

# BEST WISHES

## “The World Renewal” completes 39 years of Godly service

It is a matter of great happiness and joy that Your esteemed magazine ‘The World Renewal’, started with the empowered inspirations of World Benefactor Supreme Soul and Aadi Dev Prajapita Brahma, has completed 39 years of Godly service. It is also heartening that the demand of this magazine, both in India and abroad, is constantly on the increase.



You all Rajyogi brothers and sisters are ceaselessly carrying on the task of spreading the Godly knowledge far and wide, filling every mind with happiness and will power

and fulfilling the aspirations of the readers through this beautiful and resourceful magazine.

The magazine has been a great medium for inspiring the souls to inculcate elevated thoughts, noble and royal behaviour and elevated deeds. It also instils zeal and enthusiasm in the disappointed and enlightens the lives of its readers through the knowledgeable, instructive and ennobling articles, poems, opinions, etc. on socio-spiritual topics.

Those brothers and sisters, who by innovatively churning the points of Godly knowledge send their articles, in fact, beautify its very form, and those who are responsible for reaching it to the public, and the readers who by reading it move towards the flying state, are all to be congratulated. I offer **Best of Luck** to all those who send the magazine to all over the world, as they encourage the people to be near God because donation of Knowledge is the greatest act of charity and benevolence.

For the wise readers and far-sighted contributors and the envisioned staff of the ‘**The World Renewal**’ 2009-10, my heart-felt advice is that through this lovely magazine of BapDada and Brahmin family, we must enable the people to obtain the Godly inheritance of double-crowned deity status of the world and to have the divine visions of the Incorporeal World and Golden Aged World.

*‘Now or Never’.*

With Best Wishes  
**B.K. Janki**

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# BE WORTHY TO LEAD A BLESSED LIFE

For over 73 years, the Brahma Kumaris have been experimenting with the power of elevated, loving, determined thoughts in silent meditation. Its impact has been phenomenal not only for the institution but also in creating a positive, beneficial atmosphere all around. Every July and August, the International Headquarters hold 'Intense Meditation Retreats' for its Teachers and regular students at the Shantivan Campus, near Abu Road. Every experience in silence is a gift of Self-Realisation and God-Realisation. When one goes into the serene depth of meditation and spiritual wisdom in a gathering of thousands, the results are unimaginably beautiful. Quiet contemplation or prayers have often been used to increase the quality of life and free one's path of obstacles or difficulties. For example, the Chief Minister of Andhra Pradesh recently called upon followers of all religions to offer special prayers to please the Rain-gods, as almost a month prior to the onset of South West Monsoon had passed without

any sign of rains. In present times, when certain parts of the world are facing terrorist attacks, scarce rainfall, discrimination and abuse (as with Indian students living in Australia), scorching temperatures, etc., all of us need to take time to understand the power of pure thoughts and good wishes, develop and use it to conquer negative experiences.

There is perhaps nothing that sounds sweeter to the ears or more comforting and uplifting to the spirit than the blessings we receive. Look at any culture, tradition or language around the globe and you will definitely find the custom or etiquette of sharing good wishes amongst friends, family and contacts at special occasions or important milestones of life. One can say the event is not complete without few words of blessings. From birth to death, and even beyond, *every soul cherishes the exchange of positive thoughts, words, and feelings for the benefit of one another, irrespective of caste, religion, age or status.*

Today, we see human beings

being jostled between one calamity and another. While in the past, we simply had to deal with individual situations, family conflicts, health challenges, short-comings, etc., we now face major natural calamities, exposure to global connections and relationships, overwhelming problems in society, health issues previously unheard of, economic crisis that is hampering the lives of millions and much more. They say sorrow does not discriminate and is felt equally by all; so how do we humans, praised as the most intelligent, emotional, creative and wise living beings, wade through these stormy waters of hell or the Iron Age?

We all deserve to live life securely be it financially, emotionally or physically; we have a right to loving relationships and freedom of thought, word and action. However, the current situations make some people question whether a peaceful life is just an illusion? People lose faith in the power of charity, positive thinking, cooperation and good feelings since they do not see the good outcomes immediately. They tire themselves looking for the rewards of good actions but this just weakens their will-power, and creates more doubts than conviction. They build a wall around their minds and hearts, thereby preventing the entry or exit of good wishes or

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feelings.

Few souls believe that in order to create a fulfilling, happy and secure life for the self or loved ones, one just needs hard work, sincerity, diligence, determination, right contacts, and/or 'luck'. They feel the role of receiving blessings or good wishes from parents, friends, companions or even the Almighty God is minimal. But very few successful people can claim to have attained all their glory, assets and prosperity on their own. Any biography or autobiography of celebrities in the world of entertainment, finance, industry, or media bears witness that the direct or indirect input, inspiration, guidance, loving support or in better words, 'blessings/good wishes' of others have contributed to their success. **If we too were to look back at our lives, we would remember numerous times when we got through effortlessly and wondered which unseen hands were helping us along. This proves that the tapestry of our lives is woven together by combined efforts.** The sooner we humbly accept this, the more we can value the power of blessings and good wishes, and come closer to leading an enriched and blessed life.

**No one would ever say that**

**he or she has enough of good luck or blessings in life! There is a constant aspiration to attain more of all which is good and pleasing. This implies our attention should go towards positively transforming:**

⇒ *Self* (thoughts, attitude, vision, words and actions)

⇒ *Relationship with the great Ocean of 'Blessings'*: the Supreme Divine Being, God

⇒ *Interactions with others* (family, friends, co-workers, society)

⇒ *Connection with Nature and the five elements*

When we improve the quality of the above, we ensure there is no exchange of waste or negativity. **What I share with others is what they will be inspired to give back to me.**

Experiences of meditation and spiritual knowledge have shown that the fastest and easiest method of keeping optimum balance between all the above four is to actually work on the 'self' and one's relationship with Almighty God. Then everything else falls into place.

**Spirituality re-introduces us to our eternal identity and to God**, the Source of Purity, Love, Wisdom, Knowledge and Peace. The more I focus on my eternal qualities of goodness, peace, etc. and eternal form of being a soul, point of divine

energy, the more I realize that I can actively transform my life, and learn to perform positive, elevated and selfless actions. This makes me ready to receive specialities, powers and virtues from God, my Supreme Father, Mother, Teacher and Satguru. ***God's most precious blessings for us are 'Divine Vision' and 'Pure Intellect'.***

With spiritual vision, our attitude and actions are automatically transformed. With a divine intellect, decisions are always made accurately with regards to the self, in service and with relations and connections. A pure mind has an attitude of good wishes and feelings of mercy and benevolence. The more we refine and use these for the benefit of all, the more we continue to feel God's love and protection at all times.

*Our positive and charitable actions help others realize their own spiritual potential and enable them to conduct their lives with stability, maturity, and give and take of love and respect.* If I genuinely want to make a difference in life, I won't wait for others 'to change or transform their attitudes or *sanskars*'. With an unlimited attitude and by not worrying about petty issues, the heart expands so much and fills us with compassion and genuine spiritual love. Seeing

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this, people will automatically bestow good wishes on us which serve as double protection. Receiving love and bestowing love are the most essential ingredients in bestowing blessings.

*Every lesson we learn from God is a blessing and these have the power to turn the impossible into possible* when we understand and practice them whole-heartedly. Those who are full with the treasure of blessings never have to labour or struggle in their life. A blessing is an instrument to help us progress at a fast speed; science has the fastest rockets, but the rocket of blessings is even faster. Obstacles will not touch you even slightly and you will become obstacle-proof. No matter what the situation is, the power of the blessing changes the situation from fire into water; it makes the situation so cool. You simply have to know the method to use blessings at the right time.

Let us open our eyes and hearts to the Comforter of Hearts, the Supreme Father of all human beings, accept His elevated guidance and feel blessed. Only blessed souls can help the world recognise the supremacy of God's love and blessings, and contribute in re-establishing a positive and peaceful world order.

I have witnessed recently a

very practical and lovely experience of the power of blessings after undergoing a second by-pass surgery on 11 June 2009 in BSES Global Hospital, Andheri (Mumbai). The operation was a success with the blessings of beloved Avyakt BapDada, Reverred Dadis, and good wishes and pure love of senior BK sisters and brothers and my entire Brahma Kumaris family. Recovery has been quite fast. I would like to express my heartfelt gratitude to the entire divine family, cooperative souls and well-wishers for sending powerful healing vibrations of love in meditation, along with hundreds of e-mails decorated with touching sentiments. I wish to share some of these good wishes with our readers so that they too may use these blessings in their lives:

*“Our heart goes off to you, to be with you in this time of test. We will be present there subtly to take all the healing powers of the Almighty Baba and shower on to you.”*

*“I am sure with God's hand of protection over you and the blessings of the entire BK family, You will pass through this scene like “pulling hair out of butter”. In no time, you will be back on the field of Godly service.”*

*“We are here sending special, special, special*

*unlimited good wishes from the heart to your BIG HEART! Everything will be very easy as you are.”*

*“We can already feel Baba's healing hand of love and comfort on your heart – needless to say that the success of the procedure is already guaranteed.*

*“We have always been, and continue to be, most appreciative of your generosity of spirit and depth of wisdom as God's precious instrument. Your unlimited heart clearly is exceeding the capacities of your physical one, but certain the hearts of the divine family are sending oceans of appreciation and attention your way to facilitate any surgical necessities.”*

*“We are so grateful that you are who you are and for what you have been doing up till now for us, for the service of our divine yagya and for the upliftment of humanity.”*

*“The Good Wishes and vibrations of the entire BK Family are with you, our most respectable brother! With all the good karma that your dignified life represents, this phase seems to be only a momentary side-scene in the drama of life.”*

**– B.K. Nirwair**

# *GLOBAL FESTIVAL FOR RECEIVING GOD'S POWER AND BLESSINGS*

– B.K. Surendran, Bangalore

**W**e all know that the efforts of human beings to ameliorate the condition of the world have not been found effective. When one problem is solved, many more crop up. The world is divided into innumerable territories, religions, regions, languages, ideological and philosophical interest groups which are juxtaposed into internecine warring groups on some pretext or other. The difference between haves and have-nots has been widening. Even though human beings have powers, these powers have been divided and targetted to divide mankind and perpetrate violence instead of uniting and establishing harmony. We are in a fragmented world now where almost everyone is selfish, egoistic, greedy and jealous. An ecological imbalance of great concern is also emerging.

