

# GODLY SERVICE REPORT

## MUMBAI

It's a real moment of triumph and pride for all the BK's who stood for 3 hours in heavy rains to launch the 'Global Festival 2009' at Shivaji Park Grounds, Mumbai. The Asian Age, a very renowned Newspaper (On Front Page of Asian Age – October 5th 2009) published from Delhi, Mumbai, Kolkata and London, published the photographs of all the people standing in rains. In the wake of 'Maharashtra Assembly Elections', many major political rallies were planned by central Leaders like Sharad Pawar, Arun Jaitley, Venkiah Naidu, Raj Thackeray, and Uddhav Thackeray etc. But all were cancelled due to heavy rains. This speaks very highly of Brahmakumaris who stood fast themselves and held thousands of people spell-bound braving the nasty weather unmoved holding the umbrella over head and their feet under half a feet of water below.

### Global Festival Live News from Shivaji Park, Mumbai on 4th October, 2009.

Despite heavy rains, around 10,000 people courageously came here to show their love towards Almighty.

B.K. Brother Ramesh explained as to what Global Festival was all about and the significance behind having it simultaneously in 16 capital cities of India. Bhupendra Pandya ji, famous *Bhagwat Kathakaar*, said that he was most impressed by the affection and dedication of BK.s towards God's project. Thereafter, Sis. Yogini conducted a mass meditation.

B.K. Sisters Nalini and Jayanti (London) also inspired the audience on the occasion. Famous Music Director Shrawan Rathod (of the famous duo of Nadeem-Shrawan fame) thanked the BK sisters for giving him a chance to compose the theme song for the event. Many channels like Sahara, Live India, etc. telecast live coverage of the event.

## CHANDIGARH

A grand public programme was organised to launch the Global Festival for Receiving God's Powers and Blessings in sector-34 ground here. The programme was **inaugurated by Sardar Prakash Singh Badal, Chief Minister of Punjab**. He appreciated the teachings and services of Brahma Kumaris

(...Contd. on page no. 30)

# CONTENTS

- ▶ Godly Service Report ..... 1
- ▶ Rising Star of Hope  
(Editorial) ..... 2
- ▶ Keeping the  
Line of Yoga Clear ..... 5
- ▶ God's Descent and Man's  
Ascent to Greatness ..... 9
- ▶ Determination and Rigidity 12
- ▶ The Ideals of a Seeker ..... 14
- ▶ Attention Please!! ..... 15
- ▶ Mind's Distortions and Mind  
Control ..... 18
- ▶ The Invisible Benefactor .. 21
- ▶ Lessons from Nature ..... 23
- ▶ Choosing our Destiny ..... 25
- ▶ A Refreshing Visit ..... 26
- ▶ The B.K.Global Festival -  
Experience of  
God's Powers ..... 28

### Rates of Subscription for The World Renewal

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

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

For further information regarding subscription, please contact:

Mobile: 09414006904, 09414154383

## RISING STAR OF HOPE

The entire human race is looking for solutions to the rising level of problems and difficulties, and praying to the Almighty for guidance. For many centuries there have been unique individuals who became torch-bearers for bestowing succor to the divided and suffering people from time to time. They became known as Messengers of God and their lives inspired people of their ages to follow the path of love and peace. Their words of wisdom transformed into sources of strength as part of daily prayers for the greater part of the population.

However, as years passed by the population multiplied, resources became scarcer and majority of the people became too busy to commit to daily prayers and reflections. The lesser and lesser time spent on inner reflection resulted in human souls losing their wisdom, inner strength and values. The simple but good old sayings and morals like 'Love Thy Neighbour' or acts of charity like offering essential food and water to the hungry and needy, and the like are hardly seen in action. Greed has enticed the masses to pounce over natural

resources of water, the woods, and land space thereby forcing people to lead very unhealthy, congested and rushed lifestyles. With human beings moving more and more away from their true nature, the five elements started reacting and ravishing human beings, killing animals and destroying vegetation. The extremity of such events have shaken and awakened everyone to look for solutions to day-to-day problems on levels that had previously remained untouched and unexplored by scientists and philosophers. In a way, everyone is searching for spiritual solutions...

Those conversant with the word of God know the belief clearly mentioned in the old scriptures: ***When human efforts fail, God alone provides the answers.*** Whenever the birth anniversary of divine souls are celebrated, or particular religious communities honour their special, auspicious and pious times of the year, the believers elevate their thoughts and consciousness, observe a particular kind of discipline or take to fasting for some weeks or a month for self-purification in order to spread pious

vibrations. Such practices do have positive effects which are, however, temporary; as soon as the festivals and their festivities end, people often find themselves slipping back into the old daily routine filled with lot of stress, helplessness, anxiety, loneliness etc. The wise thinkers look at these situations and put forth a sensible question: how long will this go on? Is there any panacea to these upheavals? How can today's ordinary human being rise above the petty, negative and frivolous thoughts, attitude and emotions which form the basis of worries, diseases and untimely death?

Scholars and the wise do realize that we are in a period of transition but lack the required inner strength and power. True to the saying that ***'the will of the people is the will of God (when there is a genuine desire to transform, God provides the path)'*** we are at the pinnacle of such times when the Saviour and Benefactor of all, God the Knowledgeful, Wisest Being Himself bestows visions of the forthcoming definite transformation.

What is the basis of this transformation? It's the power of God's wisdom, the accurate knowledge of the time cycle of the World Drama; secondly the master key in the form of the ascending and uplifting **journey**

---

**of God's remembrance**, and thirdly, reverting back to a life based on value-based consciousness and elevated actions. As everyone would agree, this Herculean task can only be performed with the direct intervention and help from the most powerful being, Almighty Supreme Father Himself. This massive yet very subtle and incognito task cannot be accomplished unless:

- ▶ there is a general awakening of the masses from the sleep of ignorance
- ▶ people are motivated to adopt a spiritual lifestyle encompassing elevated actions, practice of meditation and imbibing of spiritual knowledge

Great inspiration, persuasion, education, appreciation and support are the needs of the hour.

These are the experiences that have emerged through the Global Festival Mega Events being held by the Brahma Kumaris all over the world. The

over-whelming warm response from the elite, the intelligentsia and middle class in each of the mega programmes is a very positive sign that this is the perfect time for the high-ups of social strata to welcome and enact the most essential change in their attitudes and lifestyles. They would become the source of inspiration for the masses everywhere. If not for the sake of love for God and deep sincere desire to receive His Powers and Blessings, this big change would seem difficult. This is perhaps why the vision and plan of organizing the mega programmes in India and over 100 countries came directly from Avyakt BapDada, while addressing the members of the BK divine family in past meetings. We are now practically seeing how *'the will of God is becoming the will of the people'*.

Millions and millions of people have and continue to listen to the words of wisdom

by elevated and experienced Rajyogi sisters and brothers. Advice of the latter based on God's wisdom and assimilation of God's powers through meditation is being accepted at these mega programmes. People have shared their experiences that this was indeed God's blessing to grant them the wonderful opportunity of participating in the mega programmes and listening to the direct versions of God through experienced BK Rajyogis of India and abroad. Having led lives of virtue and divinity for decades, these wise speakers are able to be instruments through whom everyone receives the first-hand experience of God's presence, powers and blessings.

May everyone have the fortune of re-discovering their Godly birthright to the blessings and boons from the Almighty at this opportune time!!!

## **THE WORLD BENEFACTOR AND HIS FORTUNATE CHILDREN**

In a world where people's lives, hearts and relationships are fragmented, there is one spiritual family brought together by the Almighty Father and Mother with spiritual love and understanding, respect, unity and unlimited vision. The world talks about enhancing harmony and strength within relationships, but God alone has the power to truly accomplish

it. The Supreme Father and Mother have come to remind all human beings that we, as eternal beings of spiritual energy, souls, are part of one universal family. In front of God, we are all equal and alike. Members of the Brahma Kumaris World Spiritual University have adopted this unlimited vision, attitude and feelings and aim to practically

live by these principles of having a spiritual outlook of brotherhood towards all, sharing spiritual love, helping others to realize their true identity, and responsibility towards self and others.

Nothing could better glorify the Supreme Being than to have His spiritual children live in peace with each other irrespective of exterior

---

differences. He is the Seed of Humanity and He alone can break all limitations and boundaries to unite us. While the forthcoming Golden Age, Paradise, is described as the perfect model of one kingdom, one language, one religion of peace and one family, it is only in the auspicious Confluence Age when we experience God in totality and witness Him transform the world by planting the sapling for a new, pure and elevated world.

October is a unique month when foreign members of the Brahma Kumaris centres are invited specially for couple of weeks of deep meditation sessions, interactions with senior Rajyogis, meetings to plan Godly service etc. The gathering of 2300 BKs represented the larger family of Brahma Kumaris living in foreign lands. Service outside of India began in the 1970s and has now reached 130 countries, where people of all religions, languages and races have recognized the Almighty as the Father, Mother, Teacher, Satguru, Friend and Companion, are studying His spiritual knowledge, practising Rajyoga Meditation and most importantly, have taken the courageous step towards living life by the highest spiritual principles. God is truly the *only* World Benefactor for having accomplished this great feat!

***The gathering of BK sisters and brothers from over 90 countries received blessings in the form of a Divine***

***Message. We share some of these Godly versions in these columns for the benefit of our readers:***

“Each one of you is full of all treasures because God the Father has given all the children the same treasures at the same time. There are many treasures: the first treasure of all is the wealth of knowledge; you have become so prosperous with the wealth of knowledge that you have become great donors and you continue to donate to others. Souls that were tied in different bondages have become free from those bondages through these treasures of knowledge.

“Together with that is the treasure of yoga, that is, of God’s remembrance, through which you have attained so many of the powers.

“In the same way, through inculcation, you have experienced all virtues, that is, you have received the treasures. Together with the power of inculcation, there is the power of everyone’s love; you have received the treasure of the power of being loving to everyone and detached from everyone.

“However, the special treasure amongst all these treasures is the treasure of the time of the confluence age. Those souls who are aware of the importance of the treasure of time always become the masters of many attainments because although the time of the confluence is very short, there is a lot of attainment

received in this time. The greatest and most elevated attainment of the confluence age is that you found God Himself in the form of Father, Teacher and Satguru.

“The greatest importance is that each *second* of the confluence age is equal to many years. Some children think that if they think of something else for just one or two *minutes*, then that is just two *minutes*. However, according to the importance of time, that is not two *minutes*. It is not even equal to two months, but it is equal to two years – the time of the confluence has this much importance.

