

**|| From the mighty pen of Sanjay ||**

## **SOUL-CONSCIOUSNESS FOR PEACE OF MIND AND WORLD PEACE**

Thinkers throughout the ages have attributed the cause of world unrest or disquiet of mind to various factors. Some have opined that economic disparity is the root cause of all struggle and clashes between man and man or between groups of people in the same country. Class differences or various economic ideologies, they say, have divided mankind into opposing camps bent upon dislodging each other from the position they hold. This is true to a great extent.

- ‘Political Differences’ have been considered to be another major cause of personal bickering, sectional feuds, party rivalries or confrontation between one nation and another. Politics has generated a lot of heat in human relations and has led nations to bloodshed and bitterness.
- Religion, which should have been a cementing force between man and man and also between man and his Creator, has been serving only the Devil. Man has, during the last twenty five hundred years, pounced on brother man in the name of religion. That which was supposed to be a bridge for leading man to the land of peace has proved to be a gulf between one group of people and another. Religion promised to give man the much-wanted peace on a platter. Instead, it became a weapon to wage wars, which were named by the fanatics as Holy Wars, *Jehads* or *Dharma Yuddha*!
- Linguistic differences have been another cause for regional fights. Language, which was meant to be a vehicle of thought, an instrument of expression or a medium for exchange of views and was thus supposed to bring about understanding and amity between people inhabiting two tracts of land, has, instead of lifting man above the level of animal, awakened the brute in him. Instead of bringing about the meeting of minds, it has built up un-scalable high walls between children of God belonging to the same motherland!
- Similarly, the colour-difference or racial and caste differences have also been a very big factor leading to exploitation and hatred of man by fellow-man.

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## **EVER-INSPIRING SPIRITUAL SUSTENANCE**

**O**ur ever-perfect Supreme Father feels very proud of His near and dear creation who are gifted with the third eye of Inner Vision and Godly Wisdom. Though His teachings and blessings are for one and all, the ones whose eye of perception has been opened are those who have dared to lead their lives differently and earn the right to become worship-worthy deities amongst billions of worshippers.

On conclusion of the famous “*Kumbh Mela*” at Haridwar, without much loss of lives in the melee, the Chief Minister of Uttrakhand has rightly wished for a Nobel Peace Prize to be awarded for the successful organisation of the same. And the fact is it is not impossible to receive this prestigious prize. After a short while, New Delhi may claim to be successful in organising the Commonwealth Games too. However, the elated feelings that stem from these inspirations get over-shadowed with warnings of 30 or more terrorists from Pakistan having landed on Indian shores... Now

that the Special Court has finally given its verdict on 26/11 terrorist attack in Mumbai, different voices are being heard in connection with the quantum of punishment for the guilty. Punishment will definitely be awarded as per the law of the land, but will that process stop further attacks and help the people of Bharat live in peace as carefree citizens?

The Prime Ministers of Bharat and Pakistan have broken the ice by having their official meeting at Thimpu (Bhutan) to start peace parleys between the two nations again. There are extremes in relations between the two neighbours who could ‘Live and Let Live’ together if the political relationships will be based on the spirit of ‘Peace & Love’, mutual respect and friendship is re-established. How can this be possible? Both the establishments have been trying and trying to create political parleys and cultural exchanges for a while, which have helped the two nations return to the negotiating table again and

again. The Times of India Foundation has done a marvellous job by organising concerts from time to time. All these efforts are genuinely admirable.

A Spiritual Leader and one of the Wisdom Keepers of this century, Head of the Brahma Kumaris, Rajyogini Dadi Janki visited Pakistan (Karachi and Hyderabad, Sindh) for a week from 26th April to 2nd May 2010. This visit proved quite beneficial as her message of hope and heart, duly empowered with powerful vibrations of God’s wisdom, was well received by followers of all faiths. Her inspiration to visit the foundation sites of the Brahma Kumaris movement with the cooperation of some like-minded spiritual seekers made her visit successful and worthwhile. While Dadi Janki is now spreading peaceful vibrations in UK, Dadi Hirday Mohini (Additional Administrative Head) has been invited to visit Middle East for three weeks from 12th May 2010.

We continually benefit from the spiritual sustenance of our most caring Spiritual Parents, and would like to share the recent uplifting message for self-progress and service unto others:

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## **ESSENCE OF DIVINE MESSAGE**

### **28th April 2010**

*"The lovely world of God is just His beloved spiritual children. The children have the enthusiasm to put God's hopes into a practical form. Everywhere they are creating programmes for self-progress and are engaged in world service.*

*"In one scene, many lamps were lit and all the lamps were sparkling in the form of crowns. Visible in the flame of each lamp were the faces of the spiritual children. It was a very beautiful scene. God says: Each spiritual child is the crown on God, the Father's head. Each one is sparkling beautifully. God always uplifts the children and makes them even higher than Himself this is why they are shown in the form of a crown.*

*"The time is moving towards extreme sorrow and peacelessness and this is why all of you now have to pay special attention to two things: One is the most elevated and fortunate time of this confluence age. You have received such great attainments in this short time, and this is why it is remembered: If not now, then never.*

*"The other is pure thoughts because the basis of all*

*attainments is elevated thoughts. It is only with pure and elevated thoughts that you experience God's love from the heart, the elevated good wishes of the family and their elevated intentions. Check your result of the whole day: Were my thoughts elevated? Was my time used in a worthwhile way? It is only through this that you attain your accumulation. It is no longer the time for ordinary attainment. Now, it is time to let your every second and every thought be elevated and worthwhile.*

*"The time has come to serve with your mind those who have been calling out to God and the worship-worthy deities. Therefore, now increase service through the mind. Throughout the day, increase the percentage of powerful remembrance. This is the pure advice from God to His children." Om Shanti*

#### **DADI JANKI**

#### **BESTOWS**

#### **ENLIGHTENMENT & BLESSINGS**

She is 94 years young and flying all the time. Her internal flights are regular as she continues her spiritual journey and empowers her own self by having conversations with the Supreme Father-cum-Teacher-cum-Satguru (Preceptor). She continues to soar higher and

higher in her spiritual feats, and remains a 'Companion of God' in practical to reveal His eternal name and unlimited power of world-transformation.