Naturally, human sufferings, miseries and sorrows have been increasing day by day. There is no world leader who commands respect and whose words carry weight. The soil

has lost its salt; water is polluted and scarce; air is polluted and the sky is filled with dirt. **Human life is now based on physical prosperity. There is a vast gap between the standard of living and quality of life.** People in general do not have good wishes and pure feelings for others. They appear to have everything externally, while internally they are very poor. They do not have happiness and peace which are the real wealth in life. There is life with no sensitivity of life. Everyone seems to be attempting to take the world to a global turmoil and catastrophe in the days to come.

## **The root cause**

In this context, let us peep into the root cause. We all know that the world is sustained on the interaction of matter and energy. At the physical level and also at spiritual level, the energy and matter interact which sustains life. At physical level, the process of interaction is known to everyone. But at spiritual level, the body is the matter and the soul – the spirit – is the spiritual energy. The

self uses the faculties of the mind, intellect and personality traits to generate and apply thoughts to create and construct life. The self supplies energy to the body so that the organs are interlinked with perfect cohesion and the body functions in harmony. The soul is the owner of the body and it abides in the body. Since the body has a name, whatever the owner – the soul does through the body – is attributed to the name of the body. Therefore, normally we say that so and so has done this or that. There is a yearning in human soul to experience real happiness, solace and peace since it was existing in Golden Age. It is said that God has made man in His own image. God had made men and women as super human beings - deities of Golden Age. There was peace, abundance and prosperity. As time passed by, these deities lost their virtues and powers. We have only their pictures and idols now. Due to continuous transmigration of the soul many times, there is considerable loss in its originality – the virtues, resulting

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in a huge vacuum. The powers which were bestowed by the Lord at the beginning of the Golden Age have also been lost due to use, misuse and abuse. Since there was vacuum, the vices filled the gap. Vices are in a way the intense proclivity of the soul to fill the gap with the thought, feelings and emotions of attraction of the body, bodily relations and the materials which sustain the body. Thus people have become vicious – *asuric*. Even though the Lord had blessed us with abundant prosperity in Golden Age, we have forgotten Him and inculcated vices. To restore a human soul to its original virtuous stage is the greatest feat imaginable, because the most complicated entity now is man himself. Due to vices, men and women are riddled with contradictions, shackled with prejudices and complexities, while the soul has become the sum total of countless influences playing upon it.

**The Lord is on earth to restore originality and re-establish the Golden Age**

In normal times, people are generally not serious about God in times of crises, people remember and worship God, ask for solace, happiness and peace. God is not an imagination

or hallucination. God is a reality. This world is neither an orphanage nor are human beings orphans. This world has an owner – *malik*. Human beings have miserably failed in their attempt to unite people, to create peace and harmony in the world. **It is the job of the Lord. God is our Father and Mother. He is the Ocean of all qualities: goodness, peace, happiness, bliss, love and purity. He cannot remain in hiding forever. He manifests in the body of Prajapita Brahma to communicate with us. The sermons on the Mount Abu stand testimony to the fact that God is on earth now to re-establish the Golden Age. Those who are exposed to the sermons and mentally connected with Him receive the power and blessings of the Lord, which again corroborates the presence of the Lord. Consequently, a sizable mass of people all over the world has emerged victorious over vices and is leading a virtuous life.** God is known as *Bhagya Vidhata* – the Bestower of luck, *Divya Budhi Data* – the Bestower of divine intellect- wisdom, *Mukti* and *Jivan Mukti Data* – giver of liberation and fruition, *Vardata* – Giver of boons, *Sarva Shakti Data* – Giver of

all powers. These epithets, glories and praises attributed to God are not a fanciful flight of imagination, but are a reality. These are not attributed to any human beings. God's power and blessings have the energy to purify not only the human souls, but the five elements also.

**Festival with a difference – the Super Mega Festival of Receiving God's Power and Blessings**

There are innumerable festivals being celebrated by human beings all over the globe every year. But these festivals are confined to a region, a religion or a sect. God's descent and man's ascent to greatness and perfection are inter-related. The sharing of the good news of God's descent and its associated positive transformations awaiting the world is an occasion for great celebration. Yes, God is on earth now. This is the time for jubilation and festivities. This is the festival of all festivals. This is the best news that anyone can ever share with one another. The festival of RECEIVING GOD'S POWER AND BLESSINGS is a unique festival, not traditionally celebrated by mankind. The present time is the Mega Festival Season which is presided over by God to

**(Contd. on page no.8)**

## ***STAY SEATED ON THE FOREHEAD AT THE WONDERFUL CONFLUENCE AGE***

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– Rajyogini Dadi Janki



**A**t the confluence age fix your seat in the centre of your forehead. When the awareness is there, your face sparkles. It's a matter of just a second to be seated on that throne. You don't have to go here and there; your feet, legs and hands may move but always remain fixed on your seat. Control will be from the centre of the forehead, not the hands. When the intellect opens, we become *trinetri* and *trikaldarshi*. On the path of devotion a Brahmin can apply a *tilak* on others but no one can apply a *tilak* on a Brahmin. The word '*tika*' means both *tilak* and injection. Baba takes us from one place to another; He has enabled us to sit on the forehead and has given us an injection to open our eyes and ears, so that we can listen to Him. With our eyes and ears open we can understand and enjoy what we hear.

Baba has said that now we are at the end of our many births. You didn't know about them but Baba is now telling you about them. Now is the time to undergo such a *tapasya* that

you don't have to face any Maya. In the early days, we were so careful not to have a bad thought, even by mistake. If we did, we were so shocked about it and would run crying to tell Baba. Baba would say: Child, don't be afraid; even I have bad thoughts sometimes. Pay attention, then you won't have such thoughts. Baba's loving sustenance cools my head and makes my heart happy. Why get angry or heated? The sign of being happy-hearted is that you will be light about everything and everyone will enjoy your presence. If you don't get on with someone and don't like being with them, they won't like being with you either. This is simply ego and arrogance; it will not allow you to belong to God and experience a life of happiness.

There is such a lot of qualitative differences between the Iron Age and the Confluence Age. The Confluence Age in which we have to make efforts is very short. In the Golden Age there will be no effort at all. The

Confluence Age is so good! It is in the Confluence Age that Baba is pulling everyone of the previous cycle from all corners of the world. Wherever someone asks you to sit, sit with happiness. There is no reason not to be happy. The greatest service is to create an atmosphere of happiness, so that someone unhappy coming into it becomes happy too.

When I first came into *Gyan*, I felt that it was all just for me, that Baba had come just for me and that I was the one who would become the king of kings and master of the mind and the physical organs. Then, when we moved to Abu, Baba sent us on service and we saw how people in Bharat – young or old, wealthy or poor, worshipper or atheist – began to accept Baba's knowledge. Then I came abroad and realised that knowledge is for all of you too. Everyone just had to let go of his/her ego, of either thinking, "I am great" or "I am worthless". Dadi discovered that she was able to speak well in front of crowds, although this

hadn't been the case previously. Some people think that they are great teachers, that they are teaching and not God. I don't usually take notes but at 'Call of the Time' I took notes; I listen peacefully and then share, so that they will never forget something they had never thought of. There is a great need for knowledge and so let them listen to it in such a way.

Baba has opened our intellects and now we must take care not to lose the key – the key of determination. Always remember: Who is my Father, my Teacher, my Satguru, my Friend, my Beloved and my Bridegroom? Whom do I belong to and who is mine? Have the intoxication of this. If I cannot make someone fully understand the Truth so that he or she can claim the inheritance, then, I am not the *Yogi* or *Gyani* soul I think I am, and Baba would say that you're not worthy enough to claim the inheritance.

Baba talked yesterday of light, might and right. Let everyone receive enlightenment from every step you take. Those who follow Baba's steps receive a lot of power and have a right over Baba. Sweet Baba has made us realise our value and the meaning of our life. Each one of us has to make this life valuable. Will that happen by comparing yourself with

others? No. Baba is giving us values so that we can become valuable. If that sounds difficult to you, just sit in front of Baba, the Bestower of Fortune, and see and develop those values within yourself and *use* them. Baba, the Ocean of Knowledge, says: "You too can be like that".

What are the benefits of sitting in front of Baba and sitting beside Baba? When we sit in front of Baba, our whole attention is on Baba; we don't get side-tracked but get fully concentrated on Him and thus we can take power from Baba. Those who look here and there are like caw-cawing crows. Be like *chatrak* bird, always thirsty for a drop of water, making every drop of water (nectar of Godly knowledge) into a jewel. Every word of the *Murli* is for me – to make the soul pure from impure – not that I start thinking it's meant for this one or that one. Each one of you is loved by Baba. Baba says today how you are all His adopted children (*Mukh Vanshavalli*) – not even the saints and sages can claim that. You will become deities in the Golden Age but now you are becoming angels. Do you have this intoxication? We ask ourselves: "What do I have to become and how do I become that?" And Baba says: "Just sit peacefully in front of me; I am making you fully

embellished with virtues (*satopradhan*)". In front of Baba we have the faith that we *will* become that. Sitting beside Baba, we receive the current and instantly become bodiless; the rust is removed and the soul becomes clean and pure. Sit in front of Baba and then beside Baba – then it wouldn't really matter where it is you are actually sitting. ●

(Contd. from page no. 6)

bestow His power and blessings to all human beings, who remember Him. We can receive His power through loveful remembrance and a righteous way of living. **It is a clarion call to all the brothers and sisters of the world: please listen that our most beloved Father, Whom we remember and pray in times of crises, has come. Understand and participate in the festivals which will be organised all over the world during October – November, 2009 and inherit the birth right of Godly powers and blessings. Your participation will not only be personally beneficial, but you will also be associating with the re-establishment process of the Golden Age by the Lord Himself. ●**



# THOUGHT-PATTERN AROUND THE CYCLE

## Work with stress or Dance in Happiness and Royalty

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– B K Prakash Talathi, Lagos, Nigeria

**W**ho disturbs our peace? Is it someone, something, circumstances, situations, events; .....who? No. Capital NO! Someone, something– situations, events etc. are just triggers. They are not responsible for what we are passing through. It is us! Let us face it. We ourselves lose our peace. Sometimes a villager dies and we say XYZ died because of snakebite, but the post mortem says, he died because of poison. Snakebite is not the real cause. The real cause is the poison. Likewise situations, circumstances, events, other human beings are just snakebites, triggers. They are not the real cause for our unstable condition. It is we who make whatever they injected into us into poison by thinking over it and re-living it again and again. Whatever they said or fail to say or whatever they did or fail to do hurt us, and result into a wound. By reliving that again

and again what are we doing? Are we allowing the injury to heal or do we deepen it more and more? So, who do you think makes us distressed? Is it others or our own thoughts? Who created these thoughts? They are our own creation! Let us take responsibility.

