

GODLY SERVICE REPORT

SHANTIVAN

Holistic Health Conference for Nursing Professionals

The four-day Conference on 'Caring, Sharing & Inspiring Core Values for Better Nursing Care' was organised by Brahma Kumaris, from 18th-21st September. Around 5000 nurses came from different parts of India, Nepal and Holland to attend the conference.

B.K. Dr. Girish Patel, eminent psychologist, Mumbai, said that the nursing professionals through compassion, patience, prayer and positive approach provide remarkable service to society. Mrs. Indu Chandiramani, former Ex. CNS & former Principal, School of Nursing, Global Hospital, appreciated the services of nurses, described the hospital as a living temple and the nurses as living goddesses, whose aim and object was to heal the patients through caring, sharing and inspiring.

The other dignitaries who spoke on the occasion included B.K. Sis. Rita from Holland, B.K. Sis. Neeta Pokhral, B.P.I.H.S. Hospital, Nepal, B.K. Sis. Mathilde Sergeant, Psychologist, Holland, B.K. Dr. Usha Kiran, Professor, Cardiac Anaesthesia, AIIMS, Delhi, Mr. A.B. Kulkarni, President, T.N.A.I., New Delhi, Mrs. Sheila Seda, General Secretary and Chief Editor, TNAI, Delhi, and B.K. Dr. Nirmala, Director, Gyan Sarovar. In the inaugural session, the Chief Guest Mr. T. Dilip Kumar, President, Indian Nursing Council, Delhi, highlighted that discipline, dedication and commitment were common values in Nursing Profession as well as in Brahma Kumaris. He asserted that concept of Rajyoga would be going to be an integral part of Nursing Care. Mr. S.R. Krishna, Legal Advisor to Nursing Council and Mr. Mahesh Sharma, Rajasthan University also spoke on the occasion. Rajyogini Dadi Ratan Mohini, Joint Administrative Head, Brahma Kumaris, also inspired the participants.

Other eminent persons who shared their views included Dr. Manju Vatsa, Principal, College of Nursing, AIIMS, New Delhi, Mrs. Rajeshwari Panda, Director, VISWAS College of Nursing and Ex. Dy. Director of Nursing, Orissa, Mrs. Tara Shah, Associated Prof., BPKIHS Hospital, Dharan, Nepal, B.K. Sis. Geetha, Asso. Prof. of Nursing, Omayal Achi College of Nursing,

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MILLIONS EXPERIENCE GOD'S LOVE AND BLESSINGS



Bharat has always been a unique land of different experiences for different people. Every year, we receive millions of tourists from all over the world visiting their destinations of interest. Some prefer to go to ancient temples and pilgrimage places, while others participate in the rich Indian cultural festivities, customs and rituals. There are also some tourists who have great fondness for Indian cuisine. From Navratri until Diwali, people are able to relish at least 108 kinds of sweets and a variety of *khana-khazana*! However, over the last decade we find a definite change taking place among the intelligentsia and professionals from different backgrounds, who are generally very proud to be among the elite class. Their interest in unearthing layers of their own psyche and exploring the depths of spirituality in India are ever on the increase. This is the reason why a number of television channels are giving wide coverage to the holy men and women around the clock. In particular, Aastha, Sanskar, ZEE Jagran etc. are doing

phenomenal work in catering to the spiritual needs of a huge spectrum of viewers and listeners.

The Brahma Kumaris, having been in the service of humanity for over 73 years, realized the need to provide people with a novel way of addressing the crucial aspect of their spiritual well-being. With a worldwide network of 8500 centres, the Brahma Kumaris spiritual family is sustained by hundreds of leading Rajyogis who have several decades of experience in application of spiritual wisdom, and also practise regular and deep meditation. This has transformed them into 'guiding stars' for millions of seekers. Based on the theme of Godly Service for Year 2009 as decided in our Annual Service Meeting, wonderful service programmes were organized in big cities of different countries (in September), while in Bharat 16 capital cities launched the "Global Festival" simultaneously on 3rd and 4th October 2009. These are to be followed by big programmes in about 19 other Indian cities during October and November,

with the grand finale in Shantivan, Abu Road, on 22nd November 2009.

The invitations sent out for "**Global Festival on Receiving God's Powers and Blessings**" were totally unique. It shouldn't be out of place to reproduce one of said invitations in these columns:

"GOD is an eternal source of infinite powers. He is a vast Ocean of Love, Peace, Happiness, Knowledge and Power. The world is a wonderful drama stage on which everyone plays his own part, that is the Mind (Soul), Nature and God interact according to the predetermined divine plan. There was a time when humans and nature were both blessed with God's divine power and also endowed with virtues and ideals. They were all leading a joyous and happy life and were able to make other's lives happy and joyful too. Human beings and even animals lived in an atmosphere of peace, purity and prosperity.

After a lapse of considerable time, we experienced God's blessings diminishing, the reason being lack of God's

remembrance. Further, humans became more body-conscious and ego-centric. This resulted in their moving away from the divine path and peacelessness, agony, afflictions, diseases etc engulfed him. Nature along with human beings also experienced a fall and, thus the five elements of nature became imbalanced and created great difficulties for humanity.

Craving for God's powers:

The world cycle of humanity is estimated to be 5000 years and it is now in its last stage. On the one hand, Science and Technology have made tremendous progress and created a wonderful revolution, providing comforts for our pleasure and happiness that are short-lived. Yet on the other hand, the world is witnessing serious problems like poverty, starvation, unemployment, provincialism, terrorism etc.

Man is unable to bear the pressure of all these miseries; human beings are craving for His reincarnation on the earth and believe only He will be able to liberate them.

Sunrise of the Universe: It is a matter of great joy, pleasure and delight for all of us to know that GOD has now descended to fulfill His promise of liberating us as per His promise in Gita “*Yada Yada hi Dharmasya..*”. In view of the falling standard of values and ethics, human life has become full of stress and strain and humans find themselves entrenched in a deep valley of sorrow. At the same time, it is very heartening to witness in the horizon the emergence of our Supreme Soul, the Supreme Father, Ocean of Peace, Purity, Power, Love and Happiness.

The Supreme Soul is giving us the divine message: “O’ my

dear sweet children! I have now come to liberate you from the path of unrighteousness which has brought to you immense misery and pain. I am your Incorporeal Father. I have come to elevate all of you, make you pure and shower blessings of love, peace, bliss, happiness, purity, knowledge and power. It is My duty to transform this old world and take you to the new world. Always be in My remembrance and receive complete powers from me. Cultivate peaceful, loving relationships with all and enjoy the fruits of everlasting happiness.”

We cordially invite you divine souls to participate in this enlightening programme and be a proud recipient of ‘God’s Powers and Blessings’. This will be a real, personal and rare experience which you would cherish forever.

— — — — **GLOBAL FESTIVAL** — — — —

The entire project was very well planned and executed under the wise planning and guidance of Revered Dadis, Senior Brothers and the Zone-Incharges from all over India. The keen interest shown by members of the elite, professionals and the common people was tremendous, as though food to satiate spiritual hunger had been so scarce everywhere. The entire

planning was done under direct guidance of the Supreme Father, God Shiva, which resulted in bringing home the deep experience of the waves of ocean of love, peace, blessings not only to the participants of each programme but also millions of television viewers all over the globe. Enthusiastic audiences watched Sanskar, Sadhna, Zee Jagran, and Aastha International TV channels

continuously for 4 hours from 7.00-11.00p.m. (Indian time) on 3rd and 4th October.

Can one imagine how many lacs of people were involved in organizing so many mega programmes simultaneously without seeking for name or fame, materialistic power or mundane profits? It’s indeed the love for God and humanity that worked wonders in spreading the most powerful message that

we all belong to One, and are endeared by those who love Him, the Supreme Divine Being. An expression of the ultimate truth is that humanity is one; we are spiritual sisters and brothers since we are children of one God. This realization is most needed for creating peace in the world and happiness in every individual's life.

We express our gratitude to the modern means of communication and technology, especially the Television Networks, Radio, Print Media, Internet and Multi-media that connected the whole world on these two days. 'Receiving God's Powers and Blessings'

was on everyone's lips... We derive a lot of power and enthusiasm from this unique event. The hearts of our responsible instruments are filled with inspirations to bring about change for the better by continuing this process of spiritual empowerment until the dream of true *Ramrajya* of Gandhiji, Brahma Baba and other seers and saints crystallizes. Those involved in this service are over-flowing with happiness and love like the unlimited ocean and unlimited sky. Blessed are those who envisioned and accomplished this great task of global spiritual service.

We especially offer hearty Godly love, good wishes and thanks million-, million-, million-fold to the television team of BK Karunaji, BK Ravi, Sisters BK Shivani and Kanupriyaji, and all others at Aastha who covered the mega programmes in the capital cities meticulously and kept millions of people glued to their television screens throughout the world. The owners and organizers of these channels, too, would definitely feel proud of becoming God's instruments in transmitting the message of God's powers and blessings to the whole of humanity.

CONGRATULATIONS

MOUNT ABU RETREAT FOR PEACE OF MIND

The success of the past 12 annual gatherings of the 'Peace of Mind Retreat' at Gyan Sarovar, Academy for a Better World, Mt. Abu, makes us confident that the 13th programme will be very, very lucky indeed! From 4th to 11th October 2009, about 290 participants (including BK guides/companions) from 60 countries took full benefit of the teachings and serene atmosphere. The 180 guests represented all professional and social backgrounds. The entire programme was well-designed by the organizing team under the leadership of Didi Nirmala (Director of Gyan Sarovar

Campus), Bro. Charlie, Sis. Margaret, Bro. Michael and Bro. Joe (from Australia). They and others instill the programme with newness each year to provide participants with the best experiences within the short period of one week.

The retreat atmosphere of Gyan Sarovar, its mountainous landscape and environment without any material attractions, creates the best motivation to go within and explore the depths of one's own resources of peace and tranquility. This is further multiplied by connecting with the Source of peace and happiness under the guidance of great spiritual teachers. Over

the last 12 years, nearly 2400 interested souls have received this wonderful guidance out of which many have become regular practitioners of Rajyoga Meditation, and continue to live happily and with peace of mind. Moreover, many of them have become sources of inspiration for others to take to this new dimension of spiritual learning and meditation to achieve inner peace and happiness in family and professional lives. A noble service is being done in a very subtle yet powerful way. Congratulations to all the responsible teachers and organizers of this special programme!

