

GODLY SERVICE REPORT

MAURITIUS Senior Citizens' Service

B.K. Dr. Mahesh Hemadri (MBBS, PGC in Hospital Management, PGD in Geriatric Medicine) of G.V. Mody Health Care Centre, Shantivan, Abu Road (Raj.) was invited both by Mrs. Sheila Bappoo, Hon'ble Minister for Social Security, National Solidarity and Senior Citizens' Welfare and Reform Institutions, Republic of Mauritius, and Sister Chandra, Director of Rajyoga Centre, Mauritius, to conduct 'a health education programme' for senior citizens of Mauritius under the title 'Ageing Gracefully'. The purpose of the programme was to enable the senior citizens to lead such a qualitative life that will make their ageing process successful, productive and dignified, and also to empower them with spirituality based on Rajyoga Meditation.

The Ministry had launched the programme in Pte Aux Sables Recreation Centre which was attended by Mrs. Sheila Bappoo, Mr. A. VEERASWAMY, Secretary to the concerned minister and Mrs. Nath Varma, Chairperson of Senior Citizens' Council, Mauritius, along with many B.K. families and others. It was inaugurated by B.K. sister Chandra by lighting of candles.

He also interviewed on various health issues such as the concept of ageing gracefully, geriatrics, balance diet, brain wellness programme, need of exercise for the elders, osteoporosis, diseases causing visual disabilities in old age, difficulty in getting proper sleep, etc. by Mauritius Broadcasting Corporation (MBC) and MBC TV channel which telecast the interviews.

Bro. Dr. Mahesh Hemadri also visited the Old Age Home and explained the inhabitants there about the significance of spirituality and Rajyoga meditation. He explained that spirituality enhances longevity, the feeling of wellbeing and intuition, makes life simple, decreases dependency and depression and develops the qualities of detachment, bliss, peace, tranquility, serenity, etc. Finally, he gave the message to the senior citizens that they should adopt the spiritual life style otherwise their dream of graceful ageing and ageing with dignity will remain a mere dream.

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Rates of Subscription for The World Renewal

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

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

For further information regarding subscription, please contact:

Mobile: 09414006904, 09414154383

THE POWER TO FACE UNCERTAINTIES OF LIFE

Watching recent news on the television or reading newspapers truly brings home the feeling that we are undoubtedly passing through difficult times. There seems to be a lot of uncertainties jostling us at every step of life. On behalf of all members of the Brahma Kumaris divine family and the Editorial Staff of World Renewal Magazine, I express heart-felt condolences to members of the bereaved families on the sudden demise of a very popular Chief Minister of Andhra Pradesh, Shri Dr. Yeduguri Sandinti Rajasekhara Reddy (YSR Reddy), and other members of his entourage.

Within a very short period of his tenure, the Chief Minister YSR Reddy had endeared himself to the masses and the elite alike with his commitment to the alleviation of suffering of the people of Andhra Pradesh. His new schemes for the poor, for industrialists and business community had proved to be a great success within the short span of five years of his first tenure as Chief Minister. He would have definitely led Andhra Pradesh to

a very prosperous future but for his chopper crash... His untimely death came as a rude shock to many of his admirers who either lost or gave up their lives (126 as of 5th September 2009). No doubt he was on a mission to participate in programmes where thousands of ordinary people would have benefitted but the writ of uncertainty brought about unbelievable change in events.

On one side, the analysts are coming out with many technical reasons to explain this tragic incident but will that assuage the pain of his admirers and beloved near and dear ones? How does one face such a situation and accept that *we need to face the challenge of uncertainty?* Perhaps the reality is that we are not taught or groomed for such eventualities during our lives. We should address this vital question from a wider angle as each of us and our friends and families do face difficult situations from time to time that bring on a lot of grief and desperation to all hearts. The land of Bharat has always been praised for possessing the

highest wisdom and philosophy of life and death, like that shared by Dr. Sarvepalli Radhakrishnan whose birthday is celebrated every year as Teachers' Day (5 September). Most of the dailies and weeklies of India published wonderful articles about that great teacher and noble former President of India whose philosophical books and teachings adorn many, many libraries of the world. But no matter how many extraordinary teachings we receive, when we look from the practical angle of facing difficulties in life, it is essential that philosophy be put to practice which unfortunately remains to be seen at large...

The people of Bharat are ever-proud of their supreme scripture, **Shrimad Bhagwad Gita**, *the essence of all scriptures and elixir of life*. There are an astounding number of scholars from India and abroad who have written scores of commentaries on the basis of their research on the Gita, and yet we find that the main message of the Gita hardly reaches the hearts and psyche of the readers.

As revealed by our most beloved Supreme Father, Incorporal God Shiva, Sermonizer of the Gita, our present is not merely connected with our immediate past but with many, many past births. According to

the Indian philosophy, human souls perform actions based on their attitudes and different kinds of influences that are partly positive and partly based on negativities. Though each individual reaps the fruit of one's actions, they may not reap the same *immediately*. Therefore, if there is a residue of our past karma, it is likely we will face sudden or shocking situations in our present life. As human beings are not always in their enlightened consciousness based on the wisdom of the karma philosophy of the Gita, immediate shock and grief do prevail in life. There is a genuine need for 'awakening of human consciousness' through simple education of the **Laws of Karma Philosophy**, as well as the need to **empower ourselves internally** to overcome rude shocks of unforeseen happenings.

As we witness prevailing times, we realize that an enriching and strong method which can save us from being victimized by sudden disasters (personal or in family and society) is to claim blessings from God, the Almighty through meditation, as this helps us inculcate the powers of tolerance, perseverance, and peace. We should learn to take the mind beyond, keep in tune with God, fill the self with

positivity and peace, and thereafter send vibrations of love and stability towards the self and souls who are undergoing tragedies or difficult phases. Empower the self in order to stay above the emotions of shock, frustration and helplessness, and give the true donation of peace to those who are suffering. God's powers are unlimited and available for us all the time, so accumulate these in the mind and heart. Unfortunate situations are definitely going to fall on our path; however, the human spirit is the most resilient energy in the world. We can only help others when we learn the art of facing these situations intelligently. So let's remain wise and prepare ourselves...

To spread the message of the Gita at the earliest among the masses would be of great help and comfort as people will be motivated to be stable and not scared in over-whelming situations like the threats of earth tremors and tsunami alerts we are currently enduring. Noble souls connected with the Brahma Kumaris World Spiritual University have felt the need to address this problem in the right way by organising different kinds of programmes for the higher classes and masses. The underlying aim of said events is to awaken people spir-

itually and enable them to realise the importance of their own roles in world transformation on a deep, subtle vibrational level by receiving and spreading God's love, powers, peace and happiness.

Accordingly, mega programmes on the theme: **"Global Festival for Receiving God's Powers and Blessings"** are being organised all over India. The Launching of the Global Festival will take place at 16 capital cities of different Indian states simultaneously, on 3rd and 4th October 2009. Around 16 other programmes will follow between 5th October and 21st November, with the grand finale to be held at the Abu Headquarters on 22nd November 2009. During the month of September, the Brahma Kumaris' Overseas Centres in all five continents will host similar spiritual programmes on the theme: **"Inner Power and Protection"**. These programmes for the community are an offering to God, the Almighty so that the human race may benefit and the five elements may be purified.

Let's be inspired and make ourselves ready to receive God's blessings and overcome the uncertainties of life with dignity and determination!

– B.K. Nirwair

**HONOURING 25th
AUGUST 2009: 2ND
ANNIVERSARY OF
DADI
PRAKASHMANJI'S
ASCENSION TO THE
ANGELIC STAGE**

"We are celebrating the 2nd Anniversary of our Dadi Prakashmani's ascension to the angelic-stage. We say 'Our Dadi, sweet Dadi, loving Dadi'. She was and she remains a mirror in front of us. Dadiji showed us clearly the mantra of 'Who am I?' She showed us 'to whom do I belong' and what I have to do. She became a sample in front of us. She did ten times what any of us has done.

Dadi was Prakashmani: the Jewel of Light. We neither heard any words of weakness from Dadi nor did she ever speak of the weaknesses of others. Jagdamba Saraswati, Mamma (first Administrative Head) was accurate in everything and so was Dadiji – Such was the quality of her dharna and the sustenance she gave us all.

Dadi brought everyone she met into the sweet bondage of service. She was totally and only for Baba. She was like a beacon of light in front of the whole family and world. Dadiji's attitude and aware-

ness made everything successful. She didn't let even one breath go waste.

This time of the Confluence Age (Sangam Yug) will not return. If you want to become an elevated soul, realise that this is the only time you can achieve it. Look at Dadi's life, see how Dadi did this and it will not be difficult for you. The secret is to remain lost in the love of God. Whoever comes in front of a soul who is lost in love will also get lost in love."

These powerful words of love and regard spoken by Dadi Jankiji (Administrative Head of Brahma Kumaris) on the morning of 25th August 2009, encapsulate the sentiments that emerged from all our hearts on the second anniversary of Dadi Prakashmaniji's ascension to the angelic realm.

BK Dr. Dadi Prakashmani was a spiritual mother, a caring friend, an excellent administrator and powerful yet humble spiritual leader who sustained the young plant of the Brahma Kumaris organisation for nearly 40 years and raised it to the heights of a gigantic tree of 8500 centres spread over 130 countries! While Dadiji was unlimited in her vision, compassion, enthusiasm etc., it can be said that Dadiji's service of one

and all, of Bharat and abroad, of higher and ordinary classes, remains unparalleled. Brahma Kumaris Centres world-wide paid their respects this year by inviting dignitaries and general public to events where Dadiji was duely remembered and honoured.

Dadiji often addressed Pandav Bhawan (International Headquarters of BKs), Gyan Sarovar Academy for a Better World, Spiritual Museum, Global Hospital & Research Centre, Peace Park in Mount Abu, and Shantivan Complex, Trauma Centre & Eye Hospital, and Manmohini Van near Abu Road, as her 'arms (*bhujayen*)', and so the residents and servers of these campuses live with the pride that an elevated person like Dadiji has beautified our lives directly.

The Brahma Kumaris family at Abu paid humble tribute to Dadiji by hosting several programmes from 23rd August to 28th August, where special groups were invited to Pandav Bhawan, Gyan Sarovar and Shantivan campuses to experience glimpses of Dadiji's life (through videos), hear about her virtues, powers and attainments (through speeches by senior members of the Brahma Kumaris) and make a deter

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RIGHT INSPIRATIONAL LIFESTYLE



– B. K. Surendran, Bangalore.