“You have all the attainments of all powers, all virtues, God’s love, and the love of the Brahmin family. How much each of you has increased your account of accumulation is visible through your face and activity. Each one of you knows yourself how much you have accumulated. Now is not the time just to speak about them, but your face and activity should give the practical experience of you souls being special, unique and loved by God because, as you progress further and times have changed, your service will not happen just through words. The times will become delicate, people will not be able to take much time to come, but they will have a vision of your spirituality from a distance from your face and activity that is full of all treasures. So, now, reveal such effort of yours.”

– ***B.K. Nirwair***



# KEEPING THE LINE OF YOGA CLEAR

(On the occasion of Peace of Mind Retreat held on 4th–  
11th October, 2009 at Gyan Sarovar)

– Rajyogini Dadi Janki ji

Everyone, whether young or old, remembers many things in life. We even remember that which is not essential for us and that which gives us sorrow. For a human being to remember something is natural and automatic. *It is essential in life to define what is essential for us to remember and what we don't need to think about. We need to remember only that which gives us power and not which saps our energy.* Many remember people and situations that have given them sorrow again and again. Sometimes the pain is so intense that you are not even able to cry. When those things of sorrow are remembered and one is not able to release that sorrow the person becomes depressed. To remember such things is not at all helpful in life.

We have a head (an intellect), a heart and a mind. We know that with our head we should be able to stabilise the mind and concentrate and yet the mind often becomes like a small child

wandering here and there. Then we understand that we are not able to be peaceful. Sometimes the heart may not like something. If someone dislikes me I don't like it; sometimes even if someone loves me I don't like it. It is the heart which feels and experiences these things. When the mind wanders, the intellect often gets tired in trying to control it. The person then experiences hopelessness.

We need to clarify all these aspects. Some people get confused about the meaning of the word 'meditation'. In fact, meditation means to forge a connection and relationship with the Supreme. When we have a relationship with someone we start to really understand and connect with him/her. In fact, God is the One, with whom I can have all types of relationships, viz. mother, father, child, friend, etc. because He is unlimited.

All religions talk of God as the Father and yet some people feel that they don't have that

relationship with God yet. In India especially, God is known as the Mother and the Father. There is only One being who can belong to all. *In fact, all souls belong to God and yet if someone doesn't know how to experience that he will feel alone in his life.* He may have many other people around him but until someone forges a relationship with God, he will not feel true power or support in his life. Although he may have many relationships with others, he will not have the feeling of belongingness to the Supreme and inside there will often be the feeling of being alone.

When I understand God and get to know Him as the One with whom I can experience all relationships, then my intellect becomes clear. Yes, God is the Father of all souls and yet He says to me personally, "You are my child. Come to me". Then the internal feeling of belongingness comes. Christ had the awareness of being the child of God and so was able to become the messenger of God.

---

So let me now give myself the time and space to think about these things and to establish such a relationship with God so that I can really know what He wants from me in this life. *God is such a mother who will care for and take care of you for your whole life. When you establish this relationship with Him, there will be an amazing sense of security inside.* You will feel that God keeps saying to you, "Oh my sweet, sweet child".

Now learn to take yourself into absolute silence. The quality of silence is where there is only the awareness of 'I' and the Supreme. Meditation means to understand. When I really understand something well, my intellect works properly. The intellect works well when my mind is peaceful. My heart has feelings and whatever is my feeling will be visible through my eyes through my gaze. These feelings cannot remain hidden whether they are tears of love or anger or anguish. These are aspects of practical life which apply to every human being. *If I really want to have a good quality of life, I need to learn how to focus on God and to stop thinking unnecessary thoughts.* I have to leave all feelings of animosity towards others. Brahma Baba explained these things to us very

clearly when he started getting inspirations from Shiv Baba.

*When I learn to focus clearly on God and experience the intense love He gives, on this basis, I also know that everything in drama will be fine. There will then be the conviction internally that everything about me (internally) and my life (external) will get sorted out. This is an aspect of experience and when this happens, faith really starts to develop in God.* If I cannot focus my attention on God, then whatever religion I may belong to, whatever type of leader I may be, my mind will not be able to be peaceful. As a result I will worry, have fear or become unhappy about something or the other. This is the state of the world today. In the whole world today, there is no corner which is totally free from sorrow, from worry.

Thanks to the experiences I have had from the Supreme that I have had the fortune of doing service throughout the world. Since I was a young child, I had two wishes: firstly, to be able to focus totally on God, and secondly, to be able to recognise the purpose of my life. I wanted to know what God wanted from me in my life. I knew that I had taken this life not to stumble around here and there in a state

of peacefulness. My life and life of everyone else also, is to be able to stay peaceful and to be able to always remain smiling and cheerful. This can be said to be a good human life. Let 'I' be such a human being that every single person in the world identifies with me and feels that I am his brother or sister. In some places they think I am their mother. The relationship of brother and sister is one that brings great joy. In fact, we are all children of the one Father and so we are naturally brothers and sisters. It cannot be possible that the purpose of any human being's life is to be peaceless or to give sorrow to others. *No, the purpose of life is to remain happy and peaceful and to let others have that experience through me and to have love for God. This is God's hope from all of us.*

*If you have feelings of selflessness and love for someone, they will definitely feel that from you.* They will feel that you are their true friend. When a friend has no selfish motives then we feel a greater affinity towards them. *Whilst living in this world, in relationships we should be able to share happiness and peace without any selfish motive.* It is selfish motives that push us away from one another

---

and create disturbance in relationships. *When there is selfishness inside me then I want to get temporary pleasure from others.* I will also be able to give temporary pleasure to others. I will be dependant on them and want to make them dependant on me. When I get what I want, I will feel pleased for a short time. If I don't get what I want there is displeasure. Yes, we need to give co-operation to others but not in a selfish way. Co-operation in life is a huge thing and it is an essential aspect of life.

Many people come here every year because they want to make their lives such that others can learn something from their life. So that, on seeing their life, others can learn to live a good life. This is a very good *karma* (action).

When the mind is peaceful, the intellect works in the highest possible way. When a mother sees that a child is peaceless, she will sing to the child or swing the child so that the child is quiet and she can carry on with her work. In the same way, the intellect feeds the mind with good thoughts so that the mind stays quiet and happy and the intellect can get on with other work.

*So, what is meditation? It*

*means to keep the intellect clean and the line of the intellect clear.* Your intellect can only remain clean if you learn how to keep your mind peaceful. If a mother wants to clean her home but her child keeps crying, she won't be able to. She has to cajole the child. So the first aspect is to know how to really keep the mind peaceful and quiet. To do this, feed good thoughts to your mind. Let your mind rest, let it be restful, not restless. *Remember: my mind is my own. I mustn't let my mind cause me distress.* I cannot slap my mind (suppress the mind); I have to give it love. *By giving your own mind love, you will make it peaceful.*

There are 4 types of thoughts. Firstly, negative thoughts. Negative thoughts are like poison to the mind. They are 'violent'. I may have these thoughts about others or even about myself. Negative thoughts are sometimes so severe that will not allow me to sleep. *This type of thought will damage me as well as others.* Realise the danger of creating this type of thought. Secondly: wasteful or unnecessary thoughts. Realise what this type of thought is. I actually don't need to have this type of thought at all. When I have

wasteful thoughts, I take everyone else's responsibility on my own head. In fact, I have to learn to take care of my own self. *To look around and comment in my mind about what others are doing; this one shouldn't do this etc. is to create wasteful thoughts.* I am wasting my time and energy when I do this. When you have wasteful thoughts, you cannot accumulate energy inside. The third type is ordinary thoughts. Many think in an ordinary way but they think that they are very good. They may have ego due to body-consciousness, i.e. I am this, I am that. They may even have values but there is ego which accompanies those values. The fourth type of thoughts is good thoughts or first class thoughts. Only pure and positive thoughts can be called first class thoughts. This is the type of thought we create when we remain in a 'soul-conscious' stage. It is the type of thought that arises when my mind and intellect know their roles and are working accurately. It is this type of thought that I can create when my conscience is in the right place and knows what is right and what is wrong... this is true, that is false; this is charity that is sin.

Soul-consciousness means that my conscience is

---

awakened. I am aware that I am a spiritual being. There is a vast difference in the quality of our thoughts in the state of soul-consciousness and in the state of body-consciousness. In soul-consciousness, there is truth, purity, peace, love and power.

As soon as I associate myself with this body of mine, ego and attachment arise. Both ego and attachment separate the soul from God. This is why we need to understand these things clearly. In the state of ego and attachment, I will feel that this one, that thing etc., is mine and I will not be able to feel close to God. In the state of body-consciousness, all the things related to my body such as other people and things of the past will keep pulling my mind and so I will not be able to be sou- conscious and remember God. In the awareness of the soul, my thoughts centre in my forehead; I use my eyes and ears as an instrument and my face begins to shine. My face totally changes in the state of soul-consciousness.

The whole purpose of spiritual knowledge is to allow us to have realisations. It is to allow us to fully recognise myself. How can I recognise myself? Firstly, I point inwards. There will then be attention on the self. I can then go up above and see others with the vision of spirituality. Learn to do this and you will stay in unlimited pleasure.

Whatever corners of the world you may live in just remember – I am with that One. Everything and everyone belongs to that One. I am from the sweet silence home where the Supreme resides. When we maintain such a spiritual attitude, the atmosphere becomes very powerful and the vibrations reach across the distance. ■



## TOLERANCE



“Toleration is the greatest gift of the mind; it requires the same effort of the brain that it takes to balance oneself on a bicycle.” Helen Keller

Tolerance is a power that works deeply underground. It is one of the greatest tools in our daily life – a tool for life itself. Each of us has a toolbox containing the eight powers of life. In this third of a series of eight, we discuss what tolerance is and how to make the best use of it. When I am silent inside there is space for tolerance. Where there is love, there is openness, where there is openness, there is space for tolerance. Tolerant people are often thought of as weak, however, the greatness of a person is revealed through their capacity to tolerate. Tolerance is like a water tank; everyone has his own tank and is responsible for topping up the tank with the water of patience. With this water of patience the tank starts to overflow and tolerance becomes abundant. Many people want to prove that they are right, that the other person is wrong. A tolerant person never needs to prove anything. ‘The truth will always out’ is a very old proverb and if I understand it then I can accept others exactly the way they are. Let me be the one to change my attitude towards others and be more loving, kind and understanding.