Mid-April onwards, Dadi Janki visited Mumbai, Lonavla, Pune, Bengaluru and Mangalore before flying out of Bharat. Her stay at each place was for three days on average but the inspirations and blessings shared were innumerable. Her mere presence with deeply immersed thoughts and shining 'drishti' speak volumes of the spiritual wisdom she draws from her constant companion, God. Whether briefly or for just over half an hour, no matter how long she speaks to the people everyone enjoys listening to her soothingly light yet powerful wisdom.

I was fortunate to be in her company at Mangalore on 24th and 25th April, on invitation of Brahma Kumaris' Hubli Sub-Zone In-charge Brother, B.K. Basavaraj Rajrishi, B.K. Sister Nirmala, and B.K. Brother Dharmaraj. We had a variety of programmes for the B.K. divine family of Hubli Sub-Zone as well as two public programmes:

Dadi Janki was specially invited as Chief Guest at the inauguration of a newly-built 5 lac sq. ft. Mall in the presence of its sponsors, owners, builders, a Government Minister, Members of Parliament and

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Legislature, the Mayor and over 2000 invited guests. Dadiji's advice to combine material life with spiritual well-being by renouncing ego and anger was well received. She emphasised the need to accumulate the treasures of God's blessings and '*punya karma* (charitable acts)' by elevating one's consciousness and experiencing constant, real happiness through the process of easy meditation based on thoughts of the self (soul-consciousness) and love for God. She led the entire gathering into the higher spiritual realm through Rajyoga Meditation, with a loving and sweet commentary for 3-5 minutes that acted as icing on the cake...

The finale of the past year's Mega Programmes on the theme: '***Receiving God's Powers for Peace and Protection***' was held in a grand auditorium, TMA Pai International Convention Centre, and proved to be another highlight of Dadiji's visit to Mangalore. The hall was filled to its 2000-seat capacity and the Mayor of Mangalore, Smt. Rajani Dugganna, felicitated Dadiji.

The dignitaries included H. H. Sri Sri Vishweshathirtha Swamiji of Pejawar Matt, Hon'ble Minister J. Krishna Palemar, *Minister for Ports,*

*Environment & Inland Water Transportation, Govt. of Karnataka*, Nalin Kumar Kateel, *MP, UT Kadhar MLA*, as well as budding artistes who performed beautiful classical dances to honour and welcome the guests.

Over 150 B.K. teachers and about 500 B.K. sisters and brothers, including some who were specially invited from Madhuban, Bangalore, Mysore, and Hyderabad created a very powerful spiritual atmosphere in Mangalore city, spread over 150 sq. km. It was indeed a magical experience to witness Dadiji and other senior Rajyogis showering spiritual rains on souls and so providing soothing feelings to one and all; the physical rains also helped in appreciating the same thereby inspiring everyone to start a new phase in life.

We extend our hearty loving congratulations to B.K. sisters and brothers of Mangalore in particular, and those from Hubli Sub-Zone and other nearby Sub-Zones of Karnataka for this glorious festival. Brother Dharmraj shared his visions for future spiritual service and we extend our best wishes for the same.

From Mangalore, Dadiji left for Mumbai while brothers B.K. Satyanarayan and B.K. Vishwanath, few others and I left Mangalore on 26th April for

Hyderabad. The three days in Shanti Sarovar Retreat Centre were definitely a treat for me as I was warmly welcomed by B.K. Sis. Kuldeep, Bro. Prakash and other sisters and brothers. On 27th and 28th April 2010, I had the fortune of witnessing divine miracles in the planning and '*Mahurat*' of the new Shanti Sarovar Kitchen and Dining Complex.

Over 700 sisters and brothers of Hyderabad, Secunderabad, Mirpeth and other nearby centres gathered on 26th April evening to enjoy the vibrations of 'divine family togetherness', and inspirations from senior teachers. The responsible brothers and sisters showed their determination to start the new construction work immediately and accomplish the same within one year's time. Baba's architect, Sister B.K. Deviyani explained the details of the new project with the help of concept drawings she had prepared overnight. The great joy and enthusiasm in everyone's hearts was apparent and resulted in the '*Bhumi Puja*' being performed the next morning (27th April) in the presence of 108 sisters and brothers!

BapDada would say, "Well Done – keep it up! Success is your God-fatherly Birthright!"

***- B.K. Nirwair***

# **IMPORTANCE OF RELATIONSHIPS IN LIFE**

— B.K. Surendran, Bangalore

**F**rom cradle to grave, we are connected to each other through different relationships. Even though one comes alone to this world, the moment one is born, one starts to depend on the mother, then on the father and other relations. This dependence keeps on increasing. It is said that for a happy and prosperous life, there should be four pillars. One must have a healthy body, a healthy mind, money required for the necessities of life and, then, the most important aspect is ‘healthy relationships’. People have come to project relationship as a nuisance at times. When divorce rates are going up, more and more ‘old age homes’ are being opened, single parent lifestyle has come to stay; it points to the fact that relationships are in a moribund stage. Large family set-up was the specialty of olden days. About 30 to 50 or more people used to stay happily under one roof sharing and caring, loving and living together harmoniously. But,

these families are fast breaking up into micro families and even these are fast breaking up, throwing the institution of family into doldrums. Since in the past there was harmony in relationships within the families, the stress level was very low and people used to be healthy, hale and hearty. It is startling to know that the code of conduct which governs family life is a major casualty these days. Father-daughter relationship, brother sister relationship, fidelity in married life, parent children relationship are often at risk. The results are the upward trend in murders, violence, rapes, suicide rates, divorce rates and number of patients afflicted by stress-related disorders such as depression, hypertension, cancer and diabetes..