URGENT APPEAL: GENEROSITY & COMPASSION TOWARDS FLOOD-AFFECTED PEOPLE

The value of any kind of help multiplies million-fold when most needed. Our esteemed readers would appreciate the idea of helping the needy, affected people who have recently become homeless due to untimely floods and sudden flood fury in Karnataka and Andhra Pradesh.

Global Hospital & Research Centre (Mount Abu) as well as Janki Foundation (UK) under the patronage of the parent organization, Prajapita Brahma

Kumaris Ishwariya Vishwa Vidyalaya, have rendered pioneering services to the victims of Gujarat earthquake, floods in Bihar and people of Tamil Nadu and Kerala during Tsunami in the past. We have now begun our project of serving Karnataka and Andhra Pradesh, and whole-heartedly appeal to our esteemed readers to come forward at a time when your contributions could give infinite comfort and hope to our spiritual sisters and brothers.

A bank account with the following details has been opened to facilitate the Flood Relief Work:

Name of Account: Global Hospital & Research Centre

Bank Name: Union Bank of India, Ashok Road, Mysore

For more information on sending contributions, please contact B.K. Ranganath Bhai on

Mobile: +919448368019

Email: yadavagiri.mys@bkivv.org

INAUGURATION OF ROTARY INTERNATIONAL GLOBAL HOSPITAL BLOOD BANK

It is a matter of great honour for Radha Mohan Mehrotra Global Hospital Trauma Centre, Abu Road, to have tied up with Rotary International to establish a Blood Bank at the Trauma Centre. The inauguration of the first phase was carried out on 1 October 2009 in the presence of many dignitaries and well-wishers who have made this project a beautiful reality:

1) Dr. Jay Prakash Vyas, District Governor, R.I. District 3050, 2) Dr. Harshad Udeshi, Past District Governor, R.I. District - 3050, 3) Mr. Prakash Kisan, Past President Black Mountain Rotary Club, USA, and Ms Carol King, District Governor via internet, 4) Dr. Devashish Gupta, Programme Officer for Blood

Safety, NACO, 5) B.K. Nirwair, Managing Trustee, 6) Dr. Pratap Midha, Medical Director, Global Hospital & Research Centre, 7) Dr. Satish Gupta, Medical Superintendent, Global Hospital Trauma Centre, 8) BK Stephen Berkeley, Hospital Administrator, Global Hospital Trauma Centre.

Donation of Blood is truly 'Donation of New Life' and so we salute all the noble souls who are instrument in creating this new facility as well as the courageous, selfless blood donors. The most significant aspect of this Blood Bank, as is with Global Hospital & Research Centre Blood Bank in Mount Abu, is that the donors are volunteers who come solely

out of the goodness of their heart to donate blood for no profit or gain. Many of these include individuals from Lions' Club, Rotarians, Shiv Sena, Mahavir International, hospital staff, and dedicated brothers of Brahma Kumaris institution at Gyan Sarovar and Pandav Bhawan.

The first phase (covering about 20 lakh rupees) is complete, and the second phase will aim to generate blood components like RBCs, plasma, platelets concentrate etc. separately which will cater to specific requirements of the patients.

We offer our best wishes for the completion and successful operation of the Blood Bank!

– *B.K. Nirwair*



DIWALI OPENS THE GATES TO HEAVEN



– B.K. Khem Jokhoo, Trinidad, WI.

Diwali opens the gates to heaven or the Golden Age. The descent of God Shiva on earth is called Shivratri and Shiva’s main mission is to destroy the ten faces of the evil spirits called Ravan, celebrated as “*Dusshera*”. This event closes the doors of the jail of karmic bondage and opens the doors to liberation and salvation and so the world can celebrate ‘Diwali’. The true Diwali is the ‘coronation of Shri Lakshmi and Shri Narayan’ as the first Empress and Emperor of the Golden age.

Diwali begins with God’s Promise in Gita

The essence of Diwali is the removal of the ‘darkness of ignorance or the vices’ with the ‘light of Godly knowledge. **This revelation can be found in Gita C4v7-8 where God promises that He will descend at the time when there is extreme unrighteousness and irreligiousness in the world. He states very clearly that his descent is for the sole purpose to protect the virtuous; destroy the evil (*Dusshera*)**

and to re-establish *dharma* for the return of the deity kingdom celebrated as Diwali. Diwali opens the doors of the Golden age and it is the first day of the new world.

The Herb of Knowledge is the Fuel for Dusshera

The other festivals are memorials on the spiritual journey of Shivratri for the removal of the ‘darkness of ignorance’ called Ravan and for the establishment of “*Ramrajya*”. First, God imparts the knowledge of Gita through the lotus-mouth of Arjuna also called Brahma and this is celebrated as **Gita Jayanti**. Those who imbibed, inculcated and practised the elevated directions of the Gita became immovable and unshakable in *Gyan* and *Yoga*. *Gyan* and *Yoga* are the invincible weapons



called the ‘*Brahma Astra*’s that Rama used to destroy the powerful Ravan what is now celebrated as *Dusshera*. All other weapons made Ravan only unconscious, allowing him to recover and fight again. Just recall the story of Prahalaad. **When God destroyed the demon, it was neither day nor night, for it was the period of dawn between The Iron and Golden ages or the Confluence of the two *kalpas*. He destroyed the king neither with weapons nor force but with the power and *Shrimat* of the Gita. Tulsidas called this weapon the ‘*Brahma Astra*’ and the ‘herb of knowledge’ shown to be carried by Hanuman as ‘*Sanjeevani Booti*’. This is but the real significance of the descent of Shiva at the Confluence Age celebrated as Shivratri.**

Celebration of Victorious Festivals

It is only when the world is pure and the elements are in perfect harmony with another the new world be one established to welcome the birth of Radhey and Krishna, the first princess and prince of the Golden Age, respectively. This event is celebrated as **Radhey and Krishna Janasmashtmi**. All these festivals from Gita Jayanti to Raksha Bandhan are but different activities in

the most important historical event of Shivratri. Shivratri is to destroy the evils of the world (*Dusshera*) and ultimately to purify all souls and the elements of the nature lifting the veil of *maya* and freeing humanity from the bondage of karma and the chains of Ravan. Shivratri heralds the beginning of the Confluence Age and the start of the incognito Mahabharat war, the war between the virtues and the vices. This is the war between the incorporeal Rama and incognito Ravana.

Krishna and Radhey Glorify the Golden Age

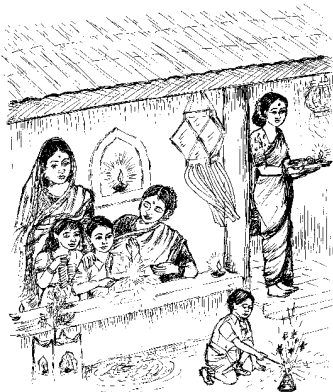
The birth of Krishna signals the beginning of another cycle of 5000 years of the new world order. Radhey is born a few years after Krishna. They both belong to separate kingdoms. About 25 years into the new cycle, Radhey and Krishna would be married by a ceremony called *swyamvara* and then they become Shri Lakshmi and Shri Narayan. After a few years of marriage, the coronation of Shri Lakshmi and Shri Narayan as the first empress and emperor of the Golden Age takes place. This coronation is the festival of Diwali signifying the end of the dark ages, the conquest

over the five vices (Ravana) known as *Dusshera*. This marks the beginning of the Golden Age also called *Satyuga*, heaven, and paradise as called by Christ and *Ramrajya* as Bapu Gandhi ji had imagined.

Qualities to become like Shri Lakshmi and Shri Narayan

Diwali reminds us of our main aim and object to enable us to acquire and attain the following attributes and qualifications which are necessary to have the perfection of the god and goddess, Shri Lakshmi and Shri Narayan.

- ❖ Completely viceless, that is, being free from Lust, Anger, Greed, Attachment and Ego.
- ❖ Perfection: 16 celestial degrees purity, which is perfection in the sixteen (16) arts of life.
- ❖ All virtuous, that is to be the embodiment of the thirty-six (36) virtues.



❖ All powerful, that is, to use the eight powers in all thoughts, relationships and actions.

❖ Completely Non-Violent, that is, characteristic of the deity religion.

Diwali is the Conquest of Light over Darkness

Diwali is celebrated on the darkest night of the month of Kartik. This is in remembrance of the victory of the dark ages as the darkest period of degradation and dehumanisation, immediately before the Confluence Age or Shivratri. This is why Diwali is celebrated as the conquest of light over darkness or good over evil. Kartik itself is about taking a bath in the ocean but this is only symbolic. Kartik literally means change or transformation from the old to the new. Kartik is the last festival in the year and it is celebrated as the conquest of the virtues over the vices by ‘bathing in the ocean of knowledge’ to cleanse the soul of all the impurities accumulated in the dark ages. It is to change from ordinary man called ‘*Nar*’ to the elevated perfect man or deity called “*Narayan*”.

Diwali is celebrated over a period of Five Days.

Diwali is celebrated in the darkest night of Kartik by invoking the goddess Lakshmi.

The festival is celebrated over a period of five days, two days on each side of the main Diwali day.

❖ The first day is the thirteenth (13th) day of Kartik called *Dhanteras*. On this day, one big earthen lamp is lit and new household items are bought signifying a new consciousness. This is sometimes called 'the *Jam Deya*'.

❖ The second day is the fourteenth (14th) day of Kartik called *Roopchaudas* or *Chhoti Diwali*. On this day, there is beautification and floral decoration of homes accompanied by lighting a few earthen lamps.

❖ The third day, the main Diwali day celebration is the fifteenth (15th) day of Kartik. On this day, lamps are lit in abundance; there is a massive preparation of food and sweets, wearing of new clothes and performance of *Maha Lakshmi Poojan*.

❖ The fourth day, known as *Ankhood* (*Gowardhan Pooja*) day, is when greetings are exchanged and sweets are distributed among families and friends.

❖ The fifth day is known as *Bhai Dooj*. Here sisters express special love to brothers doing *aarti*, placing benevolent marks (*tilak*) on their foreheads and offering sweets.

Diwali is the Memorial of World Transformation

The entire celebration is a memorial of our transformation from ordinary degraded human beings to pure, perfect human beings called deities. This happens during the Confluence Age when God Shiva reincarnates on earth to reveal the knowledge of the Creator and creation, the drama of human souls and the eternal world drama. Diwali is the beginning of the Golden age in the new *kalpa*.



MEDITATION

People want a variety of things from meditation. Some come for peace; others for self control; some for power and some for silence, but, of all the reasons, the one which is most often expressed is peace or peace of mind. At first sight, there does not seem to be much difference between the two but, on close inspection, we find that they are asking for different things.

