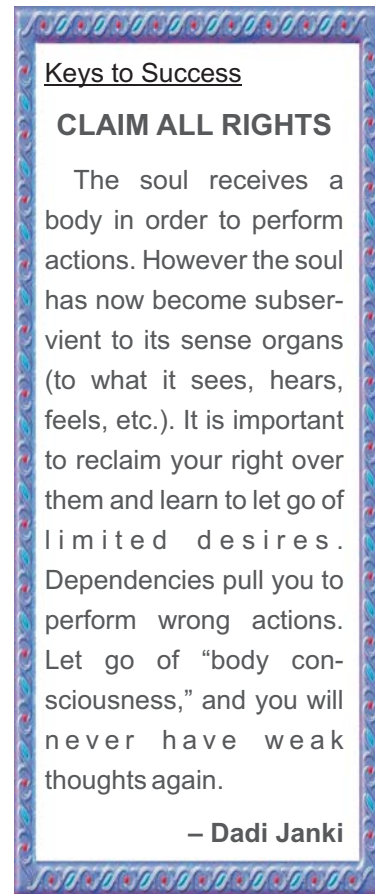
became instrumental in giving inspiration to quite a few souls, our divine brethren, to share their efforts on the path of spirituality.

I am really thankful to my Supreme Father, Almighty God Shiva for always being so caring and benevolent. Now I have understood my father as He really is. If you have a strong *lagan* (a burning desire) to do something or achieve something positive, He helps a great deal by developing such situations and providing helping hands. So, later on I also developed some other specialities like public speaking, conducting seminars etc. by using my Supreme Dad.

These are only a few experiences which I have shared with you. I had earlier mentioned that the blessings given by Baba through Dadis (senior sisters) provide direction to our efforts. We have to strengthen them by remembering and using in practical life. The purpose is just to draw your attention to the fact that you must take the blessings you receive

seriously. Don't be casual. It is a treasure! It reveals your potential to you. A little effort turns blessings into our speciality. I preserved every blessing I received since my spiritual 'birth' and recorded them in a small diary (and in my heart), read and re-read to get an extra dose of intoxication. And that's my eternal Love-Story! (Wah Baba wah! Wah, Drama wah!! Wah, my spiritual family wah!!!)

*(concluded)*



Keys to Success

**CLAIM ALL RIGHTS**

The soul receives a body in order to perform actions. However the soul has now become subservient to its sense organs (to what it sees, hears, feels, etc.). It is important to reclaim your right over them and learn to let go of limited desires. Dependencies pull you to perform wrong actions. Let go of "body consciousness," and you will never have weak thoughts again.

– Dadi Janki



# CONQUERING MAYA WITH WILL POWER

.....

– BK Neena, Vasundhara Enclave; Delhi

**W**ill-power enables one to assert oneself to take the plunge to accept challenges – to have an identity of one's own. It allows us to discover our treasures within us like talent, skills, sharp intellect or some virtues of ours. An individual with an iron will has the courage and perseverance, the tenacity to stick to his task, no matter what odds he is facing. Nothing could deter the strong willed from his chosen mission. He will persist with the most difficult tasks under trying conditions – smiling inwardly. Even if he is going through hell, he will exclaim, “I am a survivor—I shall make my way”. All this requires a great deal of will-power. We must look at the brighter side of the problems and their outcome with optimism and ought to be pragmatic in our approach. Then there will be

no turbulence, no wavering but resoluteness and firmness in identifying and executing our priorities of life.

Why a person thinks or feels he/she cannot accomplish a task or solve a problem which confronts him or her? It is because one is not motivated enough. He readily falls a prey to inertia, self-doubt, diffidence and worry. To be a slave of your senses, you don't need will power but to be the master of your senses and fate, you need all the willpower you can muster to resist the temptation to quit or yield to inertia. Every human being is born with a certain measure of will power but some fail to exercise it and allow it to remain dormant. Exercise self-discipline and self-restraint in pursuing **Baba's** elevated directions. He is a true yogi who controls his sudden waves

of feelings and thoughts ceaselessly in motion.

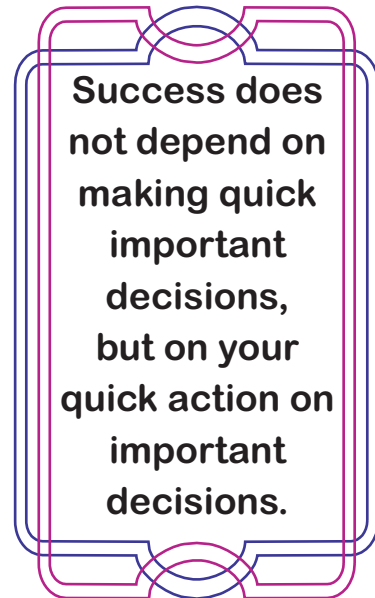
*Maya* may manifest itself in several ways in the form of sloth, lassitude, laziness etc. Swap away self-doubt, anger, resentment, worry and guilt and never give up because that is just the place and time when the tide will turn in your favour. Let your will power come into play than try to eschew negative qualities and attributes. Let the will power help you build up good habits and annihilate bad habits. Attain that state where there is no pleasure, no pain and no indifference; you shall then be more close to God. Don't get emotionally attached to this life else it will result in sorrow. Cast it off as a passing dream. Remain unruffled.

Never consider yourself a sinner or a weakling or a righteous person either. Assume that God is guiding you at every step; you are a God's child meant to exude only goodness. He is acting through you. Therefore, no regrets. Say no to any sort of bad habit. Develop the 'won't' power and then reason

out but not the vice-versa. This is the best way to avoid any temptation or craving. Even when one is besotted or enamoured by someone's personality or inner/outer beauty, don't get carried away or be overwhelmed; or feel slighted either. One should be reminded of the fact that human relations are temporary. If people love you one day, they tend to reject you the other day. Only the romance with God is perfect; rest is all delusion – a mirage; His love is unconditional. It is a known fact that every human being loves himself or herself more than anybody else. While talking to someone, you ought to see the other person as another creation of God or a luminous soul. Thence, you will be giving the credit to God and not be impressed with that physical entity and develop soul brotherhood.

Behind your willpower is the divine will, so develop it. Bring your goals, your needs to God then let Him guide you. As you think, so will it happen. Think **you are more dangerous than danger;**

come what may “nothing can deter me from my goal by following **Baba** along His *shrimat* and doing what He asks of me.” Thus, conquer yourself with your indomitable will – giving kindness in return for unkindness; goodwill and pure love to all. Assert with absolute confidence that you will find the way or make it! ■



**UNIQUE WORKSHOP ON 'TECHNOLOGY OF MEGAMIND AND MEMORY POWER'**

**BY**

*World record holder and master memory trainers*  
**B.K. Chandra Shekhar & Prof. B.K. EV Swami**

**AT:**

**OM SHANTI RETREAT CENTRE**  
Bhoran Kalan, Pataudi Road, Gurgaon (haryana)

**FROM**

19 June. to 21 June 2009

**ELIGIBILITY**

**B.K. Teachers and B.K. Students**

**CONTACT FOR REGISTRATION**

**– [bkashaorc@gmail.com](mailto:bkashaorc@gmail.com)**

**CC – [shekhar830@yahoo.co.in](mailto:shekhar830@yahoo.co.in)**

**OR CALL : 0124-2379960**

**LAST DATE OF REGISTRATION: 10th June 09**

# **TIME, THE SAND CASTLE, THE STRESSED OUT WORLD, THE BUCKET, THE TELESCOPE, THE FULL WALLET AND STOMACH, AND THE BUT**

**(Time Waits For No Man.....Or Soul!)**

---

**B.K. David, Paignton, England**

**W**e all seem very busy either trying to save time, make time, use time or beat time. But you can never beat time as it's just too constant and all powerful. Even God is second to Father Time. It is supreme and rules everyone and everything. Time rules from the moment you wake up until you go to sleep. Most fight a losing battle to keep on top of time to get everything done, meet deadlines, pick the kids up, reach at time for work, beat the rush hour and cook the food in time. We are all fighting time every minute. "Quick, I have to do this", "I'm late", "I've got 10 minutes to get there", "Hurry, they close in 5 minutes"-- This is the familiar language of today.

