

GODLY SERVICE REPORT

ABOHAR

Addressing the students of Sardar Patel Medical Institute (SPMI), B.K. Bro. Bhagwan of Shantivan, who was here on the campaign to fulfil the U.N.O.'s aim of World Transformation through Self-Transformation, supported by Education Empowerment, called them to abstain from viewing programmes with obscenity and violence on T.V., cinema, drug-addiction etc.

B.K. Bro. Bhagwan has been instrumental in inspiring the students of around 5,000 education institutions to live a value-based life and has shared spiritual knowledge with the prisoners in more than 500 prisons. While inspiring the nursing students to serve humanity in a dedicated manner, he stressed the necessity to adopt values such as patience, concentration and toleration. He called on the youth to renounce the consumption of tobacco products with strong determination. He inspired the youth to become enthusiastic and serve the society selflessly.

Mr. Sita Ram Sharma and Dr. Gauri Shankar Mittal, Manager and President respectively, SPMI, said that such noble campaigns of Brahma Kumaris would definitely bring transformation in the society. B.K. Sisters Sunita and Darshana also spoke on the occasion. The guests were felicitated with the mementos by the institution.

KOLLAM (KERALA)

In the context of overcoming drug addiction and how to say 'No' to the drugs, alcohol and other substances, BK Sister Anila, in-charge of Kollam Rajyoga Meditation Centre, delivered a lecture to NCC Cadets on 'Mastering the Mind'.

Around 650 NCC Cadets from all states of India participated from all states of India in National Integration Camp. The local branch of Brahma Kumaris displayed the drug de-addiction exhibition in the camp. These NCC cadets were students from various colleges of the country.

BK Sis. Anila told the students how the mind functions; how the thoughts are generated and by knowing the three faculties of soul – mind, intellect and *sanskar*, one can really be the master of self. Further, she gave the demonstration of meditation practically.

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MAHA SHIVRATRI: REINCARNATION OF THE SUPREME BEING

As revealed by Supreme Father God Shiva, the entire humanity is going through the most auspicious time once again... Though His re-incarnation happened 74 years ago, the message is now clear for every human soul to know and rejoice. Each one has incarnated or descended in this world at their respective times to glorify the essence of Godly wisdom in the form of virtuous lives. After enjoying the extraordinarily beautiful, prosperous and healthy *Jeevan-Mukt lives* (Fruition), every human soul tends to go through the *sattvik, rajas and tamsik* stages over a number of lives that follow the first glorious golden-aged life of several births. Even the Founders of different religions keep re-incarnating to give sustenance to their followers. However, as per the Eternal Law, every human soul, as well as each one of the religions, passes through the golden, silver, copper, iron stages – the four

stages of existence in this world during each one of the world cycles.

Due to the irony of this law, the human race is presently going through the final years of Iron Age when we only find traces of purity, piety, peace and happiness on the faces of people from all backgrounds. The dark clouds of negativity, weaknesses, untimely death and disease, violence and destruction are compelling everyone to be in a remorseful mood most of the time. The joy and happiness during festivities, too, seem so short-lived... At such a time of utter Iron-Age, we find a bright ray of hope again when He descends to fulfill His given promise of re-establishing the new Golden Age on earth through the process of re-awakening human consciousness and leading humanity back to divinity, piety or godliness. Like every year, we will be celebrating the festival of Maha Shivratri on 12th February 2010 throughout

the world.

What is the difference between celebrations by the Brahma Kumaris and that of the devotees?

- ❖ 1) Maha Shiv Jayanti or the day of Re-Incarnation of Shiva happens to be the 74th one on 12 February. This happens once in the time cycle of 5000 years.
- ❖ 2) Brahma Kumaris celebrate it as *Trimurti Shiv Jayanti*, the most auspicious day when God Shiva revealed the deep esoteric knowledge about Himself as the Creator of Brahma, Vishnu and Shankar (three subtle angels).
- ❖ 3) It is the Divine Birthday of God Shiva along with *Saligrams*, that is all those who recognize the reality of God's love and wisdom being directly bestowed, as per His given promise in the Gita.
- ❖ 4) Maha Shivratri, when celebrated with complete and deep understanding,

marks the beginning of a new phase in our lives. We transform from impure humans into pure and divine beings through the power of spiritual knowledge and *Sahaj Rajyoga* (easy Rajyoga). There is no other way for humanity to return to religiousness and righteousness.

❖5) Maha Shivratri is the most auspicious festival of bestowing ‘*Mukti*’ (liberation) to all, and ‘*Jeevan Mukti*’ (liberation-in-life) to those who follow His Supreme Command or *Shrimat*.

❖6) Incorporeal God Shiva, the Supreme Father of all souls, bestows all powers and peace upon the Religious Founders who go on to become instrumental in establishing their respective religions in the forthcoming new cycle.

The Destroyer of all vices and weaknesses, God Shiva, performs the highest roles of **Supreme Father, Supreme Teacher and Supreme preceptor in practical**. As the Knower of the Three Aspects of the World Cycle, His *Shrimat* (Supreme Counsel) for each of us is to live in natural

soul-consciousness, and live a pure life free from vices so that we become His worthy children.

The main aspects of Godly teachings are: 1) Wisdom or *Gyan* 2) Meditation or *Sahaj Rajyoga* 3) Inculcation of Divine Virtues 4) Sharing of Godly blessings and wisdom or Service.

When practised rightly, sincerely and completely, the above four pillars determine wonderful, carefree, peaceful and happy lives and the *Jeevan-Mukti* stage for 21 births of the future Golden and Silver Ages. Why then should we not be inspired to inherit such a golden-aged life for 21 generations as double-crowned deities by celebrating Maha Shivratri in the true spirit?

We wish you multi-million fold congratulations on Maha Shivratri, the most glorious day of God Shiva’s re-incarnation and the auspicious birthday of Divine Souls (Saligrams)!

Maha Shivratri celebrations are, therefore, worth diamonds during this auspicious Confluence Age when God Shiva showers imperishable jewels of wisdom and blessings. We would like to share the

treasures received in the recent past with our readers:

ESSENCE OF DIVINE MESSAGES:

Make a *timetable* for your mind and practise being a karma yogi and bodiless while performing action (18th January 2010)

“Today, instead of all other powers, the power of love is merged in each one to a greater extent. This Godly love – spiritual love – is experienced just at the Confluence Age. Only those, who are experienced, know this love from God: it makes each of the children into easy yogis.

“Today is called the Day of Remembrance, but, together with the Day of Remembrance, it is also called the Day of Empowerment. You have received powers from God the Father because this day is especially for receiving blessings of the powers, with love. Some children are deeply lost in remembrance and are engaged in service. They even have the experience of being bodiless, but when it is time to become karma yogis, there then is a difference in being able to do both together, that is of being a yogi and of performing action.

“Anything can happen tomorrow, but I definitely have to remain *ever-ready*. Have you settled the accounts of your karma? Have you made such preparations in all the four subjects of Knowledge, Yoga, Dharna and Service? Have you *checked* that you have the experience of complete and unlimited disinterest?

“The reason for the difference in the karmayogi stage is that while you are performing action, it doesn’t remain in your awareness in an emerged from that “I am a soul”. Everyone knows this, “but what type of soul am I?” **I, the soul, am *karavanhar* and these physical organs are *karanhar*.** While performing actions, be an embodiment of the awareness of the self-respect of *karavanhar*. Even if you have to get something done through your physical organs, remember “I am *karavanhar*, I am a master”. If you are set on that *seat*, then all of your physical organs will remain in *order*. Without each one being set on the *seat*, no one will listen to you.

“Father Brahma paid this much *attention*, and so you, too,

have to consider yourselves to be *karavanhar*, the masters, because the soul is the king and these physical organs are the companions. So, the soul, the king who is *karavanhar*, should *check karanhar*, the physical organs. The Father wants that while performing actions, each of His children becomes a king-child, becomes the master of the self and doesn’t let go of the *seat* of self-sovereignty.”

Be an embodiment of the experience of self-respect of all four subjects and use the authority of experience (30th January 2010)

“All of you children have issued a *challenge* to all souls that you are those who have a yogi life: that you are not those who just have yoga, but you are those who have a yogi life. A life is not just for two to four hours; a life is for all time. So, while walking and moving around and performing actions, you are constant yogis who have a yogi life. The aim of your life is to be constant yogis. Do you experience your yogi life to be a *natural* life?

“There are many *authorities*, but the greatest *authority* is the *authority* of experience and **God, the**

***Almighty Authority* has given you the experience of self-respect.** So the children were making effort but they did not become embodiments of experience. They even think about this, but only some are embodiments of experience. There is a difference between hearing and thinking about it, and in being an embodiment of the experience: whatever you think, whatever self-respect you want to stabilise yourself in, become stable in being the embodiment of that experience. No one can shake that experience because it is self-respect (*swa-maan*). When you are an embodiment of self-respect and are stable in the experience of self-respect, there cannot be any body-consciousness there. For instance, when there is darkness, if you *switch on* the light, the darkness *automatically* disappears; you don’t have to make any effort to remove the darkness or to chase it away. Similarly, when seated on the *seat* of self-respect, the *switch* of experience is *On*, so no type of body-consciousness can exist there.

“The proof of whether you

are an embodiment of remembrance or not is that when you are an embodiment of the experience of that remembrance, you will experience yourself to have that power while carrying out any task. The tasks may vary, but your stage of being an embodiment of experience should not vary.

“In any *subject*, whether Knowledge, Yoga, Dharna or Service, if out of any of the four, if you have to labour in any of them to finish something, to achieve success in service, to transform your nature in the subject of dharna, to remain unshakeable in yoga, to experience a yogi life, if you have to labour or use the word “sometimes”, it means that you have not become an image of experience in that *subject*. An experience is not “sometimes”, it is a *natural nature*.

“So *check*: Have I become an embodiment of knowledge? Or have I become one who listens to knowledge and relates it to others? **Gyan means knowledge. The practical form of knowledge is said to be: Knowledge is Light, knowledge is Might. To be an embodiment of**

knowledge means that whatever actions you perform will be filled with light and might. They will be accurate.

“To be an embodiment of yoga means to be a conqueror of the physical organs. Be a master of the self over all the physical organs. If you are an embodiment of knowledge and yoga, then you will automatically be able to imbibe every virtue.

“Where there is knowledge and yoga and you are *yogyukt*, the inculcation of virtues takes place automatically; service will take place at every moment automatically. According to the time you may serve through your mind, through words, through actions, through love in your relationships.

For instance, in the Brahmin family, if your brother or sister may be a little sad, a little dull in his or her effort and is under the influence of a *sanskar*, if you give zeal and enthusiasm, co-operation or love to the soul that is the charity of service you will accumulate in your account. It is an act of charity

to uplift someone who has fallen. To do service of your relations and contacts is the duty of a true server.