Our mind is a very important faculty of the soul. If used properly it can do wonders. It is the thought-making machinery of the soul. Every normal mind produces about 25-30 thoughts per minute. A mind under stress can produce even more. A crazy person can't stand on one thought. In a day one can produce about 25,000 to 30,000 thoughts, when one is awake.

What is the food for the mind to create so many thoughts? How are so many thoughts created? On what basis are they created? Thoughts are produced by mind on what we see, what we hear, what we read, what are my needs,

desires, expectations, feelings, emotions, instincts, creative ability etc., etc. and my sanskars (habits, addiction, personality traits etc.)

**These thoughts, if categorised, can fall in four categories –**

**1) Waste Thoughts:** To deal with so many thoughts is quite exhaustive. Some thoughts we express in words and some in action; however many of them are not used at all. These thoughts have no relevance with what we are doing in the present moment, but they surface and distract our concentration. To create these useless thoughts we waste our time (25 t/m) and (mental) energy. Isn't it a criminal waste!

**2) Negative Thoughts:** these are based on the acquired qualities by the soul, acquired on the journey of life and death. They are also known as vices, Anger, Greed, Ego etc.

They take us either in the past or future. They will imagine unnecessary problems, doubts etc. and create worries, tension, stress, panic which in turn cause psychosomatic diseases like acidity, ulcer, blood pressure, heart problems, etc. It is said that 90-95% diseases are psychosomatic in nature. i.e. their cause is mind. Negative and waste thoughts are

produced at a very fast pace. They come in abundance. And before we clear a few more will come. It becomes a spider's web and to come out is difficult. It can cause sleepless nights. One has to take pills and sedatives to get sleep. These thoughts consume our energy, make the mind weak and exhausted.

Baba explains in an interesting way. He says – there was a crack in the door and rat came. To catch that rat dog followed. To drive it out an elephant came. It was just a crack and now even elephant comes!

**3) Positive Thoughts:** these are based on our (soul's) original qualities and strength. Every soul is extremely beautiful initially as it is full of all virtues. Virtue is the goodness of the person. Thoughts based on virtues i.e. the goodness of the soul are positive. The rate at which these thoughts are generated is very low. However, these are the ones which energise us. We feel very happy, cheerful, hopeful, enthusiastic, blissful and light.

**4) Ordinary Thoughts:** These are necessary thoughts as to what to eat, what to wear etc.

*In the picture affixed :-*

Upward arrow indicates increase and downward arrow decrease

How Do I Function?			
Thoughts/Min. Thoughts/Day			
	Prod	Energy	Effect On Health
West	■	↓	Bad
Negative	■	↓	Bad
Positive	↓	■	Good
Ordinary	-	--	--

This creation of waste and negative thoughts is limitless, abundant and weak. And it has capacity to affect us, weaken us. This is how at this age we just think, think and think. So, Baba says you can't experience true peace here in this world. People have developed a worrying nature.. If there is nothing to worry, they become restless. Worry becomes their natural nature! Worry is because of fear. The films, TV shows, stories show injustice, humiliation, sex and violence etc., and create sympathy towards a person, say hero and when the hero, punishes the villain we, feel relieved and happy. Some people from audience even direct the hero where he should punch or attack, they even whistle with happiness. What kind of happiness is this! A perverted happiness. It is based on revenge – 'tit for tat', 'an eye for an eye'! Revenge has no end. The chain of cause and effect continues, continues

even after the death. When it is his time he takes the revenge and then the other waits for his time to come. Meanwhile what they do? Think and think. Become disturbed, restless and pass through agony! Likewise, it goes with other negative traits like jealousy, criticism, fault-finding, blaming etc.; no true peace is found here in this world at this point of time i.e. Iron Age.

Golden Age is the era of happiness. There will be purity which is the mother of peace and happiness. Even then Baba says that is not the true peace. A soul cannot find true peace when he is in the body. The true peace is only in the Land of Peace (*Shanti dham*). In the land of peace there is golden-red transparent light and the atmosphere is filled in with the vibrations of sweet silence, divine purity and absolute peace. We souls are placed in the inverted tree, on the basis of the gravity of our purity; Baba (God) being the seed of the tree is placed on the top. We are in our eternal and original state – sparkling points of light. So, the land is the land of lights and also (the land) beyond sound. We are beyond sound. There is total silence.

*(To be contd.)*

# **PEACE, NOT TERRORISM**

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– B. K. P. Shyam Sunder

Kendriya Vihar, Miyapur, Hyderabad.

**I**nnumerable innocent lives are lost due to terrorist activities worldwide. Recently this phenomenon has assumed a very serious shape and it has certainly shaken the entire globe. The terrorist attack at Taj Hotel in Mumbai took a heavy toll of life and property. Not only Mumbai, terrorism has dismantled peace everywhere across the globe. Last year alone the toll crossed more than one lac elsewhere in the world. Terrorists have no race, religion or territory.

As we are rightly observing, this is the end of *Kaliyuga* or Iron Age. With the violence mushrooming everywhere in the society, one is running from pillar to post for peace but of no avail. With this kind of developments, where is the world finally heading for? No one has any appropriate answer. Everyone is only concerned about welfare of the self, as self-centredness has been widespread in the society. People even kill their own kith and kin for the sake of property,

finance and other gains. Even after accumulation of immense wealth in life, one is really not peaceful and spends sleepless nights just because of lack of spiritual knowledge which is very essential in this chaotic world. I greatly appreciate Police officers like M.C. Sharma, Hemant Karkare and Major Sandeep Unnikrishnan who, without caring for their own lives, fought the terrorists till their last breath. They lived and died just for the sake of peace which is the essential ingredient of our society. It is only because of the bravery, courage and sacrifice of the security forces that brought our lives back on tracks. We are really indebted to these brave soldiers and pray God to grant peace to these departed souls and extend our heartfelt condolences to their families.

In this world of uncertainties, one really needs to know about God. All souls are wandering in search of God. Only a few are aware that God descends on this earth in a human body

with a view to reveal spiritual knowledge and transform the old vicious world into heaven. Some people think that God is omnipresent. If God was present everywhere, why would there be violence, quarrels and various negative tendencies? If we understand that we are souls, i.e., points of divine light, sons of the same Supreme Father, then the clouds of uncertainty can surely disperse and darkness of ignorance can be dispelled. Our honourable Dadis who are touring the world round the clock wish that not a single soul remains uninformed about the advent of the Almighty. At this critical juncture, let's educate everyone with spiritual knowledge and see that all souls on this earth attain their God-Fatherly birthright of complete health, wealth and happiness from their spiritual Father by imbibing and practising this Godly knowledge. Rajyoga Meditation is the easiest method to have our connection with God. Through Rajyoga one can attain peace and bring unity and harmony in society. As the time is very short therefore there is tremendous need to purify our society with good thoughts, habits and culture to enter Golden Age. Incorporeal God Shiva is now disseminating this

*(contd. on page no. 17)*

# DEPTHS OF 'SELF-REALISATION'

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– B.K. Santhi, Malaysia

**W**orship of deities started at one point of the *Kalpa* (Copper Age) when man had forgotten God and His true form; he prayed according to his capacity. However, as God reveals Himself and gives His own introduction, He tells us to have **accurate and unadulterated remembrance**. Having been on this spiritual path for seven years, I have always thought of what is **accurate and unadulterated remembrance**.

According to the pre-destined drama, I recently went through some obstacles during which sometimes I felt lost without our eternal Supreme Father but I fought all odds getting in touch with Him and held on tightly to His hand, having firm faith that He is combined within me as a Guide. He is '*Antaryami*', who knows whatever is happening to me and in me; therefore, I did not ask any help from Him despite going along with the drama. Of course, while going through those obstacles, I experienced

His help in sorting out things involving others which made matters much easier and in my favour. That was when at one point, I was convinced that everything will be fine soon and that I have to go on the basis of self-realisation.

## What is self-realisation?

After coming into this Rajyoga study, I first heard about spinning 'the discus of self-realisation' during the 7-Day Course, thereafter about God's teachings in His *Murlis*. I was under the impression that it is just about churning His divine knowledge and little did I myself realise that 'Self-realisation' does not end with just realising my true form, God's true form or all the other Truths as have been told by our Supreme Father at its surface level. The experiences of the recent storms I have had, has made me realise its depth which involves the true application of the divine knowledge revealed by the Father as obstacles and events unfold in my life. Besides, as obstacles arise and when they are experienced as

entertainment with understanding of the reasons behind them without any confusion, they enable me to become stronger and more powerful while experiencing zeal and enthusiasm. Therefore, 'self-realisation' in this Rajyoga study is an ongoing process which enhances my stage to become elevated day by day, making it as one of the most important aspects in reaching my destination. Now I have realised as to why our Heavenly Father directs me in His teachings to '**spin the discus of self-realisation**'. Every bad action throughout the past 63 births has to be settled through illness, relationships or emotions and feelings of dullness. They are obstacles to my well-being but I must understand that those obstacles are the products of my habits or *sanskars* of *Kaliyuga*. Such obstacles are also said to be test papers. Nevertheless, I have realised that God neither gives me the test papers nor does He plan for me in this pre-destined drama. Test papers do not mean that Baba is testing me with such sorrowful scenes of drama in my life. He is my Mother, Father, Teacher, Satguru and True Guide, who puts me on His heart throne, so how could He give difficulties such as test papers to me, His beloved child?