It was reported in the media that the slain LTTE Supremo V. Prabhakaran of Srilanka took inspiration from *The Bhagavd Gita* and waged a guerrilla war with the State. He took inspiration from the words in *The Gita* interpreting in his own limited ways and ended up in bringing disaster not only for himself but also for the rank and file of the outfit he managed. Here he failed to understand the right meaning of the sermons of *The Gita* and unrighteously made use of those sermons for his own welfare and progress and also those of others. In *the Bhagvad Gita*, there is a term '*anusmara yudhayaka*' that means 'you remember me and fight the battle'. Here it conveys the meaning that 'you remember me and face the battle of life situations' and not that one should remember God and shoot and kill someone. For everything, people have come to refer to the scriptures and compare the actions of Karna, Sri Krishna, Sri Rama, Shiva, Brahma, Vishnu and a host of others and the

prophets in other religions and draw their own perceptions and act accordingly which in almost all cases end up in self destruction or mass destruction of many lives. The 'holy war' or '*jihad*' is also the manifestation of the interpretation of the scriptures. Here also some people are drawing inspiration from these references in their own limited, twisted and perverted way. They are taking inspiration and, in turn, inspiring many others in negative and self destructive spirit. Since basically life is now vices-prone, whatever lifestyle one adopts it is made up of the vices. When people, in general, lead a vicious life, even though their intentions and actions are projected to be good, they can only inspire others to vices and badness since the thoughts which prompt their actions are vices-ridden and negatively-tuned. When people are negatively tuned, such people can inspire others negatively and thus negativity becomes the order of life. Therefore, we have counterproductive and unrighteous inspirational life-

styles, which make life more complicated and stress-prone. So in order to make life simple, stress-free, peaceful, beautiful and blissful we have to adopt and follow right inspirational lifestyle.

Ingredients of The Right Inspirational Lifestyle

Life should become beautiful, pleasant, peaceful and happy. Such a life can inspire and lead others to the right way in which the prosperity of not only individual life is ensured, but the general prosperity of the world is assured. How can we carve out such a lifestyle through which we can inspire others, enrich others, enlighten and empower others? **Mahatma Gandhi's truthful and simple living, philosophy of non-violence, Mother Teresa's compassion, peace, love and service, Abraham Lincoln's simplicity and greatness, Jesus Christ's philosophy of love and service inspire people all over the world even today. As Mahatma Gandhi said that if you wish to change the world, you must be the embodiment of change yourself.** We must become the embodiment of virtues and values. Some tips of great wisdom and practices that will make our life noble, virtuous and exemplary

are shared as follows:

⇒ 1. Self discipline is the fundamental virtue we should imbibe to inspire others. Discipline is about complying with the generally accepted protocols, norms, desirable practices, etiquettes and the laws of the land designed to regulate the behaviour, dealings and performance of individuals in day-to-day life. Punctuality in time management, regularity, courtesy, politeness, civility, tolerance and humility in behaviour and dealings should form part of self-discipline. Discipline is the bedrock of individual development and progress which leads to community development and the development of the country.

We must have a clear vision about life. In order to pursue an inspirational lifestyle, we must focus towards that vision and put in hard work to realise that vision.

⇒ 2. We must live with awareness at each and every moment of life. We must watch our thoughts, words, actions, behaviour and dealings and see that our activities are inspirational. Even a single step can force us to commit mistakes in life which will drive away others instead

of influencing them. Our thoughts, words and deeds should match. We must walk the talk. This will ensure faith of others in our words, acts and dealings. We must constantly observe our thoughts and feelings in a way that respects the dignity of others and ourselves. We must also have balance in life.

⇒ 3. We must lead a responsible life. Whatever we do, others will see and follow us. We must understand that we are on the stage enacting a role. There are innumerable in the audience who are looking at us and watching our acts. Let us be always responsible for our words and actions. Let us listen to others to understand their expectations and intentions and respond accordingly.

⇒ 4. Faith in the self is an important aspect of an inspirational lifestyle. When we have faith in ourselves, we can keep faith in others. Faith, it is said, can move mountains. Faith becomes firm when one is aware of his own self worth and his capabilities. Faith consists of self confidence and courage. Our success in life is seeded into our faith in the self. Trust others.

⇒ 5. Failures and mistakes

are very common in life. 'Let go' and 'let be' will be good maxims in this respect so that things will keep flowing always. There is no one that has not failed and not made any mistakes at some point of his life. But, great men have turned failures into success. Failures are the stepping-stones to success. They have also inspired people in the context of their failures. Therefore, we will not halt at failures, but keep moving with more vigour and speed. When a mistake is committed once, it should not be repeated.

⇒ 6. When we expect others to be sweet, loving and caring, others also will like us to be sweet, loving and caring. We like such a behaviour because it is humane, and our natural nature.

⇒ 7. We must know, understand and accept that everyone is important. If we tell a person that he is important, his self esteem will go up and he feels being important. A new energy will start flowing into his life which will trigger self confidence, courage and will-power to pursue a life of goodness.

⇒ 8. When we respect ourselves, we will come to respect others. We must learn

to respect ourselves, our words, deeds and behaviour. If we respect our actions and behaviour, it should be goodness-oriented. We should never develop inferiority complex and create problems for ourselves.

⇒ 9. We should lead and guide others with humility and simplicity. Directions and orders are the last resorts. Human beings can be easily guided with humanness or goodness. Therefore, tolerance, humility and simplicity are the three most important goodness-related virtues, which when practised will inspire others. Let us always give something to others – a word of solace, hope, zeal, enthusiasm, optimism and so on. In this way, we can easily develop a sense of belongingness.

⇒ 10. Criticisms are the opinions of the people for the time being. We must treat criticisms sportively. Critics are doing a great service to us by bringing to our notice our shortcomings and pitfalls. Let us welcome it and enforce corrections wherever necessary. In case, criticisms are made for the sake of criticisms, let us ignore it with good wishes and civil behaviour.

Let friendliness prevail and survive under all circumstances. Let us desist from criticising and passing comments on others.

⇒ 11. We should respond to others after properly understanding others' perspectives. Our response should be balanced, polite, courteous, civilised and constructive. We should communicate with others with precision and clarity and be sensible to others' feelings. We must respect the freedom, choices, rights and privileges of others.

⇒ 12. Let us be constructive and instrumental. Let us focus our attention on constructing lives with a sense of detachment. An attitude of instrumentality will ensure freedom for us to enjoy life while participating in all fields of life. We should never develop ego. Ego is the greatest enemy in the path of inspiring others. We should develop genuine interest in others' lives and help them. We should never lose our temper.

⇒ 13. We must decide what kind of life we should have on a day-to-day basis. We all like contentment and cheerfulness. Let us resolve to be ever content and ever cheerful on a daily basis. Our state of

mind and our state of life are exclusively based on our own decisions. We like these two virtues—contentment and cheerfulness—because these are our natural nature. Let us practise and develop them.

⇒ 14. Let us be always outreaching. Let us be ready to help the one who is in need. It is our contribution. We are personally responsible for our own unique contribution. Let us be constant contributors for bettering the life of others and conveying solace to others in whatever way possible. Let us visit the ailing ones and provide solace to them through thoughts, words and actions.

⇒ 15. Smiling is a good habit. When we smile, the world will smile with us. An honest, truthful and open heart can only sport a true smile. A true smile will have the required energy to light up the faces of others. But do smile whenever appropriate.

⇒ 16. Let us be active with drive and initiative. Take initiative and risk in good things in life. Take risk when a life is in danger and save the life. Do not wait for signals. It is our freedom to take initiative and risk in forcing the concerned to administer justice in

deserving cases.

⇒ 17. A proper dress code befitting the occasion will inspire others. Neat, tidy, clean, receptive, flexible, decent, simple and mouldable overtures will endear us to others.

⇒ 18. Give chance to others to progress in life. Push others to the front while be with them to help them in times of need.

⇒ 19. Let us manage our mood well. Let us be stable in a pleasant mood always. We should never disturb ourselves under any circumstances. When we ourselves are the mood lifters, we should not upset our own mood and also that of others.

⇒ 20. From a child to the aged, everyone welcomes/ expects appreciation for his or her achievements. Appreciate others on their achievements, however small it may be. A timely 'thank you' has tremendous power to positively charge others. 'You are good and great' will also be equally preferable. Expressing gratitude at the appropriate time will inspire others.

⇒ 21. When we are in a group and working together, even though we have a higher position in the team, if we refer any achievement to the full

team and say 'we have done it' or that 'we are working together', this attitude reinforces the team spirit. Express sense of belongingness openly.

⇒ 22. Whatever may be the nature of the situation or problem, let us respond positively and assure that everything is possible when we are together. This will boost the morale and self confidence of others.

⇒ 23. Overlook the slipshod, omissions and commissions and appreciate the brighter side and highlight optimism. However, at the appropriate moment, conveying conviction and better sense in private will be a timely corrective measure with better understanding while harmony in relationship is safeguarded.

⇒ 24. Forgiveness is greatness in action. Let us forgive, learn and forget. We must constantly put in our necessary and timely efforts to inspire others to right way of life.

Rajayogi Lifestyle –The Best Inspirational Lifestyle

The aforesaid 24 points, or even more than these that can be enlisted, are necessary to inspire others to better ways of life. **Spiritual power is required for bringing the above points**

into practical life. But, in order to practise the above lifestyle, one should have the right knowledge of the self, the core virtues of the self and also the true introduction of God. **God, the Supreme, is the fountain-head of all virtues and spiritual powers. Unless we connect ourselves to that perennial source, we will not have the will power to practise the points of inspirational lifestyles discussed above.** God alone can bless us with the inner strength to inculcate virtues in life. Loveful remembrance of God will enrich our mind and intellect and divinise our *sanskars*. This will help us in practising virtuous lifestyle. Lakhs of people have become the proud owners of a virtuous inspiring lifestyle consequent of the practice of Rajayoga meditation. Therefore, one must make it a priority of one's life to learn Rajyoga meditation. ●

People are just about as happy as they make up their minds to be.

–Abraham Lincoln

INDEPENDENT INDIA: THE UNDISPUTABLE NEXT SUPER POWER

– B.K. Khem Jokhoo, Trinidad, West Indies

O' glorious India, as you celebrated 63rd Anniversary of Independence on 15th August, 2009, Trinidad and Tobago, the "Land of the Hummingbird", also remembered your golden victory. On this auspicious occasion that coincided with the running presidency of India's first woman President, we reflected on some of your great history that embraces the many hidden secrets of the Creation that you yourself may have forgotten.