“Do not push those who have fallen further down, uplift them! Give them your co-operation. The *sanskar* of anyone’s weakness should not reduce the good wishes in your mind. That one’s *sanskar* is slack, but it is *powerful* enough to reduce your good wishes. It is necessary to have such good wishes among yourselves in the family. Do not look at anyone’s nature. God the Father knows that there is a conflict of natures, but the conflict of natures should not destroy the love, it should not destroy the relationship. It is not *right* that it would not let the task be as successful. This is God’s family. There shouldn’t be a lack of love here due to any reason. If there is no love in the family, it is not a family. No one except God can have such a huge family. Only when you become free from obstacles, you will become experienced and make others experienced with your *authority* of experience.”

– BK Nirwair

FUTURE OF POWER –

SUMMARY REPORT (Chennai, January 2010)

“Power is not what we want it to be. It is coercive and persuasive. We have to recognise it...how do we handle it? Power was generated in India, moved out and has come back. If we see how this civilization has worked, we will know how to use power. In this country, we have learnt to live with differences. Power is power – we can make it more benevolent.”

– Mr. Gurumurthy,
famous journalist.

Power in all its forms was discussed at the second Brahma Kumaris “Future of Power” dialogue held at the Hotel Park Sheraton in Chennai, Tamil Nadu, on 23rd January.

Examples cited of successful use of power ranged from a little girl’s refusal of chocolates that she loved, because her two-year-old sister had been diagnosed diabetic, to the moral certainty that helped an anti-corruption campaigner survive 72 hours of continuous interrogation by the police.

A strong theme that emerged was the need to stop idolizing “hard” power, which makes things happen in a coercive, physical way, and understand the importance of “soft” power,

which works through influence and persuasion. Either can be used for good or ill, but soft power works best when love and trust are present. “You cannot soften your power unless you soften your soul” was how one participant put it.

Delegates also heard that power comes from understanding, which then enables us to perform good actions. When those actions are fully elevated, the help of the divine also becomes present, bringing further strength that automatically benefits others. In this way, real power grows and a better future is secured.

Nearly 30 people, all of whom have distinguished

“Power is our ability to do things and be able to influence other people’s thinking. Power springs entirely from people. They can do and undo things. There are those who exercise power on behalf of people. But, in the process, distortion takes place. Ultimately, those entrusted with power exercise it in a way that suits his/her own will. It does not come from physical – it comes from the indomitable will.”

– Mr. Krishnaswamy,
Film Director and Producer

themselves through their work and ideas, took part in the dialogue. Some of them included: Mr. Naresh Gupta – Chief Election Commissioner of Tamil Nadu, Justice Mohan – Former Justice, Supreme Court of India, Mr. G.R.K. Reddy – Chairman and MD, MARG Limited, Dr. Badrinath – Chairman Emeritus, Shankar Nethralaya, Mr. Krishnaswami – Famous Film Director and Producer; Founder, Krishnaswami Associates

The essence of the dialogue findings was shared on 24th January at a function hosted by H.E. Governor of Tamil Nadu, Mr. Surjit Singh Barnala, at Raj Bhawan (the Governor’s house) in Chennai. About 200 invited guests attended – leaders from all sectors of society, education, media, politics, arts, governance etc.

Mr. Barnala said the dialogue had been organised to encourage ideas of love, of a free country, and of a high and spiritual mind. “Spirituality is the basis for everything,” he said.

Rajyogini Dadi Janki, administrative head of the Brahma Kumaris, who attended both events, said the power of love and truth is present in India, but needs to be made fully practical in order

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INCARNATION OF GOD



– B.K. Jagdish Chander Hasija

People have different notions about God and His advent. One must understand the actual truth in this context.

Primarily, God has a definite form and an Abode which are divine. He also has a definite way and time to come. He comes into this world and manifests Himself through a human medium. If God were everywhere, or if all human beings were but diverse forms of the Supreme Soul, then they all should naturally be recognised as His incarnations; but then, the idea of His advent would lose all its significance. It is known and remembered what Gita says in this context – “I am *Avyakt*” (bodiless), which means: “I have form of My own, but not like that of a physical body”, “I reside beyond the corporeal element, which is up above the ether in the sky, in another dimension of light, the sixth element called *Paramdham* My birth and actions are divine; I am never born, never die and do not

perform actions like human beings.” They are all souls reaping the fruit of their own individual actions. God is incongruent from them; He is an immortal Living seed of the Human Tree witnessing every move of the world cycle and descends to this world of humans only when there is irreligiousness. Human beings are not within the descriptions mentioned, and so, they are not incarnations of God.

One should know about the soul, before understanding the Supreme Soul. It is a known fact that the soul is different from the physical body. It is an eternal life, full of vitality. The entity called the soul is infinitesimally small, like an atom, a point of light, very subtle and resides in the centre of the forehead. Devotees in India usually apply *tilak* on their forehead as a mark. The Supreme Soul is also like a soul, a point of light. However, He is Supreme in all divine qualities and powers like – knowledge, purity, peace, bliss etc. Just as

calling anyone a Mahatma (a highly exalted soul) doesn't mean literally in size and magnitude of that soul, but only indicates its greatness from the standpoint of its virtues, similarly, the name, *Paramatma*, the Supreme Soul suggests His excellence in knowledge, divinity, power, etc. In Gita God says, “I am the highest on high, I am *Param Purush* (The Supreme Person) while the other souls manifest in their respective body are just *Purushas* (Persons), but not *Param* (Supreme) like Me.” If the term *Paramatma* (God) were any omnipresent entity, then, the question of His coming from *Paramdham* (Supreme Abode) wouldn't arise, or wouldn't He be considered to appear in any physical body, because, if He were limitless and omnipresent, there would be no point in His being confined to the limits of any particular body.

The *Gita* clearly says, – ‘My Supreme Abode is beyond and up above, where the light of even the Sun and the stars cannot reach’. Hence, God is in the form of self-luminous point of divine light and so He is called *Nirakara* (incorporeal) because a point has no body, angles, corners or contours.

God, the self-luminous point, called Supreme Soul, enters the body of a human being, manifesting Himself through that body.

Beyond the gross, mundane world of humans, far beyond the sun and the stars is a world of Brahma, Vishnu and Shankar having subtle, i.e. ethereal body of light which is called the 'Subtle World', *Devloka* (Deity World). Much far beyond this is another world called *Parloka*, *Brahmloka*, where the souls, after having been liberated from the body reside in their true state of being of light, without the body that they had in the gross World. The Supreme Soul as well resides and it is from here that He incarnates into the Gross world of humans and takes a body. This is how His advent – call it, descent or incarnation – takes place. This needs elucidation which will be given in due course, however, another important aspect one should know is that He is called Shiva because He always does 'Good' to the world and He is the embodiment of godness. He is also called *Amarnath* because He is the Lord of immortal souls. He gets the old world destroyed through Shankar and so He is also

known as *Mahakaleshwar*. Hence, Shiva and Shankar are two different personalities. *Shivalinga* is a symbol of Shiva, whereas Shankar has a physical human body. Shiva is the Supreme Soul, the Creator of all the three deities – Brahma, Vishnu and Shankar. He is, hence the Lord of three deities. Though He is basically one and one alone, followers of different religious systems of the world have their own symbols to represent *Shivalinga*.

More light on God's advent

To understand the meaning 'God is immune to birth and death,' demands deep study. God is eternal like other souls. But, He doesn't go through the human life-cycle like, taking birth from a mother's womb, childhood, youth, old age, hunger, thirst, sorrow, happiness; action and its consequence; disease, death etc. etc. His incarnation in a body is entirely different and unique. He does not have to be brought up by parents, taught by any teacher, He has no guru or any physical relationships.

(ii) Secondly, 'God is *Nirakara*' or bodiless, does not mean He has no form or He does not perform any

action through the body which He adopts. Actually He doesn't have a body of His own. Every human soul takes a body as per its own past actions and *Sanskars*. However, the Supreme Soul doesn't have to go through this. *Nirakar* means He doesn't have any physical dimensions.

(iii) Thirdly, He is *Karmateet*, which means – He doesn't have any accumulation of past actions as He is beyond physical birth and rebirth. He is never influenced or pulled by anybody's good or bad actions and its consequences. He constantly remains in a state of a detached observer. Though He adopts a body, He doesn't get involved in the *karmic* accounts of the owner of the body; He just uses few organs to discharge His duties. He can come and go any time in that body as per His will. He is ever-free. He is also called The Liberator because He is never bound by the ties of others' actions and liberate others from their sins.

(v) The Supreme Soul is both Father and Mother of the entire universe. He is the Eternal Living Seed of the human tree.

How does the Advent or Divine Birth of God take place?

The Supreme Being comes from *Paramdham, Brahmloka* or Soul World and enters into the body of an ordinary old man, making him His chariot or medium and names him – Prajapita Brahma, also called Adam. That is God's Divine Incarnation or Divine birth, in memorial of which Shiv-Jayanti or *Shivratri* is celebrated every year. Now, God, The Supreme Father Supreme Soul imparts knowledge through Brahma which is called 'Gita'. **Hence, anybody having a physical or subtle body is not God.** Shri Rama, Shri Krishna etc. are all souls, but, they are 'Devatma' or deities. Christ, Buddha etc., are all souls, but they are 'Dharamatma' or religious Fathers. Those who perform good actions are 'Punyatma' or Charitable souls and those who perform bad actions are 'Papatma' or Sinful souls. All are human souls having different levels as per their actions, however, not God. Even Brahma is not God; he is just a medium of God.

Divine birth or the divine incarnation of God takes place once a *Kalpa*. Only once does He, the Father of all souls, come to this world. He doesn't have to appear in the form of a tortoise, fish, or in any other animal or alien form. Because God comes to reform and change human world from *Kaliyuga* or Iron-age to *Satyuga* or Golden-age; and that includes everything.

If one understands the deep secrets about God, *Karma*, world-cycle and the most important the Present Time, then one cannot stay without claiming his inheritance which is birthright from God, the Father and experience the unconditional love from God, the Mother. ■

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that it can be restored globally.

"Bharat is the land of action, the land of character. Here, there are so many memorials of those who have done such good actions and there is so much praise of their character. Through our actions and our character, we can make spirituality practical now and create our memorials", Dadi Janki concluded.

The first dialogue was held in Hyderabad, Andhra Pradesh, on November 2009. A series of similar events/dialogues is to take place across India over the next couple of years. ■

Understanding The Difference Between Control And Influence

If we become upset with someone in our family or at work, it means we are trying to control him or her. And the moment others feel that we are trying to control them, they distance themselves from us, and that reduces our ability to influence them in that situation. This, in turn, kills our effectiveness at getting things done through others, and leaves us frustrated and stressed, wondering why the world does not behave the way we want it to. This finally turns into a very important realisation – the more we try to control, the less influence we will have, whereas the less we attempt to control others, the more influence we will have.