## **Time on Your Hands - And Not on Your Head**

At best, you can make time your companion, and if you are very sensible and wise and use your time in a positive and constructive way and with a

happy attitude, then, and only then, can you say you have time on your side. But as time is such a slippery concept, and without you ever realising it, and like a slippery fish, you can easily drop it on the floor. But drop (waste, abuse) time and it will drag you down to the floor with it; such is its power.

You need stable and safe hands to carry time round with you. Any fool can wear a wrist watch. But their wrist watch is actually a handcuff that keeps them chained to their unhappy daily routine. Many waste their time on fashion, looking beautiful, chasing money, success, idle talk, TV, eating and sleeping, to name but a few. Yes, the world has a very busy and crowded floor with everyone bumping into each other's head. It is not surprising that many people walk round with a headache most of the time.

## **Time—a Slippery Fish, Very Hard To Catch; Even Harder to Hold**

Most of the persons moan about time, but they are generally the same ones who waste it, watch it and worry about it. Just when you think you have time on your side, something else happens in your life and you are going crazy to get everything done. True? Time can smile at you one minute, and poke you in the ear the next. Father time has little or no mercy for those who do not respect or pay attention to him in their life. If you think you can beat time and treat life like a race, then go look at your local cemetery's holding area for your marathon race and look to see if you think anyone may win. Can you hear any race runners boasting that they are going to win?

## **Time Has All The Time In The World, And You Don't Even Have a Second To Live**

Time is neutral and if you

---

use it correctly you become positively charged. But not pay attention to it, and even if you live in a remote castle with a huge deep moat that has 200 feet high stone walls which are 10 feet thick, time will easily find you and make you pay the price of not using it correctly. Some do try and hide from time and action, but their castle will turn into the 'castle of hassle'. The cloud on which their palace in the sky sits, which no-one can touch, is laced and full with thunder and lightening, and will of course in time send their castle crashing down to earth with storms of sorrow. Their minds are so heavy and full of worry and anxiety that they can never go up, only down.

The most common phrases today are: “No time to do that”, “I’ve run out of time”, “I arrived too late“, “I’ve little time to eat“, “I do not sleep much“, “I can’t relax“, “I got up late“, “I’m so rushed“, “I’m so stressed“, “But I just never had time to do it”. This is the world of BUT. Count how many times in the day you hear the word BUT being used.

### **Father Time's Sand Castle Watch**

Some even complain they have too much time on their hands and are bored. Little do they realise when they say this, it is as if they are letting gold dust run through their fingers, lost forever. You can never catch the fish of time - ever; it is so slippery and subtle. But by using time constantly to the best of your ability to move your life forward each day, in making yourself a more virtuous person, more noble, kind and caring, you are making time your friend, and not your worst enemy as what most do today. Time robs most people each day and leaves them much poorer and worse for wear. Why? Because they did not use their time wisely, and end up just living with regret and far flung hopes like wanting to be the next Bollywood film star or playing for Manchester United scoring last minute match winning goal. Regret and hope, like dreams and falsehood, can prove to be the sand in your watch that stops your life from moving forward. Be negative, feel angry or hate or simply

waste your time, and your watch not only stops, it starts to run backwards

One second, one minute, one hour and one day of your life are all totally unique-- each and every aspect of our life is special and precious, if only we'd experience them as such. Yet most people's lives are felt to be nothing more than an endless boring routine with no thrill or happiness. One month of your life is worth a billion rupees, a trillion dollars, or a zillion pounds. The value of life and living is the same the world over -- it is in fact invaluable, yet we have slumped into the consciousness of making life almost meaningless and valueless.

### **God's Petrol Station is Open round the Clock – Even If You're Not**

To waste a minute, or even a second of your life is like taking a bucket of goodness and power from the reservoir of your life and throwing it down the drain. This power and goodness can never be replaced. Your reservoir is not endless like the sun. Your soul is like a jug containing power, and you should take from it with care. Use the power of

---

your reservoir correctly and it increases – waste it and it soon empties. There are now many empty souls (jugs) walking round. They cannot go to the petrol station or supermarket to get replenished again.

### **Hell of a Time**

Trying to be happy whilst living in hell -- that is the question. This should be the question on everyone's lips and the top of every government paper in the world: HOW TO LIVE IN HELL AND BE HAPPY? The problem of how to keep smiling whilst walking round with a thorn in your foot is what all governments should be tackling and trying to solve. They should be spending their limited budgets on this worldwide endemic problem of unhappiness that is plaguing the world in biblical proportions. Yet what do they spend their money on? On flying into outer space with elaborate powerful rockets, rockets that feed and house no-one, rockets that heal and love no-one, rockets that make no-one happy other than a few scientists who live in nice big quiet houses who arrive at a sanitised work place each day with a full belly and wallet.

Rockets only bring the human race down.

### **Rockets – Scientific Toys (Rockets Never Cry, Never Go Hungry)**

How to live happy with either mental or physical pain or an empty stomach should be the new space race -- how to create space for the human race to live in peace and harmony with each other and where no-one is crying and dying because of hunger. Now that really would be money well spent. Who cares about Venus or Pluto, craters, dust or rocks? Do you? Only the crazy few love dust, frozen water and rockets. If rockets knew of reality and had a conscience, they'd refuse to take off.

### **Man's Huge Telescope That Can't Even See the Real Problem in the Next Street**

Making people happy and healthy today should be each country's aim. The problems and answers to life and living lie here on earth and will not be found in some black hole. This telescope is blinding mankind and robbing many billions of food and housing. This defective telescope is flawed as it cannot even

focus on the real problems most face each day. There are millions starving and dying in the shadow of this well kept telescope. The world's problems are not silent or distant but very easy to see and understand, but if you are too busy looking up through a telescope you will not be able to see your brothers and neighbours in distress. Many starve to death on the street and in fields whilst vast amount of money is being spent on looking into empty space. Look to your street and not Saturn for an achievement in life. Man is the problem, and he can also be the solution. Life should not be about distant stars, film stars or star prizes, but the person on the street and their happiness.

### **The Unbreakable Clock Which Only You Can Break**

It really is up to you if time strangles you or massages your head, heart and feet. It's all a question of self discipline and self care if you live each day in the comfortable bubble of time. This bubble is your own world with its own self regulating accurate clock on its wall. You can also burst this bubble very easily too - within

---

a second; all you need is the pin of carelessness. It will then require energy, time and blowing up again to inflate your world.