Tolerance is based on going beyond the superficial things that divide us. We tend to blame others for our bad feelings but let me look within and get to know myself. When I am intolerant and accept that actually I am angry, then things will start to change. Let me be unselfish and be concerned about others’ needs so I can handle anything. We often say, ‘I need to be understood’ but what we should say is \*I need to understand’. Stop saying ‘they should change’ to ‘let me give what is needed’.\* With such different ways of thinking patience, peace and maturity develop. Spiritual tolerance cultivates innate wisdom, the kind you can’t get from books.





# GOD'S DESCENT AND MAN'S ASCENT TO GREATNESS

– B. K. Surendran, Bangalore

There are innumerable real life stories reported in the media and also personally related biographical sketches which show that people get relief, solace and peace through prayer. Even though medical science has advanced incredibly and believes in medication, many of the well-known hospitals have set apart places of worship. The Kidwai Institute of Oncology in Bangalore, like many hospitals in India and abroad, has a prayer hall. Medical science has also come to believe the important role of prayer in curing the diseases. But, people, in general, do not have the right introduction of God and the way to receive power from God.

## **Body-Consciousness – the Stumbling Block**

When people worship in the form of praying, chanting sacred hymns, fasting, and a host of other rituals, they get some solace and happiness. Here they have only a belief that there is God. However, they still have gross consciousness – male and female consciousness; rich and poor, educated and

uneducated, caste, creed and religious difference – consciousness which are the crude forms of body-consciousness. Body without the soul is a corpse. Even though people say that the soul has shed its mortal coil when someone dies, they never lead a life in the consciousness that they are souls while being in the body. When the soul leaves the body, we say ‘so and so’ has died but the soul never dies; it is immortal and imperishable. In fact, we speak to the soul when the soul is in the body. The body does not speak. The body is for the use of the soul. This is revealed by the **Supreme Soul God Shiva emphatically, authoritatively and precisely that the soul is an immortal sentient spiritual energy which has three faculties, viz. the mind, intellect and resolves, with 7 core virtues.** If we live in the consciousness of body, then we are corpse-conscious. Therefore, we must be in our own true consciousness, that is, soul-consciousness. Body is like the rubber insulation on an electric

wire. Even though we intensely think of God, we are not connected to that supreme energy-source due to body-consciousness. This is one of the reasons for not experiencing the presence of God and the consequential benefits of peace and happiness. He has revealed that the world is a drama stage and all the souls are actors in male and female body costumes playing their respective roles in the drama. The drama is precise, specific, and impartial and the roles of souls are definite, not interchangeable, and repeat identically every 5000 years.

## **God' descent and man's ascent to greatness**

If God has to explain all these, it cannot be explained through a proxy or an oracle or other unnatural ways. It should be done in a natural way. If His message is to be understood by the common people, He should come down to the level of human beings. He uses the mouth organ of a human being to convey His thoughts. He reveals Himself, His role and acts. He descends only once in a *kalpa* (cycle of time). Until then no one knows about Him. Since no one knows about God, all of us have been worshipping Him in our own images, faiths and beliefs. We have been worshipping

---

everyone and everything except God. Even then, when we earnestly pray to Him in distress and crises, we get some solace and peace for the time being. He clarifies that if we go in search of Him, He would not be found. His appearance, His presence and His actions have a relevance which should be revealed at the appropriate time i.e. in *Sangam yuga*, at the end of *Kaliyuga* and beginning of *Satyuga*, and for the specific purpose of purging the souls of the sins, to transform the souls and the world. **In the history of the world, no one, may he be a saint, savant, a prophet or a great soul, has ever asked us to remember him, except telling us that we should remember God. But, here God authoritatively asks us to remember Him and Him alone in soul-consciousness and remember Him in Incorporeal World which is His abode. He also makes another surprising announcement that He has come to take the souls back home as the present act of drama is going to conclude and a new world order of peace and prosperity is being created.** When He descends, He Himself teaches the human souls as to how they can connect themselves to Him. We

can connect to Him mentally through loveful remembrance in soul-consciousness. **The moment we become soul-conscious, we are automatically and naturally connected to Him mentally, intellectually and heartily. There is not only a human touch, but there is also a supreme divine touch intensely flowing down to the soul. The soul, then, experiences super-sensuous joys. This is God's presence in action. One experiences divine presence. This is, in fact, a combination of the greatest worship, the highest spiritual effort making, the holiest spiritual peregrination, the unique fast penance.**

### **God's powers and blessings**

We all know that great revolutions and establishment of religions have taken place with the power of thoughts, which were originated within human minds. But, the Supreme Soul's thoughts are great sermons which are now flowing through the minds of human souls and purifying their thoughts. God's thoughts, delivery styles, the tenor, beauty, poetic presentation and depth are outstandingly unique which cannot be copied and compared with those of any human being. Those souls who come under

the constant flow and influence are emerging out as angels. This is happening right now. **We are now face to face with the Supreme, conversing with Him, experiencing His powers and receiving His blessings. Some of God's powers and blessings are briefly noted based on our own experiences. It may be seen incredible for many who read these lines. This is peculiar and unheard of. But this is a fact. You will be delighted to see Him in the human chariot; hear His great versions impregnated with powers and blessings and witness His interactions with His children the souls.**

### **Power of Knowledge**

It is said that knowledge is power. The achievements in the field of energy, transport, medicine, communication and so on are due to the result of the knowledge that people like Thomas Alva Edison, Faraday, Marconi, Albert Einstein and a host of others could acquire at some point of time in their lifetime. They could get an inkling of the knowledge in their respective fields, which was in a crude form. Over the years, innumerable people have improved upon that knowledge that has resulted in the facilities available now. But, so far as God is concerned, He is all

---

knowledgeful. He reveals the true knowledge of Himself, the souls and the roles in the drama of life and the creation, definitely, precisely and unambiguously. There is no need for any further clarifications and making improvements on the knowledge. Therefore, the Godly knowledge is the source of great infinite power. Thus, the power of knowledge revealed by God empowers the souls to discriminate between right and wrong and enable them to lead a virtuous and righteous life. They are empowered with the knowledge as to how to control and manage their thoughts, feelings and emotions; how to get along well with fellow human beings and to deal with problems. There are innumerable people now who have mastered this art and are living examples of the power of knowledge that God has bestowed.

#### **Power of Remembrance**

The powers of human beings – the souls – are limited. They depend on physical or material power. They use their powers more easily and very often for destructive rather than constructive purposes. God bestows spiritual powers on souls – His children – through a simple technique. One can draw

the power of peace, happiness, bliss, love, purity and the ultimate spiritual powers from Him through His loveful remembrance in soul consciousness. The thought travels beyond the outer space to the infinite space – *paramdham* – and drives spiritual power from the Almighty. This is called yoga power. With this power they become mentally stable, intellectually sharp and their desires and attachments are sublimated. Their life is stable and balanced. The Supreme Soul not only bestows knowledge, but He also supplements the required spiritual power to assimilate the knowledge. Those who constantly remember Him are self-sovereigns – His simple remembrance has such unimaginable power. There are innumerable people who are not only enlightened with Godly knowledge, but also empowered with spiritual power.

#### **GOD'S BLESSINGS**

People, in general, say that they have the blessings of God. Whatever they possess is the result of God's blessings. But, here one is face to face with the Almighty Authority and His blessings which are the real wealth such as purity, prosperity, peace, happiness and

joy. God's blessings uplift us to the highest level of existence. The knowledge that is being revealed by the Supreme Soul is a great blessing. He shows the way to peace, happiness, better relationship, the right way of doing things, and how to be enriched in spiritual experiences leading to total contentment in life. He constantly inspires and motivates the souls unconditionally, eliminating all kinds of pitfalls and failures. This gives the souls self-confidence and courage. He loves both the flowers and thorns. His mercy and compassion are unlimited. His good wishes and pure feelings are unlimited. He helps the souls to attain the highest level of authority, wisdom and sovereignty through His remembrance. His unconditional love generates enthusiasm, zeal and cheerfulness in the most helpless, hopeless and bottom-level souls. Innumerable people are the recipients of His blessings and their effects are felt not only by the concerned souls, but other creatures and the five elements too. Thus, the world is poised for a total transformation through the powers and blessings of the World Almighty Authority God-Father Shiva. ■

# DETERMINATION AND RIGIDITY

– A. Kiran Kumar, Malakpet, Hyderabad

**D**etermination can help you achieve any action which has a positive result for the self and for the people. Determination is actually the path to success in any field you choose.

For instance, a person has a thought to do something good. Once he gets that thought, and wishes to implement it, his repeated and whole-hearted wilful thought to do it becomes the determination and water for that seed of thought. And he has to safeguard this thought not to be taken over by any other unwanted or irrelevant thoughts. This safeguarding mechanism becomes the sunlight for the seed of thoughts, which protects it from weeds and also provides energy to grow up strong.

Let us take a practical example of a person who gets a thought of giving 10 bucks to poor people daily as charity for, say two years. So, once he has this thought, that itself makes it quite clear that he is practically capable of giving 10 rupees daily as a charity to people, as of today. Secondly, he also knows the results of the activity

he is going to do. He might be expecting blessings from God, from people or simply he likes sharing what he has with those who don't have it or he just feels good when he does that action. Whatever it is, he knows the results. So he starts doing it everyday and continues for days and months. But as time passes by, there are obstacles also; his financial position might be going down. He starts thinking in terms of expenditure totalling 300 rupees a month and 3,600 rupees per year which he can use it for himself or he might take it easy after a while. All these thoughts and feelings become negative factors for the seed of thought he has sown initially. These are weeds. So, to protect the thought from weeds, he has to refresh his initial thoughts and feelings and keep himself determined to do what he thought he should do. Obstacles and negative factors in life are the places where determination comes into picture. That is where, destiny decides whether you are going to succeed or fail. You hold onto thought and face the obstacles, you are successful, otherwise a

failure.

## What is Rigidity?

Rigidity is simply the negative side of determination. Holding onto a thought or action, without a valid reason and as a result having a negative impact on himself and others around him is rigidity. Let us take the same example again. Suppose, a person is giving away 10 rupees in spite of his getting totally bankrupt and is in debt because of poverty. If he still holds onto that thought, and gives the amount, that may be called Rigidity.

But helping someone, in spite of one's own miseries, is really a great deed. But, using one's wisdom, he can postpone it for a few days or a month till he gets into a better position and plan for the charity later on, which proves that the determination is still there in his mind. Hurting his own people and giving money to someone else can also be considered foolishness. This is rigidity.