ENCOUNTER WITH AN ANGEL

– B.K.Yashwant Mishra, Manama,
Kingdom of Bahrain

Sand storms are usual in the Middle Eastern oil fields, due to low pressure zone created in Gulf and Arabian Sea, which pulls the dry sand of Saudi desert. Health & Safety department never allowed anyone to work at the site during sand storm and this was the time for Oil Field workers and engineers, to rethink on the strategies of the work and to recharge for next move.

I looked up; the sky was getting covered with flowing sand. Everyone started vacating the construction site. It was time for me to relax in the recreation room. I started planning about my future ... the train of thoughts was moving fast....and suddenly, I felt a soft touch on my shoulder.

I turned around to see the same celestial personality I met earlier – bright eyes, shining face and ever-sweet smile. I was very glad and asked –

“Hey! You are the same I met earlier! Right?”

“Absolutely right!” I heard a child-like sound, like very gentle

ringing bells.

“What’s new for me?” I was overwhelmed after seeing him again.

He asked, “Well, new for you or for your body?”

I was surprised and requested him to explain what he meant.

He said, “You are sitting in this room, you are not the room, the room is different from you, right?”

I said, “Well, that’s right but I am not getting you,” as I was bit confused.

He continued, “When you say this is my ink-pen, does it mean that you are an ink-pen?”

I started losing my patience, and I said, “How can I be an ink-pen, it’s different from me”.

He continued further, “And what about the shirt you are wearing?”

“Obviously, this is my shirt but, I am not a shirt, I was irritated and said, but, what do you mean by enquiring all these?”

He continued without stopping and asked what did I understand when I say “This is my head, my eyes...my

hands...my legs’etc.”

Well, when I say ‘my’ then it means that it is different from me, and when I say ‘I’ then, it is me. It means that I am not this head or eye, nose, etc.

“Then, who are you?”

I was clean-bowled again.

“Who is the one saying ‘my leg, my head...my eyes, my... my...my...’”

It was brainstorming for me and I tried to recall all that I had studied in my entire life...but couldn’t find an answer.

I said, “I have lost. Would you please let me know the answer?”

He finally revealed, “You are a soul residing in the body, from where you control entire system....your brain, mouth, eyes...etc.”

“Oh really! But how do I look like?” I was curious.

“A tiny point of light”, he answered.

“Just a point of light! It can’t do anything!” I didn’t agree with him. He said, “Look at the car driver; he uses his hand to turn the steering, and legs to change gear or press the brake”. I said, “But, how does a tiny point of light perform actions?” I was having a series of questions.

He clarified “You are not just a point of light but you are a living energy in the form of a point of light that performs action. You are a soul; reside in

the centre of your forehead and control all the systems just like the car driver is seated in the front seat from where he can approach gear, brake, and accelerator.” He continued explaining.

“Your body is controlled by your brain and you are controlling your brain. This is how you perform actions.” It was like revealing secrets.

“How does the soul instruct the brain”? This mystery was yet to be resolved.

“The logic is very simple”. He had answers for all the questions.

“Look at the remote-control of a television; your instructions are carried out through remote control, e.g. power ON/OFF, channel Up/Down, volume Increase/Decrease, and these orders are transmitted by infra red rays to the television receiver...” He explained like a professor. “You are performing actions through your subtle organs, i.e., mind and intellect. Initially, your mind creates a thought, then, your intellect takes the decision to convert your thought into action and it becomes a power of thought, which, in the form of vibrations, transmits it to brain. Then, your brain

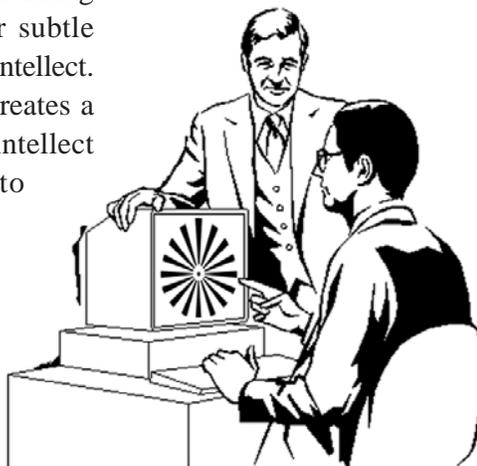
starts functioning and sends instructions to the body through nervous system and then you, the soul, perform action through the sense organs”.

“O’ my God; it looks like you solved the puzzle! Scientists are still tangled in this concept.” I admired him.

He continued revealing more secrets of the life ...”Your thought creates your attitude and action. If attitude is divine and thought elevated, your action will be accordingly. All you need to do is to think positive, which enables you to do positive, just as a tiny star is doing the entire miracle on earth”! I was literally surprised.

“Yes, the good or bad action depends on the quality of one’s attitude”.

He further said, “If you are body-conscious, you are away from your innate qualities like love, peace, happiness etc. and



your actions may not be up to the mark. But, if you realise yourself as a soul, then you become loving, peaceful and blissful, which is reflected from your words and actions”.

“But, how can one realise the self as a point of light? How to see others as soul, when the whole body is visible? I can’t see myself as a soul yet?”

He asked, “I saw you this morning, chatting with someone on traffic signal.... Who was that”?

I said, “He was my old friend who met at the red signal in adjacent lane; we could chat just for few minutes”.

“While chatting, whom were you speaking to”?

“What do you mean?” I was surprised.

“I mean, were you speaking to the car or the friend sitting in the car”?

“Of course, I was speaking to my friend. How could I speak to a car...?” I laughed.

“Similarly, while talking to a person, were you speaking to the body or the driver of the body, the soul?”

I couldn’t answer again.

But, still, I was not ready to accept defeat and asked more questions, “What is the significance of soul-consciousness? Why should I make effort to remain soul-

conscious”?

“Well, it’s just a matter of awareness. Just like you are sitting in this room and you know where in the room you are sitting precisely. Similarly, can you realise, where are you precisely, in your body”? He was observing me.

“When you see yourself with inner eyes, then you will develop looking at innate qualities of soul instead of weaknesses, which is body-consciousness”. He clarified peacefully.

“How to be soul-conscious”? I wanted to explore the treasure of bliss.

He said, “Firstly, understand completely about soul, then start practising it”. He was sympathising. He said, “This requires practice, practice and practice”.

Now, he had given me enough valuable information to become soul-conscious; and how all the innate qualities of the soul—love, peace, happiness, bliss, purity, power, knowledge—and powers will emerge which others could feel as well. The divinity will be visible in behaviour, influencing surroundings and nature”. He had accurate answer to every question.

“One’s attitude creates an

environment around, influencing even the objects, eventually transforming the nature. Your chair, table, even the walls in your room and everything that belongs to you carries your vibrations. So important one’s thoughts and attitudes are”!

“Do you really think that one can change his attitude and habits?” I was still struggling.

“It is as simple as cleaning your house”, he answered. “Your thought power is created by your attitude which is based on your current intention as well as whatever in your sub-conscious mind which is influenced by your memories. Your memory is your bank of information. To make your memory strong, continue filling true knowledge and churn to keep it alive.

So, to change one’s *sanskars* and attitude, one needs to have the aim of perfection and determined thought to achieve it. Let go hearing, seeing and doing evil things, as it empties one’s ‘Divine Data Bank’.”

Now, I started understanding the difference between body and soul.

Besides all, one develops natural, true relationship and

unconditional love for everyone around him; either apparent to the consciousness or sub-conscious which may not be apparent.

I felt deep affection for him. I realised that I had found a true friend. He really guided me to come out of darkness of ignorance.

He was probably reading my mind; and so he said, “We might meet again someday. Maintain your divine stage for long, to make it your nature. I want to see you in divine form.....see you soon”, and he disappeared.

I started recalling the moments passed with that angel....I was very much convinced with the logic with which he explained to achieve divinity...the train of thoughts was now moving slowly..... I felt a gentle touch on my shoulder....I opened my eyes to see my colleague asking me to get ready. The sand storm was over.

.....So, it was all a day-dream! But, seemed so real!

I came out of the recreation room. The sky was clear. I made up my mind to imbibe divinity in my life as we were all moving towards worksite. ■

Experience

A VOYAGE FROM BODY-CONSCIOUSNESS TO SOUL-CONSCIOUSNESS



– Bhawna Malik, New Delhi

Watching Sister Shivani on Aastha T.V. channel regularly, motivated me enough to join the basic course on Rajyoga meditation. I approached the nearest Brahmakumaris centre at East Patel Nagar, New Delhi, where B.K. Sister Prakash welcomed me to the divine world of Brahmakumaris.

I have always been a seeker, reading philosophies of different religions and contemplating on them. But, never once had I practised or followed any meditation technique. I began the basic Rajyoga course in the morning, guided by B.K. Sister Saraswati. I was amazed to see all the sisters having a peaceful expression on their face and their white attire made everything peaceful and pure. I rather envied this serenity.

I was then introduced to Murli which are the divine versions uttered by Incorporeal God Shiva through the corporeal medium of Prajapita Brahma. A daily dose of spiritual knowledge took me to the deeper realm of

spirituality. All my queries were answered, and, thus began my journey from body-consciousness to soul-consciousness. Daily greeting each other with 'Om-Shanti' stirred something within me.

Murli is so simple and yet it has deep philosophy. I experienced peace and became more stable, practising Rajyoga meditation. I reminded myself every hour that I'm a soul, people coming in my contact are also souls like me and they are playing their role in the drama of life. As I continued to feed my mind with thoughts like 'I am a powerful and peaceful soul', I got empowered and my mind grew more calm and quiet. My mood was no longer controlled by people.

Gradually, my relationship with people improved as I had realised that relationship means to give. It's been two months and I have become quite regular in my Murli class and meditation. The centre for me is like a home and BKs are members of my family. One thing that I would like to share

is – this is the only spiritual organisation that really takes care of you as the members of your family would do.

All in BK family look so simple, but, each one is a virtual storehouse of divine knowledge. I also visited 'Om Shanti Retreat Centre' near Gurgaon, to participate in a seminar organised for people in the field of social service. Though I stayed there just for two days, I gained a lifetime experience since the transformation becomes natural for those who visit.

My day during the seminar began with morning meditation session followed by the lectures on happiness and anger management. I found these lectures quite beneficial to one and all. Emphasis on changing and channelising one's thought pattern appealed the most to me. Stress was also laid on positive thoughts, having good wishes for others and nurturing the right attitude. People really are mistaken, when they associate Brahmakumaris with *sanyas*.