**You Make Your Own Heaven....**

You cannot escape life, you either build yourself a prison or a bubble -- it's as simple as that. Most only know of the prison and are quite ignorant of anything else in life. The world is full of inmates serving their daily sentences.

**It's Hard for God to Hug Narrow People**

This spiritual bubble of self-awareness is delicate and much care is needed to live within it. The prison is a rough place with rough people inside with very narrow minds. You need time to create around you your aura of timeless peace. It's all a question of which you allow yourself to be shrouded in -- stress or peace? Wrap yourself in God's arms and blanket of love. ■

---

**FALSEHOOD IN THE WORLD WILL FINISH  
WHEN WE BECOME TRUTHFUL**

– Dadi Janki ji

**T**o understand Maya is as important as understanding God. The more you go into the depth of God, the more Maya will interfere. Previously we had very little understanding about the soul, God or matter. We knew God existed but didn't really know who He was. We knew that there was such a thing as soul. We even knew certain fundamental aspects about how matter and nature work. For instance child will inevitably get older and as they do so their way of walking, talking, relating will all change too. It's nature's law for this to happen. If a baby remained a baby, we would consider that odd. There are many who say that they are satisfied having a relationship with nature alone, as nature gives so much happiness – the sunset, the sea, etc... For us, however, it is not nature that gives us happiness but the knowledge that we have received through the Supreme Soul. That knowledge has taught us that it is the quality of our actions that determines whether we experience happiness or unhappiness. Of all three, the Soul, Nature and the Supreme Soul, it is only the Supreme Soul who remains the Truth. This is what you call a reality.

These days, it is difficult to tell if something is real gold or if it is a mixture. It is the same with people – you can't tell what's going on inside them, whether there is truth inside or not. When a soul begins to know God however, their thinking, their eyes, their smile and face all begin to reveal the truth. You can see that they have the desire to be truthful. Nothing else interests them. To become truthful I have to go deep, deep inside. I have to be like an Ocean – an ocean never keeps any rubbish in it. It tosses it out with its waves, whereas a river or canal carries the rubbish that is thrown inside. Ask yourself: "Am I an ocean, a river or a canal?"

Sea water is brackish, because of the sea, but let me remember that sea salt is good for one's health. Let me have the same sense that the clouds have – they absorb that bitter water and then turn to the sun, which evaporates the salt, leaving the clouds with sweet water that they shower on us. This is what you call reality.

# SPIRITUAL SIGNIFICANCE OF SWASTIKA

– B.K. Carol Biberstein

The swastika, a bent armed symbol with a cross at the centre has been used from antiquity in cultures all over the world, sometimes copied and sometimes independently of one another. It always meant good fortune, happiness, auspiciousness and the benevolence of God, although the precise meaning of the knowledge behind how that meaning came about had been lost. Hitler too used it as an ancient Aryan symbol that brought happiness and good luck. After Hitler used it as a Nazi emblem, it became a symbol of racism, particularly in the west.

However, in India every Hindu, Buddhist and Jain temple uses the symbol, even today, as a symbol of fortune and the benevolence of God. Buddhism and Jainism were branches that grew out of Hinduism. It is also used commonly in China today and the word for it is wan, meaning long life and a multitude of blessings.

This sacred sign was first used in India and was later adopted as a holy symbol by people of almost all countries. The Celts, adopted it from the people of the Indus valley and made the use of the swastika popular among other countries.

The most ancient swastika symbols have been found in excavations in Persia, Crete, Mesopotamia and Palestine. In Turkey, there was a custom of putting a metal swastika in the grave alongside the corpse. In Italy, the symbol was found engraved on funeral urns. In Greece, as in India, the sign was frequently used on coins. In Egypt also, the sign was used as a religious symbol. In Roman England,

the swastika was considered a sacred symbol.

The Swastika was considered a sacred sign by the original inhabitants of America. It is found in the remains of ancient Mexico and Peru and also in burial mounds in the U.S.A. The Navajo Indians used the symbol.

The Aryans, the first people of Bharat, (the ancient name for India) saw the swastika as a holy sign, related to God and the benediction of God. They inscribed it on the first page of any book they wrote and it was always written on the first page of new account books. Brahmins in India associated the swastika with Ganesh and both the swastika and Ganesh are invoked for the same reasons, on auspicious occasions and for new beginnings and the new year. The swastika is often painted on the door frame to ward off evil omens. Some people identify the swastika so much with Ganesh that they call the swastika, Ganesh. The sign is also marked on the chest of some statues of Buddha or on the bottoms of his feet. The Buddhists spread the use of this symbol in Tibet, China, Cambodia, Thailand, Japan and Korea. The symbol was



---

adopted by Jains as their main religious symbol.

The symbol was even used among early Christians on tombs, and items to be placed inside a tomb to ensure the security and welfare of the departed soul. The custom was replaced by the use of a cross only much later.

### **The Meaning of the word – Swastika**

In Sanskrit the meaning of the word is auspiciousness, good luck or well being. Swasti is derived from Su and Asti, meaning good, and being. In other words, be well, or well-being.

### **A description of the symbol and its significance**

The symbol is of two intersecting lines which create 4 equal sections. What do these intersecting lines imply?

There are bends at the ends of each of the crossed lines. The bends are like arrows and indicate a clockwise motion of the swastika. I will be describing the clockwise swastika, although it has been portrayed in an anti clockwise direction as well. The original swastika was clockwise and it was later turned for design reasons and sometimes slightly different meanings are

given to the anti clockwise swastika. Sometimes it is said, clockwise means good luck and benevolence and anti clockwise means merciful. In Buddhism, it is often shown anti clockwise. But it is inauspicious to change the direction from its original intended direction, which is clockwise.

The top of the vertical line is given a right bend and its bottom is given a left bend. The bends are often depicted horn-shaped. The right end of the horizontal line is given a downward bend and the left end of this line is given an upward bend. Why are the bends given in these directions? What is their significance?

People often make a crescent marking (rising moon) with a dot in the middle of the concave side of the crescent which is always shown above the top of the vertical line where it bends to the right. What do the crescent, dot and their location signify? As well, sometimes 3 dots are shown between the swastika and the rising crescent. What do these 3 dots signify?

People often mark a dot in

each of the 4 sections of the swastika. What does this dot signify?

The swastika is often as inscribed in a circle. What does this circle signify?

What is the significance of the swastika taken as a whole and why is it understood to imply:

- 1) auspiciousness
- 2) benediction
- 3) long life
- 4) good luck
- 5) security
- 6) God's benevolence

### **The true, original signifi- cance of the symbol**

In India, the various cycles of time are well known. One is the cycle of birth and death. Birth, childhood, youth, old age and death, followed by rebirth are considered to constitute a cycle. Another cycle is that of the seasons. But the biggest cycle of all is the cycle of eras or epochs, which is called *Sansar Chakra*, (world wheel) or *Kal Chakra* (time wheel). The cycle is symbolic of time and the world, both. Each era is believed to have its special, individual characteristics, distinct from the other. At the end of the 4 epochs, the world cycle repeats again.



---

The circle outside the swastika is also known as *Rkvan*, meaning rhythmic movement, so it represents the rhythmic movement of time or the rhythmic process of history.