Determination helps you achieve something positive and inspires others to follow you. Rigidity hurts one's self and others, which takes them away and makes a person alone. So simply saying, determination in a wrong situation becomes rigidity. But when we imbibe any quality in our life, we have to see where and how to use that quality. Wrong usage of the

---

same quality makes it a bad action.

Be it any virtue, for that matter, it has to be inculcated and implemented as and when the situation demands. To decide for which quality is to be used and for whom is a great art. To get that perfect balance between one's wisdom and one's feelings, there has to be inner peace in one's mind, which is brought about only by realising one's self as a peaceful point of light and remembering God Father Shiva, who is the ocean of peace.

Let us take examples of some more qualities which take a

negative side when used in wrong circumstances or situations.

**Love** – Having feeling of love for everyone is different, i.e., thinking that all are my fellow beings and showing universal brotherhood is good. But giving away your wealth to the world and inviting troubles is not advisable.

**Peace** – Keeping mind peaceful without any agitations and disturbances by anger, ego or lust is absolutely right. But being indifferent, and not reacting to a demanding situation is not advisable. Such as when a situation demands that you

should take a decision ; secondly when a situation demands that you should express your feelings of gratitude, compassion and love. Being peaceful in such situation is not right if not bad to that extent.

**Purity** – Being pure is the ultimate achievement by any person. Being unaware of the vices is really great and is like being a saint. Being pure doesn't mean you are keeping yourself away from people whom you think are impure or not so pure as you are.

---

## SPARKS OF PURITY

Words! They are all around me! I see them. I use them. Harsh words, soothing words, biting words; words that give pain and sorrow; words that give joy and pleasure. They are vital to communication. When words are spoken there are reactions, negative or positive. Either thoughts are triggered or emotions fired or actions performed. Words colour our behaviour. And how lovely it is to hear words that are calm and free from rancour and aggression! To hear words that lifts the soul and leaves it with renewed vigour. Such words are the sparks of purity. It is important to remember that my speech indicates what is in my mind. As the thinking, so are the words uttered.

Mental calmness makes my words calm. A pure mind makes for pure words. It is said that speech may exalt someone to kingship or send him to the gallows. I should never let myself indulge in false, bitter and vicious speech. My words should reflect my true, inner nature, that of purity and peace. Words, once spoken, can never be recalled. They reverberate all around, beyond our control. Today, as I utter words, what effect will they have on those who hear them? Will they be the words that are poisonous and cause pain? Or will my tongue be like that of the nightingale, sweet and, so very soothing and lovely to the ear?

## THE IDEALS OF A SEEKER

– B.K. Anita, Mahim, Mumbai

The ideal of every true seeker of God should be ‘perfection in every field’. Each one of us should strive to be perfect. It was Jesus who said, “Be ye perfect even as your Father in Heaven is perfect!” Even as God is perfect, even so must we aspire to attain perfection. The perfect man, as per Sufis, is called, *Kaamil-insaan*. Let’s each one of us strive to be perfect.

The mark of a perfect man is that he never wanders. We must ask ourselves as to how much we wander? It may appear that we are seated in one place, but our minds keep on wandering.

“What is the quickest, the fastest thing in the world?” A sage was asked. And he answered, “The mind”. See, how fast the mind travels – faster than sound; faster than the concord; faster than light. One moment it is here; another moment it is in Taiwan. The mind keeps on wandering. It will never be still.

As the mind wanders, we keep on wandering with it. Our bodies may be in one place, but our thoughts are scattered.

They keep moving from one place to another, one object to another, and one form to another.

Suppose, I were to ask you to keep your mind fixed on one object, one idea, just for one single minute, how many of you would be able to do that? Can you keep your mind still just for half a minute? If you are sincere, you will tell me that even in the brief space of half a minute, your mind kept on wandering. The perfect man is one whose wandering has ceased.

### **The cause of wandering is three-fold. Maya has three faces:**

► 1. The first is pleasure, sense gratification. See, how pleasure draws us. The cinema, the theatre, the club, the disco, the snack-bar – all these and so many other things fascinate us, wake up desires within us. It is desire that makes us wander. The whole world is running after dancing to the tune of desires. This dance of desires is the dance of death. If you want to be perfect, keep away from desires. Control your desires; do not let desires control you!

► 2. The second face of Maya is wealth. We keep on amassing more and more wealth. We do not have the time to spend it. Suddenly, death pounces upon us and leaving our millions behind; we move on empty-handed to the other shore.

► 3. The third face of Maya is name, fame, earthly greatness, power and authority. There are people, who shun pleasures; who keep away from wealth, but who want name and fame, popularity and publicity. They want the applause of the people. They, too, are prisoners of Maya and do not attain perfection.

The perfect one who, at this Confluence Age i.e. at the end of Eternal World Cycle of 5000 years when God reincarnates in the human medium of Prajapita Brahma, to liberate us from this vicious world and enthrone us with the kingdom of Golden Age, follows God Shiva’s directions and inculcates His teachings in the truest sense. The most important pre-requisite to get that status in the forthcoming world i.e. Paradise, is to be viceless and embodiment of divine virtues by attentively listening to and implementation of Godly versions, i.e. *Murli*. Then such a Brahmin soul becomes perfect in all virtues up to 16 celestial degrees complete, completely viceless and non-violent. ■

# ATTENTION PLEASE!!

– B.K. Prakash Talathi, Lagos

**A**ttention! As soon as the commander orders, everyone of his troops becomes alert and comes to attention position. The Judge hammers his table-top with a wooden hammer and says, ‘Order, order!’ and a wave of silence passes through the entire audience; everyone becomes silent and attentive. When you are busy with some important visitor, the little child pulls your sari (dress) to draw your attention to her. In the mountain turns, there are sign-boards cautioning ‘*Savdhani hati, durghatna ghati*’ (if your attention slips, accident will result). You may not be aware but please understand, “Attention is the greatest energy we have!”

**“Wherever attention goes,  
energy flows;  
Wherever energy goes,  
life grows.”**

This is a spiritual principle. You can notice that the entire world is conspiring against you to steal your attention. You are seated in a gathering; people are enjoying a joke shared by the speaker, but you can’t smile because you are disturbed, as

your attention frequently goes to the car which perhaps is not properly parked on the roadside.

Sometimes, something or someone may draw your attention and you can’t concentrate on the work you are doing. This results in confusion and then stress, tension, panic etc. Our Father says, when ‘a’ slips from attention, tension results!

Wherever your thought goes in fact, in effect you go there, leaving behind your body. You can go in the past or in the future, you can go into space or anywhere else just by a flick of your thought but at the cost of your presence. In present scene, you may be physically present, however in reality, you may still be absent. You are not enjoying the present moment, the golden moment because you are preoccupied with something else.

Wherever our attention goes, in effect our energy goes and that energy gives life to that thing which pull our attention to and makes it grow.

Suppose you are in a tight situation, you are in a problem. Then constantly what are you

doing? Naturally, you are thinking about that problem, your attention goes to the problem again and again. Even if you become busy in some urgent work, as soon as you are a little free, your mind goes to the same problem. The problem haunts you. You are as if having yoga (connection, link) with the problem! ‘Why does this happen? Who is responsible? Why is he avoiding responsibility? How should I teach him a lesson? Who else is involved? Who is behind all these things?’ etc.

By thinking so, you are doing a post-mortem of that problem. And by giving constant attention, you are giving life to that problem and making it grow, making it big, even bigger than you! You become an embodiment of problem! So, later on no energy remains with you to solve the problem; all the energy goes in making the problem big, like a mountain!

## **WHAT SHOULD BE DONE?**

Never become the embodiment of a problem; become the embodiment of solution!

(*Samasya swarup nahi bano, samadhan swarup bano; Kaaranmurt nahi bano, Nivaranmurt bano!*). Do not go in for post-mortem, but use your energy to resolve

---

that cause.

Just acknowledge the problem, not as a problem, but as a difficult situation, better as a challenge and divert all your energy (attention) to the probable solution. Ask yourself ‘OK, this is what it is! Now what am I supposed to do?’ You will wonder many times the seed of the solution lies within the problem itself.

Let me share few incidences with you. Once an old person wanted to plant potatoes in the backyard of his home. Every year he had been doing it. That year also he wanted to do the same. He wrote a letter to his son.

**Dear John,**

*I am feeling pretty bad because it looks like I won't be able to plant my potato garden this year. I hate to miss doing the garden, because your mother always loved planting in time. I am just getting too old to dig up the garden plot. If you were here, all my troubles would be over. I know you would dig the plot for me, if you were not in prison. – Dad*

On reading this mail, the son felt very bad. Though deep within he wanted to be a stick to the old man, the situation and circumstances he was in, made it nearly impossible for him to

solve this problem. What can a person do to solve an impossible problem when he is in prison? He accepted his situation as a challenge and diverted all his attention to the solution of the problem.

Shortly, the old man received a telegram:

*For heaven's sake, Dad, do not dig up the garden. That is where I have buried my GUNS!! – John*

At around 3.30-4.00 a.m. next day, a dozen of FBI agents and 10-12 local police officers entered the old man's house and went straightway to the backyard and started digging up the garden. They finished the entire plot without any luck.

The confused father wrote to his son, telling him what happened and asked him what he should do?

The son replied – “Go ahead and plant your potatoes, Dad. It is the best I could do from here.”

A multinational healthcare company received a complaint from the customer that the soapbox he purchased, amongst all other things from a grocery shop, was found to be empty. The multinational companies are very alert about their image in the market place. Every complaint is taken up seriously. Immediately, the authorities

isolated the problem to one of the defective machines, whose assembly line was transporting all the packaged boxes of soap to the delivery department. It was observed that for some reason, one soap box going through the assembly line at a random order goes empty periodically. Management employed the entire team of research technologist, software engineers and other technicians to solve the problem. After working for long hours for days together, finally, the team developed a software programme which could notice the empty box. The management also posted two operators to pick up the empty packs manually.

When the same problem was faced in a small unit in the small scale industry, what must they have done? The machine operator did not get into the complications of software – a X-ray unit, research etc., but instead became solution-conscious and came up with a very simple and a practical solution. He brought a strong industrial electric fan and focussed it to the assembly line. He switched the fan on so that each soap-box passed the strong air blow from the fan. When an empty soap-box passed the delivery line it simply



blew it away.