Most BKs are working; some are professionals while the dedicated ones have also not renounced the world completely and they do sometimes visit their families. My entire aura was charged with divinity. I felt as if I was experiencing the golden age (*Satyuga*) right now. During the entire retreat, I was engulfed with Purity in thoughts, words, and deeds. I attended a lecture by BK Dr. Girish Patel on 'How to prevent diabetes through thought – control'. Proper guidance was provided on diet and exercise. The food was *satvic*; it was served with love and feeling of service. The day finished with question-answer session. Coming back to my room, I felt fresh and sat down to practise Rajyoga meditation. I was thrilled as I could actually meditate and reach a thoughtless state. Never once, was I homesick or felt out of place. I would rather recommend everyone to attend such seminars, instead of wasting one's time in useless worldly pursuits.

As a result of this visit, my thinking has changed. I wish to help others by sharing this divine wisdom. I sincerely thank Baba and Brahmakumaris for being my guiding angels! ■

SELF-EMPOWERMENT

To fill yourself with a quality or power, which you feel you do not have or one, which is lacking inside you, try the following exercise. Suppose you feel that you lack contentment (satisfaction). To increase this quality inside you, sit comfortably in a pleasant room with your eyes open.

Withdraw (remove) energy mentally from everything around you – turn your attention inward. You might think of how a tortoise withdraws into its shell to detach itself from the outside world, but, carrying the experience of the world with it inside its shelter.

Create a point of consciousness. Focus on the centre of your forehead. Think of this point as a bright star, a sparkling jewel, a flame or a being of light. This will radiate positive energy, making you feel good about yourself.

Affirm (strengthen) this positive energy through positive thoughts and images about yourself such as "I am a contented soul; I shower everyone whom I meet with the quality of contentment", "I am a jewel of contentment", or "I am the child of the Supreme Soul, the Ocean of Contentment".

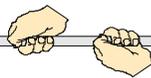
Focus your energy on contentment, and let this become the object of your meditation. As you focus, you will give experience contentment, turning the thought into a feeling.

Experience this feeling by giving your conscious attention to it.

During the entire day, you could visualise yourself performing each action under the canopy (shelter) of the Ocean of Contentment. Now perform this exercise for different virtues like cheerfulness, courage, humility (egolessness), tolerance, forgiveness, determination, etc., especially for the ones you think are lacking inside you. For the qualities already existing inside you, you could use this exercise to strengthen those features of your personality and bring them more into your actions and interactions.

Experience

BABA'S BLESSINGS IN MY SPIRITUAL JOURNEY



— Seema Mishra, Kolkata

When I was a child, I used to visit the Brahmakumaris Centre at Elgin Road, Kolkata, whenever there was some special programme. I would admire the sisters in their pure white sarees and yearn to join them. I learnt that their Headquarters was in Mt. Abu and wondered when I would visit it. Years passed; I became busy with my studies and work, but the desire to lead a spiritual life remained at the back of my mind. God was also watching me and helped me to begin my spiritual journey in 2004. I took Voluntary Retirement from my job at the Unit Trust of India due to health reasons as well as job changes due to restructuring of the company. I visited the BK Centre to find out the meditation timings since I felt that as I was free now, I could start meditation. Soon after, I came in touch with reverend Anandmurti Gurumaa, a realised soul. I started meditating and so my spiritual journey began. Gurumaa's meditation techniques lead the

sadhak (aspirant) inward and the purification of mind and body begins. I have also been influenced by the Bihar School of Yoga and regularly practise yoga and *pranayam* at home. I also attended Basic and Advanced courses of the Art of Living in the past few years. Swami Ramdev's yoga camp was held close to my home a couple of years back and I attended that too.

In September 2005, I was travelling to Ahmedabad from New Delhi by Ashram Express, in connection with some academic work. My connection with the BKs began here. As I sat on my side lower berth, a BK brother approached me to read one typed article for 'The World Renewal'. I read it but could not help mentioning that there were some typographical/spelling mistakes in the text. The brother graciously asked me if I could correct them. I did so. He then thanked me for doing service for Baba. He asked me if I knew anything about the Brahmakumaris. I told him that recently there had been

a Laser Show in Kolkata where all the Dadis had participated, though I had been aware of the BKs for many years. He took my email and phone no. and asked me if I would like to contribute articles for the magazine. I said I would be glad to do service for Baba. Since then I have been in touch with this kind brother and have written a few articles for the magazines and also done some editing at his request.

I must say that since I started my spiritual journey, there has been a lot of introspection and churning within me. I have learnt to accept situations. I used to be very impatient, but am surprised at my patience now. I can give two examples. Last winter, while coming back from New Delhi after attending a spiritual camp, I came to know at the New Delhi Railway station that the Kolkata Rajdhani would be leaving only at midnight instead of 5 p.m. Earlier I would have got impatient and not known what to do during that time. Now I just sat in the waiting room, took out my prayer beads, chanted the name of the Lord and read a book by Gurumaa and in no time, it was time for boarding the train. Recently, I went to the Post Office to send off an application for a spiritual magazine by Speed Post. There

were around 50 people in the queue and it took 2 hours for my turn to come. But I took it in my stride and spent my time chanting inwardly and interacting with the people around. My family members were surprised at the change in my attitude. In my earlier life, I would have walked out in a huff without completing the job. This is the change which meditation, Gurumaa and Baba have made in my life.

My father and I have regularly been watching BK Sister Shivani in the programme, 'Awakening with Brahmakumaris' where she spoke about managing relationships, explaining the whole issue very simply. I also attended 7-Day Rajyoga course at the B.K. Centre situated at Elgin Road, Kolkata, where Sister Kanan and Sister Chandra led me through my steps towards Godly knowledge and Rajyoga meditation. For a long time, we had been awaiting Sister Shivani's visit to Kolkata. The long wait ended when we came to know that she would be visiting Kolkata in January 2010.

On a windy evening on the 10th of January 2010, my father and I had the privilege of attending Sister Shivani's talk on Harmony in Relationships, held

at the Bengal Rowing Club, Rabindra Sarovar, Kolkata. It was a tough job to get passes, as all the passes had been distributed to the members and the Club officials were not sure whether they could accommodate all those who were interested. With a lot of initial apprehension and later, belief that if Shiv Baba wanted me to attend this talk, it would materialise, I left for the venue with my enthusiastic 80 plus father and a helpful friend whose old mother-in-law had obtained passes for us from Sister Kanan. However, Baba's grace was really flowing that day, as we were gladly accommodated by the Club members.

I entered a crowded lawn with chairs for all being provided by the gracious club members. There was a gathering of around 400-500 people. The surroundings were beautiful. We were sitting on the lawns of the Club, overlooking the Dhakuria Lake, with flocks of birds flying overhead as dusk fell. When Sister Shivani and Sister Kanan entered in their pristine white, we all stood up in respect. The President of the Club welcomed Sister Shivani for the first time in Kolkata. Unfortunately, the sound system failed soon after the talk began,

which gave Sister Shivani a chance to tell us not to take any situation negatively. She said our normal reaction would be to condemn the Club authorities and send negative vibes to the poor men in-charge of the electricity arrangements. This would be very detrimental to the mental situation of the mechanics as they, already harassed, would try to do the repair job as soon as possible. But if we sent them positive vibes, they would find it easier to do their work.

Sister Shivani spoke about improving relationships, both at home, in the office and in the world at large. She spoke about improving relationships between parents and children. She said that children went against their parents because the parents kept saying that the children were wrong. This alienated them from their parents. But if the parents keep sending positive vibes to the children or explained things to them calmly and through example, this would have a better effect. If the parents got up early in the morning, did yoga and meditation, followed a simple lifestyle and cultivated all good values, the children would learn to do the same. But we do all the wrong things and expect them to do all the right things.

At work, we need to show understanding and give positive vibrations to the employees so that they give their best and we build a healthy relationship with them. In our interactions with outsiders, we need to be loving and positive and deal with them patiently and without anger.

The audience were very appreciative about the talk and were motivated to try out Sister Shivani's advice of not trying to change the world but to change ourselves if we wanted situations to change in a positive way and people to respond the way we want them to. All this set me thinking as to what was wrong in my approach and how I could go about setting things right and improving relationships. She emphasised that we should cultivate love and patience towards all, with positive vibrations.

It was a delight to see Sister Shivani in person after a long wait and I am immensely grateful to Baba for fulfilling my wish. Her talk was appreciated by the audience including my old father who likes to listen to her in the programme 'Awakening with Brahmakumaris'. We look forward to more such events in future.

I am glad to record that the Brahmakumaris have made a big contribution on my spiritual path and I am sure that I will continue to receive Baba's blessings.

***The author is H.R. consultant,
based in Kolkata.**

SHIV BABA – AN ALTRUISTIC BENEFACTOR

– BK Neena, East Delhi

At this Confluence Age, Oh! **Shiv Baba**
Descend Thou through the human medium of **Brahma**
Thereby enlightening us with **Rajyoga**
For ushering in a New Golden *Satyuga*
On the Altar of Thy *Rudra yagya*
Our vices we sacrifice
In return, thou barter Liberation and Fruition!
Safeguard us from *Maya* – the Untouchable
Keeping it at Bay
In Thy spiritual teachings, the nectar of life lay!



Oh! **Shiv Baba**, Thou uplift the languishing poor
With Your Imperishable Divine Treasures,
Proclaiming them as the true rulers!
Oh Father of all fathers !
Incorporeal, Viceless, Egoless
The Ocean of Peace, Knowledge and Virtues
Thou never clinch the Golden Age's Sovereignty
Indeed an Altruistic Benefactor of Humanity!
We commemorate Your 74th Birthday – *Shiv Jayanti*
In all humility – with Austerity and Purity
Sending vibrations of Goodwill, pure feelings to the
Masses
Observing 'fast', keeping Thou beside in every task
Thus, intensifying our spiritual efforts so fast!



PROBLEMS ARE JUST SIGHT-SEEING

– B.K. Sandesh Sarvade, Solapur

Everyone has to face problems in life. Problems may be caused by circumstances or created by people and these disturb one's mind in day-to-day life. There are also situations full of stress, depression, frustration, irritation, etc. The situation may be just a minor irritation or a very big problem of life. However, to handle problems with clarity, courage and a sporting spirit is a great art. In fact, we are body-conscious most of the time which is the root cause of all problems. Clarity means to understand the problematic situations with a 'Pure Mind', which means, to have a determined thought that I am originally a pure, powerful and peaceful soul and become soul-conscious, detached from the body and everything connected to it.

Whenever a painful situation arises, one fights to get rid of it or move away from it. The problem is not solved in this way, rather it becomes more complicated. Never think or worry – 'Why did it happen to

me?' or 'what will happen'... etc. Consider it to be a test for progress and to make us stronger. Firstly, try to keep the mind calm and stable. Slow down the speed of thoughts and reduce unnecessary thoughts which create negative vibrations. Talk to the mind, 'O' mind, relax! You don't have to react, instead, respond positively'. Fill the mind with positive thoughts of Love, Peace, Purity, Compassion, Sympathy, etc. Pick up good even from the worst situation. Hope for the best and accept the worst in life. The word 'acceptance' reduces more than half of the problem. Problem is created in the mind first, before occurring outside. Therefore, one should be a solution to a problem, not a victim. One should remember all the situations dealt successfully without fear; then, the self-esteem remains high and one gains confidence and energy to solve. Sit comfortably; try to be silent. One can remain stable and calm, if there are no disturbing, negative or waste thoughts. Mystical and

miraculous things happen when one is really willing to solve from one's inner-self.