From Bharat to India

India, your original name was *Bharat*. *Bharat* means to have contentment, completeness, abundance and the fullness of knowledge. The name *Bharat* was characteristic of your qualities, virtues and attributes at that time. You retained this name through the Golden and Silver Ages totalling 2500 years. Under the rule of the Mughals, your name changed to *Hindustan* depicting the conduct, attitude and stage of your spirituality at that time. Under the Christian rule, you

were baptised India, the name you have retained until today.

India, the Oldest Civilisation

India, you are the oldest and highest civilisation that existed. The first civilisation started in *Indraprastha* on the banks of the river Yamuna at the beginning of the Golden Age 5000 years ago. The Mughals, in the Copper Age, renamed this city *Paristhan* that means the "Land of Angels". The Christians renamed it **Dil-hi** that means the heart of civilisation. These names depict your character, qualities and attributes of the era.

India – "The Golden Sparrow"

The genesis of your name, the Golden Sparrow, has very deep spiritual significance. When God descends at the end of the Iron Age to re-establish the Golden Age, He imparts the elevated directions of *The Shrimat Bhagavad Gita* to free humanity from the chains of the vices, i.e., lust, anger, greed, attachment and ego. The proof lies in the fact that *The Gita* is the only scripture

written in the "first person". God, being the Ocean of Knowledge, imparts knowledge about the secrets of the Creation. Only those souls with a divine vision or golden-aged intellect are able to imbibe this knowledge. Spiritual writers captured this revelation by saying, "**one sparrow can swallow the ocean or one swallow can drink the ocean**". Others wrote, "**Only a golden vessel could hold the milk of a lioness**". This metaphor means that a soul with a "divine or golden intellect" can only imbibe and inculcate the "Ocean of Godly Knowledge" and, hence, the christening of the name the "Golden Sparrow". The Golden Sparrows are the "*Shiv Shaktis*", originally called the "*Bharat Mata Shaktis*" and later extolled "*Vande Mataram*" whom the scriptures labelled as the "right hands" of the Almighty God.

India before and after Biblical Noah's Flood

Originally, *Bharat* was the only landmass existing in the world in the Golden and Silver

Ages. After the Biblical Noah's flood at the beginning of the Copper Age, the other continents emerged, and the expanded world became known as *Maha-Bharat*, "*Maha*" meaning larger or expanded. The great *Mahabharat* War is the war between the virtues and vices, the same as Armageddon. This war is partly subtle and partly physical. A flood named "*Satyavrat*" during the *Mahabharat* war reverses the damage done by Noah's flood. It takes place in the last 100 years of the Iron Age when the task of world transformation undertaken by the "Golden Sparrows" re-establishes the Deity Religion and the Golden Age, thereby destroying the evils of the world.

India, the Undisputable Next Super Power

India, with more than a billion people, is now in the early stages of being awakened from the deep sleep of "*Kumbhakarna*" because it has forgotten its history and geography. India, believe it or not, is now being awakened by the sounds of revelation coming from the divine intellects of the golden sparrows in India. The western world is now beginning to appreciate the real worth of this sleeping giant and

also has said that India has the potential to be a super power with its vast research and knowledge capability as well as a stable democracy based on spirituality.

India is now beginning to open its eyes and ears to the sound of this revelation coming from the west. India will never have to resort to **atomic bombs**, but its transformation will take place through its "**atmic bombs**" (**spiritual power of souls**). These *atmic* bombs (spiritual people) carry spiritual power far more powerful and effective than atom bombs. They will be few in numbers but they will destroy all the evils of this world and reinstate India as the primordial *Bharat* of the Golden Age. All souls as well as the elements would be purified, because when God comes, He comes for all His children – Hindus, Muslims, Buddhists and Christians or by whatsoever religion you name and call yourselves. When the spiritual knowledge and power that are radiating from India, the Light House, will reach the souls of all religions, the whole world will then confess, accept and regard India as the undisputable next Superpower in the world.

The Hidden Secrets of India

India, you experienced the "pinnacle of civilisation" and if you believe in the eternal spiritual laws, you would also experience the "nadir of degradation". This is because your former rulers handed over a divided *Bharat* that is causing you unlimited problems today. However, the secret to regain supreme power is cleverly hidden in your "Coat of Arms". Spiritually, the "wheel" represents the eternal world drama of the four ages of golden, silver, copper and iron, also called the "*Swadharshanchakra*". This is but the "wheel" or "chakra" placed on the right index finger of Deity Vishnu. The three lions represent the *Trimurti* of Brahma, Vishnu and Shankar and the fourth lion that is today omitted or not visible is the incognito, incorporeal bodiless God Shiva. The horse is symbolic of *Bharat's* self-sovereignty loosely termed as "*Chakravarti Raja*". The bull represents Brahma, the lucky chariot of God Shiva and termed as "*Bhagirath*". The elephant is the symbol of your ancient wisdom and your eternal religion of "*Adi Sanatan Devi Devta Dharma*". ■

TIME FOR BIDDING 'BYE' TO MACAULAY-PATHY AND HAILING 'HALLO' TO MEDITATION



—Dr. D.V. Kaundinya MD (Path. & Bact.)

Ex-Professor and Head, Deptt. of Microbiology, Sir J J Hospital, Mumbai

Mainstream Medicine (I.M.A.) celebrated the first July not only as the Doctors' Day but also as *The Anti-Quackery Day* as a mark of protest against 'The Alternative Therapies'. The purpose of this article is an honest S.W.O.T.-Analysis to find justification, if any, for lodging our protest this way for the practice of so-called Alternative Therapies. The genesis of these two terms also probably lies in the deep-rooted MACAULAY-PATHY (M.P.) that has affected Indian minds since independence. This PATHY makes us believe that anything that is English or foreign is good and greater than our own.

The following extract from the speech of Thomas Babington Macaulay in the House of Commons in the year 1837, should be an eye-opener:

"I have travelled the length and breadth of India. I have not seen a single person who is a beggar or a thief. Such huge wealth I have seen in this country, such high moral values, people of such calibre, that I do

not think that we would ever conquer this country unless we break the very backbone of this nation, which is her spiritual and cultural heritage. Therefore, I propose that we replace her ancient education system, her culture; for if the Indians start thinking that all that is foreign and English is good and greater than their own, it shall break their self-esteem and native self-culture. India, then, shall become a truly dominated nation."

It was a moment of personal grief for me when I discovered that Macaulay-pathy has not spared even brilliant Dr. Abhay Bang. Both he and his wife Dr. Rani have been conferred Maharashtra-*Bhooshan* by the Govt. of Maharashtra. These two probably are the only two and true proponents and exponents of ancient Charak-Concept of Health- Promotion for disease eradication. Dr. Abhay had a severe heart attack and his book "*Maza Sakkshatkari Hrudaya Rog*" is a wonderful work from a master story teller. When I told Dr. Abhay that a regular

practice (*sadhana*) of Prajapita Brahma Kumaris Easy *Rajyoga* (PBK-ERY) meditation for just 30 minutes can bring about a complete regression of his coronary artery disease (C.A.D.), by a process called 'Reverse Transport of Cholesterol', his flat answer was "I shall believe it when it comes in Braunwald." This is when our wisdom tells us that we cannot guarantee even the next moment of our life. Wisdom (*Vidvata*) is different from cunningness (*Chaturai*). *Vidvata* helps the intellect in differentiating between right and wrong (*Saar-Asaar*) and guides it for its proper use, i.e., on the basis of moral and ethical values. It is obvious that Macaulay Pathy has robbed the Indian minds of their wisdom. That is why the greed, ego and a cut-throat competition have become the Primary Motivational Factors (P.M.F.) for us even in the medical profession. An unwieldy rash of "Five Star Medical Education" through the so-called Deemed Universities and private medical

colleges has sprung up in the system. The hazardous sequelae are “The Instrument Based Diagnosis” and “An Intervention Based Medicine”. Gone are the days when the physicians could make a reasonable diagnosis from the examination of pulse, facies and gait; and provide effective treatment at a reasonable cost. Today, A 7-Star Health Commerce has become the primary need of the Mainstream Medicine to recover the investment made. So the ancient Whole-Person Medicine is conveniently forgotten. A patient is now known as “a case of kidney, liver or heart or worse, a case with skoda or honda city”.

Macaulay-Pathy (MP) makes us believe that “the health depends only on interventions”. Almost everyone by the age of forty develops at least one “so-called risk factor” that calls for intervention. The omnipresent greed of the physicians and the pharma companies create a fear psychosis making the Intervention-Choice between life and death. In this context, a study by Dr. David Eddy, Professor of Cardiac Surgery at Stanford University, is quite revealing. He created software called ARCHEMEDES MODEL, a virtual human body

with all of its Physiology and audited different interventions. The study showed that the trillions spent on interventions increased life expectancy by a moderate 3%. The rest came from nutrition, sanitation and a Tranquil of Life by meditation.

Two thousand five hundred years ago, Patanjali guaranteed the conquests of ageing and diseases by a technique of Thought-Modulation from the negative to positive called as *Chitta-Vrutti Nirodh*. But our M.P.-afflicted mind cannot visualise anything beyond the physical application of condoms. A.T.C. (Any Time Condom) counters are the ultimate in the bankruptcy of Wisdom. A.T.C. is an expensive exercise for catering to those weak minds that cannot control their urge for that much length of time. Even the animals become unrestrained only during the season.

Upcoming scientific evidence is showing the value of Ancient Indian Spiritual Wisdom in tackling the so-called Incurable Diseases which are on the rise in spite of the Centric Strategies like diabeto-centric, condom-centric, cardio-centric and others. After all, even AIDS arises first in the mind as a negative thought translated into action (*Karma*) under propitious circumstances. But Macaulay-

Pathy (M.P.) refuses to bring a Mind-Centric Spiritual Strategy in place.

Western psychiatrists now call *The Bhagavad Gita* as the most powerful book on psychotherapy as Arjuna is probably the first case of sordid depression. *Timely Wisdom* by Lord Krishna brought back the great warrior in him. Each one of us has a sleeping giant with great potential within us waiting to be released for a monumental action (*Karma*) but for the lack of wisdom.