PEACE IS SIMPLY AN EXPERIENCE, WHEREAS PEACE OF MIND IS A WAY OF LIFE.

At some time or other, we have all enjoyed a moment's peace, however fleeting. Simply to experience peace is not actually so difficult. Peace is something easily attainable through the practice of meditation because this is what meditation is specifically designed to give. However, to attain peace of mind implies that I want to experience peace constantly. While I go about my daily life, I need to be in control of myself to the extent that I can have whatever experience I choose. To experience constant peace of mind, I need something more than just a meditation technique. After all, in the middle of a dispute with a shop assistant over the change, I can't just sit myself down and spend five minutes delving into the deep recesses of the self to regain that temporarily lost inner peace! It is the experience of peace, previously gained through meditation which I need to be able to use later on in my practical life, especially at times when it is not easy to be peaceful. If I cannot use my meditation to bring benefit to my daily life, is it really of any use to me? Therefore, the emphasis in this meditation course will be a double one:

Firstly, to teach a simple, effective method of meditation called *Rajyoga*, and to discuss and experiment with ideas on how to deepen the experiences gained. Secondly, to look at the reasons behind stress and tension in my life so that, through understanding, I can begin to change the root causes, using the power gained through meditation; and also to clarify how I can translate peaceful feelings into peaceful actions, so that peace becomes peace of mind.

DETACHMENT AND UNLIMITED DISINTEREST

– B.K. Jayanti, London

In order to accelerate spiritual effort, the Hindi word '*Vairaag*' plays a very important role. As per knowledge given by Incorporeal Supreme Soul God Father Shiva, it has immense importance for all His spiritual children. The same word '*Vairaag*' is used in the context of both *Hath* Yoga and *Rajyoga* differently, connoting different meanings.

The Hindi word *Vairaag* can be translated as disinterest in English, but it is stronger than just disinterest. It can mean **distaste** – it is like when you have dislike for something or someone or a situation where you don't want anything to do with it, for you the same is finished and you throw it in the bin. When the word *Vai-raag* is split, it can be understood easily. The former word *Vai* means without. The latter word '*raag*' means the inner connection that links or ties with someone or something. So *Vairaag* also means that subtle attachment which has been cut off, i.e. without

attachment.

Difference between detachment and unlimited *Vairaag*

Say, for example, one has gone through a period of sickness which happens to many people at some point in their life. If one thinks 'I am very healthy; I never get sick' then that is also a state of body-consciousness because you never know what is round the corner. Today, one has health, strength, energy or one has wealth, position and intelligence, but literally one doesn't know what is going to happen tomorrow.

Someone was telling me that her son was a very intelligent person and **suddenly** he got a virus in the brain. When Baba says 'suddenly anything can happen', then suddenly we can get seriously ill also. Someone else was sharing that her son had problems with his legs and went to hospital but before any treatment could be given to the legs, he got chest pain and the soul left the body **suddenly**. So one doesn't



know what is going to happen and when?

If there is *Vairaag* just simply because something has happened in terms of health, wealth and intelligence or suddenly one discovers in a relationship that someone, whom we thought, was very loving had actually been deceiving, the sort of *Vairaag* that comes at that moment, is **limited Vairaag**.

Baba often gives this example in the *Murli* that when people go to the cemetery – on the way to the cemetery they think that everything is so transient and temporary but when they are coming back into the city, they go to the market and their *Vairaag* disappears without one knowing it!

Baba also said, "If time is your teacher then time is number one and you are number two, i.e. time is the creator and you are the creation! Whereas the reality is that you are the creator and

time is your creation.”

Time is so flexible for Dadis!

When we tell Dadi Janki that we have to get to the airport in time, otherwise we will miss the plane, Dadi will say: “*it is ok; the plane will wait for me*” and the plane does wait for her! When we phone we find out that the plane is an hour late! So the plane is waiting for her and she is doing what she thinks is her priority and the need.

If you are aware of what your priorities are and if you are clear about what it is that Baba wants you to do and where you are not just in your own mind and in your emotions, then I have literally seen that time will wait for you. There is a saying “Time and tide wait for none!

Time gets expanded!”

If vairaag is coming because a situation has come and time is pushing you into letting go of attachment, or time is pushing you into letting go of your facilities and comfort-zone then when the situation changes you will be back to where you were and you will create another attachment and another comfort-zone. That of course is not true vairaag.

There are certain specific situations where the word

vairaag is used whereas the word detachment should have been used. Detachment is quite different. The word **vairaag** is used where things are really impure. **When Baba says: ‘Have vairaag for the old world, it is because the old world is impure.**

Unlimited vairaag is where I want nothing to do with the vices.

When there is unlimited **vairaag** from my own anger, attachment, greed and ego then things begin to shift because from deep within, I feel – it is dirty; it is polluting me; it is damaging me and it is causing ill health for me. Just as physical rubbish at some point is going to cause damage to your health, in the same way if one keeps dislike for someone in one’s heart that sort of pollution is unhealthy and it is going to create worst state of health.

The contrast to that is detachment.

For example, Baba says: “Be detached with your family.” Yes, if I am attached, I am trapped and there is going to be pain. Baba doesn’t ask us to have **vairaag** for your daughter or son! **Baba says: Have vairaag for your attachment to them.** You are a trustee and whilst you are responsible for them, you have to make sure that you look

after them as a trustee, giving them Baba’s love.

One has to understand the difference between a misunderstanding of **vairaag** and detachment. **When Baba says: let there be detachment then what He means is be a trustee. In that detachment, one will know what he/she has to do to care for the child as a trustee.** One gives that child love because one knows that it is through love that the door to Baba would stay open and the child would come closer to Baba.

Instead of thinking “I am a trustee I mustn’t get emotionally entangled because if I do”, then I won’t know what is the right thing for my child. **My decisions will be made on emotional entanglement; not on detachment.** In *gyan*, first there is a detachment of the soul from the body – not detachment in relationships. Hindi word *nyaara* and *pyaara* are lovely. It means being detached and loving. It does not mean loving first and then being detached! No, **it is first detachment from the body. When I am detached from the body, then I am able to take God’s love. With the practice of soul-consciousness, I am able to take God’s love. When I have**

got God's love then I am able to give God's love.

When Dadi first arrived in England at that time there were many young people in her class. The average age of the English students was 20-25 years. Most of them didn't have a good relationship with their parents and so again the word detachment was misinterpreted – they thought this is what Baba wants. Then Dadi would sit with them and tell them – ‘this is not what Baba is talking about. **Baba is talking about showing respect and love to your parents.**’

When Dadi first went to India after being away for 4 years, there was a press conference in Calcutta and some students from English class were also with Dadi. The journalists had asked Dadi: “How have these people **been benefitted** from the things you are teaching them?” **Dadi said to them: “You can ask them yourself but what I have noticed is that where there had been a breakdown in relationships with family before they came to Rajyoga, now there is a good relationship with their family.”** The big change was there due to inner detachment but not *vairag* and on an external level there was love and respect for the family.

There was *vairag* from negativity and vices. Everyone here is either a parent or a child and so one can see where it is one has misinterpreted this question of *vairag* and detachment and how *gyan* is explaining it very well. *Vairag* is to have *vairag* with negativity. *Vairag* is to have *vairag* with that which is dirty and rubbish that you have to throw away.

The other aspect is the subject of service. Some people say: “I really need to focus on *tapasya* and study; I am not interested in service; it is such a distraction; it gets me into clash of *sanskars*; it takes away my time and energy; it makes me tired; I can't have *amrit-vela*... *There is vairag – I am not interested in service!*” *But that is absolutely wrong vairag!*

What Baba says is that when you share the treasures that you have received, they will multiply. Baba gives us talents and gifts and treasures but am I using them in a worthwhile way? If I am, it will multiply. If I am not then either they go rusty and go waste or it is there but it is not being used. At one point Baba had said: You are successful because you have been using the blessing you have been given. **But if you are motivated**

to do service because you have received so much treasures and blessings from Baba then you will be successful.

Dadi Janki says this to many individuals: God says to us children, “you don't use the good wishes that I have for you”. The human heart is warm and generous – if I have had something that has given me benefit, then, I want to share it. If I have received something and I value it, I want to share it. If I don't value it that will just sit there. But the recognition that how much I value it is when it is shared. We have to share not only *gyan* but also the happiness that Baba has given us.

Where there is *vairag* with service it is because one hasn't been able to deal with one's *sanskars* or the *sanskars* of others. If you have learnt to deal with *sanskars* or you understand that this is the process by which you grow then there will be detachment. Some people get so engrossed in service! Dadi says why be so engrossed in service that it traps you so much that you don't have time for Baba or family or for yourself.

But if I am **detached** then I will do what I need to do as Baba's instrument – give the sustenance that is necessary and after that it is their choice

what they choose to do. They are not **my** students that I should get upset – they are Baba’s students. Yes, let me have good wishes and love but not attachment.

If I say: “My students”, then there will be pain. **If there is pain it is because of ego and attachment.** These two things cause the biggest pain of all. **Let there be detachment in service but not *vairaaag*.**

Pure feelings and pure desires

Pure desire is where I want everyone to be liberated from sorrow. But where I have desires: I want a big centre; I will say it is pure; but it is my desire; if it is in drama and if there is need then Baba will provide, I don’t need to think about it.

Dadi never lets us have special yoga to find a house for Baba for 9 years that we were homeless. Dadi would say: “Does Baba not know that His children need a home? Your yoga should be for your *sanskars*; not to find a house for Baba”. So we call that a pure desire but it is our desire. Where there is pure desire then it is: “I want all the souls to experience liberation from sorrow; it is unlimited. The other one is limited.” ■

WHAT IS MEDITATION?

Meditation is the process of getting to know myself completely; both what I am ‘inside’ and how I react to what is ‘outside’. Above all, meditation is ‘enjoying myself’ in the literal sense of those words. Through meditation, I discover a very different ‘me’ from perhaps the stressed or troubled person who may seem superficially to be ‘me’. I realise that my true nature, the real me, is actually very positive. I begin to discover an ocean of peace right here on my own doorstep.

There is a lovely Indian story about a queen who had lost her valuable pearl necklace. In great distress, she looked everywhere for it and, just when she was about to give up all hope of ever finding it, she stopped and realised it was right there around her own neck! Peace is very much like this. If I look for it outside in my physical surroundings or in other people, I will always be disappointed; but if I learn where and how to look for peace within my self, I will find that it has been here all the time.