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On the other hand, it is 'I', the impure soul, who has to be thankful and grateful to Him for being fortunate and having been chosen as His direct child. Thus, it is my responsibility to clean my own form and change it into the original pure form to go hand in hand with my Father to gain entry to the land of happiness. It is up to me to settle my own *karmic* account according to the degree of sins I have committed. Therefore, the test papers or obstacles are my own creations which appear in front of me. No doubt, settling *karmic* account was moments of misery but as I replay the scenes of that particular part of the drama, I experience unlimited happiness because my most Beloved Eternal Father and Mother was with me as the Comforter of Hearts (*Dilaram*) giving me such self-realisation which no human in this world could be able to give. It was soothing and feelings of comfort, are experienced at some moments.

### **God is My Direct Sustainer**

My beloved Father, being the Ocean of Love, has the thought of putting me first. His words are, **“come last but go fast and become first”**. The wonder here is how He, our beloved Father does the task of

not only choosing me – His long lost child – but how He is sustaining me, the chosen most fortunate child to become pure.

I have also realised that whatever Baba's help and touchings are experienced along this spiritual journey, they are not to be taken lightly, to be thought of as one of the side scenes of drama, not just to speak about them with sorrow or with pride as to how I have overcome all those, but receive all those help and touchings with great humility, think about the fortune of having received them with lots of love each time. I connect myself with God, and sustain them with great care. This is essential because such divine help with multi-multi millions are to become lessons learnt in every breath of this spiritual life. Apart from that, mistakes are not to be repeated and sins are to be absolved through 'accurate and unadulterated remembrance.'

After a storm, there will be calmness and peace in the midst of the debris and it is the responsibility of the victims to clear the mess and take precautions in order to avoid more loss in future. In the same manner, after going through a lot of storms in the form of obstacles and test paper, there was a feeling of newness and

lightness. Now that I have understood the depth of 'self-realisation', I have to put my weaknesses at bay so that I will not repeat them and not incur a lot of loss again. It came to my realisation that it is due to the purification of the *sanskars* while going through the test paper and the gift of divine intellect that has created the capacity of catching power in my intellect to get God's teachings and touching. This has been the task of our Supreme Father also the 'Purifier' (*Patit Pavan*). To any ordinary person in the worldly life, mishaps which happen to him or her will seem to be an outcome of bad luck or of being unfortunate, but to me, with self-realisation, my attitude changes by changing all negative into positive. Any type of test or problem becomes an entertainment.

### **Easy effort**

Though I am one of God's children who has come last into this highest education, He has given His blessings as mentioned earlier **“come last but go fast to become first”**. 'Self-realisation' gives me a deeper understanding of all good and bad experiences of this drama which puts a full stop to all questions (why, how, where, what, when, etc...). Consequently, making effort for

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self-transformation becomes easy because with understanding comes manifestation. Thus, effort-making becomes easy through 'self-realisation.'

Before I could end, after all the storms one morning during *Amritvela*, I experienced our most Beloved Supreme Father saying to me, **“My sweetest child, as a teacher teaching the worldly students (I am a school teacher) you have been feeling sorry and regretful for your students who had to miss a lot of lessons due to the many leaves you had taken while facing the obstacles. But, I the Creator of all Creations also being the Teacher of all Teachers come to play my role in your worldly teacher’s life to teach you the wonderful lessons to not only learn but make you understand the Truth and become the embodiment of experiences.”** At the same time, I experienced a strong feeling of overwhelming love and mercy. **It is a gift after a great storm (*Toofan*).**

Such is the wonder of my most Beloved Lord, Father, Mother, Husband, and Teacher, who in short, is everything to me. I go on this spiritual journey on the basis of **‘MINE IS ONE SHIV BABA AND NONE OTHER’**. It was then that the thought came to my mind that as I move around considering myself to be a soul, it must be with this feeling of overwhelming pure love and mercy while coming in connection with others. This is what is known as **“accurate and unadulterated remembrance”**. The Supreme Teacher has given me the answer to my questions also. ●

## ***SUCCESS IN LIFE***

Success in life could be defined as the continued expansion of happiness and the progressive realisation of worthy goals.

Success is the ability to fulfil your desires with effortless ease. And yet success, including the creation of wealth, has always been considered to be a process that requires hard work, and it is often considered to be at the expense of others. We need a more spiritual approach to success and affluence, which is the abundant flow of all good things to you. With the knowledge and practice of spiritual law, we put ourselves in harmony with nature and create joy and also love with carefree mind.

There are many aspects to success, of which material wealth is only one component. Moreover, success is a journey, not a destination. Material abundance, in all its expressions, happens to be one of those things that make the journey more enjoyable. But success also includes good health, energy and enthusiasm for life, fulfilling relationships, creative freedom, emotional and psychological stability, a sense of well-being and peace of mind.

Even with the experience of all these things, we will remain unfulfilled unless we nurture the seeds of divinity inside us. In reality, we are divine in disguise, and the gods and goddesses in embryo that are contained within us seek to be fully materialised.

True success is, therefore, the experience of a miraculous reality. It is the unfolding of the divinity within us. It is the perception of divinity wherever we go, in whatever we perceive – in the eyes of a child, in the beauty of a flower, in the flight of a bird. When we begin to experience our life as the miraculous expression of divinity – not occasionally, but all the time – then and only then shall we know the true meaning of success.

(through internet)

# **'ACCEPTANCE' – A PRECIOUS DIVINE VIRTUE**

– B. K. Vinayak, Pandav Bhawan,  
Mount Abu.

**D**ivine virtues and powers like 'Purity', 'Mercy', 'Honesty', etc, play a very important role in our life. Inculcation of virtues and powers is the only way to become 'worth diamond' and 'worship worthy'.

'Acceptance' also is one of the extremely needed divine virtues that can bring not only the simplicity in our life but it is also the foundation on which divine powers like power to tolerate, to accommodate, to face, etc. can be built. We can inculcate this virtue in three ways.

**First one is 'acceptance of things' or 'to accept' things related to the self. It means we have to accept the comments of others not only regarding our specialities but also about our weaknesses and defects. If someone alarms us regarding our unpleasant behaviour or any mistake committed by us which is going to be harmful to others, then we have to**

**accept it and have to show the willingness to change ourselves. Then 'criticism' from others will act like 'blessing', which helps to transform our nature from 'vicious' to 'divine'.**

**But sometimes, because of being under the influence of body-consciousness we would take their alarm as an insult and to escape from the scenario or to hide our mistakes we make others a target of their defects and weaknesses. At that time, we forget a very important practical aspect that, by opposing the person criticising us or by counting his mistakes, the evil nature within us would neither be transformed nor the good virtues be inculcated. Whereas 'to accept' is the golden beginning of self-transformation.**

Usually, most of the people think that to accept or to confess their mistakes will lead to degrade their image. But this is a big misconception. Very

surprisingly **acceptance of the mistakes committed is also one of the great acts of charity.** It is said that 'Truth is always victorious'. Brian Tracy says, "Truthfulness is the main element of character." When we confess our guilt, the power of truth within us will emerge and 'truth' has the power to make the person in front of us contented and docile.

The very best example that can be given in this case is, the autobiography of Mahatma Gandhi – 'My Experiments with Truth'. In his autobiography, Mahatma Gandhi has admitted each and every mistake committed in his life. Every word written in this book is glorified with truth and made this autobiography one of the world famous compositions. Mahatma Gandhi used to say "Confession of errors is like broom that sweeps away the dirt and leaves the surface cleaner than before".

**The person who accepts his mistakes would always be pardoned and would get blessings, which protects him from committing mistakes further. Judicial Law also has an option to forgive or to minimise the punishment to be given to the accused, if he himself accepts the commission of his crime.**

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**Secondly, we have “to accept the situations and obstacles that can arise in the path towards success”. Always the first step of victory over a situation is to accept it. An incident described in the story of Mahabharat shows us that one can achieve the victory only when he accepts the challenge of situation described below:**

**Uttar Kumar was the son of King Virat and was fighting the battle on behalf of Pandavas. The young prince set out for the battlefield. But after seeing the Kaurava army, he became very nervous. He ran away from the battlefield. At the end of the battle the Pandavas emerged victorious. But Uttar Kumar in-spite of being with Pandavas, remained a ridiculous example for being coward because of his inability to accept the challenge of battle.**

The life history of each and every great figure of this mankind reveals that they were accepting every difficulty throughout their life and this nature of challenging the situation made them brave enough to have the victory over that difficulty.

Last one is ‘acceptance of relations’. In other words, it can

be called as ‘feeling of oneness with others’. **The elements that enable us to have the feeling of oneness are unlimited and unconditional love, kindness and good wishes for all irrespective of whatever they are.**

Usually, when we come in contact with someone, our interaction with him would be influenced by the following factors. The sweet or bitter happenings we had previously with that person, purpose of some profit or favour from his side, his post or position and his nature.

But keeping these aspects in view if we come closer to anyone, then it doesn’t mean that we are accepting him or we have love and regard for him. To know what true love is, one has to read the last words uttered by Jesus Christ.

**When people opposing Jesus executed him on the Cross, then Jesus exclaimed, “Forgive them, Father! They know not what they do.” What a wonder! Jesus has an attitude of kindness towards those, who were brutally extorting his life! This is real feeling of true love and of oneness.**

Another incident related to the great scientist Sir Isaac Newton is too an ideal example

regarding this subject. Sir Isaac Newton worked several hours everyday for twenty years and wrote down the results of his brilliant research. One day he went out for Morning Prayer. His pet dog ‘diamond’ was lying in the room. A few minutes later, it jumped on to the table playfully. Due to this, the burning candle fell on the bundle of manuscript, which was kept on the table, and it caught fire. Twenty years of hard research was reduced to ashes within minutes. When Newton came back, he was utterly shocked. His precious papers turned into a handful of ashes. Anyone else would have beaten the dog to death. But Newton simply said looking at it with pity, “Diamond, you don’t know what you have done.” How great was his kindness for the dumb animal. This shows that Newton’s heart was as great as his head.