Dr. Richard Davidson, Professor of Psychiatry, coined the term “Mindfulness Meditation” for the *Dhyan* component of Patanjali *Kriya-yog*. Dr. Herbert Benson, an American cardiologist and the founder of The Institute Of Mind-Body Medicine, coined the term “Biological Relaxation Response” for *Shavasana* and “The Zone” for a state of total mental focus. Thus Patanjali’s Supraconscious State of Mind by the technique of achieving a “Single Point Focus of Thoughts” became a scientific reality.

Today, American neurologists in U.S.A. are discussing “Consciousness and Turia” in their conferences. World Health Organisation (W.H.O.) has added The Spiritual as the fourth vital dimension of Total

Health. Dr. Satish Gupta, an eminent cardiologist at the Global Hospital and Research Centre (GHRC), Mount Abu, presented his data on C.A.D.-regression by PBK-ERY meditation, in a very large series of more than 4000 cases at Singapore World Cardiac Conference in the year 2004. Sir J. J. Hospital, Mumbai, which is unique in having a Meditation Hut of Brahma Kumaris in the campus, witnessed the Miracle Of Bypass without Bypass in several cardiac cases. But Dean Ornish Fixation remains a permanent feature in M.P.-affected Indian minds.

Ramdeo Baba, the modern proponent of *Kriya-Yog* in India and abroad, provides scientific evidence for the claims of Miracle Cures by *Yog* in the book entitled “Yog in Synergy with Medical Science”. Wisdom should have guided us to undertake a parallel study in tertiary care hospitals using “The State of Art Technologies”. But Macaulay-Pathy in our minds straightaway rejected it as

Quackery. For such minds, the reading of “The Monk Who Sold His Ferrari” by Robin Sharma and “An Autobiography of a Yogi” by Swami Yoganand Paramahans could be illuminating. Psycho-neuro-immunology and Psycho-oncology prove today the miraculous healing powers of human mind. Mainstream Medicine treats only the body while human being is a B.M.S.O. (Body Mind Soul Organism). Levitation, *Kaya-Kalpa*, *Parkaya-Pravesh*, or Astral Travel using mind-power may not be the myths at all. *Sourabha Samadhi* is the conquest of Death. 1000 years old Maha-Avatar Nagraj Babaji is believed to be existing in the body of a 16 year old even today in a Himalayan cave. He has been sighted at *Kumbh Melas*. The description of Kriya-Babaji by Adi Shankaracharya matches that given by Dr. Annie Beasant several hundred years later: “Strange was the sight that a 16 year old lad sitting under a Buniyan tree was teaching the

aged disciples surrounding him. Still stranger was the fact that whole teaching was in total silence (through thought vibrations). My dominant Scientist mind shall say “Impossible”. But my inner voice or subconscious or spiritualist mind which functions on belief and faith says “Impossible itself says I am Possible.”

If not the failures at least the massive exodus of clientele to so-called Quackery should compel the Mainstream Medicine for undertaking an honest introspection. The great Wheel of Time has turned a full circle. It is now time for including Ancient Indian Spiritual Wisdom as an evidence-based strategy in modern health care system in India. Then only the slogan of “Working Together for Health” shall become meaningful instead of just a ritual on the World Health Day.

The days are not far off when futuristic treatment shall include “Meditation Three Times a Day” in its drug regimen. Nay, time has already come to do so. ■

■ **COURAGE** – Courage leads us to success. When we are involved in a task, we sometimes experience setbacks. Such setbacks often make us lose our confidence and we no longer have faith that we will succeed in the task. We then lose all courage to go ahead with the task and lose every chance of achieving what we have to. We need to remind ourselves that we achieve success to the extent that we have courage. We need to make effort to maintain our courage even during the most difficult circumstances. Only when we do this will we continue to put in effort, which will bring us success at the right time.



LIFE-DEATH CYCLE: A 'SHUTDOWN' OR 'RESTART' PROCESS?



– B.K. Deep, NOIDA (U.P.)

These days the use of computers has become inevitable. We either use it directly or are impacted by it indirectly by using the computers for reservation of railway tickets, for bank transactions, etc. At times, the computer we are using causes us such an inconvenience where nothing seems to be working – everything hangs, nothing responds. What makes things work again is a simple *restart* of the computer.

In computer terminology, *restart* of a computer means 'switch-off' followed by an automatic 'switch-on' whereas *shutdown* means simple 'switch off'. Through few examples from our day-to-day life, we will attempt to draw a similarity with these terms and learn something from this exercise.

Let us see how a day progresses with time. In the early hours of morning (up to 5 am.), very few people such as yogis, spiritually inclined people or devotees are awake. As the day proceeds, more and more people wake up and join the working group. Finally, at the

end of the day, all go to sleep. May we call 'sleep' as a process of *shutdown* or that of *restart*? Though one may consider sleep as a *shutdown*, the term suits more to the physical body which comes to a standstill. The consciousness (especially the sub-conscious mind or *sanskar*) still remains active, as a result of which we see dreams. In overall terms, *restart* seems a more appropriate word because the person going to sleep in the night wakes up the next morning. Following this restart also, similar to that of a computer, we feel fresh, new ideas start coming up to our mind and many of our mental/physical problems get resolved.

However, you might be thinking, "what may we call shutdown"? – perhaps 'death' Eternal Law of *Karma* suggests that one has to reap the reward or punishment of one's good or bad *karmas*. Moreover, it may not be possible to clear the accounts of *Karma* in one birth itself and so rebirth must happen. Perhaps that is why this law is termed as

eternal – it applies beyond one birth. It will be apt to say that death is a process of *restart* for the soul (living entity in the body) and that of *shutdown* for the physical body (the non-living part). The soul just leaves the body for beginning a fresh journey by using a new body.

Let us look at seasons – winter, spring, summer, autumn, winter. Do the seasons ever stop this cycle? Does the season's cycle ever shut down? No, it keeps going on – a kind of ongoing *restart process*. What about a bigger time cycle – the World Cycle – the Drama that we all are acting in? Does this ever stop permanently? Does annihilation (*Pralay* in Hindi) happen?

In *The Shrimad Bhagwad Gita*, God's versions are: "Whenever there is an extreme irreligiousness and unrighteousness in the world, I reincarnate to establish a perfect and righteous world". The word 'whenever' implies that this happens not only once but many times. It suggests that He establishes a harmonious world full of purity, peace and happiness, and with passage of time, the world again reaches an imperfect and distorted state (full of impurity, misery and suffering. He comes again to rejuvenate the world. He does not *shut down* the world, but

just *restarts* it. Just as *restarting* a computer resolves most of its problems; *restart of* the world also resolves most of its problems, in fact, all the problems.

When God takes up the task of World Rejuvenation, souls who come in His contact start getting purified. Pure souls then leave their old bodies and fly back to Sweet Silence Home. Meanwhile, Nature also *restarts* itself by transforming all the five elements from an impure stage to a pure stage. The pure souls descend again on the stage in the New Dawn – the Golden-Aged World (*Satyug*). Similar to the analogy we saw above (only spiritually awakened people wake up in early morning), only virtuous souls play their part in the Golden Age; rest souls keep joining them as Drama proceeds through Golden Age (*Satyuga*), Silver Age (*Tretayuga*), Copper Age (*Dwaparyuga*) and Iron Age (*Kaliyuga*). We may infer that souls and Nature follow the *restart* process whereas *shutdown* process applies only to non-living things.

I, therefore, need not fear death nor should I aim for permanent liberation (*shutdown*); instead, I need to just prepare myself for the *RESTART*.

QUALIFICATIONS OF AN ANGEL

– Inspirations from **Dadi Janki**

- ❖ An angel frees his mind of ordinary thoughts, and has only elevated thoughts.
- ❖ Makes incognito effort and becomes worthy.
- ❖ Keeps the awareness that the place wherever he sets foot is become the sacred land.
- ❖ Remains stable amidst chaos.
- ❖ Gives blessings to everyone.
- ❖ Donates more than he considers sufficient.
- ❖ Remains happy and content, and donates happiness.
- ❖ Accumulates jewels of wisdom within himself.
- ❖ Thinks of the future with an unlimited vision.
- ❖ Emerges silent waves of truth whilst in a deep soul conscious stage.
- ❖ Visualises God's light constantly shining in front of his eyes.
- ❖ Allows God's power to lap at the shore of his heart whilst emerging memories of golden times.
- ❖ Always remains aware of being an instrument by remaining simple and Humble.
- ❖ Interacts with all regardless of their nature; knowing that every soul is unique with many hidden specialities.
- ❖ Holds the experience of being a point; a bright star that shines and reflects the beauty of God's qualities.
- ❖ Embraces the whole world with the spirit of God's true and unlimited love.
- ❖ Remains patient and watches the great drama of life unfold.
- ❖ Makes the heart strong with pure thoughts fed by the nectar of Spiritual Knowledge.
- ❖ Fulfills God's hopes in him to become a powerful instrument for World Peace.
- ❖ Experiences the joy of soul consciousness, the strength of detachment and the bliss of freedom.
- ❖ Keeps God's words-'remember me alone'echoing in his ears.

‘STEP ON THE GAS’ – MIND TRAFFIC CONTROL

– B.K. T.N.K. Varma, Kochi, Kerala

Motorists are familiar with the expression ‘step on the gas’ that simply means that the cruising speed is not enough to take you to your destination in time and, therefore, the driver must press the accelerator. Isn’t it time for us to step on the gas? As days become busier in an increasingly busy world, we Brahmans will have to devise ways and means to extract maximum value from everyday ahead of us. Baba has given enough notice about the sudden and unexpected turn the events will take in the coming days. So, before they overtake us, it is for us to be well on our way on the spiritual journey. Here is a set of **short, practical and empowering exercises** which you can integrate into your daily lifestyle.

Traffic Observer

At regular intervals throughout the day, stop whatever you are doing (if practical at that time) and withdraw your attention from everything around you. When you stop, bring your attention back to yourself and become aware of the heavy traffic of

your thoughts passing through your mind. As you start to observe your thoughts, they will naturally begin to slow down. Just as the *pranayam* instructor says, "Observe the breath to slow down the number of breaths in a minute", likewise observe your thoughts and you will be aware that they are slowing down. Then just remember who you are – a peaceful and powerful soul, a being of life energy, the master of mind and body. A few minutes spent practising this exercise regularly will enable you to become relaxed and quickly regain concentration. This is the principle behind the practice of Traffic Control observed in all Rajyoga centres.