The circle also represents a *Dharma Chakra*. It is symbolic of the state of Purity, Duty, Religion, or Righteousness. The 4 arms of the swastika divide it into 4 parts and the 4 bends represent the state of religion. It can also be said that the 4 arms of the swastika within the circle show loss of one part of *dharma* in every epoch.

There is a myth in both India and Turkey which states that the world rests on the head of an ox. The bends represent the horns of the ox. Every time the ox shakes his head, so the tale goes, the earth trembles. The circle is symbolic of the world, or the universe which rests on the head of *dharma* (religion or righteousness). In the beginning of Dwapur Yuga, (Copper age) when *dharma* shakes, the world also shakes.

The horizontal and vertical lines which intersect each other are like the diameters of a circle. They represent the

distinct or opposite qualities of each era. The vertical line cuts or divides the circle into two opposite parts, one on its right and the other one its left. They represent two half cycles having two opposite characteristics. There is a historical significance to the concept of right, meaning righteousness or goodness or correctness. In India, things are always accepted with the right hand because the left hand is considered to be impure. The right half of the swastika depicts heaven and the left half depicts hell, or yin and yang, darkness and light, two opposites which are both necessary. The vertical dividing line is given a right bend at the top to show that the world at that point turns to righteousness. During this first half cycle, (half kalpa) the world has righteousness, peace, happiness and prosperity. The other half which is given a left bend shows man's turn to unrighteousness and peacelessness.

The horizontal diameter cuts the circle into another two parts, one below and the other above. On its right, it is given a downward bend to

show that righteousness now has a downward trend and peace and prosperity are now falling in degree. On its left end, it is given an upward bend to show that the unrighteousness that had started at the point of the lower end of the vertical diameter is now on the increase.

### **A description of the Cycle of Time which is what the Swastika represents**

The 4 dots in the 4 eras are depicting the travel of the soul through 4 different time periods. The first quarter is called golden age (Sat Yug, the age of Truth), an age of peace, purity, happiness and prosperity where no impurity, vice and negativity exist in the world. Humans are god-like, full of all divine virtues. There is no religion and no concept of God or of worship, but human beings are living in perfect harmony with God's laws naturally with no effort at all. They are worship worthy in their thoughts, words and actions. There is harmony and unity in the world, a world of one kingdom, one language and one culture, with no one to contest that. The majority of souls are in the soul world at this time.

*(To be continued)*

## FACE-TO-FACE

---

(An interview with **B.K. Sis. Sudesh**, Director of BK Centres, Europe )



**Q.1: Sister Sudesh , what made you decide to follow a spiritual path? When did you start meditating?**

**Ans.** Ever since my childhood, I wanted to be a social worker. I used to help poor people by giving them money, food, warm clothes for winter, etc. But after some days, I found that they sold the clothes to buy alcohol, cigarettes, etc. Soon they were in the same condition in which they were before my help. Obviously my efforts could not bring about a change in it. Then my grandmother suggested that they needed food to eat. An old man used to come to our locality to get *rotis* (bread). He would collect bread and then sell them in some cheap nearby hotels and used that money to buy drugs. Some poor people also preferred to beg for money and they felt more comfortable in earning money that way rather than earn it by working and living with self-respect. Even young people,

who could earn, did not want to work. This made me realise that this type of service does not bring any joy and happiness to self. Once I shared my feelings with my aunt who then advised me that I should do socio-spiritual service. This sort of service is required for both the rich and poor, as many of the rich are also poor in inner resources. She told me that she lived in the same building where BKs lived and she saw many people who came there were depressed and without a hope in life, but when they attended a few days of spiritual discourse with BKs, they underwent some inner change – their faces began to sparkle. They developed self-respect and were able to use their potential in a worthwhile way. I felt that I should do this service and become a social-spiritual worker and help them explore their inner potential. So I started attending BKs

centre and learned their spiritual teachings and meditation process. I found that they were very useful for me as well. During this process, I realised that each individual was a storehouse of energy and talent and all we needed to do was to explore this inner dormant energy and use it effectively in everyday life. In this way, I started meditating and made it a part of my daily life.

**Q.2: How long should we meditate?**

**Ans.** I learned a very easy method of meditating in which there was no need to use any objects to concentrate on, such as candle light, scenery of ocean, sunrise, etc. or any other such object. I realised that I was originally not a physical body but essentially a soul, which was a living energy consisting of three faculties – the mind, intellect and personality traits. This is what is called eternal source of life, a living energy which

---

makes the body function. The souls have latent natural qualities in them such as Knowledge, Purity (i.e. being free from mental pollution), Peace, Love, Truth, Happiness and Bliss. When the soul is aware of its inner essence, it is just like a living point of light experiencing those virtues. In fact, it was not a question of how long we should meditate – 20 minutes or one hour. We needed to experience these qualities and virtues all day long in every situation. We needed power to face challenges of day-to-day life. Meditation was the awareness of the self. But most of the time we are in the consciousness/awareness of our physical name, form, position, role, etc. So, in order to be soul-conscious, we need to develop the habit of sitting for 20-40 minutes in the morning as well as in the evening so that our day started with a positive note and we were able to think and remind ourselves again and again of our inner qualities. Thus, the corporeal influences we get during the day, consciously or sub-consciously, could be washed away and, finally, we would

have a relaxing and refreshing sleep.

**Q.3: Why do you think meditation is so important?**

**Ans.** I have personally experienced many benefits in my own life through the practice of meditation. The students who come to BKs are of all age-groups. The practical benefit of meditation was that it helps to change our attitude towards those we live and work with. There was a natural tendency to develop a positive vision to see others also as souls. Through the practice of Rajyoga, one could focus more on others' qualities rather than on their weaknesses. One could easily adjust with the weakness of others and would not get disturbed at all and lose one's energy. Usually most of our time and energy got wasted in thinking of the others' mistakes. Besides, we also felt tired and disturbed by the unacceptable behaviour and actions of others and try to correct them by either criticising or getting angry. Meditation helps us to protect ourselves before

protecting others. It is just like a fire accident. The fire-fighter may have good extinguishers but if the fire-fighter himself was not equipped with fire-proof dress, he would undoubtedly burn himself even before he completed his job. This is what we generally do in our lives. We are caught in the fire of jealousy, rejection, hatred, criticism and insults, caused by others. Meditation helps us to wear the costume of self-respect which is like a safe fireproof dress. By becoming aware of the self and having faith in – who I am and what I am in reality – a metaphysical being, a soul, a pure being of light, eternal and imperishable light, no one can cause damage to me. If I am holding to my eternal self esteem and I use my inner qualities to protect myself from the ill-effects of others' behaviours, then with the power of positive attitude, mercy and good wishes, I can finish the destructive fire in others.

**Q.4: How does meditation help at work place?**

**Ans.** Meditation also helps to increase our efficiency at work place. One can work

---

more without getting tired as energy is not wasted. Meditation also helps greatly in self-adjustment. It enables one to do everything with clarity. Therefore, there is no feeling of pressure. Meditation also helps us to accept others as we understand the principle of individual difference that each one has a different capacity and each one is equally indispensable and important. We work cohesively like parts of the same machine. Each part of the machine has a different function/capacity. Even the smallest screw is a support to the big engine. For example, an engineer can be CEO of a company but he needs the support of a helper (a screw). With this awareness, we develop positive attitude that each one is important and unique and there is no competition and comparison between each other or one another and then one can maintain one's self respect in a group. A pilot needs the help of the ground staff for landing. So there is harmony and great joy in working together in a co-operative spirit. In this way, many qualities are developed through meditation. It helps in creating harmony in relationships. There is natural acceptance and appreciation for each other. Expectations change into good wishes and encouragement and the household becomes a sweet place of harmony and happiness as trust is developed between one another.