Whenever the thought of ‘hatred’ springs up in our mind or if our heart doesn’t agree to accept someone’s nature, then we have to think a while, why God Father Shiv Baba is being called Ocean of Love and Mercy? Baba accepted all of us along with our vicious sanskars, defects and weaknesses. He never hates, instead he praises  
*(contd. on page no. 25)*



# THE KINGDOM OF LOVE



– B.K. Anita Bhandari, Mahim, Mumbai

**T**here is no religion higher than love. Truth itself shines with the light of love. Doctrines of religions derive their strength from the love of great founders of faith. When love declines and the followers impose their creeds on others with the weapons of hatred, spiritual decay and degeneration is bound to follow. The prophets are wounded by preachers of cult and passion. All religions, all races, all sages and saints are but the masks of the one kingdom, the veils of the One – Supreme Father.

The real child of Supreme Father is one who is full of love. Love is, in fact, a magnet. He is the one, who keeps on spreading the vibrations of peace, love, bliss, etc. to others. His very silence ‘speaks’. Though he remains effortless in his dealings with others, yet he simply and silently sends out love to others. With such a practice undertaken sincerely and seriously one will realise that, being the children of one Supreme Father, all are his brothers.

Commercial knowledge and

attainments may come through the senses and mind, but true wisdom comes to only the one, who has learnt to love. Do remember that the wise are humble and strong from within and are more serviceable than the most effective material instruments. When our eternal virtue of love is re-awakened, which is possible only when we realise ourselves as soul and remember our Supreme Father Incorporeal God Shiva, we get the sense of true belonging. Thus, with this spiritual and divine love, we are united with others and it helps us in easily getting rid of ‘I’ and ‘Mine’, the root-cause of all problems.

In fact, a man lives not for himself alone, but being the children of World Benefactor God Shiva, we all are master World Benefactors. Here, Godly knowledge, which is being given by God Shiva through the medium of Prajapita Brahma, works wonderfully.

To merely love someone is a childish thing because love from the point of view of children of Supreme Soul God Shiva means the kingdom of Love!

True love is the one which is above the ‘I’, the little ego. Instead of loving ‘I’ and ‘Mine’, we need to love ‘them’ and ‘their’, for such a love rises above colour, creed, country and race. When we deeply love, we are silent. Wisdom too is silent but little knowledge is emphatic, dogmatic and desperately argumentative. As per the Godly knowledge the greatest vice is pride and the other one is insincerity. It is this knowledge of the virtue and power of LOVE that enables us to get our God Fatherly birthright of Heavenly kingdom for 21 births, which, in fact is the real kingdom of love. So, time is to stand up and act – ‘now or never’. ●

*(Contd. from page no. 11)*

divine knowledge through the corporeal medium of Prajapita Brahma.

We can surely donate peace to the departed souls through Rajyoga meditation and by sending peaceful vibrations to them. We will surely fight terrorism through this form of peace. We should never bow to terrorism. Go on making efforts to bring peace in the society. Our slogan should be: **Let flag of peace fly very high!** ●

# **SAKASH IS GOD'S UNLIMITED POWER FILLED WITH BLESSINGS OF ALL ATTAINMENTS**



– B.K. Khem Jekhoo Trinidad

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

## **Characteristics and Powers of *Sakash***

The source of all *sakash* is God. It is a pure powerful energy that is transmitted through pure thoughts in the form of vibrations or pure feelings (*shubh bhavna*) either through the intellect or the eyes. **These pure vibrations**

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

God's *sakash* can change attitudes and transform depressed, degraded or lonely souls giving instant love, power and purity. One who is able to access and receive *sakash* can attain an instant spiritual lift and become peaceful and contented. It is also possible for lost or searching souls to get self-realisation as well as God's realisation in a second. With God's *sakash*, a soul can be liberated from having to labour to achieve constant success. Difficult things become easy and impossible things become possible. Just as the sun rays have seven incognito colours as displayed by the rainbow, so too *sakash* has all powers, all virtues and nutrients necessary

to restore the soul's original qualities, original strength and original healing powers. Therefore, a "peaceless soul" on receiving *sakash* directly from God or even through a powerful yogi is able to transform and enjoy peace and contentment. **In other words, the most vile sinner on receiving *sakash* can be transformed into a divine person.**

## **How to get *Sakash* and attain Self-Sovereignty?**

One must first have self-realisation through the knowledge of the soul, the history of the eternal drama and awareness of God. Using this knowledge, transformation can take place by making efforts to do everything in soul-conscious state and in the remembrance of God. This is the practice of a *karma-yogi*. Constant effort is required to practise purity in thoughts, words and actions. **To achieve purity in thoughts, the soul must aim to have complete control of the mind, intellect and sanskaras or resolves.**

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### **How to Purify and have Control of the *Sanskars***

The soul should have complete control of the *sanskaras* or resolves both while awake or asleep. Pure thoughts, egoless words, viceless actions as well as service with selfless motivation burn and remove negative *karmas* accumulated in this lifetime. Deep intense meditation, yoga or *tapasya*, removes and settles negative *karmas* accumulated from previous births. **When the *sanskars* have been made pure with effort and help of *sakash*, there can be no leakage of any past weaknesses to the mind or intellect even in dreams.**

#### **Preparing the Intellect to receive *Sakash***

The intellect must always be pure, divine and pristine clean so that it can develop catching power to receive the God's touching or God's *sakash*. To be able to receive *sakash* at the right time, occasion or the right situation, the intellect must always be clean and clear. To be clear means never to have the slightest trace of waste, idle, negative or even ordinary thoughts. To prepare and maintain a clear and clean intellect, one must always be in soul-consciousness maintaining

an angelic stage and an angelic form even while performing actions. The mind, intellect and *sanskars* must be in complete harmony.

#### **Slowing down of thoughts to receive *Sakash***

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

#### **Description of *Sakash***

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

**canopy of protection over you. The feeling is refreshing and the soul feels powerful and free from all sorts of bondage.**

#### **How does one receive *Sakash***

***Sakash* is received only when one is in deep yoga and when there is no influence, attraction or awareness of the body, bodily relations, nature or physical mundane matters. There is no leakage of the intellect into mundane matters and the intellect is still and totally surrendered in all loving relationships with God. The soul becomes merged in love with the Father. It is as though God, the Eternal Surgeon, is examining the intellect and attending to the needs of the soul by removing even the subtle traces of impurity. The *sakash* received is discerned into thoughts of elevated Godly directions or *shrimat*. There are not many thoughts to confuse you. However, the soul must always be honest in all relationships with God.**

#### **Giving *Sakash* with Eye Contact to Close Souls**

***Sakash* can be given through "eye contact" to those present in front of your gaze. The intellect acts**

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as both an absorber and reflector. The intellect first absorbs the *sakash* and accumulates it and when the soul is fully immersed, full of love and in subtle embrace of God, the intellect reflects the *sakash* through the calmness of the glazed divine eyes with a happy and contented facial countenance. The eyes are still and calm and the observer gets the feeling that your 'body' is here but 'you' are very far away.

#### **Giving *Sakash* to Distant Souls**

*Sakash* can also be given by projection of your angelic form through deep concentration and visualisation to any part of the globe or universe. You actually experience yourself in distant places giving vibrations through the intellect. The intellect in this case acts as a "powerful transmitter" that can transmit your thoughts and feelings wherever you desire. **It is as though each "thought" is inflated with powerful *sakash* and the intellect launches these "atomic *sakash* thought bombs" that explode and release true spiritual love.** To do this, one must acquire a highly elevated stage through

constant practice of meditation and a clean and clear intellect.

#### **What are the practical benefits of *Sakash*?**

*Sakash* is filled with power and solutions to all mundane problems. If someone has been searching for spiritual help and has been making efforts to improve on his own spiritual stage, his intellect remains clear at times immersed in the hope to find God one day. When yogis give *sakash* to the world, their vibrations travel far and wide creating a peaceful atmosphere. Yogis are also in the practice of releasing good vibrations wherever they are. Those who are in close vicinity pick up the vibrations in the form of a peaceful fragrance and experience divine peace. Because nothing negative can remain in a divinely charged atmosphere; it is quite likely that a soul in close vicinity will be able to discern these pure thoughts and recognise God. Many yoga teachers share their experiences how they came in contact with divine knowledge or how people came to the yoga centres and that they didn't know what led them there except that they had an inner urge that they should go there. This is the

power of God's *sakash*.

#### ***Sakash* used as Spiritual Protection**

Pure vibrations can also be used as a method of spiritual protection. If you are face to face with a stranger whose vibrations are impure, then you immediately connect with the Supreme Soul and send out *sakash* to that person. If that person has any ulterior motive, the pure *sakash* sent by you will transform his negative thoughts and render him harmless. Similarly, you can send *sakash* to anyone who may be in danger. This *sakash* will form a protective shield around that person giving immediate help. So too a yogi, in constant remembrance of God, emits vibrations to remove known as well as unknown obstacles in his path.

**Avyakt Murli 20.10.08:** "BapDada knows that the time that is to come will be of great distress. All of you will have to give *sakash* that will become your intense effort. In a short time, you will have to give all powers through *sakash* to many who will become your devotees in the Copper and Iron Ages."

**AV Message 19.11.08:** Baba showed us the scene of how to give *sakash* to the sorrowful and peaceless world. Baba said: "The message has

to be given to everyone, if not through words of mouth then through your mind. By doing so, the task will be accomplished very quickly. Just as with facilities of science, such as the TV, you are able to see and hear very easily, in the same way, many will receive the *sakash* of your power of silence and will be attracted towards Baba.”  
AM 30.11.08. “Now, according to the time and according to the call, there is a need to give each unhappy soul a drop of happiness and peace by giving them *sakash* through the mind. He wants to return with the children; He doesn’t want to return alone.”