Traffic Police

The next exercise is connected with a unique characteristic of thoughts. We know that thousands of thoughts pass through our mind everyday, but do we know that they do not crowd the mind all together. They come one by one at a time. This also will be clear once you start observing your thoughts. In the first step, we

have seen how thoughts can be slowed down. It is this orderliness that we are going to use. Let us see how it works. Only after a thought has run its course, short or long, does the next one take its place. Now this is the moment, the gap between the exit of one thought and the entry of the next, which we are going to exploit. The awareness of that moment depends on the attention we pay to the thoughts. We have to take control of that point in traffic from where we can see both sides. It can be likened to the raised platform policemen occupy to control traffic, because it enables them to see vehicles approaching from any direction. This is the point that can be stretched by practice, second by second. In other words, from that vantage point we wield the power to stop any thoughts from intruding into the protected territory of our mind without our knowledge. More or less, like the area where roads cross but no one can enter that without the policeman waving him on. But as the mind cannot remain empty, this gap needs to be filled and here we use our stock of positive thoughts to fill it. After a while it would look as if each new thought would wait its turn to enter the hallowed precincts of your mind. However, this does not give any guarantee

about the purity of the thoughts in the pipeline. For this we will have to tackle the problem at the source itself. This is the most exacting but enjoyable part of the journey as it takes us back to the roots or wellspring of the unending stream of thoughts.

Master Of The Mind

The next one, in the order of ascending difficulty, is to shed the cloak of accumulated sins that we have got used to in our travels down the ladder of history. Now we are going to traverse the journey of eighty four births backwards. The eighty-third birth is still fresh in our memory and we start the cleaning process by unloading the load of hard, core body-consciousness in front of Baba through a time bound Rajyoga schedule. We can start with one birth a day and go through a deliberate process of visualisation. An example is given here. Baba starts by cleaning the impure soul and then purifies it by giving *drishti*. Then the Almighty Authority Baba passes on all the powers and virtues. Thus the soul regains the *swaman* of Master Almighty Authority and starts wielding the powers to defeat Maya in its myriad forms and increases the stock of divine virtues. Then Baba takes the soul through the stages of *Sampann*

(Knowledgeful, Peaceful), *Sampoorna* (Complete in all respects), and finally *Sammaan* (as Baba does). This experience will enable the practitioner to enjoy the proximity of Baba and in that situation no other thought will enter the mind.

This process is now repeated for the next birth and so on. It will depend on the individual as to how many birth cycles he or she could cover in one *kalpa*. Suffice to say that this has been successfully tested in BK centres. The journey can be made more interesting by disengaging at various landmarks like the arrival of religious leaders and comparing our stage with theirs. Then at each cusp between yugas, the experience of having removed the burden of the past can be enhanced with the intoxication of having regained celestial degrees of purity. This journey back into the future can become the main plank of our spiritual time-bound programme. For results to show up, no distractions should be allowed for first 21 days. Then as you approach the end of the second month, or as you approach the cusp between *Treta* and *Dwapar*, the smell of victory will permeate every moment of your existence. In other words,

it will become a long, long and unending love affair with Baba.

'*Man Jeet, Jagat Jeet*' is the saying. Master your mind and you will conquer the world. ■

(Contd. from Page No.4)

mined thought to emulate Dadiji. This unique variety of individuals included:

- ◆ dignitaries who have personally met Dadiji and experienced her love, purity and power over the years like Religious Heads, Industrialists, Professionals etc.
- ◆ 6000 student-members of the Brahma Kumaris institution who live at home with their families while holding down regular jobs and professions, as well as running spiritual classes at their homes.
- ◆ 1000 residents of the Mount Abu and Abu Road Brahma Kumaris campuses, many of whom have lived with Dadiji for decades.
- ◆ maids and labourers who are employed at the various campuses and have great respect for Dadiji for having treated them as one of the spiritual family.

Let us pay our deep respects by striving to live with the same virtues, powers, conviction, humility and purity that Dadiji stood for. ■

WHAT DOES IT MEAN TO COPE?

An interview of **B.K. Sudesh**,
European Director of the Brahma Kumaris, **Germany**



Q. 1:- The world seems to be in a state of chaos—financial, political, environmental and social. How can we make sense of what’s going on around us?

Didi: You are right. I liken the situation to the idea of a seed that has grown into a tree but is now turning into a jungle. People are often afraid in a jungle and feel swamped by the situations they now find themselves in. These days, honest values are disappearing from every sphere of the world.

In politics, few policies are followed with a true heart. Environmental pollution is the consequence of our inner pollution. All kinds of internal upheavals arise from reacting with anger, violence, etc. Someone may not be expressing violence in a physical way, but he/she might get upset and react with jealousy, hatred and revenge. This creates tension in the atmosphere. When minds are full of tension and negativity, relations

between the people are affected. Negative feelings create vibrations which spread into our environment. Today, our relationships often share little or no love, respect or acceptance. Wealth is also a power and when it is influenced by greed and possessiveness, it creates selfishness. This, in turn, gives way to corruption and blocks the flow in financial interactions resulting in suffering such as the fear of loss.

Q. 2:- More often than not, we cannot choose the situation in which we find ourselves. So, what can we do when we find ourselves in the midst of any upheaval?

Ans. Because things are happening so fast without any warning, we need to have inner stability and self-respect. To maintain our inner peace and clarity of mind, it is necessary to be the ‘detached observer’. Allowing mental upheavals to influence us means our power to discern and decide gets clouded. Instead of thinking of

solutions, we concentrate on the problem. When we are confused, it is even more important to connect ourselves with our inner qualities, inner peace and spiritual strength. It is like imagining light when it is dark or cool air when the weather is hot. A spiritual state is like being naturally connected with the values and powers of the original self such as wisdom, peace, clarity, truth, love, stability and happiness. These inner virtues generate protective vibrations around me, which spread and influence situations and my environment as well.

Q. 3:- A friend said to me recently: “I’ve got so many people depending on me for support. How can I help them when I am struggling myself?” What sort of advice would you give to her?

Ans. The most important advice and support I can give is to help people become aware of their own inner potential. It is said, “God helps those who help themselves”. When I am de-

pendent on others, it creates ties and demands that can eventually cause tension in any relationship. The Brahma Kumaris have a motto: "Give good wishes and have pure feelings for all." I can always help others if I have the inner qualities of true love, good wishes and respect. They will feel the vibrations of these feelings even when they don't realise where they are coming from and, the subtle connection helps. It is important never to feel guilty about not being able to help someone physically. Life is like a tree, it passes through different seasons. In winter time, there is no fruit, there are no leaves, but from the seed the tree will still bear leaves and fruit in the following season. The good wishes that people receive may actually help them to become independent in time. Later, they may value what they received at a time of need.

Q. 4:- When you have faced difficult times in your own life, what has helped you most, and what have you learned from such experience?

Ans. I have faith that each challenge comes as a lesson to show me that I have hidden, unused values and these are opportunities to express them. With meditation and

practice of Rajyoga, I become aware that life is valuable like a diamond. A diamond becomes a diamond when it is able to take pressure. That pressure reminds me to maintain self-respect. This world is a field of action like a stage. The diamond life is like the life of a hero. A hero has to face many challenges and has the opportunity to express what he has learned through his skills, abilities and potential and yet remain a detached observer and perform his role as an actor on the stage.

Nothing ever remains the same; situations and life constantly change.

Sometimes we feel unsuccessful in our efforts in life but, looking back, we can always learn from difficult situations and put those lessons into practice in the future to bring success. I have faith that the future is bright.

Another

aspect Rajyoga teaches is to connect with the true self. Maintaining the awareness that I am a soul, a living energy, an eternal being of light, I can develop a relationship with the Supreme Soul. Whenever any difficulty comes, I then have the feeling that I am under His canopy of protection. Life is a constant examination and I need to learn more and more to be qualified, to pass the examination with honour. With this bent of mind, difficulties are not felt as difficulties. In this way, we can easily come through anything. ■

WHEN I ASKED GOD

When I Asked God for Strength
He Gave Me Difficult Situations to Face

When I Asked God for Brain & Brawn
He Gave Me Puzzles in Life to Solve

When I Asked God for Happiness
He Showed Me Some Unhappy People

When I Asked God for Wealth
He Showed Me How to Work Hard

When I Asked God for Favors
He Showed Me Opportunities to Work Hard

When I Asked God for Peace
He Showed Me How to Help Others

God Gave Me Nothing I Wanted
He Gave Me Everything I Needed.

FACING THE SELF AND TRUTH ALONE BEFORE GOD

– B.K. Carol Biberstein

I always liked watching a play where there was a scene where one actor standing alone on an empty stage in the spotlight speaking out the true things from his/her heart, either to the audience or to God. This type of play is called soliloquy. This always pulled my attention and made me sit up straight and listen. If I had been sleepy, this would instantly wake me up and I would feel: Now this is real!

The time in our World Drama is Now! – the time for each one of us to stand on the world stage alone before God and speak our mind. This is really the only time when we get to be real. At this time all our props get removed; all our attachments are taken away; we can no longer hide behind our ego, and we are finally alone before God. Isn't it a relief? Or does it scare you? I know it does scare a lot of people. But we all have to come to a point where we have to face the truth vis-à-vis and also face ourselves.

Who am I anyway? Am I a product of my past fears? Am I a copy, or a reaction to my

parents' upbringing? Am I the other half of a couple? Is my identity based on being a parent of such and such a child? Am I my job? Am I my religion? Or am I my ego? Am I a man? Or am I a woman? Am I an angry person? Or a nice person? Or a lazy person? What is my real identity?

The truth is: I am none of the above, but I have wrongly and ignorantly had the experience in a body of all of them. In reality, I am not a body. I am a soul who has worn the costume of a body for many births and experienced many things through the body. When the play comes to an end, the director of the play comes out on the stage holding hands with the main actors, with all the other actors standing behind and they all bow to a great applause from the enthusiastic audience. The director of the play is not seen until the play is over.

The Director of the world drama is God. He only appears at the end of the play and only the main actors really know Him, and they only come to know Him at the end when He introduces Himself to them.

Even among the main actors, there are only 8 who know Him fully. The main actors are more often than not the ones that you would least likely expect to be the main actors. Only at the very end, do we find out who the main actors are. They have been incognito all along. They are not the movie stars or the famous people or even the religious leaders. The main actors seem very ordinary, but they have been in this play right from the beginning. They are very special actors, superheroes, whose memorials have been created in the movie industry. Everything in this play is not what you'd expect.