So, focus your attention to the solution and the solution will come. Focussed attention results in concentration. In concentration, all the energy converges into one point and like Arjuna who could hardly see anything else except the eye-ball in the eye of the revolving fish, you can also employ all your attention with right focus and full determination and get lost in that point, problem, difficult situation etc. with right consciousness.

When a beam of light is focussed through a magnifying glass, all the rays converge into one point and the paper starts burning. This is how when we concentrate our energy of attention on 'none but the One', we reach to the highest and fulfilling form of yoga; a fire of yoga (*Yog-agni*) is generated in which all the sins are burnt.

There is another beautiful point to note – 'Never yourself become a problem. Never become a part of the problem but always become a part of the solution.' That is how we do not waste other's energy of thoughts. In fact, we delight them by co-operating.

There are a few more lessons that we can learn from these stories :–

- 1) **Never limit your mind.** Don't assume. Challenge your mind to look out for other options. This is known as thinking out of the box.
- 2) **Question your habits, *sanskars* and beliefs.** Many times, out of habit or out of a *sanskar* we are committed to the same wrong action. Before we think, by default we act. So take time, question yourself and change.
- 3) **Be creative:** Adopt positive attitude, change your perception, speak to yourself – is another possible solution. Become introverted; go in the depth of silence and different alternatives will emerge. Scientists also go into deep silence before they get new inventions.

To use these points of wisdom in a practical way, develop a habit to enjoy silence, communicate with the self and the Divine. A guiding inner voice will caution you, protect you and even take you to the Blissful state. ■



## ANGER MANAGEMENT

For some time, therapists have believed that anger is OK. In fact, many therapists still believe that it's good to get angry once in a while. Around fifteen years ago in Japan it was discovered that around 10,000 executives were dying every year from overwork and they found the cause to be excessive, but suppressed anger. So they created 'anger rooms' in the basements of their offices, padded the walls and put a baseball bat in the room. They told executives that if they felt anger developing inside them, they should go to the room and just hit the walls with the bat as hard, and as much as they wanted in order to get the anger out of their system. Two years later, they measured the results. The amount of anger had increased. Why? After much thinking, they finally realised that people who were going to the rooms regularly were practising getting angry and simply repeating the habit.

Anger is a condition in which the tongue works faster than the mind.

You can't change the past, but you can ruin the present by worrying over the future.

*Don't suppress and don't express your ANGER - but transform it by practising Meditation. Peace is my original nature but not anger. I AM A PEACEFUL SOUL.*

**Love...and you shall be loved.**

## **MIND'S DISTORTIONS AND MIND CONTROL**

– **B.K. Achuthan**, Colaba, Mumbai

**T**he dictionary meaning of the mind is 'the seat of consciousness, thought, volition and feeling'. In Rajyoga, mind is not seen as a physical entity but as a faculty of the soul. Mind experiences the emotions like enjoyment, happiness, enmity, exasperation etc.

The mind does not have awareness of self. It cannot act without controlling power or incentive. It is delicate but at the same time powerful. It can do what it has been asked to do. It will not deviate from the directions delineated. It reacts on the ground of what it likes or dislikes. It never considers what the best is or worst is. But forces like fear can deter the mind from doing dangerous deeds.

Mind is the servant of the soul. The servants should be kept at a safe distance. In case, we give the keys to servant, our whole moveable properties often can vanish within seconds. Hence mind is a bad master, but the best servant. Fire is a good servant. But, the moment it goes out of control, it can become very virulent.

Mind can be put to use for

good and bad. If we are engrossed in the good, we share in the good. If we always think of God, our love for Him increases and we become more and more like Him. If our thought rests on the bad, we become likewise.

The mind can be distorted mainly due to five deadly passions, i.e. Lust, Anger, Greed, Attachment and Ego.

Lust comprises all longings including drugs, alcoholic drinks, tobacco or even highly spiced enjoyable food items. Lust has control over the largest number of mankind. It holds them tight. It has been a source of nuisance throughout life. Mostly, at every turn, it displays its attraction in alluring attire. It dazzles the mind and man misses many moral musts. Its means of machination are multi-coloured. Several are its seductions. Its promises are alluring and artificial. It dirties its dupes to the depth of demon.

It is generally believed that evil or immoral conduct has been in existence as long as man and woman have been living and that the world has to exist with it. But the deities are

said to be fully viceless and as such, there was a viceless family. Pure family is an eternally happy one. In Golden and Silver ages, birth of human-beings took place with the aid of yogic power.

Drug-addiction is dangerous. Man can be reduced to animal level.

Lust in any form is lousy. This is venomous for the soul. Lust is one of the five fatal foes of the soul. By becoming teetotaler and celibate, one can be out of the clutches of this foe.

Anger is the second of fatal five. Its feat is to fluster up friction, create commotion and mess the mind; it is unable to think. No person can possibly focus his mind if and when he indulges in rage. Anger pulls down peace, deletes love, activates animal instincts and earns enemies. As love totals all good, so anger totals up all evil. It shreds, smashes, saps, spoils the status of mind. It destroys all that is decent and leaves the being blackened and benumbed, like fire-swept forest trees. Anger causes loss of physical and mental energy. After cooling down from anger, one feels a sense of guilt. This guilty-consciousness can summon stress and other associated ailments.

Mental war or mortification is more smarting and slower to

---

set straight than the physical ones. Lone trait of this trouble is that the sufferer denies the fact that he is suffering from these diseases. Whilst claiming to be innocent, the victim points finger at others. This disease can be cured by the patient only and not by a doctor. In other words, remedy for this illness is from within and not from without. By making God our companion and advisor in every thought, word and deed, we can do away with this vice.

Greed is another vice. It engulfs us with material things. Ultimately, we become serf to material things. When we get one Rupee, we crave for 10 and then for 100 and then for 1000 and so on and so forth. Non-stop will be our avarice to amass affluence. Money then becomes master instead of servant. Like all the other passions, it rules us instead of ruling it.

Costly metals stored in a bank locker and many numerals marked in a bank Pass Book may make an individual happy with the sense of security but it creates concern and care as well. Riches also attract reputation, friends and fans. Money can procure goods to generate gratification in life. It can also secure splendour to life. But excess of everything is evil. Money is a must for man for

means of maintenance. He has enough of it and even then his earnest yearning endures for more and more to amass. When this happens what emerges is the tyranny of money. He works incessantly, runs senselessly and severely for adding digits in his Pass Books. He many times, goes astray and may even end up his life miserably.

People should have greed only for wealth of knowledge and love of God. Everyone should think that two hands are given to us to give and not to take. We are going to become deities; then alone this passion can perish.

Attachment is the fourth poisonous passion. This foe will follow as a fast friend furthering our formidableness and fastening our life. Man rarely gets away from afflictions, anxieties and other types of arduousness till he gets into his grave. More or less, the whole life of man is expended on his physical requirements.

We are even attached to our animals. Our time is spent with labour to the animals. After we are lost in them, we will have no time for self-development, devotional dedications, selfless service, etc. One should have the power of discriminating or observing the differences and disinterested independence of judgement so that one can

come out of this vice.

Ego has numerous nails to nudge into the minds of the victims. Its poison enters the entire being. It drives till death. This can appear as a fake modesty. Ego is the most muscular and mulish and it is long-lasting. An egotist individual will have something always to brag about. He cannot see itself/himself because he sees only the self. He can never see his own deficiencies. He thinks that he is always right. According to him, the person opposing him is wrong. He loves to rule. One should practise modesty to come out of the clutches of ego.

The mind can be used in anyway we wish. The way we now use our mind is just a habit and habits, as we all know, can be changed if we want to do so by controlling the mind. To control the mind we shall have to develop a strong will; we shall have to understand the nature of the mind and we shall have to learn certain techniques and practise them earnestly and intelligently.

We have, no doubt, the will to control the mind but this will is not very strong. The mind is likely to go haywire due to various passions like lust, anger, greed, attachment and ego as mentioned above. Our will to control the mind can never be

strong until and unless we have removed pleasure as one of the main pursuits of our life. The canker that eats away the vitality of our will to control the mind is the pursuit of pleasure. If you have a servant who is aware that you can depend on him to procure you the illicit drug and if you both enjoy the drug together, you cannot then control that servant. The same is the case with the mind. The mind we use for seeking pleasure and enjoying pleasure cannot be controlled as long as we go after pleasure. The strength of our will to control the mind will be in proportion to the strength and intensity of our renunciation of the pursuit of pleasure. The most important thing is to strengthen the will to

such an extent that even in the face of repeated failures we are not disappointed. On the contrary, with every failure to control the mind, we are aroused to fresh endeavours with new enthusiasm. For the mind that follows in the wake of the wandering senses, carries away its discrimination as a wind carries a boat on the waters off its courses. Controlling the mind fully is a challenging task.


One of the spontaneous results of control of mind is integration of personality. A controlled state of mind leads to calmness and calmness leads to peace of mind which, in turn, leads to happiness. A person of controlled mind will be free from mental maladies and physical

problems caused due to mental tension.

Progress and propensity can be achieved in any field of activity if we are able to control our mind. To develop a strong will to control mind, we must impress upon ourselves the fact that the character of our entire future depends on whether or not we control our mind. If we overcome the pleasure motive with stronger will, we can easily control the mind.

Meditation is the most effective way of controlling the mind. Meditation and control of the mind go hand-in-hand. The purpose of Rajyoga is to provide a process by which you can become the master of your own mind and destiny and, thus, attain peace of mind. ■

## WORDS OF WISDOM



1. The best way to find your 'self' is to lose yourself in the service of others.
2. God sometimes does try to test to the uttermost those whom He wishes to bless.
3. When I admire the wonders of the sunset or the beauty of the moon, my soul expands in the worship of the creator.
4. Happiness is when what you think, what you say, and what you do are in harmony.
5. If we are to teach real peace in this world, and if we are to carry on a real war against war, we shall have to begin with the children.
6. I look only to the good qualities of men, not being faultless myself.
7. I won't presume to probe into the faults of others.
8. There is a sufficiency in the world for man's need but not for man's greed.
9. It has always been a mystery to me how men can feel themselves honoured by the humiliation of their fellow beings.
10. It is easy enough to be friendly to one's friends. But to befriend the one who regards himself as your enemy is the quintessence of true religion. The others are mere businessmen.
11. In prayer, it is better to have a heart without words than words without a heart.