## **Reasons for strained relationship**

The reasons for the breaking up of families and increase in strained relationships are well known to everyone. Ego, unnecessary and undue

expectations, selfish overtures, greed, over-attachment to some and dislike for others, fear of extra burden, not being able to adjust with the nature and *sanskars* of others and so on are some of the common obstacles to harmonious relationships. In fact, relationship is the most valuable wealth in human life. We belong to the great family of humankind. Our relationship with others is governed by what we think of others, what feelings we generate for others, what quality of words we use to interact with them and what expectation and quality with which we deal with them. It is we, who hold the fort of relationship and it is entirely within our authority to do so.

Experience has taught us that the greatest ability of an individual is the ability to get along well with others. In this context, it is necessary for us to nurture, culture and foster the following mental, emotional, verbal practices for restoring the best of inter human relationships.

- 1. Have a big heart. Be tolerant to accommodate with optimism, the misbehaviour and persecution of others. Act of

tolerance carries greatness. Forgive and forget. Learn from the experiences gained and put a full stop. Have unconditional pure feelings and good wishes for one and all.

- ▶ 2. Stay in self-respect in order to respect others. Unless we are at peace with ourselves, we cannot be at peace with others.
- ▶ 3. Care and share with others. We must always give something – give a word of solace, hope, love, enthusiasm, zeal, security, ‘thank you’ and so on. Be helpful, when there is a real necessity, without expectation of appreciation.
- ▶ 4. Be instrumental and constructive in thoughts, words and deeds
- ▶ 5. ‘You are important’ is a magic phrase. Use it wherever appropriate. Compliment others at the appropriate time.
- ▶ 6. Have empathy – be sensitive to the feelings of others and respond positively. Understand the script on which one is operating and respond accordingly
- ▶ 7. Communicate with open heart with clarity. Let there be unity in thoughts, words

and deeds. Speak, with respect and regard, softly, sweetly and essence-fully, with good intentions, generating hope and enthusiasm.

- ▶ 8. Be truthful, honest, sincere and trustworthy while interacting with others.
- ▶ 9. Always say ‘We and Us’
  - Promote team spirit, appreciating the role of everyone.
- ▶ 10. Respect the freedom, privileges, rights, choices and preferences of others.
- ▶ 11. Develop listening capacity. Listen to understand. Practise creative listening, active listening, compassionate listening, attentive listening, respectful listening. Listen more and speak less.
- ▶ 12. Interact with others with the value of goodness, love and law.
- ▶ 13. Understand the male and female energy – the achievement drive and appreciative drive and respond.
- ▶ 14. Smile and laugh wherever and whenever appropriate.
- ▶ 15. Accept criticism supportively and welcome it. Respond to this feedback
- ▶ 16. Do not lose temper. We do not like anyone becoming angry with us, the same applies to others also.
- ▶ 17. Find sometime to spend with family and friends.
- ▶ 18. Appreciate the principle of unity in diversity. Everyone is unique. There is no scope for comparison. Appreciate the specialty in each and everyone.
- ▶ 19. Take genuine interest in others’ lives. Develop a sense of belonging. We are all bound with the bond of love and affection. We all say ‘Universal brotherhood’. Let us practise it.
- ▶ 20. Develop inspiring leadership personality with a simple and humble disposition.

## **THE ULTIMATE PANACEA FOR FOSTERING BETTER HUMAN RELATIONSHIP**

Many people can give a lengthy lecture on how better inter human relationship can be fostered, while, their own life is in shambles for want of inner strength and will-power. In

order to sustain the best of relationship with all human beings, an individual, i.e. – the soul – should keep all kinds of relationship with God and experience the intrinsic spirit and taste in each and every kind of relationship. In soul consciousness, one is automatically connected through the medium of thoughts to the Supreme source of light and might. One could draw cosmic energy from the Lord. God, the Supreme, is the parent of human race, who can manifest in all types of relationships. One can relate to God as mother, father, teacher, guide, friend, beloved and so on. One has a free choice. When one gets the true taste and strength of each and every relationship from God, one is fully equipped to develop free, happy, lovely and peaceful relationship with fellow humans. There emerges newness, liveliness, creativity and enthusiasm in relationship. Ultimately, the godly family, the spiritual assembly of people who have the unique experience that God is their father, mother and that everyone is a brother soul, experience the happiest

family relationships. Establishing such a relationship with God is known as Rajyoga. While practising Rajyoga one gets the required *atmabal* – soul power, inner strength, from the Lord to foster better inter-human relationship. ■

## **IMPORTANT INFORMATION**

### **(Related with Membership Subscription)**

► 1. As you may be aware, the new year for registration, renewal and amendments for 'Gyanamrit' and 'The World Renewal' starts from the month of July 2010. Due to increase in the rates of paper and other printing material, the annual and life membership rates have been revised as under:

#### **Subscriptions Rates for 'Gyanamrit' and 'The World Renewal'**

<b>Membership</b>	<b>Annual</b> <b>(Rs.)</b>	<b>Life</b> <b>(Rs.)</b>
<b>India</b>	80	2,000
<b>Overseas</b>	750	8,000

► 2. The subscriptions are to be sent in the name of '**Gyanamrit**' or '**The World Renewal**' only, through Draft, MO or at Post Office through EMO. The facility of EMO is available at Shantivan Post Office, through which the amount of magazines reaches to any corner of India within 5 minutes. The Pin Code number of Shantivan Post Office is 307510. Like MO, for EMO also, the complete self address and Pin Code are necessarily required to be given. The phone number should also be compulsarily written along with the address.