Everyone sees the director at the end and there might be some whispers like, "Oh, I thought he would be older, or younger, or he would have a beard."

In this case each soul of the world will say, "Oh, I thought he was Christ or Krishna, or I thought he was omnipresent, or I thought I could never know Him. I see now that He is just a point." In this way, the expression of each and every soul will vary greatly from one another.

But actually, when our costumes are removed, we are all just points. God is also the Point. What is that point? That point is the tiny, invisible conscient point of divine light but concentrated and extremely

powerful. He is the Unlimited in what He is able to do, but not dispersed into everything. He is not what anybody expects? He has the special part of being the Creator, Director and Principal Actor and we souls have our own apportioned parts in the Eternal World Drama (EWD). Each one's part is etched permanently within each soul. We each and everyone have our own free will to act our part, but we also always act our part accurately and identically every cycle. Quite Amazing!

William Shakespeare, the English poet and dramatist had a lot of wisdom. He said, "All the world's a stage, / And the men and women are merely players". He also loved to trick the audience by switching roles and making males into females and females into males. He was truly a master dramatist.

He was also an actor and an instrument in the drama to show us something of this mysterious world drama of life.

Now is the time to recognise our own past *sanskars* (impressions on the soul created by patterns of behaviour over lifetimes) which have caused us a lot of sorrow and suffering birth after birth, and these *sanskars* have remained the same even if the situations have changed. Now is the time to talk to God as our Supreme Friend, give all

the burdens to Him, and then let go of them and make a determined vow not to take them back again. It is ego, or *Maya*, that doesn't want us to change and tempts us because of our own weak *sanskars*. Give up the *sanskars* and don't even call them, "my *sanskars*" anymore. If you think of them as yours you will take them back again. Give them up and replace them with powerful *sanskars* of self-respect. Replace weakness with thoughts of your eternal self, the soul, the conscient point of radiant light; it is one entity that can never die, can never be cut by a sword, burned by fire or drowned in water; one that can remain peaceful despite all circumstances, one whose original state is one of purity and peace.

But this is not like going to the priest for confession and then going back out and committing the same sins again and again. That was the pattern in the cult of devotion (*Bhakti Marg*). Cult of Devotion ends

when God actually comes. The word religion means to re-link the self with God. Once God comes, there is no need to say foolishly 'I'm weak' after re-linking the self with God. He's standing right there. He says, now check yourself and change. No more fooling around and saying, 'I'm weak, I'm weak. He doesn't accept that. You are made in the image of God. How can you be weak? That is an illusion. When God comes, He says, "O, dear soul, My sweet, sweet, beloved child, stand up on your feet; stop this worshipping, and just become equal to Me. Be who you were meant to be. I've come to empower you and set you free from all kinds of slavery. I've come to restore you to your original self."

Now, there is no need to worship God but to become angel and deity by remembering Him and inculcating the divine virtues. But the irony is that the greatest worshippers are those who recognise Him first. ■



A Short Course in Human Relations:

The six most important words: "I admit I made a mistake."

The five most important words: "You did a good job."

The four most important words: "What is your opinion."

The three most important words: "If you please."

The two most important words: "Thank you."

The one most important word: "WE"

The least important word: "I"

(Contd. from August Issue)



THE ANGELIC (AVYAKT) STATE (TAS) - II

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

*Alas! It's very sad to hear:
Time's winged chariot is
hurrying near
The end of the fleeting
Confluence Age.
O' my divine brothers and
sisters, dear!
Awake and arise and be
very quick ever
To attain the Angelic
(Avyakt) stage.*

Though the 'Too Late' board is not still bolted, yet time in its 'winged chariot' is fleetingly flying away. So we have to ask our 'still small voice' – the voice of conscience – the most important and genuine question: "How far have we gone in our efforts of achieving the transitional Angelic (*Avyakt*) stage or state?" **The Angelic (*Avyakt*) State lies in between the Brahmin life and the Deity State, and everyone knows this fact certainly and clearly that without achieving the Angelic State or becoming angel it is impossible to become a deity.** So we have to increase the speed of our spiritual efforts, keeping due

pace with the fleeting time. But the Supreme Soul Supreme Father God Shiva goads us to achieve this state before the expiry of the time of Confluence Age because in His own words we are the masters and creators of Time. "You are the creators of Time and not the vice versa" (*Aap Samay Ke Rachayita, Na Ki Samay Aap Ka*). These words hint that we should swear solemnly to achieve the Angelic (*Avyakt*) State with rigid steadfastness. We have to be rigid in this only, for it is now or never. **Now at this fag-end of the Confluence Age – the crucial turning and transforming point – between the setting Iron Age, *Kaliyuga* and the soon-to-rise Golden Age, *Satyuga* because it is at this momentous moment of glorious metamorphosis, the soul gets wings and flies as an angel like the crawling caterpillar that develops wings and turns into a butterfly with renewal of its life to fly freely in the air with a flying golden**

message for all: "See, I've demolished the preventing 'pillar' and flown out of the larval cage that confined me." Let us imagine and consciously think: If an insignificant crawling creature like caterpillar can do this, what we, human beings – 'the paragons of all creations' – cannot! William Shakespeare, the greatest English poet and dramatist, was justifiably quite eloquent in describing the distinct possibilities and inherent potential capabilities in man when he said,

*"What a piece of work is
Man!
How noble in reason,
How infinite in faculty ...
The paragon of all
creations."*

So it is high time for the spiritual effort-makers to actualise the following characteristic features of the Angelic (*Avyakt*) state which, as essential feedbacks, will help us in galvanising the process of achieving this state very soon.

The Features of the Angelic (*Avyakt*) State:

The Angelic (*Avyakt*) State (TAS) is a state of graceful walk or movement like that of an angel or seraph who moves majestically with slow, graceful pace upon the earth or flies likely in the sky. It can be compared with the graceful movement of slowly floating white clouds over the mountains or with the royal and majestic movement of tiger or lion, the king of the animals, in the forest. It is due to this royal majesty, goddess Durga is justifiably shown sitting upon the lion or tiger in the Hindu traditions of painting and sculpture. In this state, one feels like moving or walking like a majestic emperor.

● **TAS is a completely bondage-free state.** It is quite free both from the iron and golden chains (*Sone ka Pinjara*), symbolic of very subtle mental bondages even with anyone in Brahmin family. In this state, the soul feels like a cageless bird flying freely in the wide open sky or moving freely from branch to branch in ecstasy.

● **TAS is a subtler or finer state than the earlier Flying State.** Even though one remains involved in a host of worldly activities, yet his or

her state is so subtle or fine that he or she feels free to come, at anytime, out of the packed routine like 'a hair from the butter' (*Makhan Se Baal*).

● **TAS is a lighter state in which the spiritual practitioner is completely bodiless with no iota of body-consciousness (*Deh bhan*) or body-related ego (*Deh abhiman*)** like the feeling of 'I am so and so with such and such possession, wealth, position, name, fame, relation, etc.' In this state, the soul feels like light cotton (*Rui*) that fleets in the open air.

● **TAS is a state of attaining an aura of divine glow around one's physique.** One can visualise the crown of divine light around one's head like that of Hindu gods and goddesses, and also find himself or herself drenched and enwrapped in such bewitching light. In this state, the soul feels like a real god or goddess in his or her manners and behaviours, and the same feeling towards him or her is also felt by others.

● **TAS is a state of doing quicker and more inexpensive service through thoughts and mind** without taking recourse to any lectures delivered in stages or

platforms. One can remain beyond the world of words and its sounds and silently transmit his or her powerful thoughts to those he or she wants to serve. One's own mental state becomes one's own stage or platform where the seekers or audience need not reach, but the server instead has to reach them telepathically. In this state, the soul feels like a telepathist.

● **TSA is a state of embodiment of a great founder, a stepping-stone (*Adharmurat*) and uplifter (*Uddhar murat*).** The spiritual effort-maker acts like a mega foundation-stone of service upon which the fate of others is built and he is also instrumental in uplifting the innumerable depressed and dejected, downtrodden and dispirited souls. In this state, the soul feels like a base-giving founder and a well-controlling and contriving elevating crane.

● **TAS is a state of sheer positivity with zero-negativity.** One is capable of completely positivising the complete negativity by his power of knowledge, yoga and robust optimism because he sees in the broad patch of deep dark cloud the gleaming streak of silver lightning. For such an optimistic person,

“Stone walls do not a prison make/Nor iron bars a cage.” In this state, he feels like a catalyst, who, in the crucible of his mind, changes things, events and situations to his own liking and mental disposition, and relishes, by remaining involved in them, which the pessimistic or less optimistic ones cannot.

- **TSA is a state of most benevolent philanthropist.** Like the World-Benefactor Supreme Soul Shiva, the spiritual effort-maker, as His true child, embraces with equal love and affection one and all irrespective of their many seeming differences, and also does philanthropic work for them, employing whatever he has in the form of body, mind, heart, spirit, time, money, energy, etc. In this state, he feels like the good samaritan of Christian parable, “The Parable of Good Samaritan.”
- **TSA is a state of being in the world but not of it.** In other words, it is a state of ‘the more the loving, the more the detached’ (*Jitna pyara utna nyara*). The spiritual effort-maker committedly involves himself in the welfare of others as if he belongs to them, but remains equally detached from their personal

affairs, their acts of omissions and commissions, for the sake of his own spiritual efforts. In this way, he makes a well-contrived balance between worldly affairs (*Vyavhar*) and spiritual affairs (*Paramarth*). In this state, the soul feels like a perfect weighing balance.

- **TSA is a state of utmost generosity and magnanimity.** One gives to others whatever he has got from God – Knowledge (*Gyan*), Qualities (*Guna*), Powers (*Shakti*) and Joy (*Khushi*) without asking anything in return of these. By doing this, he does not get emptied but rather feels doubly filled because this “giving is, in turn, taking” (*Dena Hi Lena Hai*). In this state, he feels like the sun which never gets exhausted of its solar energy because the more it radiates, the more it gets recharged and replenished through the process of continuous fission and fusion of gases in it.
- **TSA is a magical state.** Just like a magician easily changes the form of things into some other things by the swift jugglery of his hands, we, the spiritual effort-makers – the divine children of God, the ever Greatest Magician – can transform the souls in the flash

of a moment from their demoniacal nature to the divine one with our magical visions or glances, and the souls can get uplifted from their ordinary human atmosphere to a celestial ambience where they will feel themselves to be bodiless and soul-conscious. In this context Baba often reminds us, “Your eyes are not eyes but the magic boxes” (*Aap Ki Ankhen, Aankhen Nahin, Lekin Jadu Kee Dibbi Hai*). We can also give the souls liberation and liberation-in-life in the span of a second. So the terms liberation and liberation-in-life or fruition in a second” (*Second mein Mukti Aur Jeevan Mukti*) are often said and quoted. In this state, the soul can feel like an expert magician with the magical yogic eyes.