Remember, there is no such thing as 'continuous problem' in life; everything has to end. First of all, one should try and make every moment of life happy. Right decision-making is a prime element in solving an issue.

Let's consider some problems in life -

- 1. Anger** – It is temporary madness; it is not natural, it is just a mental disturbance. Solution to this is – Become aware of one's original nature of 'Peacefulness'.
- 2. Pain** – It is due to attachment or expectation. Remember that the situations are not external in one's control. All that one can control is the self.
- 3. Depression** – Actually, things don't work as per one's will; they are not in one's control. Become a detached observer.
- 4. Fear** – Fear is nothing but a feeling of loss.

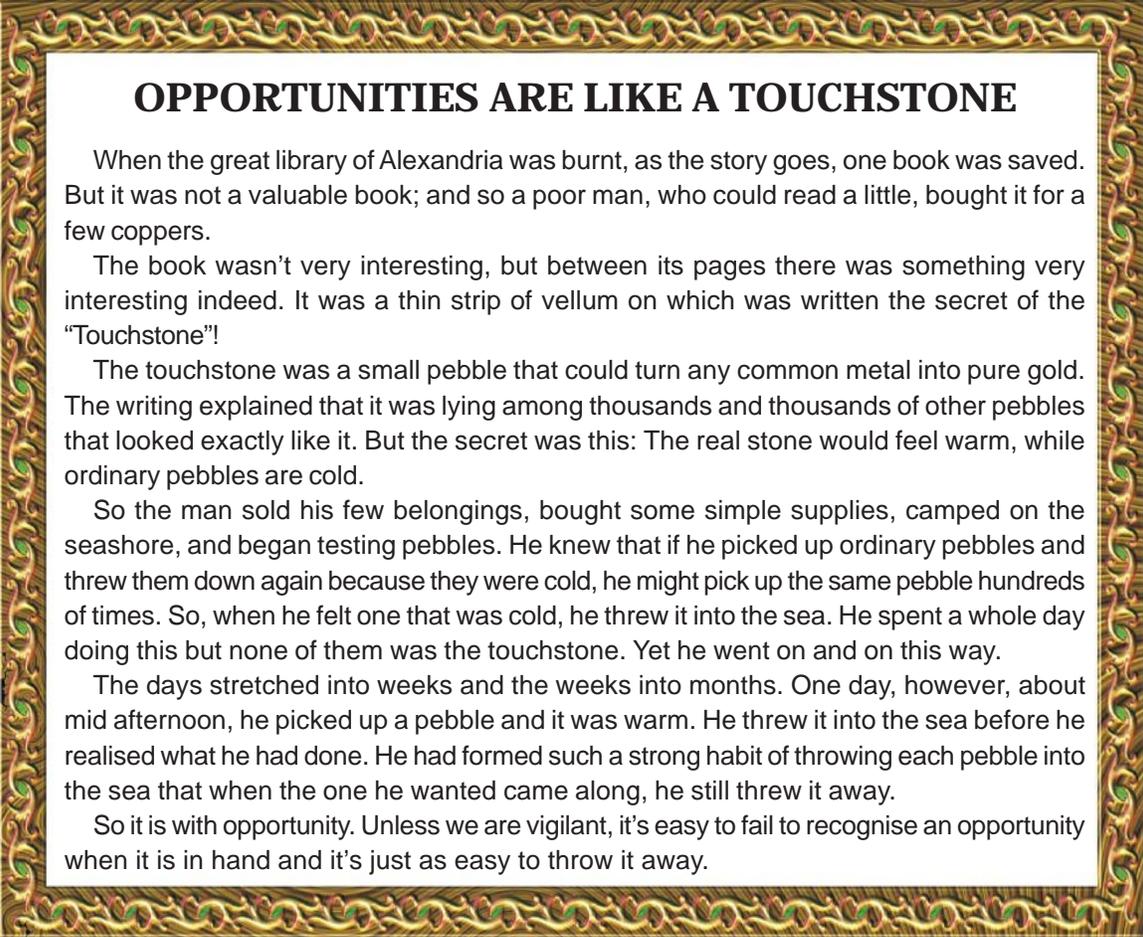
Fear is just an illusion sometimes, like fear of losing. Many times, we imagine things happening causing anxiety and fear; it is not happening actually. One should learn to see and understand things as they are and face with courage. Everything is subject to change,

decay and death. About 80% of thoughts, one has, are from the past. One is disturbed thinking about them spoiling his present and the future. One gets pulled either by the past or by the future but never stays in the present. Therefore, it is said – ‘The past is history, future is mystery and present is a gift and so it is called ‘present’!’ Hence, work on present moment, plan for future and don’t repeat the same mistakes of past, but learn from them.

Have a deep commitment and determination to dissolve the negative and waste thoughts and to walk on the divine path. When one is calm and stable, both mentally and physically, things fall in their right place. The teachings imparted in B.K. centres, help one to understand life in a positive way, looking at life differently. The Brahmakumaris help one to tread the path of life in a higher state of consciousness so that one can go beyond the

problems, situations and people.

Therefore, one has to do things and deal with situations with a peaceful state of mind, without irritation. It is said, “When you change, the world will change with you”. One should be cheerful in every situation. If one door closes, many more will open; life is full of opportunities. And so, enjoy life because problems and situations are just a sight-seeing. ■



OPPORTUNITIES ARE LIKE A TOUCHSTONE

When the great library of Alexandria was burnt, as the story goes, one book was saved. But it was not a valuable book; and so a poor man, who could read a little, bought it for a few coppers.

The book wasn’t very interesting, but between its pages there was something very interesting indeed. It was a thin strip of vellum on which was written the secret of the “Touchstone”!

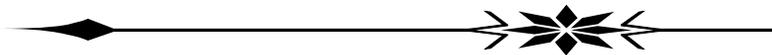
The touchstone was a small pebble that could turn any common metal into pure gold. The writing explained that it was lying among thousands and thousands of other pebbles that looked exactly like it. But the secret was this: The real stone would feel warm, while ordinary pebbles are cold.

So the man sold his few belongings, bought some simple supplies, camped on the seashore, and began testing pebbles. He knew that if he picked up ordinary pebbles and threw them down again because they were cold, he might pick up the same pebble hundreds of times. So, when he felt one that was cold, he threw it into the sea. He spent a whole day doing this but none of them was the touchstone. Yet he went on and on this way.

The days stretched into weeks and the weeks into months. One day, however, about mid afternoon, he picked up a pebble and it was warm. He threw it into the sea before he realised what he had done. He had formed such a strong habit of throwing each pebble into the sea that when the one he wanted came along, he still threw it away.

So it is with opportunity. Unless we are vigilant, it’s easy to fail to recognise an opportunity when it is in hand and it’s just as easy to throw it away.

SPREADING SPIRITUAL AWARENESS THROUGH SPIRITUALITY



– Prof. Amrit Lal Madan, eminent
litterateur, Kaithal

[Born on 2nd August ,1941, at village Taunsa, District Dera Gazi Khan (now in Pakistan), Prof. Amrit Lal Madan is a renowned litterateur. Awarded by various organisations, including All India Radio, Doordarshan, Haryana Sahitya Akademi and Sahitya Kala Parishad, Delhi, he is a playwright, novelist and poet. During his visit to Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalyaya, Prof. Madan shared with *The World Renewal* his divine experience and spiritual influence of BKs on his professional life, which are reproduced herewith for the benefit of our esteemed readers. –Editor]

Professional life and interest in spirituality

As far as my professional life is concerned, I have 34 years of experience in the field of education in Kaithal, near Kurukshetra, inclusive of 3 years of teaching English in Ethiopia in East Africa. I was sent there by Govt. of India, on deputation in 1973. Prior to that, I had 4 years of experience in teaching in Karnal. Presently (after retirement), I have been working as the Principal of Jat College, Kaithal. All through this career, I found spiritual dimension missing in our schools and colleges, which is rather unfortunate. The students are concerned only about gathering information and degrees, while teachers

impart education in a mechanical way.

Both as school teacher and as lecturer at college level, I realised that a teacher who is spiritually awakened, gentle, loving, caring, is very efficient in performing his duties, while a teacher who has no spiritual leanings, can be called a mere instructor and not an educator in real sense. When I started teaching M.A. classes in my college, I had to go through great literary mastermind like Walt Whitman, Emerson and Rabindra Nath Tagore, etc. These aroused a lot of keen sensibility about the spiritual aspects of education and everyday living. Being a poet, novelist and playwright, I developed natural leanings

towards spiritual quotient of man's quest. Now I am just a learner at this Ishwariya Vishwa Vidyalyaya.

Experience of the first visit to the Brahmakumaris' headquarters, Mount Abu

I came here for the first time in 1991, along with the retired Principal of my college. We were sent by the courtesy of B.K. Sis. Pushpa, the Chief of local Brahmakumaris centre, Kaithal. It was really an inspiring experience to meet revered Dadis and to listen to their enlightened discourses. The occasion was a 'World Conference on International Peace through Spirituality'. The messages and sermons that were delivered by the spiritual and political leaders of all hues were really ennobling and thought-provoking. It was an unforgettable event, indeed. And, when we returned home, we carried with us a deep sense of inner peace, need of love and tolerance and understanding in national as well as international affairs.

Despite my great experience during the first visit, why did it take such a long period to revisit here?

Being a busy writer and educator, I was totally engrossed in the literary activities as well as co-curricular activities of the college. I wrote several short stories, poems and dramas, emphasising the need of love, peace, understanding and spirituality in my literary works, many of which won state level or national awards. Today, I have 21 titles in Hindi and two translated works to my credit. All these took a lot of time and energies. But, I always carried the glory of Mt. Abu in my heart and soul all through these long years. Here, I would like to mention a very important thing that the latest visit at Mount Abu, along with my wife is the result of B.K. Ranjit Fuliya's efforts who one day suddenly visited our home and inspired us to pay visit (my second visit) to the holy premises of Brahmakumaris at Mount Abu.

What I learnt about Brahmakumaris organisation during my two visits

Before the latest visit, I read some literature of Brahmakumaris and got to know more deeply the basic tenets and fundamentals of the

Brahmakumaris movement. I found that the present age in which modern technology has made tremendous progress and Cable TV has entered each and every home with all its negative influence, there is a strong need of fulfilling the spiritual void that we find in the lives of men and women of modern India who are running after wealth and position, in the wake of globalisation, liberalisation of economy. This rat race has resulted in a lot of inner and external corruption. Hence, there is a need of a great spiritual movement to strike a balance between the material progress and the spiritual enlightenment.