**► 3. You may be aware that State Bank of India (SBI) has its branch in Shantivan also; hence, please send the draft in the name of State Bank of India (SBI), Shantivan, only. The code no. of the Bank is 10638. The draft is required to be issued with this name only.**

► 4. On top of the Draft, the words '**Gyanamrit, Shantivan**' or '**The World Renewal, Shantivan**' only are to be written.

► 5. The new direct postal addresses should be typed or handwritten clearly in Capital Letters.

**Please Contact at:** Omshanti Printing Press, Gyanamrit Bhawan, Shantivan, **Post:** Shantivan-307510 (Abu Road), **District:** Sirohi, Rajasthan. Phone: 09414006904, 09414154383  
e-mail: omshantipress@bkv.org

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## HOW TO KILL EGO?

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– Seema Mishra, Kolkata

**A**ttachment is one of the reasons for ego. ‘I’ and ‘Mine’ are the most dangerous things and should be shunned like poison. Even a spiritually advanced man such as Raja Bharat got attached to a deer. Because we identify with our bodies, we run after the sensual pleasures and are forever gratifying our mind and body. We want to keep our body and the things possessed by it secure and we care a hoot about others. The ego makes us totally selfish and indifferent to others’ needs and expectations.

The saints keep advising us to kill the mind, which is the source of the ego. But the mind refuses to get killed. It stops us from meditating and always pushes us towards sloth and comfort. Its fickle nature does not allow us to move towards satogun. This ego keeps us in a false world of our own, which encourages us to enjoy life. But as soon as misfortune strikes, our façade is broken and we realize how vulnerable we are! Then we realize that this ego

has literally taken us on a ride and we are ultimately the losers.

The key to annihilating the ego is to gently persuade and control the mind. That is the most difficult thing for man. Once the mind is controlled, we move away from the senses and get established in the real self. We do not hanker after food and other bodily pleasures. As long as there is ignorance, ego will remain. The day wisdom dawns, ego cannot stay in one’s mind.

The ego diverts us from our true self. Once we start observing our ego, we realise how foolishly we behave. Then we start cautioning our mind and ego and teach them to practice restraint while dealing with others. Once you start observing your thoughts and actions, you start thinking positively and weed out negativities. This makes you more creative and you start moving towards perfection.

Eckhart Tolle speaks of the woman who blamed her nurse for stealing her ring and fired

her in the book, ‘The Good Earth’. Later, she realises that she actually has not lost much since she was already sick and dying and would not be needing her possessions much longer. This thought made her start giving away her other possessions. One version also says that she called the nurse and apologized to her and gave her some gifts as well. In this case, the woman shed off her ego when she realised that it made no difference to her real self whether she had ornaments or not. It was only the mind which wanted her to adorn her body with ornaments due to her ego. After her death, the ring was found in her medicine cabinet.

The ego always tries to find proof of its own superiority. But once you realise who the real ‘I’ is, you are not limited to your individual body but become a part of the whole universe and you find the ‘I’ encompassing all humanity and all beings and you can, at the same time, find the entire universe related to the self.

*“In the stillness of the night, the Goddess whispers. In the brightness of the day, dear God roars. Life pulsates, mind imagines, emotions wave, thoughts wander. What are all these*

*but the endless movements of One Taste, forever at play with its own gestures, whispering quietly to all who would listen: is this not you yourself? When the thunder roars, do you not hear your Self? When the lightning*

*cracks, do you not see your Self? When clouds float quietly across the sky, is this not your very own limitless Being, waving back at you?" - Ken Wilber.*

Once realization comes that you are son or daughter

of Supreme Father Shiva and member of a great universal family, surely the lofty feelings of compassion, care and share, understanding etc. will emerge. It will empower you internally and there will be no chance of ego remaining with you. ■

## GLOBAL HOSPITAL AND RESEARCH CENTRE, Mount Abu, Rajasthan

Department of Surgical Gastroenterology and Laparoscopy Surgery now offers special facilities for performing complex & common Gastrointestinal and Laparoscopic surgeries (Abdomen Operations) following surgeries are routinely performed at GHRC:-

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**Oesophagus** – Resection and reconstruction for cancer

**Ulcerative colitis** – Proctocolectomy and ileal pouch,

**Colon** – Colectomy for colon cancer [ large intestine ]

**Laparoscopic Surgery** – Cholecystectomy for gall bladder stones, appendicectomy, hernioplasty, adhesionolysis, duodenal perforation repair, Liver abscess and hydatid cyst, Lap fundoplication for acid reflux disease, Lap Heller's cardiomyotomy, lap rectopexy for rectal prolaps, lap assisted colectomies for colon cancer, and intestinal obstruction of different origin.

All these operations are performed by highly skilled and experienced G.I. Surgeon [abdomen surgeon] Dr. Dilip Kothari (M.S., MRCS). Dr. Kothari is trained in Gastrointestinal surgery (Abdomen surgery) at Sir Ganga Ram Hospital, New Delhi and Sir H.N. Hospital, Mumbai.

**Patients, who are suffering from abdomen problem and who need major operations, can contact:** Dr. Dilip Kothari on his personal email – [dilippgils@hotmail.com](mailto:dilippgils@hotmail.com) or can talk to him directly on his **Mobile No.** 09460293191 between 4 p.m. and 5 p.m. (evening only).