In AM 15.12.08 Baba says, “The work of all of you is going to increase a lot more... Now, a lot of service still remains to be done. Now, you are going to have to do the work of giving *sakash* with your mind. In the beginning, Father Shiva entered Brahma and gave *sakash* to everyone while they were sitting at home. Some had visions, some heard someone telling them to go to a particular place, some received inspirations having heard this and they thought, “I have to go there!” ... Whatever happened in the beginning is going to be repeated at the end. **Therefore, increase the**

**power of your mind and also increase service through your mind.** At that time no one will listen to your lectures. No one will take the *course*, and the conditions will become severe. You will have to do the service of giving *sakash* through the mind. Therefore, practise this now, not just at *Amritvela*. Become introverted and find five minutes every now and then rather day and night. *Try* it out as soon as you open your eyes even during the night. ●

**Write your Sad times  
in Sand, Write your  
Good times in Stone.**

- George Bernard Shaw

## **Global Hospital & Research Centre, Mount Abu**

### **IMPORTANT SURGERY CAMPS**

***The upcoming programmes are as follows:-***

- ▷1. **Urological Surgery Programme** on 17th -18th July, 2009, to be performed by **GHRC team** and **Dr. Darshan K. Shah**, (M.S., M.ch. Urology), Consultant Urologist, Apollo Hospital, Ahmedabad.
- ▷2. **General & Laparoscopic Surgery Programme** on 6th-7th August, 2009 (**Registration closes on 4th August, 2009**), to be performed by **GHRC team** and **Dr. Prof. S. Thirunavukkarasu** (M.S., M.ch.), Surgical Gastroenterologist, Chennai.

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

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

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## MEDITATION – FOR YOUNG OR OLD?

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– B.K. Dr. Kaberi Kakati, Guwahati.

**M**editation is a spiritual love-link of the soul with the Supreme Soul. It helps us to know the spiritual truths of life and transform us into a value-based person so that we are not influenced by worldly matters.

A year ago, as I was coming back to Guwahati from Delhi by train, I met a person who was sitting beside me. He was a Medical Representative by profession. As we are from the same medical fraternity, he began talking on different topics regarding medicine. Suddenly, he noticed my BK badge. He had heard about Brahmakumaris institution; he asked me whether I attended it. I replied that I had been a Brahma Kumari since I was a child. He then said something which quite surprised me. He said, “I have heard that Brahma Kumaris teach meditation which is very good. But why do you indulge in these things at such a young age? Now is your age to eat, make merriment and enjoy life. Meditation or spirituality is for the old people”

I was a bit shocked by his attitude. I feel meditation is helpful for everyone; rather it is of utmost importance for the young generation. At this age, mind is fresh and energetic and not yet polluted by worldly matters. So they can inculcate values and virtues easily and bring about a positive change in themselves so that they can have a developed and balanced personality.

Meditation helps us to know our true self and make connection with the Supreme Soul who bestows us with all His powers. It makes us fearless, increases our concentration power, helps us to generate pure and positive thoughts, gives us peace of mind and helps us

to achieve success in every aspects of life – whether it is studies or career. Why to turn to meditation only when we are in stress or internally disturbed? Can't it be practised as a prophylactic measure so that we can lead a stress-free life? Isn't 'Prevention better than cure'?

As the saying goes, “As you sow, so shall you reap”, if we sow the seed of divine values and virtues in the minds of the young at a tender age, we would reap its healthy fruit in the form of a happier and beautiful world in future.

I explained to that gentleman the importance of meditation in all aspects of life and how it has helped me at every step. He listened very sincerely and said that he never saw the benefits of meditation from that perspective and promised to visit a BK centre and learn meditation as early as possible. ●

### **TRUE LOVE**

True love is felt by all who receive it. Sometimes we do find ourselves in situations where others are not responding to the love we are giving. We are trying to be understanding and accepting as much as possible but others don't seem to be recognising it. In such a situation we begin to blame others and their lack of feelings and concern. Instead of blaming others when our love and concern is not being reciprocated, we need to check the quality of the love that we give. If there is even a trace of selfishness or if it is mixed with expectations, our love will not be able to reach out and touch the hearts of others. So we need to make sure that our love is pure and unselfish.

# **INTO THE SPACE OF SILENCE**



– B.K. Spandan, 2<sup>nd</sup> year, S.K.C.G. College,  
Parlakhemundi, Orissa

**I**t was certainly a quest for peace since the noisy throes of that morning. I put a full-stop to my stray thoughts and dreams that went wobbling without effort. It was to be another beginning in my life. I found my destination.

The place was pleasant. How peaceful it was too!

We study in a technical university. But how about having a spiritual university where you can hone your mental, aesthetic and spiritual faculties? Do I sound something extraordinary? Well, I suppose 'no'. This particular phrase 'varsity for the spirit' drove me a long way to the sacred surroundings of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya called Madhuban. Literally, it is a forest of honey or nectar!

The professor or Dean of the spiritual university is conspicuous by his absence. Can a university run with the teaching staff operating in absentia? No. But here is an academy wherein every student

feels His incorporeal presence. It was established by God Himself, the Supreme Soul, who takes the body-chariot of Dada Lekhraj to deliver the knowledge of World Cycle and Rajyoga. The spiritual powers of the Supreme turned ways of life of Dada and the former rechristened him Prajapita Brahma as through his lotus-mouth the divine words are communicated by the Supreme soul Shiva to redeem the souls and change them from the human stage to deity stage.

Unlike the existing technical universities, which are completely vocational, the spiritual university adds value by developing the mental faculties, teaching meditation and by helping in conquering evils such as lust, anger, greed, attachment and ego. It gives scientific training to prepare the humanity to attain and appreciate solace, peace, happiness, universal brotherhood and selfless love, among other things.

Precisely, the Godly University trains the students in

Rajyoga meditation – the most powerful means of communion with God. Rajyoga skills make people worthy of living in the material world in a glorious way while attaining spiritual bliss. The word 'Raja' means kingship and yoga means connection or communion with God. Literally, it means authority or mastery over sense organs which one can attain because of the connection with the Supreme Soul. This is the way the students of this university conquer vices, control anger, develop love for the fellow beings and attain peace.

Earth is perhaps the noisiest place in the entire universe. It is really amazing to have such a blissful paradise on earth. Its residents seem to be like angels descended from heaven. Their dress courtesy resembles peace and harmony. It's all white symbolising purity. Their pure hearts spread blossoms of love through good and noble wishes that vibrate all around.

The lectures of the university were quite logical and heart-touching too. It is through these classes that I found answer to my never-ending questions like 'Who am I?' and 'who is God?' 'Who is worthy of worship?' 'What is the easiest way of attaining peace, happiness and love from God?'

The theme of this university

is that God himself has descended onto this earth to give us His knowledge, love and happiness. It is not a mission but a university with a difference where God is the Supreme Teacher, the only professor. He is a conscient point of radiant light. He is neither omnipresent nor does He exist in the form of a corporeal body. He dwells only in His world of peace and silence. He has come to this earth to take us all into silence. So we have to overcome the noise of this earth through the practice of Rajyoga meditation which can transport us into that world of silence. This world drama will come to an end through silence. We have to practise meditation and experience inner silence. This process of attaining silence into organs is called Rajyoga. My trip of Mt. Abu, Rajasthan was really a fruitful event. I came back to the world of noise. But the inner peace that I have experienced reminds me of the abode of peace which I have to travel again in future also.●

## **DON'T POSTONE LOVE**

Once upon a time there were two cart-horses. They worked together for many years, pulling the cart of a peasant. Over the years, they often argued with each other, complaining that the other was not keeping to its side or was going just a little quickly or just a little slow.

One day, one of the two horses suddenly died. The other horse was very upset about this. It realised that during all the time that they had worked together, it had not even once told the other horse how much it valued its company and its faithful help in pulling the cart. Now the chance was gone forever.

The horse also reflected on all the squabbles they had. It suddenly understood that it need not have taken offence as easily as it had done, that it need not have borne as many grudges, that it could have been less arrogant. In short, it realised that it had wasted all the energy that had been available for friendship and kindness on unworthy and unnecessary thoughts and emotions.

The horse was ashamed and resolved to lead a different life in future. Whoever its new partner was going to be, things were going to be different.

But time passed, and the horse forgot. One day, it caught itself in exactly the same kind of behaviour that it had sworn never to engage once again. The horse could not understand why it had returned to its old ways.

That evening, in the stable, the horse decided to seek out the peasant's donkey, which had a reputation for wisdom among the animals. The donkey listened to the horse's story. Eventually, it replied. "It is good that you have noticed what has happened. If you truly want to change, this is possible; but it will, for a long time, cost you, your peace of mind. Are you prepared to accept this?"

The horse replied that it definitely did not want to return to its old ways. Anything was better than that. So the donkey continued, "There is one very simple, and at the same time very hard thing that you have to do. Remember that one day, perhaps today, perhaps many years from now, you will die."

Remember everyday that the one next to you will die. Remember everyday that every other creature you will see, will one day die. Remember that all animals alive today are part of a wave, which will soon break and be lost on the beach forever, to be followed by a new wave. No wave is permanent. The only thing that is permanent is the ocean."

There were tears in the horse's eyes. The donkey continued, "Only if you remember death, will you become strong-willed and alert enough not to postpone love. This is my advice to you and in following it, perhaps one day you may come to know that which is deathless."

**(through Internet)**



# DISCOVER YOURSELF OR KNOW THYSELF

– B.K. Chaitali, Burdwan



I stood before the mirror, saw my own face and figure and suddenly the question came to my mind whether this is what I am in reality. But a few days ago I was not so and a few months hereafter I will be different. So my outward appearance cannot be my real identity. It is only a reflection of something hidden and deeper. It is only my physical identity.

**Now what is my real identity?** To know my real identity I have to discover myself. Actually Body is nothing. And what or who runs this material body? There is some energy which drives the body, and which we call the soul. Body is the costume of the soul. The relation between body and soul is like that of a car and driver, a cage and a bird, a cassette and a tape. Body is mortal but soul is immortal. Body is made of five elements – Earth, Water, Fire, Ether and Air. After death, the body is dissolved into these five elements. So long as the soul remains in the body it is alive but when the soul departs from the body, it is declared to be

dead. So body is nothing but an organ and an instrument of performing action. Death is the process of change for the soul to move from one body to attain a new one. As we change our old or torn dress or costume, the soul also takes another body. Soul is materially an invisible entity. To our corporeal eyes, it is not visible. Divine eyes can see it. It is just a point of light. It resides in the middle of forehead. That is why we put the *Tilak* on our forehead and the people, who are discontented with their lot, point to their forehead.

In fact, we have totally forgotten our real identity and have invited our sorrow and grief. If we remember our real identity there will be no difference of caste, creed and religion among us. We are all children of the same Supreme Father. When we fully recognise ourselves we can feel that “we are peaceful souls”. Peace is our innate quality. But we search for peace in outer world and want to buy peace through material things, little realising that the source of peace is our own mind.