The force behind the spiritual education being taught in Brahmakumaris

The whole process of spiritual education here is being carried out by the elderly Dadis and awakened souls who seek their guidance from the *Murlis*, i.e. Godly versions (Shiv Baba's versions, both in *Sakar* form and *Avyakti* form) through the medium of Brahma Baba. There is no doubt that it is a Godly wish which is being fulfilled in the Brahmakumaris Ashrams. I hope the movement sustains its strength and embraces the whole mankind, if the world has to be saved from nuclear wars, total

destruction and utter environmental pollution as well as the corruption of the lowest type.

World Transformation through the spiritual education being imparted in Brahma Kumaris

Through this kind of education, attitudes are bound to change; new energies are bound to unleash; new dimensions of national and international politics are bound to open. Of course, we are living in very dark and dangerous times, due to spread of terrorism, hatred and intolerance. Peaceful co-existence of various communities seems to be threatened, yet all is not lost. Mankind has to repose hope and faith in the positive values of living and in the education as embodied by institutions like that of Brahmakumaris, otherwise, there is no hope and world is doomed to perish.

Personal effort for self progress – the main aim of this institution

On my personal level, I think I will be able to meditate for my self improvement. I also hope to impart deeper spiritual vision in my future literary writings. If I succeed, the credit would definitely go to the Brahma Kumaris and Kumars.

The foreign authors found close to spirituality

First of all, William Wordsworth, who was close to spirituality not only through love of nature, but also through a feeling of reverence for her. Then William Blake with his 'Songs of Innocence' and 'Songs of Experience', was the product of genuine inspiration in the soul. T.S.Eliot's 'Waste Land' was a vision of desolation and spiritual draught with a scathing attack on the modern civilisation. Several English dramatists and novelists including Shakespeare and Graham Greene considered evil in all its dark aspects in their works, thus indirectly dwelling upon inherent spiritual values. Of course, who can forget John Milton with his 'Paradise Lost and Paradise Regained'? Among the Americans, Walt Whitman with his 'Song of Myself' and 'Leaves of Grass' is closest to the divinity when

he finds even a blade of grass to be a divine creation. Emerson is another American poet emphasising great spiritual values through nature.

Spiritual touch in my writings and how I manage to convey moral and spiritual values to the ordinary readers

My first published work was 'Sant Mahatma', an epic in Hindi on Guru Nanak Dev's life and spiritual teachings. It is penned down in simple diction and language for the ordinary readers. In some of my plays, I have focused on spirituality by bringing it in conflict with other material forces and the evil lurking in Man's mind everywhere.

Spiritual impact through some of my plays, e.g., 'Chauthi Tang' and other writings

That is true. In my full-length play 'Chauthi Tang' (The Fourth Leg), the broken fourth leg of

an otherwise shaky and unstable table is the metaphor for spirituality, whereas the other three legs are material forces or political ideologies that are imperfect without the spiritual content. Similarly, my novel 'Virat Bouna' also has at its centre a dwarf (like the one in a circus) who stands for moral and spiritual values as against the socio-political intrigues of lowest kind. Another full-length play 'Maya Mrig', recently published, also deals with aimless wanderings of the human soul in the barren jungle of greed and corruption. Amongst my one-act plays, 'Atma Ram' stands out for the victory of spiritual forces.

The influence of my visit

In some of my latest poems, too, I have endeavoured to bring about a spiritual transformation through the use of metaphors and symbols, due to the recent influence of Brahmakumaris. ■

THE CALL OF OUR TIME.

"This is my season to be in India and I am using this time to deepen my own spiritual efforts. I ask myself, 'what kind of thoughts should I be creating?' You, too, can speak to your mind about the thoughts you are having. Ask your mind to create thoughts that are naturally pure and elevated, without feeling that you have to suppress yourself. Become patient. Keep your racing mind cool by saying to yourself, 'The present and the future are good' and 'Whatever the opinions of others, everything is fine. Everything will be OK'. If you care for your mind in this way, you will be able to keep your mind free from obstacles. An obstacle-free mind is able to help others."

– Rajyogini Dadi Janki

ELASTICITY OF SOUL



– **B.K. T.N.K. Varma, Kochi**

Every year, the last week of January is celebrated as Stress-free week in two districts in Kerala under Kochi Rajyoga centre. It has become very popular among the locals, educational institutions, corporate houses and government establishments. Eminent BK speakers and faculty members from around the country are invited to deliver lectures and demonstrations on related issues.

For a common man, the concept of self or soul as an entity in itself is very difficult to understand. One of the speakers developed a practical method to drive home this point as a part of spiritual education. He always started the class displaying a rubber band. After a few preliminary words, he would conduct the class as follows, ‘Do you see the elastic quality of this rubber band? When you pull, it stretches and when you let go, it returns to the original shape. But when you increase the pressure on the rubber band and the gap before

release, it will not easily return to the original state because of reduced elasticity. After continued exposure to the pull, the band will completely lose its elasticity and will finally snap.

So is the human mind. It is elastic enough to take pulls and pressures of life in its pace. We call it the ability to cope. The mind experiences stress, when problems are encountered, or in the form of waste and negative thoughts. When the cause of stress is removed, mind goes back to the original state. This is possible because mind is a faculty of the soul, which is an amalgam of seven qualities called knowledge, purity, peace, love, happiness, bliss and spiritual powers. There is no problem big enough that cannot be solved by the application of these core values. It provides the soul elasticity needed to fall back to its original state of total peace. So long as this is the state of affairs, the soul easily handles all pressures—personal, social or professional. A prolonged exposure to

another form of experience, in which the soul is subjected to the vices, mainly, lust, anger, greed, attachment and ego will reduce the power of the mind, which if not tackled in time turns the mind against its master, the soul. This has been beautifully brought out in a verse in Bhagavad Gita (Chapter 6, Stanza 5) which translates as: The soul is its own friend and its own enemy. If soul runs after sensual pleasures, it is deceiving itself by avoiding the truth, which leads to problems and, thus, acts as an enemy; if it concentrates on elevated and pure thoughts, it acts as a friend by following the right direction given by God on the path leading to peace and happiness. In a situation where it is constantly bombarded by pressures and problems, it becomes difficult for the soul to retain its elasticity and when the mind can no longer control the reactions to situations, it either goes into one of the many types of mental depression or passes the effect to the body and there, it manifests as psychosomatic or other stress related illness. This is what actually happened in the last 2500 years comprising Copper (Dwapar Yug) and Iron ages (Kaliyug). In Gita, it is referred to as the fall from *Sato*

stage through *Rajo* to *Tamo* and then to the lowest level called *Tamo Pradhan*.

But, the mind by itself is not capable of any action to rid itself of the stress and strain caused by this vicious traffic of thoughts because it cannot distinguish between good and bad thoughts. The intellect is the second faculty, which assists the mind in retaining balance. The segregation of good and bad is carried out by the intellect. But, unless the required action is taken, to reduce the flow of thoughts or to change its nature from negative to positive, the situation will not change. The intellect also will get overloaded and this will further deplete the elasticity of the soul. Soul, the master, has to fulfil yet another role which is to rein in the old *sanskars*, the third faculty of the soul. It is that invisible powerful force, which exerts considerable influence through the sub-conscious mind. The names *Akal Thakht* and *Agni Chakra* are used to denote the seat of the soul in the body in various religious practices. The soul exerts its will power to execute its desire. Being imperishable, just as energy cannot be created or destroyed; the soul acquires the *sanskars*

of several births and in the process loses its original elasticity, which actually is made up of the seven qualities mentioned earlier. Each birth adds its share of experiences, which forms the foundation of *sanskars*. Bodily relationships have a tendency to cling to and clutter the intellect affecting its capacity to distinguish between good and bad.

The Hindi words *Sambandh* (Relationship) and *Bandhan* (Attachment, Bondage) literally, reveal the situation. The depletion of its original qualities causes the soul to shrink or get underperformed and as it becomes a habit, it starts slipping and moving away ceding ground to body-consciousness. Over a period of time, the soul-consciousness is removed completely and everyone starts identifying himself/herself with the body. Wrong thoughts lead to wrong actions, wrong actions form wrong perceptions, experiences and they, in turn, lead to wrong habits. Nature becomes rigid and the ability to adapt and adjust disappears.

In order to remain unflappable even in a grave crisis, the soul should have these qualities:

☞ **Energy:** Soul is pure energy in its original state. Continued exposure to vices has resulted in pollution of the mind and intellect. However, the good part is that, it can reverse insentient energy produced from five elements.

☞ **Love:** Love is the unseen thread that binds humanity. All the differences of religion, creed and colour disappear, when souls meet under the canopy of the Supreme Soul, who is the Ocean of love.

☞ **Attitude:** Change is inevitable and change of attitude from negative to positive is what will transform the way one thinks, speaks and works. The first commandment in the transformational cycle is 'I am a soul' and with it comes the invisible but potent force of character, based on the original qualities of the soul.

☞ **Simplicity:** Life in itself is simple but people have made their own lives complicated by following the commands of the body. Simplicity is the forerunner of greatness.

☞ **Tolerance:** This is the fragrance of life; the oil that lubricates broken relations, mends fractured friendships and allows people to forget and forgive painful experiences.

The greatest expression of love between two souls is that of mother and child in which the virtues of love and tolerance merge.

☞ **Civilisation:** Commercialisation of the beautiful body has taken away the last vestiges of sanctity from human relationships. Soul-consciousness opens the 'Third eye of wisdom and re-establishes the civilised society. God's own words in this context are 'Look at the diamond, not at the snake, which carries it.'

☞ **Courage of conviction:** God is the Father of all souls. He is beyond birth and death. He lives in *Brahmlok*, the highest abode and incarnates once in 5000 years to keep up His pledge, to remove evil and establish Golden Age. Make Him your friend, teacher, preceptor, lover, child or any relation that suits you.

Stress by itself is not a disease, but, if the cause is not treated, it will reappear at the slightest provocation. The genes are a loaded gun and negative thoughts may turn out to be the trigger. The remedy lies with you, the soul and the success of the treatment lies in your ability to restore the elasticity of the soul. ■

REDISCOVERING TRUE HAPPINESS

Ever since I was young, I had the feeling that someone who really knew God would never long for anything. This has now become my experience. On belonging to God, there is no longer the feeling of needing anything, because the presence of the Supreme in our lives fills the soul with the deep, internal happiness it has been seeking for a very long time. When we have that happiness, we truly do have everything.

All running around finishes, because there is contentment from within. Then, it is not just that God is present in our life, but that we begin to play our part together with God.