# **HOW MAGNIFICENT WERE THOSE DAYS!**

– B.K. Bro. Karuna, Shantivan

**I**t was my great fortune to get divine sustenance from our most beloved BapDada, and also Mateshwari Jagdamba Saraswati, lovingly called Mamma in this auspicious Confluence Age of this *Kalpa* i.e. the period when God Shiva reincarnates into the human medium of Dada Lekhraj, subsequently renamed Prajapita Brahma.

I completed my Engineering in the year 1960 and was working in Bangalore. During one of those days, I had the golden opportunity of visiting B.K. Centre and meeting Dadi B.K. Hriday Pushpa, who was then looking after B.K. Centres there. In the very first meeting, I experienced divine rays from her eyes and I asked her how she remembered God. She gave me introduction of God and asked if I was interested in learning more about God, and if so I should come at 5-30 a.m. the next day. Dadi ji had perhaps realised that I was enthusiastic to know about God. Three pictures were used by the Brahma Kumaris in those days for explaining Godly knowledge – World Cycle, Kalpa Tree and

*Trimurti*. Sisters there explained everything to me in three days and thereafter, I was asked to join the Murli class. I was eager to know what Murli was all about. I was also told that the Murli was spoken directly by God Himself from Mount Abu. Knowing this, I decided to go to Mt. Abu so as to be able to listen to Murli directly from God. When I expressed my strong desire to meet God and asked them to allow me to go to Mt. Abu, they asked Brahma Baba, the founder. Later, I was allowed to meet God Shiva, i.e., Shiv Baba through the medium of Brahma Baba. The moment I met Shiv Baba, I decided to live the way He wanted me to. Thus, I dedicated my life completely the very moment I met Shiv Baba.

## **Faith in God and Godly Knowledge**

I always remember one word Shiv Baba says – ‘Follow Father’. Shiv Baba inspires us to become like Brahma Baba by following his footsteps and have the same qualities as he had through intense meditation and churning. When I became aware of the earlier days in the



yagya, how all the 400 brothers and sisters were made spiritually powerful to a great extent after having gone through intense meditation for 14 years, it was amazing for me to know how Dadis could become the embodiment of powers. In fact, they all had gone through 14 years’ intense meditation in one house. And all of them said ‘My Baba’ with great love and authority. I decided never to seek any further proof that it was God personally who made them so powerful and that it is God’s mission.

I always found Brahma Baba very sweet and yet very silent. Being a selfless and caring Father, Baba was ever-ready to help us children. However, during the course of *Murli*, it was not Brahma Baba, but it was Shiv Baba who was speaking the *Murli*. The lion-like authority was felt during the course of Murli and the royalty in Baba’s voice convinced me that it was Shiv Baba Himself who was bestowing the jewels of knowledge on us through the lotus-mouth of Brahma Baba so as to make us worthy of being deities.

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### **Removing Doubts and Fulfilling Wish**

During my 4-day visit to Mount Abu to meet BapDada, I had a strong wish to see how Shiv Baba entered and departed from the body of Brahma Baba. Though I had seen the difference and influence, but still I couldn't experience the presence of Shiv Baba in his body. So, even after staying for 3 days, I still was not able to experience the super-sensuous joy, power and bliss, which I had experienced in the centre at Bangalore. Then, in order to have the same experience, I decided to go to Incorporeal World realising that I was a soul, a conscient point of light and would meet Shiv Baba there, without taking *drishti* from Brahma Baba who was conducting meditation. However, the moment I realised myself as a point of light and a resident of Incorporeal World, I became bodiless as soon as Brahma Baba's *drishti* fixed on me; I experienced super-sensuous joy to such a great extent that I experience the same power and bliss even now. I was not aware when the meditation finished and when the white light was switched on. When Baba had left, I was still sitting there in the same position for quite sometime. My eyes were shedding tears; the other

brothers and sisters who were there were wondering as to what had happened to me and why I was not getting up. This was the most memorable moment and experience I had from BapDada.

### **Brahma Baba's Inspirational Life**

Brahma Baba always had faith in youth during His lifetime and performed Godly service in the best possible manner. However, one task of God still remains unfulfilled as He says, "You have done very good services in all big cities doing mega programmes and spreading God's message. But you have spread God's introduction and message in only big cities. However, my children are everywhere; so the message should reach every child, irrespective of language, city and culture. Not a single child should be left out who would say, "Baba came and we were not told." Now, we the children of Baba have this aim to fulfil God's wish of giving His message to each and every village.

Another thing, Brahma Baba was very careful about *Amritvela* meditation, churning every point very deep that used to inspire children. Making efforts day and night to become *karmateet*.

The most important thing I

learnt from Baba was to have immense faith in young sisters. He gave them sustenance and prepared them for Godly service. Therefore, in the very beginning, he surrendered everything he had to a group of sisters by forming a trust.

### **Baba made me instrumental for Media Services**

Baba used to describe Himself as a medium of Shiv Baba, which we describe as media. Whenever I heard the word 'media', I understood the same meaning as Baba used to say. For me, media means medium. The immense divine happiness and intoxication Brahma Baba felt in his life for being a medium of Supreme Soul God Shiva, lovingly called Shiv Baba. So, I am very happy that Baba selected me as an instrument for this Godly mission.