The word ‘meditation’ is used to describe a number of different uses of mind, from contemplation and concentration to devotion and chanting. The word itself is probably derived from the same root as the Latin word ‘*mederi*’, meaning ‘to heal’.

Meditation can certainly be looked on as a healing process, both emotionally and mentally, and to a certain extent, physically too. The simplest definition of meditation is: the right use of the mind or positive thinking. It is not to deny thoughts, but to use them correctly. Most forms of meditation employ two main practices:

- * Concentration exercises often using an object such as flower or a candle, and

- * The repetition of a *mantra*.

A *mantra* is a sacred phrase, word or sound which is repeated constantly, either loudly, silently or in thoughts only. It translates literally as ‘*man*’ – ‘mind’ and ‘*tra*’ – ‘to free’; so that it frees the mind’. Rajyoga meditation does involve concentration, but no physical object is involved. The object of concentration is the ‘inner’ self. Instead of repeating one word or phrase, as in a *mantra*, a flow of thoughts is encouraged, thus, using the mind in a natural way.

The positive flow of thoughts is based on an accurate understanding of the self and so acts as a key to unlock the treasure trove of peaceful experiences lying within.

CIVIL EYED IS CIVILISATION OF INTELLECT

– B.K. Santhi, Ampang, Malaysia

Civilisation simply means “a society that is well organised and developed”. Thus, it is the modern way of our lives and the development of a nation which is mostly referred to whilst forgetting the virtues as well as character-building. The latter part is the most vital in maintaining the “civilisation”.

Deeply deceived by the falsity of his own civic-consciousness, man often loses sight of the core of civilization – fundamental virtues and common sense. It has been said that common sense is increasingly becoming uncommon! When such a sight is lost, the civilisation starts declining, leading to disasters and nationwide catastrophes.

Vices are gateway to criminal eyes

Lust is the greatest vice and it is your greatest enemy. Man, when conquered by lust, creates the gateway for his downfall. No matter how influential or great in position he is in the eyes of society, lust limits the capacity of his discrimination and judgment power so much that he becomes weak in his

decisions. This even leads to his getting thrown off from the seat of his self-respect. Lust does not only imply sex-related issues. This is followed by anger, greed and ego. Again, these vices arise due to the misunderstandings caused by man about his viewpoints over issues or matters that involve the attitude of “I” and “mine” because whatever wealth, name and fame are in his possession, are actually the *pomps of Maya*. In fact, in today’s kingdom of Ravan, when life seems too good and blissful, he or she should pause to think. One should be careful in reasoning as to where his or her destination will be. After all, every human is a spiritual being. Therefore, it is only the spiritual wealth that belongs to us eternally. Though our senses of touch, smell and hearing could lead us to our vices, the main organ that ignites our desires is our eyes. The moment we set our eyes on things that are attractive, they invoke the other vices. Being civilised physically alone is insufficient. To be truly civilised our eyes have to be civil as well. *To be civil-eyed* means

to have thoughts, words and actions on the basis of our true beliefs.

Believing is Seeing

Firstly, we have to be truthful in our beliefs in order to see things in their right perspective. A lot of misunderstandings occur due to the wrong impressions we form on seeing others’ actions. It is common that whatever we see through our physical eyes could be wrong and we become judgmental. However, if we have a clean and pure intellect, these two factors could enable our third eye to function. This would enable us to think, see, do and say the right thing. God says, “*Do not be criminal-eyed, see with your third eye of knowledge*”. To be civil-eyed means to be civilised in our intellects. This is attained through the true teachings of our True Teacher, the *Satguru*. His teachings purify us through the connection of our mind and intellect to Him, the Supreme Soul, through this Rajyoga study.

Seeing others’ weaknesses is being *criminal-eyed*. Knowing or understanding the reason behind their thoughts, words and actions means to be civil-eyed. Before we become judgemental upon seeing one’s weaknesses, we should be merciful, have good feelings and good wishes. Being merciful means we believe in what we

are now studying in Rajyoga and what we have discovered about ourselves. Therefore, to us “*Believing is seeing*”. On the other hand, “*seeing is not believing*” to us because whatever we see in today’s world is falsehood. Believing in such falsehood will not lead us to our truly deserved destination.

**Civil-Eyed means
Realisation of Truth**

Most of us in this Iron Aged world are born with one or the other misfortune. We brood over our misfortunes – a clear sign of being criminal-eyed, as we compare and contrast our capabilities, wealth, standards of our lives. In the first place, comparison and contrast arise due to the vices of jealousy, greed and anger, leading us to become extroverts. We are ignorant of the fact that the scenes of the unlimited predestined drama in one’s life have been designed according to the capability and capacity of the soul. Therefore, comparison and contrast among us brotherly souls is a waste. Every hardship, sorrow and difficulty that we go through, as a matter of fact, comes to make us realise and tap the positive energy within us and then to deal with matters by becoming civil-eyed. As Godly students, we have the unlimited knowledge

which others in this worldly life do not know. Our Supreme Father says, “*You are special souls.*” Our specialties are according to the degree of the various types of sorrow that we have overcome before reaching our destinations. Therefore, comparison, contrast, jealousy and other vices are mere waste and are not the quality of Godly students. To this, our Supreme Teacher says, “*Understand this unlimited predestined drama and become “swadarshan-chakradhari” (spinners of the discus of self-realisation).*”

**Civil-Eyed means
Embodiment of Truth**

Making effort for our self-progress in this spiritual life can become an easy task if we could keep our civil eye constantly open. This channel, comprising purity as its main component, makes path for clearer and deeper understanding of whatever we may see and encounter in our everyday lives. It is undeniable truth that everything we see with the physical eyes is not right and true, especially in this vicious kingdom of Ravan. Nevertheless, through the channel of civil eyes when we emit pure feelings, love, mercy and good wishes, any untoward happening could be improvised for its betterment. It is unlikely that negativity will prolong in the midst of the power

of pure and true feelings—love, mercy and good wishes—because such power of purity is the power of God, the Supreme Power. This Supreme Power becomes the Truth when it comes into reinforcement through actions and words, and Truth will definitely be accepted as it prevails in whatever form it may be in the eye of the doer or beholder. Perhaps, this is what is meant as the touching of God.

Thus, such souls who are constantly civil-eyed will become embodiments of Truth and serve as God’s helpers. Constant elevated thoughts and actions in bringing benefit to others enable one to have disinterest in one’s own weaknesses. As mentioned earlier, effort-making to progress will become easy and when all the above is practised by one, he is said to be having an easy-nature. One becomes the embodiment of virtues and ‘manners’ as mentioned in worldly life which can be seen in one’s actions to earn the highest respect among the family and society. In this way, one will always remain seated permanently on the throne of self-respect as now he has been placed by God Himself and will not get thrown off by his own misconduct for being criminal eyed! ■

MAKING THE *AMRITVELA* POWERFUL AND FRUITFUL



– B.K. Vinayak, Mount Abu

In this eternal world drama of 5000 years, the present time –‘*Sangam Yug*’ (Confluence Age) – is considered the most auspicious one. Only at this time we souls meet the Supreme soul, our most beloved Godfather Shiv Baba and He transforms us from ‘vicious’ to ‘divine’ or ‘Iron Aged’ to ‘Golden aged’ by showering all His treasures of Knowledge, Powers and Virtues.

While *Sangam yug* is the most auspicious, *Amritvela* (Nectar Time) of everyday of this *Sangam Yuga* is also equally ‘the most auspicious’ time (*Mangal Muhurta*). This is the time reserved by God Himself especially for His children when He exclusively meets and empowers them. This is such a precious time that one can gain a lot with lesser effort. On the basis of the experience of *Amritvela*, it is possible for us to be the embodiment of experience and to have all attainments easily for the entire day and

night that follows.

But, every achievement certainly has some obstacles in its path. The big enemy who would face us while performing *Amritvela* meditation is ‘slumber’ or ‘drowsiness’. Sometimes this becomes such a big obstacle between the performer and God that the valuable time meant for experiencing God’s love, powers and blessings gets wasted simply by fighting the silly disturbing sleep.

Three Common Reasons for Slumber or Drowsiness

◆ **Waste thoughts** – Our mind and intellect get entrapped in the vicious circle of waste thoughts related to previous day’s happenings. This makes our mind heavy and exhausted. Naturally, a tired mind is inclined towards rest, the need of which spontaneously leads us to slumber.

◆ **Lack of any preset aim** – If we practise *Amritvela* yoga just to observe daily routine without any aim of realising *swaman* or experiencing any

particular elevated stage, then also we may easily become the victim of sleep.

◆ **Quick attempt to attain the seed stage directly** –

Lastly, while starting morning meditation, if we try to attain directly the ‘seed’ stage as soon as we wake up, it becomes difficult to concentrate as the mind, intellect and body remain still under the influence of drowsiness. Repeated failures cause disappointment, which again pulls us towards sleepiness.

So, let us bring the following remedial steps into practice so that we can have best experience in *Amritvela* meditation without any disturbance of drowsiness.

◆ The very first step is to have confidence. We have to develop a firm determination to make an honest and hard effort to transform our *Amritvela* from ordinary to elevated one. ‘Determination’ always has such a power that can eliminate mountain-like obstacle within no time.

◆ ‘Pre-planning’ yields assured success. In order to have better performance in meditation, we have to develop an elevated state of mind from the previous day

itself, by churning Godly Knowledge that keeps us detached from those bondages which may prevent our mind and intellect from taking off. The stage to be experienced at *Amritvela* and the method of effort should be noted on a paper. Some points of knowledge for churning in the morning should also be selected:

- ◆ Put a full-stop to today's chapter so that waste thoughts related to today should not spoil tomorrow's performance. It must be remembered that whatever happened today will repeat only after 5000 years. So thinking of past is nothing but digging out a skeleton from the graveyard. Tears that come out by remembering past will blur the vision of future. So, before sleeping, surrender all the thoughts to Baba and put a full-stop. This is the beginning of a brighter tomorrow.
- ◆ Have a light dinner that can be digested easily.
- ◆ Habit of reading an '*Avyakt Vani*' everyday before going to bed helps one to become free from the influence of all thoughts that bind us to '*Vyaktbhav*' (extroversion) and propels the intellect

towards '*Avyaktbhav*' (introversion).