**(To be contd.)**

## **BABA – THE SUPREME SURGEON**

– B.K. Gita Ghosh, Garia Centre,  
Kolkata

**O**ne fine morning when we were having breakfast, I saw a boil-like inflammation on the back of my husband. We didn't give much attention to it then. It started growing bigger in size. Then we consulted an FRCS Surgeon who diagnosed it as a sebaceous Cyst and suggested that it had to be operated upon. We got nervous and remembered Baba to cure it without operation, if possible.

As the day fixed for operation was approaching, we started remembering Baba vigorously so that it could be cured without operation. Both my husband, an octogenarian, and myself were too nervous despite assurance from the surgeon.

On the appointed date, the surgeon phoned us to tell that he wouldn't be able to come on that date due to some important work and gave us another date in the following week. To our surprise, on the appointed date, the cyst burst and puss started oozing out. Within 2-3 days, the cyst disappeared completely and my husband felt better without operation. The surgeon was informed and he was surprised. Such is the miraculous work of my Supreme Surgeon which goes much beyond the power and connotation of words.

# FLYING INTO THE FUTURE WITH THE DEITIES OF THE PAST

.....

– B.K. Ashok Gaba, Mt. Abu

**O**n 20th January 2009, I was flying from Delhi to St. Petersburg (Russia) via Helsinki by Fin Air. After flying for about two hours, suddenly my co-passenger, a trainer of Art of Living, asked me to look out of window and watch the beautiful snow-clad mountains of North Afghanistan. I observed from the flight route displayed by Fin Air, that we were flying over the junction of Himalayas and Hindukush ranges of Afghanistan, i.e., Khyber Pass. Soon, we entered into Russian space and started moving towards the famous town Samarkand of the erstwhile USSR. The same route was used by the travellers in the remote past.

I also visited Sheksna, a small but beautiful town located near river Volga and at a distance of about 60 KM from Volgada, the town which was once chosen by a Russian ruler, a few hundred years ago, to be the Capital of Russia (the idea was dropped

later). While addressing a group of people about the technique of ancient Rajyoga of India, I was informed by a learned lady that the ancient deities of India had visited and established some cities in Ural mountain ranges around a thousand years before the birth of Lord Christ. She explained to me about the excavations carried out recently and showed me pictures of the excavated areas. Some of the pictures were reproduced from a Russian magazine.

On 26th January, 2009, I was at Moscow where I had been invited to make a presentation on the Eco-friendly Complex, Gyan Sarovar (located at Mt Abu in India) at the famous Journalists Hall. At the beginning of the presentation, I was reminded by a senior journalist about the age-old relations of India with Russia. He also confirmed that some divine people from India made

urban settlements in Siberia near Ural mountain ranges more than 3000 years ago. To me it was a personal delight to hear from a senior Journalist of Russia (that too in the presence of a group of prominent journalists) about movement of divine group of people from Bharat who also made settlements in Siberia (which was lush green with beautiful weather conditions) in those ancient times. The people from Bharat might have moved through the famous Khyber Pass (Khyber Darra). The journalist further clarified that some of them further travelled towards Greece, Iraq and Egypt to start the urban culture in those areas and, thus, established the famous ancient civilisations of the world. Some of them travelled longer distances through Siberia to Alaska (earlier part of Russia and later transferred to USA) and then further southwards to Mexico and Columbia to establish a Golden-Aged culture called El Dorado. I had seen some

remnants of that culture in the famous Bogota museum, in May 2008. **It was a wonderful flying experience traveling backwards in time by 3000 years or so and interacting with the deities of ancient Russia who are believed to have migrated from India. They also probably travelled via Alaska and Mexico to Columbia to establish El Dorado.**

On 10th July, 2005, while travelling from Kargil to Leh in India, I had a stop-over near an Army School at Batallik, a border town with Pakistan in the super high altitude Himalayan ranges. I was informed by an Army doctor

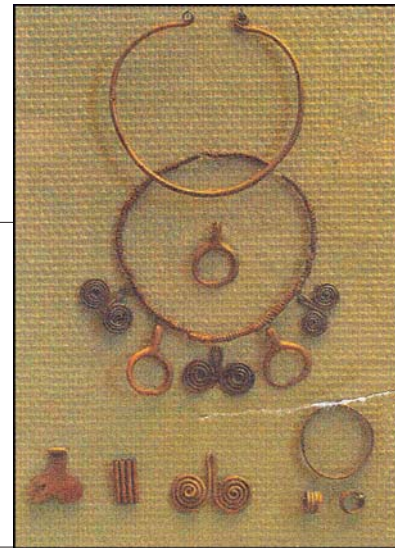
about a special village whose inhabitants claim to be original Aryans. The next day, I visited the village where a 15 year old boy asked me whether I believed in deities of the ancient India. When asked to further clarify the question, he claimed to be a direct descendent of deities. He also informed that the village is more than 3000 years old. This village, located at the bank of river Indus, is very close to the point where the Indus turns to enter into Pakistan-occupied Kashmir. The direction of river Indus pointed to the famous Khyber Pass located at the junction of the Himalayas

and the Hindukush ranges of Afghanistan. The village formed a part of the ancient Harappa Culture which existed in India more than 1000 years before Christ. **It was a wonderful and soothing experience walking backwards in time by 3000 years and also meeting descendents of deities in North India.**

During meditation, we spiritual students, as a practice, emerge the new world and enjoy the Golden Age and I also do so. **To me personally, it was a delight to see the remnants of those lofty cultures which we shall again be soon moving into because the World Cycle repeats itself every 5000 years. ■**



**ARKAEM, EXCAVATION SITE IN URAL MOUNTAINS**



**ORNAMENTS FROM EXCAVATION SITE**

# LISTENING – A GREAT POWER TO SURVIVAL

– Dr. Daisy Hazarika

Associate Professor  
Assam Agricultural University, Jorhat

**W**e are born with all good qualities in us. We learn from our environment, imitate a variety of behaviour from others and shape our personality accordingly. The immediate environment of the child is his family. Therefore, it is called the primary institution of an individual. Because of different environment, the children, the youth and even the adults are found to behave differently. Let us identify the characteristics of a child who maintains this behaviour in his adolescence also, provided the same environments prevail. The same behaviour is reflected in his adulthood since habit is our second nature. An individual expresses his behaviour either in positive or negative manner. Because of positive behaviours, a person is steady, patient, calm, humble, polite, lovable, cool, responsible, sincere, emotional, balanced and consistent. The negative behaviour on the other hand, makes a person irritating, rude, angry, hostile, insincere, imbalanced and inconsistent.

Due to the absence of positive thoughts, some people do not want to listen to others. Since the person has no time to listen to others, he won't understand the other person fully or will understand distortedly. If one wants to be a good communicator apart from the communicative skill of speaking he should develop the listening skill also. Otherwise he cannot get the feedback of the communication process which is forced to become one way communication which is as good as no communication.