When an actor is playing his part on stage and another one joins him, it is valuable. This is how it works with God. This becomes our experience – God's part and mine are connected, and we begin to play our parts together... in the heart.

BECOMING A SELF-MASTER

When we rely on material wealth, possessions, position and people for our well-being, we become dependent. There is the feeling that we cannot live without them, and our attention is constantly diverted from the spiritual path.

If we truly want to experience God's presence in our life, this subservience has to end. We need to experience how much, by making God the source of our well-being, we feel free and happy.

When happiness is based on physical things, life becomes a struggle, because such things bring no lasting benefit. All the struggle and feelings of emptiness in the soul are because of the loss of constant happiness. However, the experience of Godly happiness finishes the emptiness and makes life worth living.

When God becomes our foundation, we experience a new source of well-being and strength that is steady and reliable. This enables us to remain involved in everything, without being pulled down by anything. Subservience is replaced by self-mastery.

– Rajyogini Dadi Janki

(from the book – 'SPIRITUAL GREATNESS')

DIABETIC

Sugar Makes The World Go Round. The Shopping Trolley Made Of 100% Sugar

– B.K. David, Paignton, England

Who is Sweeter – You, The Lord, or a Bar of Chocolate?

If the answer is you, then I have to bow to you. If the answer is the Lord, then, congratulations! If the bar of chocolate is sweeter than you, then commiserations, for you are subservient to a £1 bar of chocolate that controls your life. How amazing to be controlled by a bar of chocolate, by sugar! You are not alone in this, as many need a daily fix, a sugar rush throughout the day to get by. We are a world of addicts no less, addicted to sugar.

Do You Have a 1% Share of Misery?

If you feel the Lord is sweetest, you do not get a medal, as the answer is as easy as if I were asking you – ‘Who is heaviest, an ant or an elephant?’ Would you give a medal to someone who knew the difference between day and night, between hot and cold, between a toe and a leg, between a fish and a whale? Why should someone get a prize for knowing that God is the sweetest, the most wonderful?

God is 100%, and we are now 1%. God is always 100% full; all the time. At a push, we are 1%, all the time. Most walk round in a 1% condition. This condition is simply known as misery. Many people take 10,000 steps a day in misery and only two steps in happiness. The result is a day spent in total misery with just two fleeting steps of happiness. It is most rare to find a person who walks round in happiness. That is about as rare as standing next to God at the checkout at your local supermarket. In fact, it is easier to meet God in the supermarket than it is to meet a truly happy person today.

Two Rupees and the Pie (Paisa) Of Happiness

Are you second to a bar of chocolate? For you not to be sweeter than a bar of chocolate is like the richest king being poorer than a beggar. The king who has everything has nothing if he is not happy. Better to sit in comfort on the floor than have a gold throne that gives you both backache and a headache. The beggar with his 2 rupees, who can smile and laugh, is far richer

than a sad king. You can have and spend all the wealth in the world, but if it does not bring you and others happiness, you may as well take up fishing and go enjoy yourself. The king, who has everything, but no happiness, is subservient to the beggar that does. The beggar knows that only with effort and care can he catch fish. The king expects the fish of happiness to jump into his lap.

Supermarket of Sugar

Take away the sugar to be found in the foods of a supermarket and you’d have a supermarket with empty shelves. Sugar in all its forms is added to nearly every food in every supermarket. Take away the sugary foods from people’s intake and they would truly starve to death. Sugar does make the world go round. Take away sugar and you take away industry, commerce, relaxation, sport, art, travel and life would in reality, come to end for all of us. The world would then be ruled by only the plant eaters, the animals.

Off Your Trolley – And into the Asylum; cry foul!

Take sugar out of the equation, out of circulation, and you take away people’s three meals a day, their snakes, their energy, their life. The people of the world could never live on apples, fruit and vegetables and are totally dependant on

processed sugar enriched foods. Included in these are of course, meat and fowl. Take away an animal's artificial, unnatural, high starch, sugar laden, sugar induced food and what are you left with? A car case!

Combo Investigation

Combo Investigation had a smash hit record some time back in the 70s – it went, in part, like this: Sugar Na Na Na Na Oh Honey Honey. Na Na Na Na, You are My Candy Girl and You Got Me Wanting You... The record still reflects life today and our endless relationship with sugar. Sugar is in every cell of our body, both natural and unnatural. Is it any wonder we think and rush round like crazed people for most of the day? Sugar rules and we are its obedient servants for sure.

Sugar – Surviving the Stress and The Storms

To think a King/Queen/Governor/Dictator of sugar runs and controls every country in the world is a hard thing to grasp, but it is true. Someone who does not lead a sugar-induced life is someone who lies on the floor and does not breathe. Sugar is far more powerful than any government or world leader. Sugar can feed you and your children, a President cannot. Sugar rules the globe and is master because it controls from both a primeval

and modern perspective – survival and stress. We want to live and we have the deep-seated urge to feel good. We wish to live, so we each day have to fight stress, and that takes energy, and we can get that energy very easily by simply paying our £1 for chocolate which then gives us life and happiness – for 10 minutes! We have 10 minutes' lives today – that is all.

Survival and Pleasure

For these reasons sugar is number one in the world and is found in every country, every pocket, bag, kitchen and shop. Hail Chocolate. It is a silent dictator governing everyone all the time. He rules 24 hours a day and by just two laws to which we all live under: survival and pleasure. This quick-fix to our problems and happiness and future survival has lasted for a thousand years.

Gold and the Gun Take a Bow

Sugar is master of all, even the ones we call masters, your Holiness, Presidents or Prime Ministers are all subservient to this sweet sugar king. Sugar is even more powerful than gold and the gun which are useless without sugar (energy) behind them – it takes energy to pull a trigger as it does to buy and sell stocks and shares. Man can do nothing without energy and today's energy is gained from

sugar, both directly and indirectly. We need energy to drive tractors, operate PC's, build, maintain, switch-on, switch-off and create. Without sugar we could not even love, walk in the park or laugh. Everyday without knowing or realising it, everyone salutes and bows down to the omnipresent, all-powerful, all-seeing, all-controlling God of Sugar.

Speed King In View of the Finish Line

Sugar is in the driving seat of the world, and we are heading for a head-on crash with everyone on board. This car of greed has its pedal to the floor and speeding out of control. The world is blind to where it's going and how to stop this greedy car of desire. It has a large number ONE on the bonnet and doors, for it is number ONE big boss in the world and will win the race – but will crash with all of us inside the car when it crosses the finish line. The finish line has a solid thick brick wall across it with FINISH LINE painted across it. FINISH LINE is very clearly written in large six feet high letters on the wall and should be easy to see and stop crashing into it. But if you are intoxicated with greed, this wall and finish line (end) become invisible to you. And remember, this is a very old car and not fitted with seat belts or airbags.

Baptised Without Water....

How long can you live without sugar? Like the man lost in the desert thinking of water, we today are a world consumed and possessed by food. Sugar is everyone's God. Even the atheist loves this God. We baptise ourselves and confirm our love for this sweet God every time we eat. Hallowed be thy name – Sugar, Sugar. We baptise ourselves everyday without water. Our morning prayer might as well be: "Lord, take away my teeth and give me diabetes. Give me energy and take away my unhappiness, Oh great One". That is the new Lord's Prayer. We are blinded by the brilliance and vision of sugar. If you look carefully, there is a subtle halo around every bag of sugar and chocolate bar. For about five or ten minutes only people become saint-like whilst eating sugar. And afterwards they become devil-like. One minute they are on top of the mountain, the next they are in the trench of despair.

Mountain High – River Deep

Most don't have the wisdom to climb each day, and instead fly quickly to the top of their mountain. Their life is but a constant avalanche of falling and injury. There is a lot to be said for taking your time in life. There is also a lot to be said for rushing—all negative. We should treat life like a mountain, and learn to climb it. It's a slippery mountain with many fallen and injured at its foot. Happiness can only be walked too, or grasped. Many try to fly – and die.

Even Babies Are Not Greedy

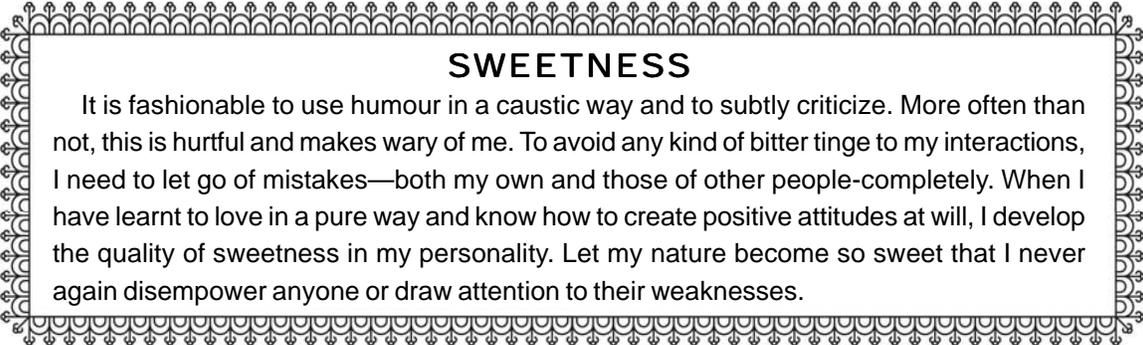
So where does all this leave the spiritually inclined, the health conscious, the person who likes to feel good? Learn to live without food, at least not much food. Learn not to be dependant on food like the rest of humanity. So you do not eat for two days – so what. Take away a baby's dummy and it cries; take away its food and it dies. Are you a baby or a master of

yourself? If you are not a baby, then you must be in control. Are you always in control of your eating habits? A baby has little control of its eating timetable. Are you greedy? Even a baby is not greedy. Why not stay healthy, keep your teeth and stay away from diabetes.

Go To Hospital, You May Never Come Out Again

Our sugar (life), our energy (desire), our sweetness (love) should come ultimately from God—the source. God only gives health and wealth. God neither gives headaches, false teeth or diabetes. The Lord gives longevity whilst humans give each other sudden death on roads and streets, in wars and with guns. God gives you unlimited insurance; man the revolver of Russian roulette.

God is so healthy, so sweet. He is the atomic bomb of love and health. Get caught in His wave of love and sweetness and live forever. His mind is a vault of unending wisdom and wealth, should you know how to open it. ■



SWEETNESS

It is fashionable to use humour in a caustic way and to subtly criticize. More often than not, this is hurtful and makes wary of me. To avoid any kind of bitter tinge to my interactions, I need to let go of mistakes—both my own and those of other people—completely. When I have learnt to love in a pure way and know how to create positive attitudes at will, I develop the quality of sweetness in my personality. Let my nature become so sweet that I never again disempower anyone or draw attention to their weaknesses.