Now the question is how can we discover ourselves? It is the Rajyoga Meditation that helps us to know ourselves. Through Meditation I can feel I am a soul different from my body. I see with my eyes, hear with my ears, and work with my hands. I am their master. But actually I am a peaceful, pure and loving soul, eternal and immortal, undertaking all the small and big endeavours which this body seems to be involved in. ●

**(Contd. from page no. 16)**

us and always tries to make us similar to him by showering all the treasures of His knowledge, powers and virtues. In order to be ‘*Bap Saman*’ we have to make our heart broad enough to accommodate everyone.

Acceptance is a very strong and ultimate weapon to conquer ‘Ego’ and ‘Anger’ which are the route causes of today’s burning problems of the world. The one who accepts others would contribute his best to establish ‘World Brotherhood’.

Inculcation of the virtue of ‘acceptance’ makes us humble, sweet and simple and also helps us to stay always in ‘*swaman*’. This virtue enables us to become ‘*Swyam priya, Prabhu priya and Vishwa priya*’ (Loved by self, Loved by God and Loved by others) which is Baba’s utmost expectation from His children. ●



# THE FLYING STATE (TFS)

– B.K. Yudhishtir (Principal, B. Ed. College),  
B.K. Colony, **Shantivan**, Abu Road

**T**he Incorporeal God-Father, Supreme Soul, ever Benevolent and World Transformer Beloved Shiv Baba has been giving repeatedly in His daily spiritual versions (*Murlis*) beneficial hints to His divine children – the would-be-kings-and-queens of the forthcoming Golden Age – about three kinds of stages or states such as the Flying State, the *Avyakta* State and the Seed State to achieve one after another step by step in the course of their spiritual efforts. The Flying State will lead to the *Avyakta* State which again ultimately will lead to the final Seed State which can, in other words, be called the *Karmateet* State.

In this present article, I want to delineate the initial Flying State and have also planned to write about the other two states in the forthcoming issues of 'The World Renewal' magazine. Together this series of articles will give the spiritual effort-makers due feedbacks in the course of attaining the ultimate *karmateet* state

through the gradual and steady process of one state leading smoothly to another.

The Flying State is a quantum jump from body-consciousness to soul-consciousness which is achieved with the power of divine knowledge of the soul, Supreme Soul and World Cycle along with regular practice of Rajyoga while churning the deep and salient points of this Supreme secret and new knowledge which is meant for the New World. But this Flying State does not come instantly, or if it comes to some of us by the flowing grace of God, yet in order to remain constantly in this state they have to surpass the attraction and attachment of body-consciousness completely just as an aeroplane surpasses the earthly forces of gravitation in order to fly smoothly higher up in the sky. However, if we analyse the different states of our spiritual efforts, we will find that the Flying State is actually the third state which comes following the states of 'walking' (*Chalna*) and 'running' (*Daurna*). So there are five

states in all. In the preliminary two states of 'walking' and 'running', many brothers and sisters come to this knowledge, attend the spiritual classes and transmit this knowledge to others, but unfortunately due to some reason or other some of them dramatically leave attending the classes, discard this Supreme Knowledge and divorce the Supreme Father whom they once embraced before some while, calling Him as "My Beloved Father." This fact Baba gives hints to in some *Murlis* in His own words: They "listen, relate and flee" finally (*Sunanti, Kathanti and Bhaganti*). This kind of activity or play of Brahmin life during the states of 'walking' and 'running' which leads to unfortunate 'escaping' by some children He refers to, saying, "Oh! Drama." Further clarifying this type of incident, He also says that this kind of episode is fixed in the broad plot of Drama, because some children earlier who had 'written in blood not to leave Baba', had already unfortunately left.

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Whatever may be the reason is immaterial. But they have left, thereby nipping their 'yet-to-be-flowering-fate' in the bud.

Here, it may be noted that this 'drama' does not happen in case of all spiritual effort-makers, for there are some who stick to this knowledge and Baba like a 'child sticks to his mother at the approach of a stranger', and they do so in spite of the mountain of odds and obstacles that come upon them overwhelmingly like avalanches. They courageously surpass these so called obstacles by remaining in constant remembrance of the Father, the Saviour, because they regard these as the superficial and artificial plotting or conspiracy of other elements or *Maya* to divert them from the path of Baba, and consciously evade these considering as "paper tigers that have no teeth" or as "occasional clouds that come and cover the ever-bright and benevolent Sun only to go away and discover later after a while. In such adverse or 'opposition' circumstances they try their level best to remain in their 'position' of self-respect (*Swaman*), thinking and hoping that God will help them and come to their rescue in the face of such odds, because they remember the words of God:

"To the brave and courageous children, God's help is due" (*Himmat-e-Bacche, Madade Baap*). Experiences say that it is a fact, and why not! If God has helped His devotees during the periods of Bhakti, it is dead certain that He is bound to help His needy children in this *Sangam Yuga* when He has descended upon this earth in person. In this year's *Murli* also, He assures His help, advising the children: "Call Baba to help you; Baba is bound to do so." So the spiritual effort-makers should not lose heart but stick and stick till they overcome the odds.

This aforesaid 'escaping' or 'divorcing' drama happens only to some minority who fail to take a quantum leap from 'walking' and 'running' states to the 'flying' state and to maintain the continuity of this state through their brave and steady efforts. For inspiring these minorities, let us cite a very simple example of flying. A bird flies only when it loosens its hold upon the branch of a tree on which it sits, and flaps its wings to fly; then only it really flies up in the sky without having any attachment to the branch, tree or anything that it surveys then and there down upon the earth. Likewise, the soul can fly only when it loosens its mental and

intellectual hold upon, or severs its relationship with its own body and bodily relations and a large number of various things and all sorts of pleasures that are derived from these ephemeral attachments ingrained in the soul during many previous births due to the deep darkness of sheer ignorance. That is why Baba says: "Remember me only by considering yourself a soul, a conscient point of light, and forgetting the body and all bodily relations."

So it must be kept in mind that if the bird does not loosen its hold and tries to fly by repeated flapping of its wings to do so, still it never can; it will be simply a waste of effort, time and energy and also a work of foolishness to do so. Thus, those spiritual effort-makers, who try their best to fly without initially forgetting their bodily relationships and snapping their attachments and all sorts of mental associations with persons, places, things, wealth and properties, and without wiping out from their memory all kinds of *Kaliyugi* or old world impressions, face a lot of impediments which become insurmountable in the long run; and this leads to the inevitable failure in their noble efforts to attain the Flying State. When they are unable to attain the

Flying State and to maintain their continuity of this state during the spiritual life, they at last feel completely tired, worn out, nervous, confused and confounded. This makes them to look askance with bewilderment and disillusionment of the wilderness. This unexpected disillusionment in their life is the result of their own 'flaw' which the English poet and dramatist, Shakespeare termed as '*hamartia*' of his tragic heroes and heroines who fail and fall due to one or other of their own mistakes, thereby leading them to their irreparable and irrecoverable ruin. However, they, in this way, reap the fruits of their own actions.

But our Merciful Baba teaches us the deep secrets of the Philosophy of Action – action (*karma*), inaction (*akarma*) and bad/evil action (*vikarma*). So, unlike the Shakespearean heroes and heroines, we still have a golden chance to amend or repair our actions and recover from the irreparable loss made due to our ignorant efforts, because the Destiny-Maker, our Supreme Father, is the most Benevolent (*Kalyankari*); the Confluence Age (*Sangam Yuga*) is also benevolent and this great and wonderful Drama is equally

benevolent too.

What we have to do is to stick to our noble and constant efforts to attain the Flying State in spite of Maya's/Satan's devilish and nihilistic efforts to shy us away from the path of Baba. It is not the time to feel sorry or worry over the past that has already passed, but to snatch the present in its locks of hair and reap the benefit of our efforts by sensibly understanding, analysing, conceiving, inculcating and translating the essence of the characteristic features of the Flying State that follow, for these will work as feedbacks to reenergise and rejuvenate the hapless and hopeless effort-makers to rise and raise their status to the Flying State which is the forerunner of the other two states.

### **Features of the Flying State (TFS)**

The following are the features of the Flying State:

- ❖ The Flying State (TFS) is related to movement or motion in upward or vertical direction as contrasted with the movement or motion in horizontal direction that is related to the preliminary states of 'walking' and 'running'.
- ❖ TFS is beyond the forces of

bodily or physical forces of gravitation. In this state the soul is forgetful of gross physicality.

- ❖ TFS is a state of Solitude (*Ekanta*). In this state, the soul prefers to remain alone with himself refraining from the company of negative or disturbing elements or persons, though he is free to associate with true and like-minded people.
- ❖ TFS is a state of detachment. In this state, the soul remains very careful about not to be involved in unnecessary relationships even while coming in interaction with others during the day-to-day affairs. The soul always keeps in mind the slogan – "Leave and be away" (*Chhodo to Chhuto*) or "Leave and fly" (*Chhodo to Udo*).
- ❖ TFS is a state of a few chosen thoughts. In this state, the soul entertains only some well-chosen and selected thoughts or meaningful and useful points of knowledge and tries to go deep into the essences of the same.
- ❖ TFS is a subtle or fine state. In this state, the soul is divested of all sense of grossness, mundaneness and drabness.
- ❖ TFS is a state of lightness. In

this state, the soul feels himself in a flood of light and feels weightless, thereby leading to an inner levitated state.

- ❖ TFS is a state of sole relationship of the soul with the Supreme Soul – the Beloved Supreme Father. In this state, the soul feels, “I am of Baba; Baba is of mine” (*Mein Baba ka, Baba mera*).
- ❖ TFS is a state of remaining under the umbrella of God’s grace. In this state, the soul feels safe and secure from the hauntings of *Maya* or the evil shades and eyes of Satan.
- ❖ TFS is a state of easy and quick service. In this state, the soul attains easy and quick success in self-service (*Swa-Seva*) and the service of others without putting in much efforts.