There are a number of examples we get to read, observe or hear regarding misunderstanding between husband and wife, between boss and subordinates, between friends, between brothers and sisters etc. These misunderstandings lead to conflict, mild to severe. Who is to be blamed? It is lack of listening to the other party which is at the root of all the above misunderstanding, imagined or real? Now, the question

arises who is a good listener? Yes, the listener is a person who has developed in him the some good qualities. These qualities should be perceived as important by the individual from his heart and then only he can turn these into his habit which will automatically turn to be his nature. Consciously he has to discard all the negative traits he has with him.

In short, a person to be happy in life must be a relaxed person and take easily and sportingly whatever odd comes in his way. Else, it will be very difficult to adjust in this busy and hi-tech. modern life. Non-adjustment to the present environment which is beyond his control, no one else but he himself will be the worse sufferer. Then, why to suffer? Let us enjoy our precious life which we get only for once. Who knows the 'Birth after death'? Hence first listen patiently and sincerely to everyone who talks to you and later act upon using your own conscience. There is a saying “*suno sabki karo manki*” using the great power of LISTENING wisely (Listen to all but act as guided by your conscience). Thus we must make ourselves happy and make others happy by using the great power of listening wisely. ■

# SEVEN STEPS TOWARDS SELF-REFORMATION

B. K. Jyotsna, Hyderabad

It is time now to listen to Godly wisdom and thereby attain and maintain divine intellect. By following the dictates of our own minds, listening to others' vicious, malicious and worldly directions – the soul has lost its own charm of resilience, divinity and dignity. It is demand of the time to work with inner self and bring positive, healthy and fruitful change within the self and thereby changing the self, the world changes automatically. There is a ripple effect of non-stop change towards self-reformation. Let us see seven steps which will lead a common man to have the experience of God's power in a literal manner.

## **Self-awareness**

Only Godly teachings can dispel darkness from within due to which one can realise the presence of divine light and insight. God has incarnated and He is showering Godly wisdom upon His most beloved children. Wise ones

will surely take benefit of Godly inheritance of everlasting wisdom otherwise time is flying and there would be the moment in which the Almighty Himself will declare that "It is too late and House-full".

It is quite right that at the right time, in a right manner and from the right resources if the guidance has been attained then this life and many other lives can be greeted with affluent destiny. Counsellors, entrepreneurs, philosophers do their own task of guiding with paid money or with good intention to serve humanity. They can provide source of inspirations to common men but the ultimate resource can be the Almighty Himself only. Awareness can be aroused by three basic steps – knowing, seeing and experiencing. To know and see would not serve the purpose of bringing awareness; one will have to gain intense experience of truth so that it would remain as

everlasting self-awareness.

Whatever I know is not enough at all; it creates more and more thirst and also keep increasing for knowing more wisdom. Such type of humility is required for increasing the percentage of self-awareness. Without being humble, one cannot learn or would try to learn new skills. Self awareness leads the learner towards being a '*Sthitpragna*' (A Yogi with the stable intellect). At the auspicious confluence age, God's '*Murli*' (Godly directions) is served with unlimited and enlightening wisdom. This Murli can be the ultimate source for everyone to keep the flame of self-awareness ignited forever. By inculcating experiments on 7 innate values (Peace, power, purity, happiness, enjoyment, love and wisdom) daily would bring abundance of self-awareness.

## **Self-evaluation**

Second step towards self-reformation can be self-evaluation. Keeping a prog-



---

ress-chart, work-book, journal of daily experiences could be helpful for fulfilling the task of self-evaluation. Regular practice of self-evaluation will enable the practitioner to have calm and cool inner state of mind which will ultimately be helpful to solve conflicts. Facing adversities of life with ease and expertise would be a natural nature through self-evaluation. Self-evaluation itself is an art of developing discipline in life. The lives of Gandhiji, Pitashree Brahma (the Founding Father of the Brahma Kumaris), scientists etc. have provided us the proof of self-evaluation and the benefits of it. Honest reflections, confessions and evaluation of the self daily are necessary. Whilst being a Master of the self, anyone can hold the 'Inner Court' (of Mind, Intellect and Sanskars/ Impressions) for self-evaluation. As a master of the self – each ministry (MIS) can offer report of entire day to the master and the final report can be submitted to the Almighty with honesty and love.

#### **Self-enlightenment**

Self-enlightenment demands great efforts.

Determination can serve the purpose. With the help of keen determination, one can maintain hope, zeal and enthusiasm which will bring self-enlightenment. Having selfless motive towards serving humanity, surely bring enormous self-enlightenment. Whilst offering honorary services, a sense of inner self-satisfaction increases. The one who experiences such self-satisfaction has got all rights over self enlightenment. Listening to soothing, sweet and favourite music plus songs filled with philosophy and spiritual touches help to strengthen the experience of self enlightenment.

#### **Self-appreciation**

The one who holds self-appreciation would reflect the value of dedication towards maintaining one's own daily time-table, healthy and nourishing diet and sleep management. The one who wants to attain self-appreciation would always boost the level of competence and remain free from fear. Being a detached observer of the self, one can

surely make one's own self worthy for appreciation. Motivational spiritual auto-suggestion technique helps to increase value of the self.

#### **Self-esteem**

Our self-esteem will enhance if we realise our capacity for change. Personal transformation is to move from a state of low self esteem to high self esteem and to learn and practice personal powers, skills, strategies, qualities and attitudes that will make this possible. Being a detached observer of one's own self would allow having neutral observation of the self and thereby without accumulating guilt; hatred towards the self one can easily modify one's own behaviour.

Accepting the greatness of the self and holding the value of contentment within the life assure greater percentage of self-esteem. An easy technique to strengthen self-esteem, one can keep a note of compliments and blessings received occasionally from his/her friends, relatives and well-wishers. Having a quality time with the self during the practice of meditation, visualisation and self-

---

talk are the key ingredients for empowering self-esteem.

### **Self-progress**

Sustaining self-progress, every individual will have to be selfish (holding an attitude of learning and enriching through various experiences). Holding the hands of (guidance from) the Almighty and remaining under the canopy of the Almighty (following daily discipline related to spiritual path) offers a guarantee of everlasting self-progress. An attitude of keeping the mind and intellect beyond worldly attractions and temptations—every individual can remain un-influenced by adverse situations and controversial behaviour of others. A burning desire to experience success at every step in life opens the doors towards self-progress.

### **The easiest technique for**

### **experiencing self-progress**

Any individual can keep an attitude of gratitude at every single second in life. Regular practice of keeping the diary of 'Gratitude' enlightens the beholder immense progress in life. Short-term oriented, attainable and reasonable action plan for self-progress assures many milestones of success. What I want to attain, how would I attain and during how much time would I attain – the clarity about all these aspects shows the clarity of intention. Clear and healthy intention brings self-progress.

### **Self-motivation**

An inspiration differs from motivation. An inspiration is to keep hold of quality thoughts and to wait for its

implementation whereas motivation comes from within to put quality thoughts into practice. Inspiration is a thought motivation is an action. Self-motivated person is like a magnetised piece of iron and, thereby, he/she attracts abundant resources, opportunities and enriching experiences by applying inspiring thoughts, ideas or plans upon a practical level. For sustaining motivation, sharp and accurate decision power is required which can be gained through meditation and feeding the self with quality thoughts everyday. Since people are tempted towards temporary attainments, it is time now to focus more upon everlasting attainments through spirituality and self-motivational endeavours.