- ◆ In the morning as soon as we open our eyes and say 'Good Morning' to Baba, our next thought should be 'I am an incarnated soul and I am a guest on this earth. Baba has sent me for the service of mankind'. This positive thought makes us free from all types of worldly attractions.
- ◆ While starting meditation, don't let your intellect struggle for the Seed stage. It is necessary to bring out the mind, intellect and body from the influence of drowsiness. For example, if we make a vehicle to move in the top gear as soon as we start to drive, vehicle does not accept the load. It will take some jerks and finally stop. To attain a high speed, the velocity of vehicle has to be gradually increased using lower gears initially to overcome the inertial forces. In the same manner, to attain the powerful Seed stage, initially the mind, intellect and body need to be gradually energised or to be lifted to overcome the inertial forces developed during the sleep. Here 'churning of knowledge' is a device which enables one to uplift the intellect like a lift.

Refresh yourself by thinking on a point of knowledge, which was already selected on the previous day. Otherwise, emerge Baba in front of you and have a spiritual conversation with Baba on that point. As we go deeper down the Ocean, we will realise the sacred truth and the power hidden in that point of knowledge. This realisation creates such a great surprise, intoxication and power that all the drowsiness along with laziness disappears and, in its place, enthusiasm springs up that will help us to remain 'soul-conscious'.

- ◆ Remain soul-conscious. Remind yourself again 'I am a soul, a point of divine light twinkling in the forehead and I am ready to take off from this corporeal world towards the incorporeal '*Supreme Abode*'.
 - ◆ And finally you are on the springboard for the flying stage. Uplift yourself towards the seed stage with confidence, alertness and concentration. Enter the world of eternal peace, the Supreme Abode. In the divine world of 'golden red' light, meet the most beloved Baba, 'the Supreme Soul, God, the Ocean of Knowledge, Virtues and Powers'.

Be in front of that magnificent point of light with prolonged stability. At this stage we experience an uninterrupted loveful, powerful and substantial communion between Baba and us. Baba takes us to the bottom of the ocean of peace, love and

power. He introduces us with the original qualities of soul. In spite of being in this corporeal violent world, we experience through our mind and intellect, an unlimited treasure of peace within us. This stage is called 'Sweet Silence Stage.' In this stage

only, we will experience the reality of magic that how Baba removes the poison of vices from the soul and makes us saturated with the nectar of divine virtues and powers. This unique experience makes our 'Amritvela' powerful and fruitful. ■



FIRST EXPERIENCE OF SOUL

—B.K. Tanushree Mandal, Bangur , Kolkata

Though my *lokik* father and I received the invitation from BK centre together, my interest in attending the classes was much more than his. As my 10th Board exams. were near at hand, I was not allowed to go to the centre. But my urge to know what actually happens there everyday made me eagerly wait for my father's return. As soon as he stepped into the house, I asked him, "Papa, please tell me what was discussed today."

It was the first day when he learnt meditation. He asked me to sit quietly and comfortably and he went on exactly with the same commentary that he had heard from the BK sisters. I listened to him carefully and went on visualising it

accordingly. He didn't utter the word 'soul' or '*Atma*' even once but surprisingly in amidst of that visualisation I could experience a strong force or power in my forehead.

I could also experience the sparkling soul and touching of



Shiv Baba. I felt so very light that even a mere rush of wind could make me tumble. The experience was amazing but unexplainable. Whenever I got some free time, I used to practise it.

After my 10th class exams. were over, I was permitted to go

to the centre to attend classes. The first lesson was about 'SOUL'. As the BK sister went on explaining about 'soul', suddenly my inner voice spoke out "Hey, I have already experienced this!" and I started to smile and enjoy the class. That day, I got a satisfactory explanation of what I had previously experienced.

Usually, when newcomers come to the BK Centre, the process is: At first they listen to the Godly knowledge, they understand, they visualise, and then they experience soul-consciousness. But for me, it was just the reverse. I visualized and experienced soul first and then I got the knowledge. Maybe this was a special touching from Shiv Baba.

SPIRITUAL ENLIGHTENMENT

– A. Kiran Kumar, Malakpet, Hyderabad

These days, when spirituality has become a commonly used term, it is important to know what it really means.

A person folding his hands before an idol in a temple thinks he is spiritual, though his mind wanders in a number of ways, even while he prays to God. Therefore, going to temple, mosque or church doesn't make a person spiritual even for that period of time when he is offering prayers. That is why merely going to a mosque or temple does not make one spiritual nor can one be called spiritual for donating a lot of wealth in charity.

However, it doesn't mean that they are not doing a good work. They are indeed doing good as much as they can, for prayers and charity are the things that yield good wishes and blessings from people. But being spiritual is something else. Spirituality is the knowledge of the self, its relationship with God and the purpose of one's existence and the way to achieve that goal.

So, why at all does one need

to be spiritual? Why shouldn't he be materialistic instead of being spiritual? In fact, it's a matter of will and one is free to choose how and what he wants to be. But, at some point in life, everyone tries to be spiritual. However, one has a vague sense of spirituality. He wishes to forget the materialistic things, the physical details of people, the luxuries of the world and everything that is physical. One wishes to relax – be with himself and be at peace, love and harmony.

It has also been noticed that the great people, respected as spiritual persons, never ran after materialistic things, neither money nor physical beauty nor fame nor luxuries. A spiritual person is contented with the self and devotes his time not in material pursuits but tends to remain in the company of the divine. Naturally, he

experiences true love, peace and happiness which are more lasting than material attainments.

A soul by nature is pure, peaceful, loving and powerful. So the correct definition of spirituality should be:

- ⇒ 1. See all as souls; be loveful to every person in this world regardless of one's religion, country, gender and other physical traits.
- ⇒ 2. Be pure see the inner beauty of people because when I am a soul, so should everyone else be.
- ⇒ 3. Be peaceful, no matter how people and situations around you are. That is so because being peaceful is being the true self and being spiritual.

When a person understands the above definition of real spiritual being, one is spiritually awakened and enlightened. He, then, gets directly connected to the Supreme Soul and starts making a constant and sincere spiritual effort. This leads towards self transformation in him, which quality is sure to lead to world transformation. ■

“Every action done in company ought to be done with some sign of respect to those that are present.”

– George Washington

KARMA AND REINCARNATION



– Dr. Hemlata Sanghi, Trinidad

B.K. Dr. Hemlata Devi Sanghi is Director and Spiritual Head of Brahma Kumaris Rajyoga Centre, Trinidad and the Caribbean where she has been on divine service since 1979. Originally from Hyderabad, India, sister Hemlata has empowered thousands to achieve the full potential of the mind and intellect and to live a simple but successful, contented and happy life. Here she shares spiritual truths about soul, Supreme Soul and the karma philosophy. –*Editor*



Action is the process of acting or doing. It is to do things based on your own thoughts or to act on the thoughts or ideas of others. The origin of all actions is in the thoughts. The kind of thoughts, therefore, determines the type and quality of all actions. **Karma is the action performed and the fruit of the action is the effect.** This is the ‘law of cause and effect’.

Three types of Karma

Positive karma is called ‘*Sukarma*’ which is beneficial to the soul. Then there is negative karma called ‘*Vikarma*’ which causes sorrow and unhappiness to the soul. Thirdly, there are neutral karma called ‘*Akarma*’ and these are enjoyable actions based on the accumulation of net positive actions throughout the *kalpa*.

As you sow, so shall you reap

Whatever bad karmas you perform—sorrow you cause to others or injustices you inflict on

God is the Supreme Soul and is the spiritual Father of all souls. His original name is Shiva, but as the cycle progressed through the ages, God has now some 1.5 million names based on the myriads of religions, languages and sects. The home of God and all souls is the land of peace that has many names such as *Nirvana*, *Paramdham* and *Brahmlok* etc. It is of golden-red light known as the ‘*Brahm*’ element. Soul is a point of conscient light, immortal and imperishable. It has a predestined part in the eternal drama. All souls have distinct and different roles and no two souls can play the same part.

God is not subjected to a human role nor does He take

birth and rebirth, also called reincarnation, as do all other souls. All other souls must leave incorporeal world and take birth and rebirth on planet earth where they enter a body and become ‘embodied souls’. The moment an infant is born, it begins to perform actions and it is then subjected to the law of karma. Soul creates its own destiny according to the motive and intent of actions performed. After leaving one body, it reincarnates in another body commensurate to its karmic injunctions in the last as well as its prior births. It is the universal spiritual law of karma that determines your rewards or retribution, not God.

What is Karma?

Karma is to perform action.

them—you are bound by the eternal law of karma to settle those karmas by experiencing the same sorrow and pain that you have caused to others or the environment through your vicious actions. For example, if you deceive others to get rich and wealthy, karmic law ensures that you lose everything in the same manner as you acquired it. This is the basis of the ineluctable spiritual law of karma, as karmic justice is never denied or delayed.

The Spirituality of Death

‘Death’ is an event of transition to accommodate a change of ‘dress’ and ‘address’ to the soul when it is allowed to leave one body and family to take birth in another. The soul is imperishable but the body is perishable. As, **death is a paradox that really relates more to the ‘living’ than the ‘dead’, one should never fear death.**

Immortality and Untimely Deaths

In *Satyuga*, i.e., the Golden Age and *Treta Yuga*, i.e., the Silver age, there are no untimely deaths. People understand that the soul is immortal and imperishable and death is a transition and change of a costume. People there are soul-

conscious and do not know about the concept of death nor the five vices and this is the spiritual truth of ‘immortality’.

In *Dwapar Yuga*, i.e., the Copper Age and *Kaliyuga*, i.e., Iron age, people are body-conscious and they believe that the body owns the soul. From birth, they begin to fear death because of the five vices and every passing day induces more pain, stress and diseases of incurable dimensions. People virtually die many times before their biological death. This is the earthly concept of ‘mortality’.

Karma and Reincarnation

It is often said that as are your thoughts, so are your births. This means that the type of life you now experience is a result of your cumulative past deeds. All actions begin in the mind as thoughts. Thoughts, like actions, spread vibrations and influence the surrounding atmosphere. It is a return of the same vibrations to you. Therefore, if you send negative vibrations of hate, envy and jealousy to others, the same will return to you. It means that each person is the builder and

architect of his own destiny.

Souls take rebirth according to the fruit of their karmas. This means that souls of similar karmic quality will take birth in the same environment or family. They will be influenced and attracted by similar actions, thus, sharing similar fruits and rewards. Just as happiness follows goodness, sorrow will follow evil.

Destiny and Karnic Deeds

When faced with difficulties, many people say that it is their ‘destiny’ or it is the ‘will of God’. They simply give up, saying that their future is destined because of their past deeds. Though one’s rebirth and lifestyle are based on past karmas, it’s the present actions and *sanskars* that influence one’s future. This means that you can elevate yourself to such an extent that even in the same birth you would be able to experience joy, happiness and prosperity.