**— Mahatma Gandhi**



## THE INVISIBLE BANEFACOR



– B.K.Vinayak, Mount Abu

**T**his incident pertains to the year 1999 when I had just joined an Automobile MNC in Pune. I was staying close to a newly opened Rajyoga Centre. Within a span of six months, spiritual service got expanded and several *Gita Pathshalas* were started where B.K. sister-in-charge used to go everyday to recite *Murli*. As those places were off the main road, direct transport was not available and one had to change 2-3 vehicles to reach there. It was a time consuming task. Travel by Auto rickshaw was too expensive. Many a time Didi used to go on foot along those muddy and uneven roads.

In course of time, I finished my probationary period and got eligibility to claim facilities being given to employees. Then I thought that if I purchase a scooter on company loan and give it to Didi, it could be very helpful to her for spiritual service to save both money and time. When I talked to Didi regarding this, she also agreed.

I took permission from my HOD and applied for vehicle

loan. Within a couple of days, I got a printed form to fill up. I sat in a corner and went on filling up the required data. But when I saw a particular column, suddenly I stopped writing and felt nervous. The data to be filled up in the column was 'Name, Address and Signature of the Guarantor' and the guarantor had to be an employee of the company. I was not aware of this condition before. Being a new person to the company, I didn't have any acquaintances. Some friends were there in the department but they were not so close to accept my request to act as the guarantor.

In cities like Pune or Bombay, where one has ample job opportunities, it is a common phenomenon that people always try to change their jobs as well as residence. Because of this reason, in spite of good relations and friendship, people hesitate to take risk of being a guarantor.

It appeared to me a big obstacle and I found myself in a state of dilemma. I was not at all ready to drop the plan as I had already told Didi that within

two days the vehicle would be available, so they were busy in arranging some space to park the scooter. On the other hand, I wasn't ready too, to beg someone to stand as a guarantor.

**Now with a heavy heart I remembered Baba for a while. I narrated Him the situation and said, "Baba it is up to you". Certainly, I didn't know that the following moments would be so worth remembering. This time I got a golden chance to experience how God responds to the call of His children and fulfils their wishes.**

Just a few minutes later someone put his hand on my shoulder and asked "what is going on?" I turned and was shocked to find the person in front of me, a senior most officer and a high profile man of the company. He again asked if there was any trouble. Managing myself, I explained him the situation in exhausted tone.

In a sympathetic tone, he consoled me saying it was no problem at all. He grabbed the papers from my hand, wrote his name and address, put his signature and returned the papers with a smile, saying, "Come, let us go for lunch" and disappeared from that place. He didn't even wait for my

'thanks'. I was so surprised that for a while, I felt difficult even to breathe.

What a wonder! Without any proper acquaintance, without anyone's reference, without asking my whereabouts and job details, without putting any condition, without any hesitation and that too without my request, a highly placed person signed on the loan paper as a guarantor. Wasn't it a miracle?

**Now the question was who might have inspired him to do so.**

No doubt! He is our Most Beloved God Father Shiv Baba, the Ocean of Love, Who can turn the impossible into possible.

Though Baba is invisible to these physical eyes, He always accompanies His children like shadow to save, to help and to inspire them. The only thing required is that we have to remember Baba with a 'true' and 'clean' heart.

**Whenever we remember such experiences, our heart gets filled with gratitude, eyes become wet and BapDada's sweet *avyakt* voice starts echoing in ears:-**

"Simply say 'Baba, my Baba' and Baba will be present before you. Baba is bound to come to the rescue of His children at the time of need and crisis. You have the rope with which to tie the Father. What is it? The love in your heart" (Avyakt BapDada – 05.02.2009). ■

## SCATTERED PAPERS...

Once upon a time an old man spread rumors that his neighbour was a thief. As a result, the young man was arrested. Days later, the young man was proven innocent. After having been released, he sued the old man for wrongly accusing him.

In court the old man told the Judge: 'They were just comments; they didn't harm anyone.'

The judge, before passing sentence on the case, told the old man: "Write all the things you said about him on a piece of paper. Cut them up and on the way home throw the pieces of paper out. Tomorrow, come back to hear the sentence."

The next day, the judge told the old man: 'Before receiving the sentence, you will have to go out and gather all the pieces of paper that you threw out yesterday.'

The old man said: "I can't do that! The wind spread them and I won't know where to find them."

The judge then replied: "The same way, simple comments may destroy the honour of a man to such an extent that one is not able to fix it. If you can't speak well of someone, rather don't say anything."

Let's all be masters of our mouths, so that we won't be slaves of our words.

[Received Through Internet]

# LESSONS FROM NATURE



– Luis Alberto Riveros

Nature is capable of teaching us valuable lessons as long as we are willing to observe without judgement, without using our own traditions, thoughts, ideas, etc., as point of reference to understand Nature.

A tree in a park can teach us so many things about life, if we are willing to observe it with a silent mind.

A tree accepts the four seasons with equanimity. If a tree could speak, it could tell us so many things... “Matthias” is the name of this talking “wise” tree. One of the lessons that I learnt from Matthias was to lose the fear of change. I was able to understand the value of change as well as my unreasonable attachment to the way things are “status quo.” Change implies that things will end, but at the same time, the opportunity for a new beginning is there.

Everything moves in nature. After winter, spring comes along. It is just a matter of time. The foliage of Matthias comes down in winter. From a human perspective, it is a painful

sight. A naked tree with all the leaves on the ground, however Matthias uses those leaves to nurture itself so it will grow stronger. I hear Matthias saying “Take care of the roots my friend, take care of the roots.”

Often in life we experience harsh times. Our own personal growth depends on being able to see beyond the ‘winter time’ of our life. Spring will come. For sure, I will look strong and beautiful at that time. Without winter time I wouldn’t be able to become strong; I wouldn’t be able to see my potential; I wouldn’t be able to see what I am made of and my own worth, my character.

Likewise, once our ego, defences, beliefs and securities in life are completely challenged, I need to ‘die alive’ from the old ‘me’ so the new one can appear. Those roots are my own spiritual nature. Without the strength and wisdom that spirituality brings, I will not be able to survive and pass the challenges that life brings.

Sometimes we could see that one particular tree has green

grass around it, while the neighbouring tree is surrounded by mud, dirt and dust. Nature teaches that there are different timings for everything in life and the time to change is different for everyone. Today it may be all ‘green’, things are ‘good’ for a particular tree; tomorrow it will be ‘dirt’ and “problems” for the same tree. But things change. Things and situations are ephemeral.

I think it is important to learn to use our winter times to nourish ourselves, so that we can become stronger and grow ‘higher’ like a tree. Transforming the energy of pain is the way to grow as a human being. This is possible by ‘nurturing the roots’, our spiritual life.

Life is change. Life is movement. Even trees are moving. For someone who lacks observation, a tree is static. The Earth moves and because of that we have day and night as well as the four seasons. Because the Earth moves, all things in it also move. A tree is not moving but yet it is moving. The truth is a paradox. Likewise humans move, change. It is continuous. Our destiny is what we make out of that change, that movement.

Have you ever been in a hurricane? Things fly everywhere. The strong trees

---

will be rooted out of the ground by strong winds, the forces of nature. However, only the more flexible trees are able to survive a hurricane. Likewise, those who don't use flexibility in their approach are more likely to give up in their efforts to achieve something. Discipline is a good quality but paradoxically flexibility is needed within discipline to be able to move and accommodate according to the circumstances. Discipline without flexibility is tyranny. Flexibility without discipline is laziness. It is not enough for a tree to be strong but it has to be flexible to survive.

Many times, humans tend to separate other human beings based on religions, gender, national origin, etc. Looking at a tree, we can see that all human beings are related, all of them come from the same roots and those roots come from the same seed. That seed is God. Once we understand the significance of being connected to the source, we can help and benefit other leaves and branches. The world is connected whole. It is a giant network of differences which, at the same time, are

similarities. The beauty of that tree resides in the harmonious variety of forms and shapes. There is nothing straight in a tree. Straightness as "black or white" is just an illusion of our mind.

Have you ever embraced a tree? Have you felt that regenerating energy coming from 'mother earth' ready to nourish you? In that exchange there is healing. As we live, we may encounter different challenges to overcome. Our emotions may need to be healed. A tree could be a wonderful therapist. The teaching is very subtle. What is it? It could be: To be available to anyone, to learn to listen, to be non-judgemental, to embrace every human being who is looking for a helping hand. A tree does not have arms but it carries that regenerating energy from the core of the Earth. Humans carry the strength and depth of feelings to touch every human being in need. We need to learn to trust for healing to take place.

Finally, a life without a purpose is a purposeless life. Matthias, the tree has many purposes depending on its relationships with

nature. To the Earth, Matthias is a source of purification of the soil. To microscopic and small animals, the tree is a source of nutrients. To a dog, Matthias may be a "pit stop" for biological needs.... Those 'waste products' are transformed by the tree into nutrients. For human beings, a tree is a source of shade, freshness and, despite a sunny and hot day in the summer, but perhaps most important for our civilisation; trees are the "lungs" of the planet. A tree has many purposes but at the same time, only one purpose is 'to give'.

Likewise, human beings need to align with their life purpose to benefit themselves and others. Life is not isolation from others, but it is a continuous relationship. Life is relationship. Matthias is related with different beings, just like humans are related with billions of humans. Giving is a common purpose. We all depend on each other to survive.

Once we learn to open our own branches, transforming what comes in our way according to time, we will be able to give... to give shade to anyone who needs it. Then, perhaps, we will become a tree like Matthias.

Everything in this world can be seen as you wish to. Good or Bad; Simple or Complicated; Easy or Difficult. It's not how things are; it's about how you look up to them. And how you look up to them is all up to you.



# CHOOSING OUR DESTINY

– B.K. Dr. Kaberi Kakati, Guwahati

Just the other day, as I was surfing the internet, I came across a short story which really touched me. I felt that I should share it with all my divine brothers and sisters:—

*While Dad was polishing his new car, his four year-old son picked up a stone and scratched a line on one side of the car. In his anger, Dad held the child's hand and hit it many times, not realising he was using a wrench. At the hospital, his child said, 'Dad, when will my fingers grow back?' Dad was so hurt. He went back to the car, kicked it many times. Sitting back, he looked at the scratches.....the child had written, 'DAD, I LOVE YOU.'*

**Truly, Love and Anger have no limits. But, both are poles apart and lead to totally different destinies.**

Pure and divine love is the best thing we can give to this

world. Today, in this selfish and chaotic world, a word of care, a word of selfless love can create wonders. An act of kindness, however small it may be, can never go waste. Even our relationship becomes healthier, stronger and happier. And most importantly, just by creating that pure feeling takes us to new heights of inner happiness, peace and satisfaction that probably cannot be expressed in words.