There is an interesting story in this context. Once, I went to southern India after meeting Baba. I was fond of writing. Baba inspired me to write at *Amritvela*, so I wrote an article on *Shivratri* as per His directions at *Amritvela*. My happiness knew no bounds when the article was published in the newspaper. I got a cheque from the newspaper for the article, which I presented to Baba as a token of respect and

love, as it was my first service for the Godly University. However, Baba returned the same to me saying ‘this would be the symbol/mark of your future’. However, I did not understand what Baba meant by this, at that time. When I first met Baba, I was not good in both Hindi and English. Then I worked very hard to learn Hindi, as it is God’s language, and when I met Baba for the next time, I was able to speak and understand Hindi. Then, Baba assigned me the task of translating books from Hindi to other languages. A Hindi monthly magazine *Trimurti* used to be published and in Southern India *Gyan Vigyan* was published then. In this way, Baba inspired me to do Godly services. Later, Brahma Baba inspired us to use Tape Recorders to enable many Godly children to listen to God’s versions directly. Here in Mt. Abu, Chandras Babu used to do this service. I started this service in the southern region through which many of Baba’s children were able to listen to Godly versions.

When I came to Mt. Abu, along with other senior brothers like Nirwair Bhai, we started Godly services through spiritual songs. Then, after sometime, Baba inspired us to make films related to Godly knowledge. Being seer of all the three aspects of time, Baba asserted that a day would come when every child of God would be able to see Him at home through the medium of TV. When I see the people watching *Avayakt Bapdada* on TV and see their happy faces, I experience Baba’s blessings. Though Brahma Baba is not physically present with us, but while leaving his mortal coil, he gave all the responsibilities of the *yagya* as well as powers to Dadi Prakashmani, who was inspirational and an embodiment of Baba. The main reason why the Godly mission has progressed today by leaps and bounds, especially during past four decades is the attitude with which Dadi undertook this work. However, the credit of Godly services through media goes to God only, who is making us His instruments to get His divine task of World transformation being completed through us. ■

## HOW TO BANISH TIREDNESS

— C. S. Chakravarthy, Secunderabad

Much of the tiredness we complain of originates in the mind. For example, there is the tendency to think about jobs we have to do or about some problem which has been worrying us for a long time. We feel tired by constantly thinking about it before it assumes the form of a problem. Instead of worried thinking, we should enlist the jobs, tasks or things to be done. We need to prioritise our needs and requirements. First of all, the thing which is essential and necessary should be selected. One should think constructively with a cool mind. one should formulate a strategy and time schedule for each job. One should do easier, simpler things first. The problems, worries, etc. should be tackled one at a time. We get tired because we waste our energy shifting from one thing to another never finishing anything properly.

We become tired when we dislike people or feel jealous of them. If one is jealous of one’s neighbour, there can’t exist good relations. By thinking only of what someone else has and trying to get a similar thing, one fails to enjoy what one has. Anger, enmity and spirit of competition stimulate frustration. The state of continuous dissatisfaction with ourselves makes us feel tired most of the time. We become tired when we insist on trying to do too much in the available limited time. By straining to do more and more in less and less time, we become increasingly tired. If one lives in a chronic state of rush-and-hurry, one is likely to make mistakes or miss something important.

We should make it one of our rules not to push ourselves too hard. We should aim at being sensible and reasonable with ourselves so that we make life flow as easily and pleasantly as possible. That is the way to be happier and to keep off tiredness.

# AN UNFORGETTABLE EXPERIENCE

– B. K. Ramnath, Vikas Puri,  
New Delhi

The divine students of Prajapita Brahmakumaris Ishwariya Vishwa Vidyalaya visit its World Head Quarters situated at Mount Abu to participate in various spiritual programmes from time to time. This is an incident of about thirteen years ago, when Delhi-Ahmedabad Rajdhani Express had just been introduced. This train was the fastest train on Delhi-Jaipur-Abu Road-Ahmedabad route and it also stopped at Abu Road railway station, as it is a very famous tourist place. I had to visit Mount Abu for attending a spiritual programme. Bro. Ranjit Singh Fuliya, who was then a senior executive in National Insurance Company Limited, used to visit Mount Abu every month, for editing 'The World Renewal'. We thought of travelling together. In fact, I was not very keen to travel by this particular train but Ranjit Bhai persuaded me to travel by this newly introduced train, so as to experience its speed, convenience and majesty.

We arranged for the reservation. Those days, all the trains of this route used to originate from Old Delhi Railway station. Therefore, we presumed that Rajdhani Express would also originate from the same station. On the day of departure, we reached Old Delhi railway station half-an-hour before the scheduled departure. When it was almost the time of departure and there was no sign of the train, we made enquiries and came to know that the train originated from New Delhi railway station and not from Delhi Junction, as we had presumed. This perplexed us a lot. Though it was impossible to reach New Delhi station on time by any means, still we thought of taking a chance. I consoled Ranjit Bhai that if our presence was required by the Almighty Authority for the spiritual services, the train could not leave before we reach.

It takes about half-an-hour to reach New Delhi railway station as the route is quite congested. We hired an auto-

rickshaw and asked the driver to hurry. The driver made several manoeuvres through the congested roads and within twenty minutes took us to New Delhi Railway station. To make the matter worse, the train used to depart from platform no. 9 situated at the farthest end. Passing through the overbridge, somehow we reached the platform and to our surprise, we found that the train was still at the platform. Actually, those days Rajdhani Express never used to be delayed.

On reaching our coach, we found, to our gleeful surprise, revered Brother Rajyogi B.K. Jagdish Chander Hassija, Chief Editor, The World Renewal and Chief Spokesman of Brahmakumaris organisation standing at the entrance of the coach. He said smilingly, "I have been standing here like resolute and unshakeable *Angad*, not allowing the train to depart until my brothers reach". In fact he had read our names on the railway chart and was waiting for us. Unable to hold his curiosity as to how the train had been late, Ranjit Bhai went to enquire from the train driver. He informed, "There is no particular reason for delay; we are just going to start". And within five minutes the train steamed off.