## **SEVEN ASPECTS TO BE AVOIDED IN ORDER TO MAINTAIN SELF-REFORMATION GRAPH HIGH:**

### **Self-ignorance**

Greek philosopher Pythagoras quoted that ignorance is a dangerous disease. 'I know everything, I don't want to know more, I know enough...!' such types of attitudes and thoughts would never allow

any individual to learn, grow and know more in life.

### **Self-devaluation**

Holding complaints, sustaining criticism and being cynical – a person would create a subtle wall around his/her personality

which would not offer any chance to have right evaluation. It is an act of self-devaluation. Ultimately, situations, people and everything around would seem in the form of obstacles

### **Self-pity**

Nurturing depression, fear and comparing one's own self give birth to jealousy, animosity, carelessness and laziness. It results into being influenced (of others and of the self) by the qualities and weaknesses which increases the feeling of self-pity.

### **Self-defamation**

Criticizing the self, consistently devaluing the self and feeling guilty for everything in life is to sustain self-defamation.

### **Low Self-esteem**

Thinking about weaknesses in the form of inferiority complex or by proving greatness of the self in front of others in the form of superiority complex gives birth to low self-esteem.

### **Self-killing OR committing suicide**

Lack of tolerance power and patience in life would emerge a habit of blame game and thereby a person would have a feeling of being helpless which would bring immense feeling distress and sorrow beyond imagination and ultimately the person would end up at the last resort of committing suicide.

### **Self-torturing**

There are two types of people – one group is such that they would torture others whereas another group is such that they would torture one's own self. Both the types of torturing create pain and suffering. Being judgmental and critical towards one's own self would end up in self-torturing. It is time now to pay attention towards the self with the help of introspection and keen observation of the self. Raja Yoga meditation is the best way to fulfil this target. Raja yoga enables every individual to observe, appreciate and enlighten inner self. Daily practice of Raja yoga would allow a common man to experience above mentioned seven steps towards self-reformation. Self-transformation brings world transformation. Let us make our earth planet a better place to live and have joy of life which is a sign of love towards God the Father Himself. ■

## **REALISATION**

– Seeram Dukharan, Trinidad

Flying without wings, am I?  
O' mind  
In wingless flight with speed of  
light  
I see and fall with weightless,  
multi-fragranced love  
Flying so light so free with  
without body  
But with His light of lights  
Who made me and gave such  
potential to love  
What for me is earthly, real or  
infinitely unreal?  
I am not sure, don't know to  
fathom anything  
Perhaps the reality is 'I am Not  
and Never  
Will be mundane or temporary'  
What's normal or known these  
days  
Flow and echo peacefully,  
rhythmically, cyclically  
Like nothing ever was when all  
really  
Is unlocked in Love, with Love  
for  
Whoever yearns steadfastly and  
loves  
The Lover of the Universe  
The Master of All infinity –  
Baba's Divinity  
To love all is to know all  
To know peace forever!



# 'SAKAASH'

– B. K. Raji, Mount Abu

**S**piritually enlightened persons understand that it is time to focus on giving 'sakaash'\* to the whole universe. Nowadays souls are desperately in need of even a few drops of peace, happiness and love.

As we are God's children, our foremost duty is to be God's helpers and serve the entire humanity. The best possible way we can serve is through our mind. To give *sakaash*, light and might to souls, we ourselves need to be full of spiritual powers. The most essential and important *dharana* is to become completely pure. Complete purity is one of the prerequisites that enables us to give *sakaash*. We know that purity does not mean only celibacy, but also purity of our thoughts, words, actions, connections and relationships. Next *dharana* is to have a broader attitude and vision. In order to inculcate this, we need to develop a state of unlimited disinterestedness.

For complete purity, we need to bear in mind two simple things and then we can be very stable and strong enough to give 'sakaash' to all souls. First we need a very Clean Mind, then a very Clear Mind. A pure (clean) mind does not create polluted thoughts of waste or negativity. Since many births, our accumulated mental pollution has led to this universal pollution. By understanding the *karmic* philosophy, we can and should stop creating waste and negative thoughts.

This world is a huge, unlimited drama of happiness and sorrow and we, as actors, have played our complete part of 84 births. The accumulation of negative *sanskars* performed by all of us since the Copper Age has been huge. We must devote time to settle and clear the negative *sanskars* gathered in the past through our

mutual involvement with souls we have interacted with so long. Whatever we have given to the Universe, it is giving back to us and everything is fair and justified. We have created such situations knowingly or unknowingly in our previous lives and now we have to face them and no one should be blamed when things don't go the way we want them to. Each scene that unfolds in drama is perfect. Nothing ever happens without a cause. We have an answer to everything that happens and why it happens, yet we carry the burden of waste questions. A lot of time and energy go waste as we try to settle our own mind and to become stable.

During this refining process, we may make mistakes. Without any feelings of regret, guilt or burdened consciousness, we can forgive ourselves, internally being firm on not to repeat such mistakes. We should forgive others if they have made mistakes and caused us harm and move forward; a pricking conscience is not a clear conscience and we will struggle

(\*Sakash means sending pure, peaceful and powerful vibrations for purification of souls and nature.)

---

with our heavy and burdened mind. This creates instability and it will not let us meditate and we will not be able to give '*sakaash*' to others. So, first of all, we should focus on clearing our minds and conscience by lightening ourselves.

The next most important thing is a state of unlimited disinterest of this old, polluted world, attractions of Maya, our old *sanskars* and the limited attainments in our spiritual life. We have to go also beyond the consciousness of 'I', 'Me', 'Mine' and 'My'. Our mind, body, wealth and status – all belong to God. This is Baba's centre, His service and we are His students. There should be no limitations and limited desires. We should not have the slightest waste thought or negativity towards any soul. Everyone is good and everything that is happening is very good. As Dadi Janki puts it, "All that is happening is as per God's plan", then who are we to question and get confused about anything? Each of us has a unique role; none else can play the special part assigned to us. We have got a great role as per our capabili-

ties and abilities and there cannot be any questions. We understand that a pure attitude means good wishes and pure feelings for every soul who walks on this earth, whether he is knowledgeable or ignorant. No matter what or who that one is; he is a child of God and so we need an unlimited attitude to accept this reality and interact accordingly. Next is to develop the pure vision of universal brotherhood. Consider that we are all simply spiritual stars. Oneness is possible and can also become visible with this attitude. We can give '*sakaash*' provided we ourselves are full of such unlimited attitudes and visions.

We have gone beyond the limited attitudes of race, colour, religion, and now subtle transformation is needed to go beyond the limitations of royal desires that the *yogis* yet have internally. These are such subtle obstacles that do not allow us to reach our final destination and we get stuck and don't even seem to move forward. Very subtle desires of

name, fame, glory and importance have to be destroyed from their very roots. As long as there remains even the slightest desire of achieving meagre attainments in us, we cannot give '*sakaash*' to souls. If our own desires are not fulfilled, how can we be called the bestowers?