Anger, on the other hand, can destroy almost everything that we have or earned in life. An angry man is not in a stable state of mind and, hence, cannot be expected to act sensibly. Anger can drive him to do such monstrous acts about which he can only repent later and burn in guilt. He can never be at peace. More dangerous are its siblings—ego, irritability, pride, jealousy, frustration and hatred which come in very subtle forms

and ultimately express themselves in the 'giant' form of anger. Some might argue that it is necessary to get angry to get things done or to change people. But, as the Supreme Father has taught us – we are not here to change others. Our goal is to change ourselves; work for our own mental and emotional upliftment. Others will change as per their time and destiny; we cannot force anyone.

So, destiny lies in our own hands. We can choose to make our life beautiful by inculcating the virtues of love, peace, purity, happiness or can make it miserable by remaining engaged in vices. As our Beloved Shiv Baba says that He doesn't give us happiness; He only shows the path to happiness; similarly Maya doesn't give us sorrow; she only shows the path to sadness. We are at the crossroads and can choose either path. It is in our hands to make happiness a way of life instead of an occasional experience. Choice is entirely ours. ■



Love your job but don't love your Company because you may not know when your company stops loving you.  
What is the Secret of SUCCESS... ? "RIGHT DECISIONS"  
How do you make Right Decisions... ? "EXPERIENCE"  
How do you get Experience... ? "WRONG DECISIONS"  
Without your involvement you can't succeed.... With your involvement you can't fail.  
– Dr. ABDUL KALAM

# A REFRESHING VISIT

—B. K. Abby Vimal, Canada

When we visit Madhuban, International Headquarters Of Prajapita Brahmakumaris Ishwariya Vishwa Vidyalaya, Mt. Abu, we feel very refreshed, rejuvenated and determined to make the efforts required to keep God close to us at all times. Here are some of my experiences and realisations during my last visit to Madhuban.

When the line of the intellect is purified through yoga and following the proper *dharna* or inculcation of principles of *gyan*, pure diet etc., yoga is so clear that the soul becomes *trikaldharshi* (seer of three aspects of time), combined with Baba. There are no short-cuts if you want to experience this type of real relationship with God and this is the only time to experience this. When you follow *shrimat* or God's advice, not as an obligation but out of love to intensify the connection with God, you begin to experience God walking beside you (holding your hand as He says in *Murlis*). The touchings and experiences we are able to

receive at this time are so subtle and yet so real. If there is purity in all aspects (more than just celibacy and including good wishes, pure feelings and deep experience of soul consciousness and brotherly love for all souls), then we are able to experience a constant companionship with God.

The conversations you have with God become as real as any physical communication with other human beings. You receive touching about what is to happen and this materialises in front of your eyes and your heart smiles because you know that He is with you, watching you and that you are in His canopy of protection. Any doubts in the self, Baba and Drama are put aside completely.

If we want an answer to any question, we could have the answer from Him directly. There is no need to ask or depend on anyone. What is required is 'courage'. Do I have the courage to ask the pertinent questions to enable me to change? The answer will be the effort required to transform

the *sanskar* and therefore the situation, but am I prepared to make that effort which He asks me to make? When I am prepared and have the courage to ask and the humility to accept Baba's help in this transformation, the help will be offered and success is guaranteed. The only thing we have to do is to stop clinging to our temporary supports of this old world.

I sent blessings to all the wonderful instrument souls from all over doing spiritual service – from cooking pure food to giving classes and my fellow students who shared sweet experiences. Mostly, it was the purity in the vibrations that made everything possible.

Baba says that to the one who says "My Baba", from the heart, He becomes present in front of that soul. I found myself saying not just, "My Baba", but "My Baba, you are my World, and I want to be just like you." But ego started creeping in and said, "But I would rather not give up these little things..." I said, "Baba, I don't know how I am going to conquer these traits acquired from the middle period but I want to conquer them and I want to become just like you in all aspects. I have these traits but I am determined to change

them so I know you will help me. I want to be just like you (no conditions or exceptions to what need to be transformed)". After I said this, I felt the warm embrace of Baba's love and felt certain that He would indeed help me. There is such synchronicity in Madhuban. Dadi Janki had a class a few days later and shared how she told Baba a few years ago the same thing: Baba, you are my world; I want to become just like you. This is an extension of the magic mantra of "My Baba" and when you say it without reservation from the heart, the heart line connection to Baba opens to receive all the treasures of God.

Baba gives us all that He has, but we have to make the right efforts so that we can vibrate at the same frequency and pick up His subtle vibrations and be worthy to take all the treasures He bestows. *Adhikari* (worthy or deserving) is a beautiful word that means the same in Hindi and Tamil. We follow *shrimat* to experience being an *adhikari* (one with the right to all the powers, virtues and help from God). This is the beautiful bondage of *karma* that keeps the soul connected to the Supreme Soul.

## TOP 10 REASONS TO SMILE!

### 1. Smiling Makes You Attractive.

We are drawn to people who smile.

There is an instant attraction.

We want to know them.

### 2. Smiling Changes Your Mood.

Next time you are feeling down,

try putting on a smile.

### 3. Smiling is Contagious.

Smiling brings happiness to you.

Smile a lot. You will lighten up the room

And draw people to you like a magnet.

### 4. Smiling Relieves Stress.

When you are stressed, put on a smile.

The stress should be reduced and you'll be able to take action.

### 5. Smiling Boosts Your Immune System.

Your immune function improves

because you are more relaxed.

Prevent flu and colds by smiling.

### 6. Smiling Lowers Your Blood Pressure

When smiling there is a measurable reduction in your blood pressure.

Smile and you'll see.

### 7. Smiling Releases Endorphins, Natural Pain Killers and Serotonin

Studies have shown that smiling releases these three and makes us feel good.

Smiling is a natural drug.

### 8. Smiling Makes You Look Younger

The muscles used to smile lift the face.

Don't go for a face lift; just try smiling your way through the day.

### 9. Smiling Makes You Seem Successful

Smiling people appear more confident, are more likely to be promoted, and more likely to be approached.

### 10. Smiling Helps You Stay Positive

When we smile our body is sending the rest of us a message that "Life is Good!" Stay away from depression, stress and worry by smiling.

# THE B.K. GLOBAL FESTIVAL – EXPERIENCE OF GOD’S POWERS

– B.K. Krishna Chander Mouli, Bhopal

I do not believe in miracles. I never advocated them. Miracles are not the basis of the Brahma Kumaris philosophy. Baba has always been saying in His *Murlis* that He is always with his children. He has been stressing on five important characteristics of his children. Firstly, one has to remember BapDada always. Secondly, one has to surrender completely before Him. Thirdly, one has to make intense spiritual efforts (exerting and achieving targets). Fourthly, detach oneself from all the worldly materialistic vices and pleasures. And, finally, one should never seek any blessings or favours or boons from God because he receives them as a right of inheritance.

However, incorporeal God Shiva, through the medium of Prajapita Brahma, says that there are certain pre-requisites for receiving these powers and blessings as a right of inheritance and experiencing His spiritual presence, which are available for His children all the 24 hours of the 365 days in a year. That condition is to make

strong resolution and sincere and committed efforts to redeem the resolution.

In this backdrop, a number of instances can be quoted here. Some may sound incredible and, thus, seem exaggerating too to non-believers. But facts and truth remain irrespective of whether others believe in it or not. It is reiterated here in contrast that miracles do happen and every miracle cannot be explained always with logic. Such miracles can only be experienced on a certain belief system; not based merely on superstition or ignorance.

I would like to share with the readers a couple of recent experiences during the global festival that prove that Baba is always with His children.

Senior sister Meera from Malaysia and an equally senior brother Jim from U.K. and myself were on a visit to Rajnandgaon, Bhilai and Durg in Chhattisgarh on 2nd and 3rd October 2009 to participate and address some curtain raiser functions on the eve of B.K.’s Mega Global Festival held at Raipur. When we left Raipur on

2nd October for Rajnandgaon by road, it was drizzling and gradually it started raining and as a consequence, the venue of the function at Rajnandgaon in the open had to be changed to a spacious hall indoors. The rain and drizzling continued through the morning of 3rd October too. By around 11.00 a.m., the drizzling stopped but black clouds restive to explode and heavily were hovering all over. Sister Meera, Brother Jim and myself were once again travelling on our way back to Raipur where preparations were going on for the Mega festival. We were quite worried about what would happen if there were heavy rains. The sisters accompanying us were also disturbed as they had been working day and night to make the Mega festival a grand success.

Sister Meera suddenly made a resolution, “It should not rain, come what might. Baba should listen to us. Otherwise, how all children would receive Baba’s blessings and experience Baba’s powers.” I, Jim and other sisters in the vehicle collectively also resolved the same. Yes, Baba listened to us. By the time we reached Shanti Sarovar, Raipur, on 3rd afternoon, black clouds disappeared. The weather was all clear and the full moon was

shining in the evening. On 4th October afternoon, the day of the mega festival, heavy black clouds were again seen and we were all perturbed a lot reiterated again our resolve. By evening the atmosphere was all clear with a pleasant breeze and sound and lights of the festival dazzling around. The mega festival went off well. Yet surprisingly, it continued to rain the same time almost all over the State including townships around Raipur.

In another instance, I and my wife resolved that a family related to us and six students of media studies should receive the blessings and power of Baba at Abu on these dates. Reservations for their journey were like day-dreaming since all the seats and berths in the train were booked. All VIP efforts had also failed. We totally surrendered ourselves before Baba reiterating strongly our resolution while constantly

remembering Him and booked journey tickets in a very long waiting list. On the date of the scheduled journey, we found to our surprise that all their berths were cleared facilitating their journey to Mt. Abu. We tried to find out the reasons out of curiosity. We were told that an orchestra party of ten members cancelled its reservation and Baba's children got the VIP priority.

In the third instance, one of my close relatives, a senior citizen while on his way to Delhi in an A.C. coach for an eye operation along with his son, got down at Mathura for reasons known to him in the wee hours of 3rd October. Everyone in the family was disturbed and they contacted me on phone at Raipur when I was busily preparing for the mega festival to receive God's blessings. I suggested my relative to just remember Baba and surrender before Him leaving the rest for

Him to decide. To everyone's surprise by late evening, the same day the relative reached home safely. He was later found to be under grave depression and a feeling of insecurity. This incident was no less than a miracle as our sincere efforts had paid the dividends.