In fact, hearing such great

words of honour from such a senior BK brother, our surprise and happiness knew no bounds. This was rather an extraordinary event in our life, which proves strong determination and self-confidence of Bro. BK Jagdish, which was possible only due to divine intellect and positive thoughts through the constant practice of Rajyoga meditation. This incident will remain etched forever in our memory.

Bro. Jagdish Chander was a bachelor and a surrendered Brahmakumar. He was totally dedicated to Godly services and he mostly resided in Delhi. He was a great litterateur and had the distinction of writing most of the literature of this worldwide Godly University. As Chief Spokesperson of Brahmakumaris organisation and Chief Editor of The World Renewal, Gyanamrit and Purity, he contributed a lot. Ranjit Bhai would often take inspiration from him. We had been fortunate to have worked with him for Godly Services, on many occasions. A simple and straightforward person, he took keen interest in divine service and worked very hard. He was a great visionary and contributed a lot for taking the organisation to its present status and international recognition. Our heartiest salutations to this great and noble soul!

This incident reminded me of an anecdote associated with Swami Dayanand Saraswati, the founder of Arya Samaj. It is believed that Swami Ji had stopped a king's chariot, pulled by powerful horses, just by the touch of his hand. The reason was that the king was going for some ignoble cause. Swami Ji first chided and then tried to dissuade him but the king didn't listen; Swami Ji held the rear portion of the chariot. It is believed that the horses didn't budge and the chariot couldn't move an inch.

Such incidents in fact are the victory of the positive and meditative mind. Those who lead a pious and serene life, attain certain inner powers which are manifested even in mundane matters. Intellectuals will hardly agree with this but I have experienced God's subtle machinery work many times in my spiritual life. (Here I will not go into details of my life experiences). The above instance proves as to how perfectly and subtly Godly machinery works and gets its works done to perfection, of course. After all, God's law has to be more than perfect. ■

### **Today's Irritation is Tomorrow's Anger**

You become a little irritated when you are not going to get where you want to be on time, or you are not going to complete your task, as you would want. If the seed of irritation is watered, it grows into frustration. Unless you take some positive inner action to stop the growth of the frustration, it will grow into anger. And if you are not careful, it will become a habit, a part of your personality, which you will finally come to believe is a natural part of your nature. You will even convince yourself you were born with it, is 'in the genes'. Every time you become angry you cause the production of certain chemicals in your body and you will become addicted to those chemicals – then you look for people and situations which will give you an excuse to generate the 'anger emotion' so that you can have your daily dose of chemicals. Not only do we become attached to things and people and ideas etc; we become attached to our emotions. Anger will finally kill the body (not you, but your body). Don't kill your body. Accept that the anger is never ever productive, know that it is just not necessary to be angry with anyone or about anything, know that it is entirely your own creation and know that you can choose a different response. Know and accept that, and you will be free!

## SCIENCE CANNOT PROVE A SPIRITUAL TRUTH

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— Luis Alberto Riveros, M.Ed, M.S, LMT

Ananda had a question for Mathias, the wise tree; it was something which Ananda had experienced and that bothered him, but he didn't quite know how to put it in words...until the time came.

Ananda said, "Mathias, I have a deep feeling of anguish in my heart. It feels as if I am incomplete; as if I need fulfillment; it is like emptiness inside that moves me and does not allow me to feel complete..." Ananda evidently didn't feel good. His words were full of emotion. Mathias sensed and said, "Friend, the feeling of anguish, lack of fulfillment is felt when one doesn't understand time. The only separation between you and someone else is what humans call, 'Time'. When you feel the separation from everyone or someone, anguish appears. The need for fulfillment means separation. Separation means time."

Ananda heard the reply but it didn't make complete sense to him. "What "time" has

anything to do with?" he thought... Mathias added more "If there wasn't time, there wouldn't be separation."

Ananda , still with a big question mark on his face, said, "Mathias, you will not be here 100 years from now. You weren't here 300 years ago. There will be a separation between us in the future, no doubt about it. To know this without being able to change makes my heart full of anguish. Everyone whom I have met in my life will be gone, even I. There is no way to stop that."

Mathias stayed quiet to allow Ananda compose himself and to let his emotions settle down. "Friend," he added, "Do you know that everything is cyclical in life? After winter, spring comes, and the 4 seasons will play a symphony that give rise to a year and years pass in the form of a journey, which is called life.

Mathias was always here, is always here and always will be here." Ananda didn't understand a thing. Mathias

continued, "Do you think time exists?" Ananda didn't think twice and replied, "of course, time exists." Mathias paused and then added "Mathias says that time does not exist. *Time is a human creation.*"

"Time exists only when you are not aware of your eternity. The tree changes every season, though you are not aware. It still appears to be the same tree. The surroundings may be different but at the same time, they appear same, for the seasons come back again. *A cycle means eternity and also repetition.*"

Ananda interrupted and said, "Well, science says time exists, they call it past, present and future..."

Mathias added "Time exists for them, because they are not aware of their own immortality. Death is not understood as a change but as the end of life."

Ananda then said "What you just mentioned makes sense but, how can I prove, so that others know what you are saying is true?

Mathias paused and replied "Can you prove immortality to humans who are convinced of their own mortality? Only those who are aware of their own self, you may call it soul, spirit, psyche, consciousness, life, vitality, etc. can know.

Science deals with matter.

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Proofs are part of this world. In the spiritual realm, it is all about awareness, which means being awake. **Your awareness dictates your experiences.....”**

One of the greatest paradoxes of life is - even though it is taught to see and analyze things as separate “objects” or things, in reality everything is “one.” We see separation. “I am different from you” but ‘life’ or soul is invisible. The experiences “you” bring to me will become “my” experience and that is how we “learn.”