'CONCENTRATION' – A KEY TO ASSURED SUCCESS

– B.K. Vinayak, Mount Abu

The value of life is counted by the achievements. Everyone thinks of achieving good in life. But only a handful reach the target in any field. Some go close but, won't accomplish and the rest remain engaged in dreaming and planning their entire life. Such people sometimes look for shortcuts like money, support from loved ones, astrology etc. **But, the key factor to success or failure in life is the 'power of concentration' or a lack of it.**

Power of Concentration is defined as deep focus, where activity of mind, intellect and body is aligned. The power of concentration is always associated with power of tolerance. These two powers are like wings that make one fly towards success. Arjuna is the best example in this regard. He could see nothing except the eye of the clay bird. **Not only eyes, but, also his mind, intellect and actions were all focused on a single point, which was his real target. This**

exactly is the power of concentration.

There are many persons in the world, who have contributed much for the welfare of mankind. Three personalities who contributed a lot in the field of Science, Literature and Spirituality are as follows:

SAVING MANKIND

Louis Pasteur, a renowned scientist, worked on a vaccine for dreadful diseases like, diphtheria, cholera, yellow fever, plague, rabies, anthrax, and tuberculosis and saved mankind from the jaws of death. He started his inventions at the age of 32 and continued till the end of his life, even though his personal life was a tragedy. He suffered paralysis and brain haemorrhage at the age of 46. Three of his five children died in childhood due to disease. Despite his great contribution to medicine, many doctors and veterans strongly opposed him. But, all these situations surrendered before his power of concentration and he continued to get success in his inventions, for each of which

the world is grateful to him till today.

BELIEVE IT OR NOT

Unbelievable! Composing a dictionary in Indian regional language by a foreigner? Yes! That is the truth!! Reverend Ferdinand Kittle was a German priest posted in southern India as a Protestant missionary. It was during this time that he undertook a serious study of Kannada language and acquired a command. He not only learnt spoken Kannada but also various historical stages of its development and its prevalent dialects. He thought of composing a dictionary from Kannada to English, which was an extremely tough and challenging task for a foreigner.

The work began in the year 1872. People called it a crazy adventure and his seniors criticised it strongly as a waste of energy and time. In spite of his failing eyesight, he travelled extensively from one village to another in bullock carts and on foot to collect words. But, his concentration on work was so immense, that no obstacle could stop him. Finally, he presented the dictionary consisting of 70,000 words, after twenty-two years of intense labour and concentration, in the year 1894. This dictionary is considered a veritable, comprehensive source of knowledge even to

this date.

THE LIVING LEGEND

Very recently, in 1978, Dadi Janki, an elderly Indian woman, was titled 'The Most Stable Mind in the World' by the scientists of Medical and Science Research Institute, University of Texas, USA. She is presently the Chief of Brahmakumaris World Spiritual Organisation. They examined the pattern of her brain-waves and found that her mental state was completely stable and undisturbed even while performing complicated mental tasks. Her E.E.G. test constantly showed 'delta waves' while decision making, eating, giving lectures, talking and sleeping and calculating all the time. Her intense practice of Easy Rajyoga Meditation to have unbroken concentration enabled her to have this 'most stable mind', as a result, expanding Godly services across the globe in 132

countries. She is a living example of Virtues, Powers and Wisdom.

IT IS TIME TO CONCENTRATE

Presently Supreme Father God Shiva is fulfilling the responsibility of world transformation, from Iron aged to Golden aged. The Ocean of Knowledge and the Almighty Authority is now teaching the method to transform from human to divine being.

This includes four subjects, i.e.,

a) Godly Knowledge,
b) Practice of easy Rajyoga,
c) Inculcation of knowledge, virtues and powers and
d) Godly service. In order to be successful in all subjects, it is necessary to concentrate on each subject deeply. But, the consistency and intensity can be maintained with interest and motivation. Motivation is possible by realising the attainment or gain one gets. Therefore, the very first step for intense effort is to realise

thoroughly the value of unlimited and imperishable inheritance given by The Most Beloved Supreme Father God Shiva, which is key to success.

EXTRA BONUS

- Power of concentration is most effective and the only device to serve through mind.
- It helps to improve other abilities: to discern, to judge etc.
- As this power keeps mind, intellect and body occupied, there is no margin for waste.
- Concentration energises mind and intellect as the speed of thoughts decreases.
- It eliminates carelessness and laziness.
- It brings royalty and attitude of taking responsibility.

Hence, concentration becomes a blessing, when Rajayoga is practised. Remember also this blessing of God Shiva: Success is your God Fatherly birthright.

THE BEST COMPARISON IS THE COMPARISON WITH ONESELF

The one who is comparing oneself with what he was and seeing how he can improve or how he has improved is the one who is constantly bringing about progress in his own life.

On the contrary, the one who is comparing himself with others is the one who is constantly finding excuses and leaving behind the opportunities that he gets for bringing about a change.

When we are free from excuses and free from comparison with others, we are able to be light even in the most challenging circumstances.

We are not caught up with our own mistakes or those of others, but are able to constantly add on to our treasure store of experiences and be richer and richer with every new challenge faced.

The NCC Cadets from Kerala, Assam, Punjab, Bihar, Uttaranchal, West Bengal, Karnataka, AP, MP, UP, Rajasthan and from other states took a keen interest in the methodology of thought control.

KOLKATA

January is always associated with new resolutions and new hopes for BKs. The strong vibrations of *tapasya* in this month generate various plans for services. Keeping this into consideration, 'Awakening with Brahmakumaris' fame, B.K. Sister Shivani, was invited to Kolkata for spreading Godly message. Mr. H.P. Kanoria, Chairman, SREI Foundations, Institute for Inspirations and Self Development and Editor-in-Chief of Business Economics, and Sr. Sister B.K. Kanan were instrumental in arranging a series of lectures/discourses by Spiritual Leaders, Scientists and eminent personalities engaged in various services for the Humanity. The theme was *Enlightenment – a journey within through service* and the programme was named "World Confluence of Humanity, Power and Spirituality". On the inaugural ceremony of the 5-day programme, on 6th January 2010, the following dignitaries

besides B.K. Sister Kanan participated:-

Ven. Prof. Samdhong Rinpoche, Chairman, Kashag, Central Tibetan Administration of His Holiness The Dalai Lama, Dr. Mani Bhaumik, Author of "Code Name God" and "The Cosmic Detective", Sri Bikram Choudhury, "Hath Yoga" Guru from Beverly Hills, U. S. A., Justice Shyamal Sen (Retd.), former Chairman, West Bengal Human Rights Commission and former Chief Justice, Allahabad High Court, Swami Yatisthanandaji, Sarada Peeth, Ramkrishna Mission, Mr. Bernhard H. Mayer, Mayer's Mint GmbH, Germany, H.H. Bhakti Puroshottama Swami, Governing Body Commissioner, Director of Sridham, Mayapur, ISKCON, Mr. R.P. Billimoria, Chairman and M.D, Billimoria Consultants.

B.K. Sister Shivani arrived in Kolkata on 8th January and addressed a Press Conference arranged at the Kolkata Museum Centre. A gist of the press conference appeared in newspapers like "Dainik Vishwamitra", "Sanmarg", "Prabhat Khabar" etc., on the next day highlighting the requirement of Change in Thought for Harmony in

Relationships, Clean and Clear mind and Empathy. Brahmakumaris' point of view on the questions related to anger, tension etc. as well as the aim of PBKIVV were published in the newspapers.

The discourse 'Success without Stress' held at Princeton Club was attended by more than 600 persons. Another lecture on "Happy Living" held at Kala Mandir was attended by more than 1200 persons. The last discourse on "Relationships" held at Bengal Rowing Club was attended by more than 800 persons. A 'Harmony' Rajyoga course was started with approximately 1200 persons, after all these programmes.

MOHALI

Eighteenth January was celebrated as World Peace Day to pay homage to Pitashri Prajapita Brahma, corporeal founding father of the B.K. organisation, on his 41st Ascension Anniversary. The main public function on this occasion was held at Brahma Kumaris, Sukh Shanti Bhawan, Phase 7 wherein Col. Jaswant Singh, Director, Paraplegic Rehabilitation Centre Mohali, was the Chief Guest. He said that only by reducing one's unwanted desires and vices one could enjoy mental peace, which ultimately leads to world

peace.

B.K. Sis. Premlata, in-charge of Rajyoga Centres of Mohali-Ropar Circle, inspired hundreds of devotees to follow the path of unity, peace, truth, love, non-violence, harmony and universal brotherhood.

RUSSIA

The UN General Assembly declared the year 2010 as the International Year for the Rapprochement of Cultures. The goal of the International Year consists of in making the rapprochement of cultures the hallmark of all policy-making at local, national, regional and international levels, involving the greatest number of relevant stakeholders. UNESCO is designated to play a leading role for the celebration of the Year within the United Nations system.

In Russia, a successful presentation dedicated to the project “The Rapprochement of Cultures” took place at the House of Non-Governmental Organisations. The initiative belongs to Nikolay Kanaev, an expert on UNESCO issues, Professor of the Moscow State University of International Relationships.

B.K. Sis. Sudha, General Director of Brahma Kumaris World Spiritual University in Moscow, was also invited in the event. Addressing the audience, she said that it is spirituality which unites people from different cultures – the awareness that we are one unlimited family and that we are all beloved children of One Incorporeal Father, the Supreme Soul. ■

HONESTY

– B.K. Suresh, Mauritius

It is said ‘Honesty is the best policy’. However, one has to have strong moral principles in life to live honestly in the present world full of corruption. Therefore, courage is crucial to be honest.

Honesty means to have respect for self and for others, to respect their ideas, rights, opportunities and possessions, and not to manipulate for one’s personal material gain, name, fame or public recognition. Sometimes admiration, respect and love are expected from others, thinking one shall feel better about oneself, finding hard to resist temptations. Thus, one starts creating confusion, conflict for self and others around him, reason is ‘disintegrated personality’. One doesn’t realise the strong link between greed and corruption that enables one to evade certain important laws of human dignity. It is also violation of Human Rights. When vision becomes clouded, one cannot discriminate between right and wrong; ending up in fear and insecurity when not cared for consequences.

In order to remain protected from such situations, one should ask oneself, “What in the world belongs to me?” All are merely trustees. No one has the right to exploit selfishly that has been entrusted to him/ her.

It is quite well known – all the best things in this world are free. When one tries to grab too many things for self, he is sure to develop greed and become arrogant eventually. When one accepts bribe or a favour from someone, it in fact means fixing a price upon oneself of all the divine virtues that are within him.

When one is honest and content everyone around him is happy; conscience remains clean; self-esteem remains high, very natural and positive. Such a person will have a true heart, remain peaceful, light and people are bound to trust him.

Honesty and integrity should be the guiding principles in one’s life. Honesty should be reinstated at all levels in public, private and religious institutions. An honest person never repents for his honesty; since honesty becomes his true culture. To be wise in the true spirit is to be honest.

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