- **TSA is a state of fleeting and frequent Rover of Three Worlds.** The inner levitation gets enhanced so more than the earlier Flying State that in this state the spiritual effort-maker can move by the ‘plane of intellect’ (*Buddhi Ka Viman*) from the Material or Physical World (*Sthul Watan*) to the Subtle World (*Sukshma Watan*) in a second only and then to the Soul World (*Mool Watan*) in

another second. In this way, the spiritual friar (*Fakir*) becomes the rover of Three Worlds and thus roving he feels to have become the owner of these worlds. In this state, the soul feels like a frequent and fleeting wanderer of the Physical and Metaphysical Universe (*Vishwa-Brahmanda*) without any labour and expenditure.

- **TSA is a state of complete renunciation (*Tyag*), deep and engrossed meditation (*Tapasya*) and selfless service (*Seva*).** Renunciation of old world and its various impressions becomes so complete that the soul reaches to the ultimate state of “Renunciation of renunciation” (*Tyag ka bhi tyag*). Meditation becomes so engrossed that the soul feels deeply drowned and completely submerged under the Ocean of Love, the ever loving and smothering Lord. And service becomes so selfless that there is not an iota of expectation from others because the soul experiences the real truth of the dictum – “Service to mankind is service to God” – in his heart and translates the same into practical action in his day-to-day life while coming in contact with others. Baba, who also calls Himself as the ‘Most Obedient World Servant’, rightly advises us to do selfless service in every breath of Brahmin life (*Brahmin Jeevan Ka Shwas Hi Seva Hai*). In this state, the soul feels like a renunciation-meditation-service-incarnate. (*To be contd.*)

DUSSEHRA–THE TRIUMPH OF GOOD OVER EVIL

– B.K. Neena, East Delhi

Dussehra is symbolic of burning of ten-headed *Ravan*,
An allegorical symbol of five vices;
Five each in both male and female, the human species.
The myth tells of an imaginary *Ravan*
That was not a person in true sense of the term.
If it were a person, then why burn its effigy often
Only to revive and resurrect it in every Autumn?

The auspicious festival unfurls the message
That we are living in the age of Iron
Depraved and degraded by this devil *Ravan*—
Symbol of Lust, Anger, Greed, Ego and Attachment
Which are omnipresent and rampant!

Let's not forget that we have been stained
And debauched by these Evils time and again
And thereby fallen from *Satyug* to *Kaliuga*,
Being robbed of our Purity and Royalty
Exploited and slandered by the vicious Venom.
It's the duel between the sublime and base self of man
I wish each of us could fathom!

Godfather Shiva, at this Confluence Age
By kindling the light of Godly Knowledge
Redeems us from these Demons,
Thereby restoring our Deity Status
And making us complete in 16 celestial degrees, all
virtuous!

Let us hither pledge to re-establish *Ramrajya*
Of peace, prosperity, purity and bliss with God Shiva,
Thus commemorating *Dussehra*,
This festival of the victory of Good,
Personified as *Rama*, over the Evil—
The vanquished *Ravan*, the ignoble Devil.



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12

1) Lucknow: B.K. Sis. Radha tying Rakhi to His Excellency B.L. Joshi, Governor, U.P. 2) Chandigarh: B.K. Sis. Achal tying Rakhi to Lt. Gen. (Retd.) S.F. Rodrigues, Governor, Punjab. 3) Hyderabad (Shanti Sarovar): B.K. Sis. Kuldeep having spiritual discussion with His Excellency N.D. Tiwari, Governor, A.P. 4) Patna: Rajyogini Dadi Nirmal Pushpa presenting Godly gift to H.E. Devanand Kunwar, Governor, Bihar. 5) Mumbai (Nepeansea Road): B.K. Sis. Rukmani tying Rakhi to H.E. S.C. Jamir, Governor, Maharashtra. 6) Chandigarh: B.K. Sis. Achal presenting Godly gift to H.E. Jagannath Pahadia, Governor, Haryana. 7) Bhubaneswar: B.K. Sis. Leena tying Rakhi to H.E. Murlidhar Chanderkant Bhandare, Governor, Orissa. 8) Shimla: After tying Rakhi to H.E. Sis. Pratibha Rao, Governor, Himachal Pradesh, seen in a group photo are B.K. Sis. Krishna, Sunita and B.K. Harnam. 9) Cuttack: B.K. Sis. Kamlesh tying Rakhi to Justice I.M. Quddusi, Chief Justice, Orissa High Court. 10) Delhi: B.K. Sis. Shanti tying Rakhi to H.E. Tejender Khanna, Governor, Delhi. 11) Rajula (Gujarat): B.K. Sis. Anu tying Rakhi to Mr. Kulkarni, President, Ultra-Tech. Cement Ltd. 12) Jaffna (Sri Lanka): After tying Rakhi to Mr. M. Ganesh, Govt. Agent, seen are B.K. Sisters Sapna, Radhe and Jaya.



1) Jabalpur (Katanga): B.K. Sis. Vimla tying Rakhi to Justice A.K. Patnaik, Chief Justice, M.P. High Court. 2) Thiruvananthapuram: H.E. Suryabhan Gavai, Governor, Kerala, being invited for Nursing Conference by B.K. Dr. Banarasi, B.K. Sis. Neelima, B.K. Dr. Sachin Parb and B.K. Sis. Matilda. 3) Nawanshahar (Punjab): B.K. Sis. Raj tying Rakhi to Bro. Nirbhaw Singh, Additional Distt. Judge. 4) Hubli: B.K. Bro. Baswaraj presenting Godly gift to Mr. Jagdish Shettar, Speaker, Legislative Assembly, Karnataka. 5) Jodhpur (Sardarpura): Former Maharaja Gaj Singh and Former Maharani Hemlata Raje of Jodhpur, after being tied Rakhi, seen in a group photo, along with B.K. Sisters Phool and Renu. 6) Indore (Srinagar): B.K. Sis. Meera tying Rakhi to Mr. Kailash Vijayvargiya, Minister for Commerce, Industry and Employment, MP. 7) New Mumbai (Vashi): B.K. Sis. Sheila applying tilak to Mr. Ganesh Naik, Minister for Environment. 8) Delhi (Pandav Bhawan): B.K. Sis. Pushpa presenting Godly gift to Mrs. Krishna Teerath, Union Minister for Women and Child Welfare Development. 9) Butwal (Nepal): Mr. Balkrishna Khann, Minister for Irrigation, B.K. Sis. Kamla and others inaugurating the festival of Raksha Bandhan. 10) Rewa: B.K. Sis. Nirmla tying Rakhi to Mr. Rajendra Shukla, Minister for Forest and Minerals, Madhya Pradesh. 11) Pune (Sadashiv Peth): B.K. Sis. Lata applying tilak to Mr. Harshvardhan Patil, Minister for Cooperatives, Culture and Parliamentary Affairs. 12) Pune (Meera Society): B.K. Sis. Nalini presenting Godly gift to Mr. L.K. Advani, former Dy. P.M. of India.

VEGETARIANISM – A PIOUS WAY TO REGARD LIFE

– B.K. Jayadev, Dubai

George Bernard Shaw, great philosopher, writer and public speaker once asked: “If a group of beings from another planet were to land on Earth – beings who considered themselves as superior to you as you feel yourself to be to other animals – would you concede them the rights over you that you assume over other animals?”

As Newton’s third Law of Motion states “For every action, there is an equal and opposite reaction”, the Nature is also reacting its hatred over the humanity. The human beings are going beyond the Nature and by breaking the laws of Nature foolishly bring upon them the destructive impact of natural calamities.

In another reference, one speaks about the importance of vegetarianism in the following words: “Here is the unlimited importance of Vegetarianism. If you wish to live a healthy and happy life, my friends, choose vegetarian diet, avoid killing and playing with the blood of the poor animals”. This is the pious

statement of vegetarian lovers all over the world.

History shows that vegetarianism was a lifestyle for philosophers, writers, artists and scholars of ancient western culture. Pythagoras, Plato, Socrates, George Barnard Shaw, Albert Einstein, Halden, Leonardo Da Vinci, Shellie, Issac Newton. The list can go on. All these great philosophers, scientists and writers lived their life taking fruits, milk and vegetarian dishes. In India, vegetarianism was a part of its culture. Lord Mahavir, Lord Buddha and Mahatma Gandhi showed preference for vegetarianism in their lives.

Against the culture of Nature, man started hunting as a hobby and it became part of his life and as a result gradually he became an avid flesh-eater. This anti-Nature policy of man eventually made him the inevitable prey to diseases like Cancer, Heart ailments, Paralysis, Cardio Vascular and Intestine disorders.

“There are no cases that any of the monkeys, eating fruits and roots, died because of heart

attack.” These are the words of Dr. Hance Dahel of World Famous Lifestyle Institute of USA. According to him, the modern man is making problems for himself by taking more flesh in his food.

The repeated studies of Doctors and Scientists proved that the cholesterol and saturated fat are the reasons for heart diseases and other strokes. These are available in plenty in flesh and eggs. When the cholesterol and fat contents increase in our body, coronary arteries, rheumatism, arthritis, kidney stone, gall bladder and other intestine diseases will start attacking the body. This is one of the reasons for hypertension, and premature ageing is also one of the results of the consumption of non-vegetarian foods.

In contrast, vegetarian diet does not have saturated fat or cholesterol. For our required protein, eating flesh is not the only way to be chosen. Animal protein is entirely different from vegetarian protein. Animal protein contains Amino Acid. Amino Acid can destroy the Vitamin B of human body and impurify the blood veins.

Studies have also proven that diseases like hypertension, gall bladder are the consequences of meat-eating. The increase of Uric Acid will cause these

diseases. It is also found that those who are having meat in their food, are more short-tempered than the vegetarians. Cooked meat can also cause creation of cancer cells in the body.