The global festival will continue till November end. Many such miracles may occur but if we closely relate these instances with our own belief systems and lifestyles, there is no reason why we should not logically support some such miracles. The message "RECEIVING GOD'S POWER AND BLESSINGS" of the Global Festival also corroborates this theory of spiritual efforts, strong determination and devotion among the BKs all over the world who both practise and preach to other souls. ■

**DO NOT INTERFERE IN OTHERS' BUSINESS UNLESS ASKED.**  
Most of us create our own problems by interfering too often in others' affairs. We do so because somehow we have convinced ourselves that our way is the best way, our logic is the perfect logic and those who do not conform to our thinking must be criticized and steered to the right direction, our direction. This thinking denies the existence of individuality and consequently the existence of God. God has created each one of us in a unique way. No two human beings can think or act in exactly the same way. Mind your own business and you will surely keep your peace.

---

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

organisation which he said should be implemented in everyone's life. **Justice A.N. Jindal, Judge,** Punjab and Haryana High Court, **Mr. Chetan Aggarwal, Distt. Governor,** **Rotary International,** **Ms. Harjinder Kaur, former Mayor of city** and famous Punjabi Film Actor **Mehar Mittal,** were the guests of honours.

BK Bro. **Anthony Philips,** Sr. Management Consultant from **United Kingdom,** said that by experiencing God's Powers, people could regain virtues and values, so fundamental and core to the real self. BK Sis. **Jacqueline Berg,** Sr. Rajyoga Teacher from **Holland,** underlined that developing spiritual powers in self was essential to fight and finish negative forces of fear, jealousy, hatred and violence, and for restoring peace, progress, harmony and happiness in society. **Those, who spoke on the occasion are B.K. Sisters Achal and Prem and B.K. Amir Chand.**

### **LUCKNOW**

'**The Global Festival for Receiving God's Powers and Blessings**' was held at Railway Stadium.

**The city witnessed heavy showers on 4<sup>th</sup> October but**

**even the rain could not dampen the spirits of people of Lucknow who attended the programme in full strength to witness and experience inner peace, powers and divine blessings by Rajyogini Dadi Hriday Mohini,** Addl. Chief of Brahma Kumaris. She said that at such a crucial time of uncertainty and fear, spirituality was the answer to all current confusions and problems. "Understanding the power of silence and connecting with God through meditation gives the solution to every edge in our lives", she added.

The evening witnessed powerful vibrations of peace, love and purity as 108 senior Rajyogini BK sisters conducted mass meditation.

The other dignitaries who delivered their greetings in this Mega Programme, included Mr. Sukhdev Raj Bhar, Speaker, Legislative assembly, U.P., Mr. Anant Kumar Mishra, U.P. Cabinet Minister, Health and Medical and Mr. Awadh Pal Singh, Minister of State for Animal Husbandry and Dairy Development, U.P., Justice Shri SN Shukla, Judge, Allahabad High Court, and Dr. Dinesh Sharma, Mayor, Lucknow.

### **NEW DELHI**

'Global Festival for Receiving God's Powers and Blessings' was organised by Brahma Kumaris at Siri Fort Auditorium. Mr. Marc Fourcade, Motivational Speaker and Management Consultant from France, said that practice of spirituality and Rajyoga meditation were essential for enhancement of Emotional Intelligence which was needed for better performance and harmonious interpersonal relationships. He also said that it was God's powers and blessings which rescued him from deep depression and death and made his life peaceful, blissful and happy, when he came in contact with Brahma Kumaris Institution.

Mr. Rakesh Mehta, Chief Secretary, Govt. of Delhi, said that one should practise spirituality and Rajyoga meditation to experience and spread true peace, love and happiness in life and society.

Mr. A Parshuraman, UNESCO Director in India, speaking as Guest of Honour, said that UNESCO is working in consonance with Gandhiji's teachings like that of Brahma Kumaris, for promoting peace and sustainable development in society.

The other dignitaries, who spoke on the occasion, included

---

B.K. Mohini, USA, Mr. Yogesh Munjal, CMD, Munjal Showa Ltd., and Mr. VP Bajaj, CMD, Bajaj Motors Ltd..

## **DELHI**

**Adopt Spiritual Values & Meditation for Individual & World Welfare – Dadi Hriday Mohini**

**– Spirituality is the answer to today’s many ills, ailments and problems – Mr. L. K. Advani.**

The National Launching of seven-week-long ‘Global Festival for Receiving God’s Powers & Blessings’ was held in a Grand Public Function at Ramlila Grounds here on 3<sup>rd</sup> October, 2009.

**Rajyogini Dadi Hriday Mohini, Addl. Chief of Brahma Kumaris**, blessing the occasion with her words of wisdom said that in today’s time of steep decline in human values, character and conduct, inner empowerment of people through the practice of spiritual wisdom, Rajyoga meditation, positive and healthy lifestyle had become most essential. Then she conducted Rajyoga meditation for the public.

**Special Guest Mr. L. K. Advani, Leader of Opposition in Lok Sabha**, stressed that through determination to give up vices and inculcation of virtues, real Ravana will be burnt and true

peace, happiness and success in life and society will be brought back.

Prominent among others who spoke on the occasion were Swami Agnivesh, World Arya Samaj Leader; Mohamad Iqbal Mulla, Asst. Secretary General, Jamaat-E-Islami-Hind, Rajyogi B K Brijmohan, Rajyogini B K Sudesh, Germany, etc. They were unanimous about greed and addictions as the basic cause of human suffering for the elimination of which spiritual empowerment was essential.

One hundred and eight senior BK sisters conducted guided mass meditation. Finally, a huge effigy of ten-headed Ravana of about thirty feet in height with a huge bowl having lakhs of pledge slips of the public promising to give up harmful habits and inner vices symbolising real Ravana, were burnt to ashes in full public view.

## **CHENNAI**

The Global festival started here with a grand inauguration of 12-Jyothirlingam Darshan stalls, Health stall, Peace Hut (meditation room), Light and Sound show and hoisting of Baba’s flag. Mrs. Rajathi Ammal, Wife of the Chief Minister, TN; Mr. Shobana, The Collector, Chennai and Mr. Vedhanthamji, the President of

Vishwa Hindu Parishath were amongst the VIPs who inaugurated the stalls. Many other important personalities were also present.

B.K. Charlie from Australia and B.K. Sis. Mohini of USA, who is also permanent representative at UN Hqrs., shared their jewels of knowledge.

Then, 108 dedicated Rajyogini sisters conducted Rajayoga meditation, guided by B.K. Sis. Uma. The whole atmosphere was transformed into peace and tranquillity

Very special personalities of Chennai like Justice S.Tamilvanan, Judge, High Court, Chennai, Worshipful Mayor M. Subramanian, Corporation Of Chennai, Padma Bhushan Dr.(Mrs.) Sarojini Varadappan, President, Women’s Indian Association, Mufthi Salahuddin Mohammed Ayub, Chief Kazi, Govt. Of Tamil Nadu, Most Rev. Dr. A.M. Chinnappa, SDD. PhD, Arch Bishop of Chennai, Swami Vimurtanandhaji, Ramakrishna Mutt, BK Sisters Mylapore, Dr. Hemlata, Trinidad, Annapoorna, Kalavathi, Beena, and Muthumaniji, were on the stage and participated in the lighting of the emblem. BK Sis. Mohini unveiled the stall ‘Chaitanya Devi Darshan’.

## **GUWAHATI**

As a Chief Guest in the Global Festival for Receiving and Experiencing Godly Blessings, H.E. Ranjit Shekhar Mooshahary, Governor, Meghalaya, mentioned Brahma Kumaris as the living examples of Women Empowerment. "Purity, love and peace are most visible in these physically fragile but mentally strong sisters who relentlessly and selflessly work for betterment of world by preaching Peace and Non-violence".

B.K. Sis. Chakradhari, Russia, said that at the time of immense hopelessness and depression, God had descended to bestow His blessings and powers to eradicate worries and tensions of His children, the human souls. Later, she conducted mass meditation with 108 BK brothers and sisters, and an atmosphere of complete serenity prevailed all around.

Dr. Okhil Kr. Medhi, Vice Chancellor, Guwahati University, emphasised that to receive blessings from God, one needs to adopt values like truth and non-violence. He offered full support of the University to the Brahma Kumaris.

B.K. Sis. Halina, Poland, said

that by practising Rajyoga meditation, one could experience inner powers and bliss enough to help the self as well as others.

*Similarly, reports of successful organisation of Global Festival for Receiving and Experiencing God's Powers and Blessings' were also received from various other cities such as Kolkata, Bangalore, Bhopal, Jaipur, Ranchi, Raipur, etc*

## **SPORTS WING CAMPAIGN - 'FIT NATION'**

**(Jaipur to Jammu)**

**29<sup>th</sup> Aug. to 18<sup>th</sup> Sep. 2009**

The Sports Wing of Rajyoga Education and Research Foundation (R.E.R.F.) and Brahma Kumaris Institution organized a campaign titled 'Fit Nation' from Jaipur to Jammu by road. The campaign was flagged off by Mr. Mangi Lal Garasia, State Minister for Youth Affairs and Sports, Govt. of Rajasthan, from SMS Stadium Jaipur on the occasion of National Sports Day, to commemorate the birthday of one of its finest sporting sons, hockey legend Major Dhyan Chand.

The aim of the campaign

was to generate sports-consciousness and fitness-awareness among masses as well as to integrate values into the lives of our sportspersons by presentations, lectures and dialogues.

The campaign covered a distance of approx. 3,600 Km. by jeep and conducted more than 45 programmes enroute from Jaipur to Jammu at different sports stadiums, universities, colleges, schools and gymnasiums, health clubs etc. by covering seven states namely Rajasthan, Haryana, Delhi, Uttar Pradesh, Punjab, Himachal Pradesh and Jammu & Kashmir.

'Fit Nation' campaign by Sports Wing was concluded after 21 days of fruitful journey at Jammu on 18<sup>th</sup> Sep. 2009. Mr. R. S. Chib (VSM), Minister for Youth Services and Sports was the Chief Guest on the occasion. He was accompanied by Dr Karnail Singh, Commandant, BSF and Mr. Madan Lal, Deputy Director, Youth Services & Sports, Jammu.

He also praised the efforts of Brahma Kumaris Institution for teaching Rajyoga Meditation technique for sportspersons. ■

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

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

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

**www.bksewa.org**

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