God gives to all His children equally; it is for the children to receive equally, by making effort.

“Nothing is more important for the public welfare than to form and train our youth in wisdom and virtue.”

– Benjamin Franklin

SPIRITUAL SIGNIFICANCE OF DUSSHERA AND DIWALI

– P. Shyam Sunder,
Kendriya Vihar, Miyapur, Hyderabad

India is a country of so many festivals. Among them Dusshera and Diwali are the most important festivals. These festivals are celebrated throughout the country but without knowing the spiritual significance. In India, *Dusshera* is celebrated as victory of good over evil, symbolized by Rama's victory over Ravana. On Dusshera, crores of rupees are spent in preparation of effigies of Ravana, Kumbhakaran and Meghanath. Finally, on the day of Vijay Dashmi, these are consigned to flames amongst huge gatherings in most parts of the country. This is only a temporary celebration without knowing the real significance of this festival, by the public.

The world is totally ignorant about the presence of Ravana in the human beings. In fact Ravana was not a human being with 10 heads. In each and every man and woman, there are 5 well known vices or evils – Lust, Anger, Greed, Attachment, Ego and represented as 10 heads of Ravana. Until or unless we get rid of these, there can be no

transformation. As we don't transform ourselves, world around us cannot be transformed. As it is well known that we are almost at the end of *Kalyuga* or Iron Age, there are vices and negativities in each one of us to the extent that there is always self-centredness in each and every walk of life. Quarrels, fights and confrontations have literally become the accepted norms of the day even for petty matters. Not even a single person is happy and peaceful.

The cremation of the 5 vices, as mentioned earlier, will be the real celebration of Dusshera. This can only be possible if we attain Godly knowledge, i. e., know the self and God, and practise Rajyoga meditation. Through meditation one can establish the strong link with Incorporeal God Shiva whom we lovingly call Shiv Baba. He is a point of light.

Similarly festival of Diwali is celebrated just after Dusshera. This is celebrated as Coronation of Ram, who returned to Ayodhya after completing 14 years of exile.

There is a great pomp and show even in the remotest corner of the country. The houses are beautifully decorated and illuminated. Crackers with sky-rocketting rates are burnt by all segments of society, which causes a lot of pollution. Lakshmi is worshipped on this day to mark the festival. The light enters into each and every darkest shelter.

But actual light will enter into each and every one's life and house when he or she tries to remove the darkness of vices with the help of Godly knowledge. Presently, there is lot of darkness in this world as people aren't aware of presence of God on this earth. God has descended on this earth in a human body with the sole aim of purifying us and taking us to *Satyuga*. We are at the last leg of *Kaliyuga* which is also known as the Confluence Age. Destruction is round the corner, resulting in all untoward incidents everywhere. Godly knowledge and meditation can illuminate our mind with pure thoughts, ideas, positive feelings and vibrations. At this Confluence Age, each and every second is important as there needs to be strong remembrance of the Almighty to wash away all our sins which we have been committing in some form or the other. ■

MENTAL HYGIENE – Self Love and Forgiveness



– Dr. Bhagwan Das, (Lecturer), CDL College of Ayurveda, Jagadhri

Mental hygiene deals with our thoughts. It is the purity and sublimity of thoughts that make for a healthy mind. Our experiences are just outer effect of our inner thoughts. You have a thought that says, “I am a bad person”, “Someone is bad”: this thought produces negative feelings and you bury yourself into such feelings. Hence we have to change our thoughts if we wish to bring a positive change in the self.

This is only to show us where we get many of our beliefs. But let us not use this information as an excuse to stay stuck in our pain. The past has no power over us. It does not matter how long and where we have had a negative pattern. We may habitually think the same thought over and over so that it does not seem new. Look how often you have refused to think positive about yourself.

Most people on this planet are suffering from self-hatred or self-pity. The more self-hatred and guilt we have, the more our life would be susceptible to

diseases. We often add to that “And I do not do enough” or “I do not deserve”. Similarly, listening to what God teaches us does not energise most people who often say, “Does this sound feasible?” Often we find them saying or implying or feeling that they are not good enough.

‘Resentment, criticism, guilt and fear cause more problems than anything else. These four things cause major problems in our bodies and in our lives. These feelings come from blaming others and not taking responsibility for our own actions. Whatever is happening “out there” is only a mirror of our own inner thinking. If you find yourself saying, “Everyone always criticises me; is never there for me; uses me like door mat; abuses me”, there is some thought in you that attracts people who exhibit such behaviour. But the moment we think positive and become soul-conscious, negative thinking disappears – a method taught by the Supreme Father. Following are some results of

patterns that manifest on the physical level. **Resentment** that is long held can eat away the body and become the disease called ‘cancer’. **Criticism** as a permanent habit can often lead to arthritis in the body. **Guilt** that always looks for punishment creates pain. **Fear and tension** can create things like baldness, ulcers and even sore feet.

It is found that forgiveness and releasing resentment will dissolve even cancer. Many have seen it and experienced. We can change our attitude towards the past. The past is over and gone and we cannot change that now. Yet one can change one’s thoughts about the past. How foolish for us to punish ourselves in the present moment merely because someone hurt us in the past long ago?

If we choose to believe we are helpless victims and that it’s all hopeless, then the universe will support us in that belief and we will just go down the drain. It is vital that we discard these foolish, outmoded, negative

ideas and beliefs that do not support or nourish us. Even our concept of God needs to be one that is for us and not against us.

To release the past, we must be willing to forgive. We need to choose to release the past and forgive everyone, ourselves included. We may not know how to forgive and we may not want to forgive but the very fact that we say that we are willing to forgive begins the healing process. It is imperative for our own healing that “we” release the past and forgive everyone.

Forgiveness means giving up, letting go. It has nothing to do with condoning behaviour. It just lets the whole thing go. We don't have to know how to forgive. All we need to do is to be WILLING to forgive. The Universe will take care of the hows'.

It is seen when we really love, accept and approve of ourselves exactly as we are, then everything in life works. It is as if little miracles are everywhere. Our health improves, we attract more money, and our relationships become more cordial. All this seems to happen without even our trying. Loving and approving of yourself, creating a space of safety, trusting, deserving and accepting will create organisation in your mind. Create more loving relationships in your life, attract a new job and a new and better place to live and even enable your body weight to normalise. People who love themselves and their bodies abuse neither themselves nor others.

Self approval and self acceptance are the main keys to positive changes in every area of our life.

Criticism locks us into the very pattern we are trying to change. Understanding and being gentle with ourselves help us to move out of it. You have been criticising yourself for years and it has not worked. Try approving of yourself and see what happens.

The Supreme Surgeon – God Father Shiva has taught methods: How to kill bad thoughts which are the root cause of many diseases and germs to grow, while we should love ourselves and others and use methods of self acceptance. Now is the time and need to ponder over this simple and easy remedy to many an ailment. ■

HOLY SOULS!

– B.K. Sarbeswar,
B.T.M. Layout, Bangalore

O' Adorable Holy Souls !
Embodied with purity,
With selfless devotion and chastity.
You form the pioneers of the humanity,
Spreading the new light of prosperity.

Preaching for peace with filled
enthusiasm,
Enchanting ambience with positive
vibration,
Shown the world with instances of
self-transformation,
The new era's worthy denizens !
To all of you, heartfelt salutations.

Holding powers divine
In the reservoir of heart fine,
Considering companion as Supreme
Soul,
Showing us the very goal
You are the real creators.
You are the waymakers and
preceptors.

*This poem is dedicated to BKs of
Brahmakumaris World Spiritual
University who are changing the world
with spiritual powers i.e. love, peace,
knowledge, etc.*

**“Good words are worth
much and cost little.”**

– George Herbert

MY EXPERIENCE OF STUDYING RAJYOGA

– B.K. Aman Agarwal, Saharanpur

I have been associated with the local B.K. centre for 3 months. I was quite disturbed and was passing through a very difficult period. I was dissatisfied at my having to suffer for no apparent reason or fault in my conduct or my approach to life. Naturally, I was looking for answers to all these questions and yearned for peace. Then, through a local reference, I approached the local centre of Brahmakumaris in Saharanpur. I had just attended two classes and left the course. I was very much depressed at that time. Then, one day, I happened to watch the programme of sister Shivani on Astha Channel. I got hooked onto that. The knowledge and the talks given there were really helpful in my life. I began to follow the same. Those days, I used to feel mentally exhausted and negativity would crop up quite often. When I started to follow the teachings of Supreme Soul God Shiva, like “we are responsible for ourselves;

happiness is inside us, we cannot change others unless we first change ourselves; no one can hurt us except ourselves”, I got a soothing peace of mind.

Then, through one of the programmes, I came to know that meditation can solve all the problems of life. I again went back to the centre, completed the course and have been in constant touch with the Godly Knowledge ever since. We, human beings, have been body-conscious for so long that it is very difficult to grasp the knowledge that the B.K. centre gives us. Our major concern at that time is getting peace and be rid of the worldly strain and stress. The knowledge that we are souls and not body and that the Supreme Father, God Shiv Baba Himself, leads His children to *Shantidham* and *Sukhdham* may not immediately click with newcomers. And sometimes, because of our inability to come to the spiritual

understanding level of the sisters at the centre, we are not in a position to fully understand the entity of soul as well as our relationship with the Supreme Soul.

What the newcomers appreciate about this spiritual knowledge is that they get understanding and wisdom through which they find solution to their present difficulties; they regain peace of mind and power which are the inherent qualities of a soul and of which Incorporeal God Shiva is the Ocean. This not only helps them serve the suffering humanity in a better way, and be World-benefactor, but it also inculcates a strong and deep faith in the divine knowledge and the Truth Baba wishes us all to realise. This leads the ignorant to a better understanding of life, this universe, the world drama and the necessity of meditation through the method of Rajyoga. The benefits one gets by its practice and in a sequential way does, in my opinion, make it easier for the learner to inculcate the Godly Knowledge, perform the spiritual-effort or make endeavour with greater zeal and achieve a high position for one’s coming lives in the *Satyuga* and the *Tretayuga*. ■

“I’ll tell you the same thing my mother used to tell me: ‘The most important thing in life is to try to do the very best for your neighbours. Respect other people.’” – Henry “Hank” Aaron

WE DON'T LIVE HERE ANYMORE



– B.K. David, Paignton, England

We do not live here anymore. Where? In the present. We live in either the past or the future – rarely the present! We can often be found reminiscing over the past: What could have been; what should have been? Why did that have to happen? Why didn't that happen? If only that had happened? If only that hadn't happened, I could be happy now.