It is not a hidden fact that thousands of birds die and cause so many diseases in North East Asian countries and other parts of the world. This is because of commercialisation of meat. Carbohydrates, protein, vitamin, minerals, etc. are essential for our human body. Grains have sufficient quantity of carbohydrates and there are protein in peas and vitamins and minerals in fruits.

All these prove that vegetarians live healthier and have longevity than the non-vegetarians. Statistics shows that even though Brahmins of India are physically not much strong but they have strong mind and long life span.

In God's Creation, all life forms are sheltered and survived under the broad umbrella of His Grace. So it is very impious and sinful to kill life, be it human or animal. The experts have said in their books that killing of animals would lead to violence and the end of human race.

You can make 1 million calories by cultivating potato from ½ acre field. But for making the same calories from eggs, you need 8 acres and 10 times water. You can make only 180 pound meat from one acre but same space you can use for potato cultivation, and will get 20000 pound of potatoes. Intake of potatoes reduces Vitamin deficiency; it also contains cellulose, starch and minerals.

In India yogis and natural protection workers have always raised their voices against killing and eating of animals. In order to prevent killing of animals and other life forms and give due regard to them, the special message of the great thinkers of ancient India was: **“Live and Let Live”**. In the forthcoming Golden Age, *Satyug* there will be perfect unison among man, Nature and animal, due to this reigning principle of ‘Live and Let Live’. ■

PEACE OF MIND – A STORY FROM BUDDHA'S LIFE

Once when Buddha was walking from one town to another with a few of his followers, they happened to pass a lake. They stopped there and Buddha said to one of his disciples, “I am thirsty. Go, get me some water from that lake there.”

The disciple walked up to the lake. When he reached it, he noticed that some people were washing clothes in the water, and right at that moment, a bullock cart started crossing through the lake. As a result, the water became very muddy, very turbid. The disciple thought, “How can I give this muddy water to Buddha to drink!” So he came back and said to Buddha, “The water in the lake is very muddy. I don't think it is fit to drink.” After about half an hour, again Buddha asked the same disciple to go back to the lake and get him some water to drink. The disciple obediently went back to the lake. This time he found that the lake had absolutely clear water in it. The mud had settled down and the water above it looked fit to be had. So he collected some water in a pot and brought it to Buddha. Buddha looked at the water, and then he looked up at the disciple and said, “See what you did to make the water clean. You let it be. and the mud settled down on its own and then you got clear water. Your mind is also like that! When it is disturbed, just let it be. Give it a little time. It will settle down on its own. You don't have to put in any effort to calm it down. It will happen. It is effortless.”

What did Buddha emphasise here?

He said, “It is effortless.” Having ‘Peace of Mind’ is not a strenuous job; it is an effortless process! When there is peace inside you, that peace permeates to the outside. It spreads around you and in the environment so that people around start feeling that peace and grace.



1) **Kampala (Uganda):** B.K. Sis. Shivani delivering a speech on 'Stress-free Lifestyle'. 2) **Mangalore (Karnataka):** During Independence Day Celebration, Rev. Father Dr. Ronald Cutinha and Mr. Naveen Chandra Shriyan, main priest, Shri Sharda Temple and B.K. Sisters Vishweshwari and Mangala are cutting the cake. 3) **Milagros:** Seen in a group photo are Hon'ble Rodolfo Del Rosario, Governor, Davao Del Norte, B.K. Sisters Shielu, Rajni and Narda. 4) **Colombo (Sri Lanka):** B.K. Sis. Shanti giving a talk on 'The Art of Time Management'. A view of the audience listening with rapt attention. 5) **Bhubaneshwar:** At 'My India, Healthy India' programme, seen in a group photo are Dr. Niranjana Saha, Dr. Prasanna Acharya, Dr. Umakant Mishra, B.K. Dr. Banarasi, B.K. Sis. Leena and others. 6) **Bangalore (Sanjay Nagar):** Dr. G. Madhavan Nair, Chairman, Indian Space Research Organisation (ISRO), being presented Godly gift by B.K. Sis. Suchitra and B.K. Bro. Surendran. 7) **Hyderabad (Nagarjuna Management Centre):** B.K. Sis. Radhika tying Rakhi to Dr. Pratap C. Reddy, the Founding Chairman of Apollo Hospital. 8) **Nabrangpur (Orissa):** B.K. Sis. Neelam tying Rakhi to Sis. Rupa Mishra, District Collector. 9) **Amritsar:** B.K. Sis. Adarsh tying Rakhi to the District Collector.

(...Contd. from page no. 1)

**KATHMANDU, NEPAL
(Celebration of *Rakhi*
Festival)**

A massive *Rakhi* festival, known widely as *Raksha Bandhan* in Nepal, was celebrated in all Brahma Kumaris Centres in the country with zeal and enthusiasm serving more than 35,000 souls directly.

At the main BK Centre of Kathmandu, Nepal Zone, at Thamel, *Rakhi* function was held with jubilation. B.K. Raj Didi, Director of this Zone, BK Kiran, BK Kusum and other BK group tied *Rakhi* to President of the Republic of Nepal Dr. Rambaran Yadav, Vice President Mr Paramananda Jha, Prime Minister Mr. Madhav Kumar Nepal, Chief Justice Mr Min Bahadur Rayamajhi, Speaker of the Constituent Assembly Mr. Subash Chandra Nemwang, Ex Prime minister Mr Girija P. Koirala, Deputy Prime minister Mr. Bijaya Gachchhadar, Home minister Mr. Bhim Rawal, and other ministers, Ex C-In-C Pyarjung Thapa and his wife, VCs of different universities, Justices, Secretaries and senior officers of Nepal Government including District Magistrates, IGP and other senior Police officers. Other groups of BK

sisters and brothers went to 5 different prisons, Institution for Dumb and Deaf, Drug Rehabilitation Centres, Local Police Offices, Schools and Colleges, Hospitals, Army Barracks, various Centres for the Care of Senior Citizens, etc. where they tied *Rakhi* and gave the Godly message to people there.

More than 2500 BKs, 1000 VIPs and souls-in-contact were also tied *Rakhi*. More than 8,000 *Rakhis* were dispatched to senior Government officers, NGOs, Army, Police, Businessmen and VIPs of different organisations.

Main centres of Kathmandu (Nepal) zone and BK Centres around Kathmandu also held programmes at their respective places and tied *Rakhis* to VIPs and souls-in-contact at their places. National TVs, Radios and national daily Newspapers creditably covered the *Rakhi* Programmes.

**MOSCOW AND
ST. PETERSBURG**

Our sweet angel Sis. Shashi from Madhuban landed in Moscow, for the first time, to share with the Russian family her valuable treasures of Knowledge and Yoga, divine relationship with Dadi and

Madhuban, experience as the National Coordinator of the Sports Wing of Brahma Kumaris, India through her lectures as she participated in workshops, seminars and training sessions.

Sis. Shashi visited four big cities of Russia viz., Moscow, St. Petersburg, Samara and Tolyatti where she was warmly welcomed by BKs and guests. In Moscow, she conducted a round-table conference for sportsmen and trainers on the theme 'Unknown Reserves of Man' and gave lecture on the theme 'Amazing Abilities of Human Mind'. In St. Petersburg she actively participated in a dialogue on 'Future of Olympiad: the Triumph of Soul and Body' along with many specialists of physical culture and sports. She also inaugurated a unique programme under the banner 'Good-will Games' which marked the International Olympic Day. After opening a new Rajyoga centre at Samara she talked on the theme 'The Imperishable Source for the Inner Power and Peace'. At Tolyatti she conducted time management seminar with businessmen of the city and gave lessons on 'Meditation, Health and Life without Crises'.

She enjoyed the company of

B.K. families and made every BK feel the double-light stage. The subtle feelings of sweet Madhuban remained eternally with them as Sis. Shashi took leave from all.

AMRITSAR

A group of B.K. brothers and sisters here tied *Rakhis* around the wrists of several jail inmates, including Pakistani, Bangladeshi and Nigerian nationals. Bright Basit, a Nigerian national, felt so overwhelmed by this show of love and affection by Indian sisters that his excitement was quite apparent. On being tied *Rakhi* Farhat Ali, a native of Faislabad in Pakistan, was emotionally moved when he said he could not forget the love and affection he had received from his Indian B.K. sister.

On this occasion, G. S. Sidhu, Superintendent of the Amritsar Central Jail, said, "There are about 125 foreign nationals in the jail. The celebration of *Raksha Bandhan* spreads brotherhood and harmony among the inmates.

SONIPAT

The holy festival of *Raksha Bandhan* was celebrated with jubilation on 5th August, 09.

Rakhis were tied to more than 400 accused and hard-core criminals, Jail Suptt., Dy. Suptd. and four other staff of the Jail and all the judicial officers like the session judge, the Addl. Session Judge, the Civil Judges and Chief Judicial Magistrate and the local Municipal Officials and the people residing all around the local centre along with Godly message.

At the Jail for Juvenile, on this occasion, each of the accused took an oath to give up at least one of his vices or bad habits.

COIMBATORE

"My India, Healthy India"

Medical Wing Mega

Project, Medical

Awareness Rally-2009

From Palakkad the rally reached at Pitchanoor Govt. Hr. Sec. School and was received by Mrs. Thirumagal (Headmistress), Thiru Veluswamy (Panchayat President) and Parents Association President. Then Dr. Indira gave a short speech on health awareness, nutrition and exercise for the benefit of students and teachers. Divided into three groups the rally participants went to deliver speeches at different colleges,

schools, hospitals and the villages. At Malumichampatty, the Panchayat president and Women's Self Help Group (SHG) staff attended the programme along with fifty others.

Sister Pooja and Athul Bhai gave a talk on the aims and objectives of the rally to the students at Lakshmi Narayana Vishalakshi Arts and Science College, Chetti Palayam and also a brief introduction on 'Mind Management.'

At Narayana Guru College and VLB Janakiammal Arts and Science College, Dr. Sachin extensively delivered a speech on the topic "Lifestyle Modification and the Importance of Meditation" to 1500 participants.

Another group by Dr. Uma Rani gave a lecture and conducted mass meditation at Narayana Guru College, Kovai Kalaimagal Engineering College, Narasipuram for 500 students. Sister Mithilda conducted a positive thinking course at these colleges. Then at Ramakrishna hospital nursing Superintendent Mrs. Vijayalakshmi was invited to the nurses' conference to be held at Mt. Abu. ■

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

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