At last, it is advisable to the spiritual effort-makers to keep inwardly quiet and have staunch faith in the self and the Supreme Self for their ultimate victory, for this victory is their birthright and it is of none else. With this aim in view, they have to actualise the above featureful points of feedback in order to raise them to the state of inner levitation which will enable them to fly inwardly like mythological *Hanuman* (the killer of ego) or the son of Air (*Pawan Putra*) as described in *the Ramayan*. ●

## **A FLIGHT BACK TO HOME**

– B.K. Tina Diaz, Philippines

One day, my Father called me –  
Come, rest you weary soul  
In a place I know where you will be  
Happy and peaceful and whole.  
Did you ever know that long ago  
You entered Heaven’s door?  
Walk with Me and you will be  
Close to your sweet home once more.

My Father is so fond of me;  
He watched my life unravel  
Granting me inheritance  
As I set my mind to travel down  
Golden, Silver, Copper and Iron Age;  
I passed from birth to birth  
A deity once and now disgraced  
Who lost her divine worth.

My Father waited patiently  
Through all my tears and sorrow  
Knowing that the roles I played  
Were moulding my tomorrow.  
Until I thought that all was lost  
He placed His hand in mine –  
A soul in flight now heads for home  
Back to her world divine.

My Father celebrates with me  
The joy of my returning.  
In sweet encounter, loving silence,  
Secrets of remembering  
The cycle ends and starts anew  
And now I understand  
That once I was, so will I be –  
A resident of the Golden Land.

## **GODLY SERVICE REPORT**

### **MOUNTABU**

#### **Look within to enhance inner powers – Dadi Janki**

Inaugurating the National Media Dialogue-cum-Rajyoga Retreat on Empowerment of Mediapersons, Rajyogini Dadi Janki, Chief of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, highlighted that we need power to clean ourselves from inside. She called upon the participants to go the spiritual way for gaining inner powers. If mass media becomes more honest, truthful and accurate, then there will be social transformation, Dadi Janki further stressed.

Speaking as Chief Guest, Mrs. Indira Krishna Kumar, Member (HRD), Ministry of Communication and IT, said that circulation of newspapers would go up if media persons adopt self regulation with *Dharma* as their own code of conduct. She urged media to have clarity of goal and better character, class and credibility in reporting. She said that media should increase its inner powers to work for unity and integrity of people and society, through the practice and promotion of India's age old spirituality, eternal values,

simple and healthy lifestyle.

Dr. Ved Pratap Vedit, eminent journalist, while delivering keynote speech, said that though today media has become more powerful economically, politically, professionally and extra-constitutionally but it has become proportionately weak in upholding journalistic values like truth, justice, fair play, impartiality, accuracy and social concerns. Dr. Vedit stressed that media should introspect and increase its inner powers with the help of spirituality and Rajyoga meditation for the good of people and society.

B.K. Om Parkash, Chairperson, Media Wing and BK Karuna, Vice-Chairperson, Media Wing, also inspired the participants to experience the powers of silence, divine contemplation and meditation.

### **ITANAGAR**

Itanagar centre of Brahma Kumaris organised a 'Positive Health Exhibition' during 4-Day 'Buddha Mahostav' celebrations at Tawang bordering China. Mr. Pranab Mukherji, Union Minister for Finance; Mr. Amar Singh and

Ms. Jaya Prada, Hon'ble MPs, special guests on the occasion along with H.E. General (Rtd.) Mr. J. J. Singh, *PVSM, AVSM, VSM, ADC, Hon'ble Governor of Arunachal Pradesh; Mrs Singh, First Lady of Arunachal Pradesh; Mr. Dorjee Khandu, Chief Minister and other cabinet colleagues, Foreign Delegates, commissioners and other central and state Govt. officers* visited the stall. BK Sis. Junu and B.K. Sis. Kamala felicitated the dignitaries while Dr. B.K. Jayadeba Sahoo, Reader, Rajiv Gandhi University; BK Pradeep Basumatary, Superintending Engineer, ONGC and BK Tilak explained the 'Positive Health Exhibition'. They also explained the impact of Rajayoga for De-addiction as well as Coronary Artery Diseases (CAD) Regression. Thousands of people from various walks of life also were benefitted from the programme and attended Rajyoga camp organised at All India Radio Colony, Tawang on the occasion.

### **TIRUPATI**

B.K. centre of Tirupati organised "Dwadasa Jyotirlinga Darshan" programme from May 15-19, 2009 at Thygaraja Mandapam,

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Tirupati (Temple town). “Dwadasa Jyotirlinga Darshan” was decorated beautifully with all sanctity and sacredness. Everyday more than 10,000 devotees offered their prayers to the Dwadasa Jyotirlinga Darshan'. In this connection, Ashta Lakshmi cultural programme was organised with the help of B.K. Students who acted as Ashta Lakshmis. It attracted the attention of all the devotees. B.K. Padma, Andhra-Karnataka Sub-Zonal in-charge, conducted the programme. Dr. G. Subramanyam, Director and Vice-Chancellor, S.V.I.M.S, Tirupati, Prof. N. Prabhakara Rao, Vice-Chancellor, S. V. University, Tirupati, Prof.G.Sarojamma, Vice-Chancellor, S.P. Mahila Vishwa Vidyalayam, Tirupati, Prof. Manjuvani, Registrar, S.P. Mahila Vishwa Vidyalayam, Tirupati, Dr. Agarala Eshwar Reddy, Ex. Speaker, Andhra Pradesh Assembly, Mr. Ravi Kumar, District Judge, Chittoor, Ch. Apparao, D.L.O.TTD, Tirupati, Dr. G. Sunitha, Ex. Superintendent, Govt. Maternity Hospital, Tirupati and other Additional District Judges were the celebrity participants among the 50,000 devotees who offered prayers.

### **CUDDAPAH**

For the first time in Cuddapah, Brahmakumaris of Cuddapah City, the threshold of Lord Venkateswara, under the able leadership of Zonal Head BK Sis. Padma, Bangalore and BK Sis. Geetha, District Co-ordinator, Cuddapah, organised a mammoth and magnificent programme ‘Dwadasa (12) Jyothirlingams Divya Darsanam’ at local TTD Kalyana Mantapam from 31st May to 6th June.

Other divine programmes were: 1. Ashta Lakshmi Devathas Alankaram, 2. Nava Durga Matas Alankaram and 3. Exhibition of the Abode of Lord Shiva, KAILASH GIRI, that also brought about the light of the ancient splendour and lore of Adi Sanatana Devi Devata Dharma.

Sri Sashi Bushan Kumar, IAS, District Collector of Cuddapah inaugurated the programme and paid rich tributes to Brahmakumaris for having arranged such a mega programme at Cuddapah.

Rajyogini Dadi Ratan Mohini (Mount Abu) blessed the programme. Peace Committee of Kadapa conferred Peace Messenger Award on Dadiji.

Nearly 50000 people attended the programme and

experienced an extra-sensory bliss. All the divine programmes really succeeded in surcharging the atmosphere around with the vibrations of spirituality and divinity.

All major TV channels of the city covered the mega programme extensively.

### **THAILAND**

#### **National PEACE Project (May-September 2009)**

To promote the International Decade for Culture of Peace and Non-violence for the Children of the World, Brahma Kumaris Rajyoga Foundation organised a programme called “Virtues for Peace and Happiness”. The activity called P.E.A.C.E. Rally consisting of 5 stations was introduced namely: Virtues Reality, Creative meditation, The Star family, Snakes and ladders of life, and Colour and Inner Power. The 6 statements from Manifesto 2000 is being supported by 6 virtues, e.g., Humility, for Listen to understand. The project has been started in May and will last till September. The main programmes on the 20th and 21st September will emphasise on the theme “Experiencing inner power and protection” as instructed

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by Madhuban.

### **23rd Anniversary Celebrations**

Twenty Third Anniversary of BK centre in Thailand was held on 5th May, 2009. Sr. La read Baba's personal blessing for her when she had brought eight living spiritual roses as gifts from Thailand to Baba and Baba had appreciated her courage. Using this occasion to inaugurate National Peace Project, BKs with 10 years experience were honoured for 6 virtues: respect, peace, love, humility, responsibility and unity.

Br. Koo also introduced a new IT invention "web conference" by which the conference in the same room/event will be broadcast live for both ends and 50 connecting points to have face-to-face communication.

### **Ancient Thai Lanna Culture Promotion**

"Revive Lanna Wisdom & Identity for sustainable Tourism Project on the occasion of the 80th birthday anniversary of Chao Duangduan Na Chiangmai" was one of the reasons for Sr. La and 4 BKs to spend 3 days in Chiangmai to watch half day scene of worshipping ceremony and

merry making, as well as traditional Lanna Style procession for the Promotion of Arts and Culture at Chiangmai University. Representatives from local government and overseas consuls were present.

Sr. Oi, Baba's child from Canada as Chao Duangduan's daughter unavoidably joined the procession of 16 groups from 16 provinces, etc. She was the only one wearing white in the middle of colourful cultural dresses.

### **Patience oh! Patients at Surin Hospital**

Sr. Lily organised BK team to uplift the spirit of over 200 patients from all over Surin province seeking their recovery from their illness, mostly cancer. Four BKs took half day trip to Surin province with her old volunteers by their van. Sr. La and Sr. Sri took overnight train to join 4 hours afternoon session. Star family and Creative Meditation were introduced. BK's skit on the king and the four queens was played as the highlight for them to the truly valuable self within and at the same time become disinterested with body, bodily relations and possessions.

### **MOSCOW**

(Year of Reconciliation  
Celebrated)

BK Sis. Asha from ORC visited Moscow on Godly service. She was accompanied by BK Sis. Sudha, Bro. Vijay and BK students of the Brahma Kumaris World Spiritual University in Moscow.

A number of meetings were organised on the occasion. Many businessmen and the heads of organisations gathered at the Angels' House for the programme "Behavioural Strategies in Changing Times". An open inter-religious dialogue under the aegis of the Year of Reconciliation declared by the UN was also organised at the Angels' House. The topic of the meeting was "Spiritual Wisdom – Way to Reconciliation" in which many scientists, politicians, psychologists, social workers and artists participated.

Mr. Trapeznikov, President of the International Academy of Spiritual Unity, one of the organisers of the programme, said that we are the facets of one and the same diamond called "humanity" and only when we are together, we are able to get love and support from the Creator. ■

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