The Next Station is.....

Then there's the future – the glorious future with all its hopes and aspirations. We build and work towards the future; we dream of the future; we aim and think of a brighter future. True? It's like we always keep a light at the end of our tunnel, which is all very good, and as long as it's not, a train light, that is fine. Today's dark future is full of thunderous, but quiet trains in the night, that before you know it, can pass through you and rip your heart out and be onto the next station whilst you are still dragging yourself up off the rails.

We seem to live our lives planning and working towards

this illusive future which never quite seems to arrive; does it? Or if it does, we do not seem to realise it, as perhaps, it was not quite what we had planned or were expecting.

Your life in Your Hands

And when we realise the future is not coming, what do we do? Make more plans for the future. We dash around, sweat, toil, tolerate, get frustrated, worry and allow ourselves to become stressed out all in the name of THE FUTURE. We lose a lot of our mental peace and savings that we've worked so hard to save amidst the rigours of modern day life. We place so much emphasis on what we are going to be doing in the future, and what we wish to be happening in the future that we seldom live, if ever in the present. We always seem to be either two steps in front or three steps behind the present to ever really enjoy it; a bit like eating ice cream or a beautiful sweet mango when you have a heavy cold; you just can't taste or enjoy it.

The most important time in our lives, and 'all of history',

is the present. We ignore the present and let it slip through our fingers, like letting the sands of time trickle away in between our fingers, or clenched fist, to our great detriment. We spend so much time, energy and hope living in the future that we crush the goodness out of it when it eventually arrives. And so, what do we do in our dissatisfaction? We make further plans for the future to offset the disappointment of that poor present by thinking of the future all over again, and so the story goes on and on....

We have to learn to let go and enjoy the experience of the moment that's in our hands at that time; even if it's not a good moment, make it one! You are a master of your life, not its slave. Your life and time are in your hands, literally, as if you were carrying a sand timer in them.

Rush your life and you'll crush it. Waste time and you'll regret it. Ignore today's 'now' time at your peril. Use time wisely and it'll make you fly; use it unconstructively or wastefully and it will one day march over you and without you realising, like the subtlest yet deadliest bites, bury you under its unstoppable force.

It's as if we have forgotten the importance and art of living

for today, and more precisely, the moment. The only thing you ever truly own in life is the moment you live in, and we ignore it and give it little importance, thinking the future will always be better than what the present has to offer, which it never does. **Most seem to live in the unchangeable and irretrievable past or abstract future. Few have the ability to live in the ‘moment in time’.** It can be rather tricky living in that moment, but it’s the only divine moment you’ll ever have in life, so well worth working out how to perform the trick.

Dance with the Devils

To be pulled time and again by the past is to be pulled into dancing with a devil you know, and entertaining the future is like dancing on a very slippery dance floor with a devil you’ve not yet been introduced to but whom you’re dying to meet. The future is acting as an invitation to a leper’s party. It may well sound and look good from a long distance away, but when you get there the reality of life in one instance can blow your world apart. The future may always look rosy but there are very poisonous snakes lurking amidst those flowers. One should view the future with wisdom and caution; if it looks too good, it probably is. For the

party’s music, if you were to listen carefully to it on a slower speed was, in fact, funeral music cleverly disguised and speeded up as dance music.

Everyone is invited to this party, but only the wise have the wisdom to stay away. They put the earplugs of the present in their ears and listen to the music of the connoisseur. The music of the future can often be very distorted for in the space of 15 minutes or so, we can be the President of the USA whilst we are having a bath, a famous pop star or TV personality whilst we listen to the local radio having just cleaned the bath, or a famous footballer, sportsman, actor, artist, writer or just someone everyone admires and looks up to and who is always in demand. Is there anyone there you recognise? The possibilities for the future are as endless as your imagination is. You want to be the first man on the moon, so be it. Just say the word....

Oh! The Monotony of It All!

It’s little wonder then that so many are caught up in this ‘time travel’ as their lives are so mundane, predictable and uneventful. The monotony of life has developed to crisis point in most parts of the world. A bold statement! Yes, but true nonetheless, as it’s this ‘monotony syndrome’ that leads

people to alcohol, drug-abuse, radical view points, extreme obsessions, weird habits, extra marital affairs and stress, to name but a few. For a full list, ask your neighbour.

Ten Seconds

Boredom is one of the biggest causes of stress, not remaining excessively busy, as one might think. Boredom is a killer of life’s quality, even if it does take its time. The answer? Transporting themselves to another time, another place. And why not, you may say? It’s far more amusing and enjoyable to live in an imaginary world where you are its king and married to the most beautiful queen, than have to live in a world where leaving half a minute late for work means the difference between a successful day or panic stricken one, as you miss your connections and get in trouble with the boss. **This is the world of the 10-second gap; you can be late up to 10 seconds, but anything over that...and you can end up in big trouble.**

It does seem logical to live in a world where you are its total master as opposed to being a slave having to take orders from what seems just about everyone. It is far more entertaining to be a rock star on stage in front of your fans than having to rush to and from work

and come home to a sink full of washing-up. Yes, get picked up by your helicopter as you have a TV interview to do, then off in your jet to your island in the sun for a week or two. Now, shall I vacuum or get the food in the oven as I have a busy day tomorrow with grocery to buy and have to clean the car, cooker, kids and shampoo the dog. Reality bites, but at least it's a real bite that keeps you on your toes.

The Past Bites Back

Our past often bites us as an angry dog biting us. We seem to have little or no control of this wild beast. It can attack us at anytime without warning. The only way to control is to have the collar of 'Present Happiness' firmly around its neck which subdues it totally and sends it to sleep. Otherwise, it's free to come and go as it pleases as once we have let go of the lead of self-control and self-discipline, it can really lead us where it wants. If we stay firmly in the present, this animal of the past will not venture from its kennel called 'Past, Dead and Gone'. But step away from the present, and this animal is then free to roam the streets of your mind whenever it chooses. As soon as it sees the lights are off in the house, it strikes and bites!

This animal from the past seldom visits as a friend bearing

gifts. Friends should make you feel good. Friends would not come and steal from you that which you treasure, like your peace. The past comes to us in many guises – like the 40 thieves. We should constantly employ the security guard who works for 'The Present Company' to keep an alert eye over our past so as not to let any unwelcome visitors into our present home called 'Happiness.'

Bright Moments in Time

If it was possible to measure the present time of our lives, it could be measured in terms of diamonds. Each second represents a huge, bright diamond or gem—60 seconds a necklace, comprising 60 flawless, priceless diamonds. This is how valuable the present time is within our lives and world history in general. With this present firmly in mind, the past and future can be forgotten. They are either dead or not yet born; a forgotten night or far-off dream.

Oh! To Be the Captain of Your Ship

How wonderful it must be to have a complete mastery over your thoughts, emotions, attitude and outlook on life. To be in charge of your day and being able to do the things you plan to do for the day ahead, and not be overtaken by the things you know will at some point be

presented to you in your day – is a great achievement which very few can boast of.

Brave Angel

Even the greatest and most famous of individuals in the world find it difficult to remain in self-control, on the inside. They maybe like a mill pond on the outside, but inside there could well be a gale force 9 blowing. For all, rich and poor, may present great outwardly smiling faces to the world, but internally they often can, and do, cry helplessly, lonely and frightened. This is a good thing to put on a brave face amidst problems, but far better to have an angel singing to you inside than a storm screaming at you, wouldn't you say?

Ultimate Dire-land

Everyone cries inside, from people who run countries, to have extreme wealth or win Oscars, but inside each and everyone, their ship may well be in trouble being tossed from side-to-side as they try and head for their destination and safe harbour of 'Ultimate Island'. The winds of negativity and confusion in their minds are blowing them all over the show. It's a constant battle for them to keep clear of the rocks. They think they can reach their Island, thinking everything there is the Ultimate: ultimate happiness; ultimate peace; ultimate love; ultimate success; ultimate

friends; ultimate wealth and ultimate possessions.

No one as yet has ever reached that island and I doubt anyone ever will, because it doesn't exist, except in their bored minds. It's an 'island of illusion' that all seek in their own individual ways. It's a mirage set in turquoise blue seas. Many a fine ship has gone down in its treacherous waters or been wrecked on its perilous reefs and shores and got caught in its riptide trying to set foot on the island.

There is no buried treasure on this island, just a lot of buried skeletons and with them all their wild and materialistic dreams. When the tide comes in, so do the sharks. Octopus lay in wait in its dangerous undercurrents.

Vanishing World - But Which One?

But way, way out at sea can always be seen a beautiful sunset and sunrise. You'll have to turn your head completely away from the island in order to be able to witness them. Be warned, turn your head back to the island, and within an instant, the sunset or sunrise shall vanish, and with it, your happiness.

(If Your Life Is A Book, Which Is The most Important Page; The First Page; 21st Page; The Last Page, Possibly; Or Today's Page?)

Send Your Answers at:

The World Renewal,
Gyanamrit Bhawan, Shantivan,
Abu Road-307510,
Rajasthan (INDIA)
e-mail:worldrenewal@bkivv.org

MEDITATION PRACTICE

Sit in a comfortable position with the back straight. You can either sit on a cushion on the floor cross legged or, if this is uncomfortable, sit on a chair. Choose a quiet place away from noise or visual distraction. Gentle background music may be played, as this helps to create a relaxed, light atmosphere. Position a book on Rajyoga Meditation in front of you and read over the following words slowly and silently. Aim to experience and visualise the words in your mind so that you begin to feel what is being described.

Thoughts for Meditation

Let me imagine that nothing exists outside this room.....

I feel completely insulated from the outside world and free to explore my inner world.....

I turn all my attention inward, concentrating my thought energy on the centre of the forehead.....

I feel a sense of detachment from my physical body and the physical surroundings.....

I become aware of the stillness around me and within me.....

A feeling of natural peacefulness begins to steal over me.

Waves of peace gently wash over me, removing any restlessness and tension from my mind.....I concentrate on this feeling of deep peace.....Just peace.....I.....am.....peace.....Peace is my true state of being.....My mind becomes very calm and clear.....I feel easy and content.....Having returned to my natural consciousness of peace.....I sit for a while, enjoying this feeling of calmness and serenity.....