Let us always be aware that we are world transformers and we have to bring about this great transformation of the whole world and we cannot be slack in our efforts because of any limited interests. We are following a spiritual life not to compete with anyone but to help God for re-establishing a beautiful golden era. Knowingly we get trapped in limited desires, status, position, name and fame even in this spiritual life, forgetting that the Almighty God, the Greatest and the Highest one Himself has chosen us to belong to Him. What else remains to be achieved? When there is lack of contentment due to lack of fulfilment, we keep seeing and looking at others or getting influenced or affected by their attitude. This is, in fact, our spiritual immaturity

and mental weakness.

There is just one highway to take—'See the Father and Follow the Father'. As simple as that! Yet we seem to get stuck up in the maze by going on the by-lanes. The path is not smooth and clear and there are plenty of distractions and side-scenes on the way where we stop and stand by to watch, forgetting our ultimate destination. The time is not far off, when Baba will soon put up the 'Too Late' Board. We need to check our attitudes and vision, and become complete before that. There will be no time for lectures and courses, and souls will not have time and patience to listen to these.

So, it is time to become powerful, full of light and might, and to give the dispirited, dejected and disgusted souls the much needed '*sakaash*'; give them through your mind, attitude, behaviour and vision. For this, we need spiritual maturity and unflinching mental stability. We have to be powerful *yogis*, completely beyond name, fame and glory; only then we can be like the Father, i.e., *Bap-samaan* and give the famished souls what they thirst and pine for. Bapdada clarified this by telling us to go beyond the three things that do not allow us to become World Benefactors or World Transformers. First is, not to think of others' weaknesses; secondly, not to see others' shortcomings; and thirdly, not to get influenced by others or follow their dictates. As we are World Benefactors, we can uplift everyone and give '*sakaash*' when we are completely free from the above three. ■

## GLORY OF HIM

– B.K. Wicky, Matale, Sri Lanka

Sweet is our saviour; He's wonderful  
His work is marvellous; He's beautiful  
God Almighty, He has come to liberate us

Glory of Him! Our Counsellor!  
He teaches everyday—our Teacher  
Glory of Him! He guides us to glory!  
His Counsel stands forever for sure

Glory of Him! Our mighty God!  
He is our Deliverer Almighty God  
Glory of Him! He leads to victory!  
Our help from Zion, He's our Reward.

He fights our battle, for peace within  
He is our Garrison, to rest within  
Glory of Him! He reigns in Glory!  
Our Prince of Peace! We'll ever win.

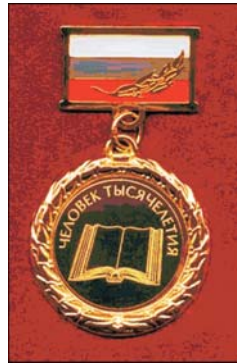
He is our Father forever and more  
Perfect His will for us is ever-more  
Glory of Him! He makes us yogi and holy  
Eternal and Ancient, He is just and pure.

**The respect you earn is no lesser or  
greater than your own self-  
respect. Therefore, respect yourself and  
God and the world will respect you.**

– Contd. from page no. 1–



Russian Federation  
CERTIFICATE to the  
memorable sign –  
medal “Person of  
Millennium”



The memorable  
sign – medal  
“Person of  
Millennium”



Sudha Rani Gupta is awarded with  
the memorable sign – medal  
“Person of Millennium”

in Moscow, initiator of the project 'Relay-race of Positive Changes' was included in that encyclopedia.

**The ceremony of awarding all the heroes of this encyclopedia with the memorable medal “Person of Millennium”, supported by the Administration Department of President of Russia, was held in the building of the Council of Russian Federation on 17th April 2009.**

### **KOLLAM (KERALA)**

#### **Four Faces of Woman**

In connection with the International Women's day, Brahma Kumaris, Kollam, organised a special programme for women titled 'The Four Faces of Woman' on 30th March 2009.

The programme was inaugurated by **Bro. Surya Krishnamurthy, renowned Director, Surya Theatres**. He was the **Man of the Year 2003, Limca Book Of World Records**. He is the founder of Soorya Stage and film society, the largest cultural society in

Asia. Soorya Festival is the biggest festival of Asia.

He said that women of the present era are quite ignorant of their inner powers. Institutions like Brahma Kumaris are doing a good service in making them aware of their inner potential and helping them to make a positive change in their lives.

B.K. Sis. Anila, in-charge of Brahma Kumaris, Kollam, presented the keynote address. She dealt extensively on the four faces of Woman, namely, the Eternal Face, Traditional

Face, Modern Face and Shaki Face.

The participants of the programme expressed their desire to have such programmes pertaining to women's upliftment in future also.

### **TRIVANDRUM**

Dr. Prem Masand, M.D., from Shantivan, was in Trivandrum from 26th March to 2nd April 2009. During his stay, more than 11 programmes were arranged at different organisations, namely, BSNL, NABARD,

---

SBT Head office, Army Camp, Railway District Office, Rotary club, Inner wheel and SN clubs, RTTC.

The topics of lectures were 'Live Life Light', 'Managing the Change', 'Leadership Skill's', 'Stress Management', 'Rescript of Mind', 'Positive Thinking' and 'Positive Personalit'y. Most of His lectures were of interactive type. The audience in almost all places participated activiley in the discussions. In Railways, the DRM while thanking Dr. Prem Masand said that they would sincerely follow the directions given by him to bring more discipline in the administration. At Pangode Military Camp, nearly 450 participants consisting of officers and jawans attended the programme.

At every place, the HRD of each organisation requested Brahma Kumaris to extend full co-operation for arranging such programmes in future. ■

## AN UNUSUAL EXPERIENCE!

————— BK Anoop Fuliya, Delhi

**O**ne evening I was returning from the duty on my Luna Moped. It was the month of May. A cool breeze was blowing which made it so pleasant that I felt as if the spring season had come. The moon was shining in the sky. The atmosphere and the state of my mind were so captivating that I seemed to go into trance. I felt as if I was flying in the air with Shiv Baba, who was leading me through the world. I realised so much of freedom that I lifted both the hands off the auto bike while it was in speed. I enjoyed the ride on it. I felt as if it was an automatic conveyance like a plane used in the Golden Age that involved no risk.

The Luna was running faster and further without any obstruction. But suddenly I had been made to jump off upwards. I thought I was taking a ride on some camel. Did God really offer me such a ride of camel even while He was with me? Actually, there was a speed-breaker on the way and the moped had crossed over it. With a big jerk, it shook in a zigzag way to wake me up and remind me of the Supreme Protector. Soon I was back to my worldly life and remembered that I was riding an Iron-Aged conveyance only.

My lips could just fumble the word "O Baba!" and I found that both my hands were just made to fall down in the front to hold the handle of the Luna. Thanks to Him that the hands had fallen at the appropriate places. "Never again" and I promised to Him that I would never repeat such a silly mistake. Since then, I have never committed this sort of carelessness while driving the speedy vehicles. ■

Edited and published by B.K. Atam Prakash for Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Mount Abu and printed at **Om Shanti Printing Press, Gyanamrit Bhawan, Shantivan - 307 510, Abu Road (Rajasthan).**

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

**Associate Editors:** B.K. R.S. Bhatnagar, Shantivan and B.K. Ranjit Fuliya, Delhi.

**www.bksewa.org**

Ph. 0091 (02974) 228125, e-mail : **theworldrenewal@gmail.com** **worldrenewal@bkivv.org**