Plan to practise repeating these or similar thoughts to yourself for about ten minutes at least twice a day. The best time is in the morning after a wash or shower, before you begin your day's activities. Another good time is in the evening, when your day's activities are over. During the day, while performing any activities, keep reminding yourself:

“Peace is my true nature”

As you keep practising the meditation, such positive and peaceful thoughts will arise in the mind more and more easily, and peace of mind will become increasingly more natural.

WHY MOBILE PHONES CAN BE BAD FOR YOU

Incorporeal God Father Shiva advises us, the divine children, to have yoga (connection with Him) and brighten our shining star and do mobile service through our face and character. Not only that, even our B.K. badge does this great mobile service.

When we pay a visit to some of the centres, we find instructions written at the entrance of the visitor's room or meditation hall. It says:

Please leave your mobile phone outside.

Please switch off your mobile phone before entering the hall.

Do not bring your mobile phone and disturb the proceedings.

Of course, for some the use of mobile phone may be a convenience, but for some it becomes a disturbing factor.

I loved the story which I heard from one of our elderly BK brothers who (like me) is one of those rare folks who do not have a mobile phone to carry about. It is about this jobless man who once applied for the position of an 'office boy' at one of America's big computer

– **B.K. Wicky**, Matale, Sri Lanka

companies. The human resource manager interviewed him and then tested him by asking him to make a cup of tea and then clean the floor.

The manager observed the operation carefully and declared, "OK! You have got the job. Give me your mobile phone number and I'll call you later to let you know the date when you may start work".

The man, to his surprise, replied "But I don't have a mobile phone".

"I'm sorry", said the HR manager "If you don't have a mobile phone, it means you do not exist. And someone who doesn't exist cannot have the job."

The man left with no hope at all. He didn't know what to do as he only had ten dollars in his pocket. He decided to go to the supermarket and buy a 10-Kilogram crate of tomatoes. He then went round selling the tomatoes going from door to door. In less than two hours, he had succeeded in doubling his income. He repeated this operation three times, and returned home with \$60.

The man realised that he

could survive in this way. He started going earlier and earlier each day, and returning late. Thus he was able to double and even triple his money each day. Shortly, he bought a cart, then a truck. After a while, he had a fleet of delivery vehicles. Five years later he became one of the biggest food retailers in the US.

At this stage he planned his family's future, and deciding to take out a life insurance, called an insurance broker to choose a protection plan. After he had discussed the pros and cons with the insurance broker, the latter asked him for his mobile phone number.

The man replied, "I am sorry, I don't have a mobile phone."

The broker was dumbfounded. "You don't have a mobile phone, and yet you have succeeded in building up an empire! Can you imagine what you could have been if you had a mobile phone?"

The man thought for a while and replied, "Yes, I'd still be an office boy in a computer company!"

THE MORAL OF THIS STORY:

Mobile phones are not essential for your life. In fact, if you don't have a mobile phone and work hard, you can even become a millionaire. ■

THE RELEVANCE OF DO GOOD, HAVE GOOD

– Manoj Raghav, Hansi

Do Good have good. This was the chief belief full of inspiration and motivation in the ancient time like silver age or copper age, which gave the people an urge to do good for others, because they were definitely rewarded in return. After some time, a new concept came into light i.e., ‘Do good and forget’. It meant ‘to do good’ but not expect any reward in return. Perhaps it meant “giving from your right hand and not letting your own left hand know of it”.

But in the present era, i.e. *Kaliyuga*, an ironical concept of life has prevailed, i.e. ‘do good and get worse in return’. That’s why now most of people avoid to take risks for the sake of others; hesitate to help others and avoid even to console them. Everyone is busy in himself; no-one cares for others.

But if we believe in God, we should always keep in mind that all human beings are His children. So we should help the needy in every possible way. Never mind that he or she gives us only worse in response. And why should we expect anything from him or her in return for our

good deed? The Almighty God always protects and pays benevolent children.

For example, a Saint who was deeply devoted to God always said “Always do good, the worse people would be diminished by their own evil thoughts and deeds”. This irritated the King’s courtier, whenever he passed him that way, because he was himself a wicked person. One day he misguided the king saying that a beggar had evil thought about him and said that a bad smell came from the king’s mouth. The king became furious and ordered his servants to bring that beggar before him. But, before he was taken before the king, the courtier persuaded the saint to have a meal with a vegetable made of onion and garlic. “The King has called me and I have eaten onion and garlic. This would irritate the King”. After contemplation, he covered his mouth with a piece of cloth. When he was brought to the king’s presence, his mouth was covered. It was thought that the saint had covered his mouth only to avoid the bad smell coming from king’s

mouth. Thus, the complaint of the courtier was presumed true.

The king wrote something on a small piece of paper, gave it to him and asked him to take it to the Chief Minister. The courtier, who was observing all this happening, knew that whenever the king wanted to reward anyone, he sent him with such a slip to his Chief Minister. “This was my plan; I am the true deserver of the reward”. So he managed to snatch that slip from the saint and he himself took that slip to the Chief Minister. The Minister opened and read out that slip “Hang this man until death”. At this, the Chief Minister ordered his soldiers to hang that courtier.

When the King came to know that the courtier had been hanged, he called that saint. After learning the absolute truth, the king said “Your belief has come true. God exists in these lines. Go and propagate this belief with more enthusiasm.”

So, always do good to others. Don’t bother if we are rewarded in return or not. God always watches us; nobody can escape from His eyes. The law of His Kingdom is very simple ‘as you sow so shall you reap.’ No doubt, if we do good we will definitely be rewarded with goodness at least by God because only God is the ultimate good and only He can reward a good person on this globe. ■

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

Chennai and B.K. Dr. Pratap Midha, Global Hospital, Mount Abu. At the end, it was a dream came true for all present in the session to see and listen to Rajyoigni Dadi Janki, Chief, Brahma Kumaris. She emphasised them to be perfect in inculcation of five main interconnected values: To have pure and clean thoughts, will lead to peacefulness, which in turn results in love towards one and all; such a person attains the virtue of happiness, and where there are these four the person is automatically bestowed with Godly powers. "The best service was to remember One Supreme Soul and inspire others to remember Him", she added.

The faculty included B.K. Bro. Nirwair, B.K. Dr. Girish Patel, Prof. B.K. E.V. Swaminathan, Mumbai, B.K. Dr. Mukul Gupta, Delhi, B.K. Dr. M.D. Gupta, Delhi, B.K. Dr. Manju Gupta, Delhi, B.K. Monika, B.K. Aditi Singhal, Delhi and others.

SAMBALPUR

(MEDIA WING PROGRAMME)

B.K. Prof. Kamal Dixit, Ex-H.O.D. of Makhanlal Chaturvedi University of Journalism, Chhatisgarh, B.K. Sushant, National Co-ordinator, Media wing and B.K. Abhimanyu, Section Officer,

Ministry of Culture, Govt. of India, New Delhi, attended a number of programmes in and around Sambalpur during their 2-day visit.

Prof. Kamal Dixit conducted a Training Programme on media service for 50 B.K. sisters and brothers of Sambalpur and its connected centres in Western Orissa. Bro. Sushant and Bro. Abhimanyu addressed around 30 senior executives of Bhushan Steels and Power Industry on Stress-free life at their auditorium. They also attended a workshop in the Nursing Training centre of V.S.S Medical College, Burla and later addressed about 40 students and professors at VSS Engineering University on 'Inner Re-Engineering for Better Performance'. Bro. Kamal Dixit also visited Bargarh centre and addressed a Get-together arranged for B.K. family.

In a Media Seminar arranged at the local service centre, around 70 prominent Journalists from different parts of Western Orissa participated. Bro. Pradeep Amat, Hon'ble Speaker, Orissa Legislative Assembly, attended the seminar as Chief Guest. Bro. Nirmal Chandra Satpathy, Addl. District Magistrate and Bro.

Prasanta Mohanty, senior journalist, were the guests of Honour. Prof. Kamal Dixit inspired the mediapersons to look at the social and human values system along with news and views to construct a better society. B.K. Sis. Parbati, and B.K. Sushant also addressed the participants of electronic and print media from Barpali, Boudh, Hiraakud, Sonapur, Rairakhol and Deogarh.

BRAHMAPUR (ORISSA)

The 2nd ascension anniversary of Late Dadi Prakashmani was celebrated at Shantikund centre of Brahmapur with much love and affection. Many articles and biography of Jewel of Light – Dadi Prakashmani were published in 22 newspapers of Orissa. A radio talk about the most beloved Dadiji was broadcast on the All India Radio. The news of the programme was telecast on U.T.V., O.T.V., E.T.V. and D.D. In addition to this, many programmes were also conducted at about 30 B.K. centres including Paralakhemundi, Bahadajhola, Asaka, Sompeta of Ganjam, Gajapati, Nayagarh and Srikakulam.

A programme was arranged at Shantikund, Brahmapur, in

which many eminent personalities along with B.K. brothers and sisters participated. B.K. Sis. Mala highlighted the multi-dimensional personality of Dadi and stated that Dadiji possessed a charisma inspired by which one could easily remember Supreme Soul God Shiva and follow Brahma Baba. B.K. Sis. B.K. Manju also shared her experiences. Sharing his experiences with Dadi ji, Hon'ble guest Dr. Prakash Chandra Patra, eminent Diabetes Specialist, said, "Dadi sustained me as a mother with spiritual nourishment; as teacher always taught me to achieve high aim and object of the life; as an angel made me free from external and internal temptations and at last as a complete soul, inspired me to remain above the influence of Maya." Chief guest Dr. Prafulla Chandra, eminent medicine specialist, spoke of his first experience with Dadi ji that inspired him to lead a virtuous and yogi life through elimination of five vices— lust, anger, greed, attachment and ego. All the brothers and sisters offered their tributes to Dadiji and pledged to follow her footsteps to become the embodiment of perfection.

J. WATUMULL GLOBAL HOSPITAL & RESEARCH CENTRE MOUNT ABU, RAJASTHAN

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- ▶ Laparoscopic surgery of gal bladder stones, Hernia, Appendix, Tumor in the intestine and cysts in the ovary.
- ▶ Upper gastro-intestinal endoscopy for complaints of acidity, chronic pain in abdomen, vomiting of blood and blood in stools.
- ▶ Surgery for different types of Cancer of the gastro-intestinal tract like stomach, pancreas, GB, small and large intestines.
- ▶ Cancer of breast, uterus, ovary and kidney.
- ▶ Different types of diseases of liver, pancreas.
- ▶ Stone in the kidney, ureter and urinary bladder and surgery of prostate,
- ▶ Surgery for piles, fistula and fissure-in and-ano.
- ▶ All types of trauma related to surgery.

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