It is true that different relationships have different depths; everyone lives with nature, other beings and this Universe as a whole. Some see “many things and separation” others see “one thing and unity” – who is right or who is wrong? It all depends on our awareness. Science will teach us to take one side and “prove” the existence of it. Science cannot understand paradoxes.

Does freedom exist or is it predestination? No scientist will be able to respond this with proof. Only a spiritual person who is aware of the truth can understand. The realm of spirituality is the realm of acceptance, of letting others be as they are, when you don’t

need to think anymore... It is the world of wonders, you hold on to nothing in that world, for the “moment” disappears. Is this scientific? No. Spirituality cannot fit into the suitable “boxes” of analysis and synthesis, of theories, laws, black or white...dualism; it cannot fit into the box of duality.

We are more than our bodies. Though it is known, it cannot be proved scientifically. Each one of us is a pure consciousness.

Consciousness resides in stillness and bliss. It is only when consciousness is expressed in the physical realm, “learning” appears. Learning means to forget something that we know, just as someone can search for something only when it is lost. One of the main aspects of understanding the cycle of time is - things occur in the physical realm because of “cause and effect”. Since the physical realm is predestined, every point in time, every second in this circle is destined to appear again and again for eternity and that point of time, second had a cause as well as an effect. However, there is entropy in the physical realm, so, the principle of cause and effect even though constant, lacks the same quality as time passes. Every second entropy decreases the quality of matter (something new

becomes old.)

### **How is this?**

The cycle of time moves. The movement is called ‘time’; from lower entropy to higher entropy, to lower entropy – ‘Ad Infinitum’. It means the quality of matter decreases as time passes. For instance, when the cycle is in lower entropy, the Earth’s population is considerably less than what it is now; it means nature was abundant, less exploited and a better quality of life. The single element which marks an increased amount of entropy in this world is ‘population’.

Because of over-population, the world resources are becoming scarce. Because of different ideas and ideals, there are quarrels and disagreements. According to the U.S Census Bureau as quoted by Wikipedia: “The population of the world reached 1 billion in 1804, 2 billion in 1927, 3 billion in 1960, 4 billion in 1974, 5 billion in 1987, and 6 billion in 1999. The population of the world is estimated to reach 7 billion in 2012, 8 billion in 2025, and 9 billion in 2040.”

It means that we are capable to populate the earth by 1 billion in the next 13 years. Obviously the resources will be decreasing. Availability of fresh water will be the main problem in the

upcoming years. This illustrates high entropy. Therefore, to go back to low entropy, means to go back to a lesser number of individuals, which will allow our natural resources to heal and grow again. The above-mentioned statistics is not completely reliable. It is an estimate of the population at best. Unless someone counts every individual, there is nothing reliable but an approximation. However, it gives a logical premise: If the numbers are considered true then, it is impossible for the human race to have existed 160,000 to 250,000 years or even 500,000 years. Wikipedia mentioned “Anatomically modern humans first appeared in Africa 195,000 years ago.” According to the rate of growth mentioned in the statistics, that is impossible. The population growth went from 1 billion to 6 billion, just in 200 years. If man existed 200,000 years ago, statistically (even considering natural disasters, wars and diseases,) population should be way higher than what it is right now. It is not for me to do the math, but to see how logical a premise is.

Therefore, since every human being is a spiritual being, “soul” is eternal and the

population increases with time, it means the current population of souls had to exist somewhere, because of the premise of being eternal. Where do they exist, then?

Science will not be able to respond to this, because it cannot prove self as eternity.

The physical realm is integrated with the spiritual realm. From the spiritual realm, souls arrive to the physical realm in a predestined fashion according to time. Time is nonexistent in the spiritual realm, but only exists in the physical realm. There are many souls stay in the spiritual realm. However, for a soul in the spiritual realm, there is no awareness of time. This is a great paradox. Obviously, the predestined, eternal cycle is perfect.

One of the main concerns of individuals is: “Am I a puppet of destiny?”

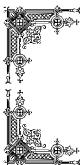
The answer is: No. ‘Free will’ a soul can only express through a physical body. This expression is subject to entropy as well, which is our “free will.” However, as truth is a paradox, our free will is predestined as well; meaning it repeats. Souls will continue in another body, their expression and experience

but with the experience of higher entropy comparatively to the previous life or ‘birth’.

Without entropy, the universe wouldn’t be able to recycle and start afresh again. Thus, any form of dualism means entropy. Nothing in this physical world ever stays the same, but paradoxically it will arrive to be the same at one point in time, once the cycle of time repeats.

The philosopher Heraclitus mentioned: “You cannot step in the same river twice.” That is true, but once the unlimited view of time is understood, then one can step on the same exact river twice. It can be done eternally, but we will not be aware of it. Forgetting is an effect of entropy. Learning is an effect of entropy.

As such there is never separation among anyone. Time is the only boundary and to go beyond time means to understand the experience of a soul. Being timeless means remaining beyond dualism. This is the ultimate freedom. The spiritual realm is the basis to understand ones own immortality and it is the basis to understand “reality.” Science cannot grasp this aspect because the soul is non-physical. ■



## IMPORTANCE OF CONFLUENCE AGE



– B. K. Achhuthan, Colaba, Mumbai

“Satisfaction lies in the effort; not in the attainment. Full effort is full victory” – Mahatma Gandhi.

**H**igher intensity of soul-satiety and enjoyment is experienced during the days when we are eagerly exerting for succeeding in something; fulfilling our ends, aspirations and targets. Upon achieving them, all the attractions may cease to exist. Once the race is through, the winners are declared, there starts stagnation, sluggishness, tediousness and monotony. It, then, seems that the ecstasy we had envisaged and the enchantment we had fancied are all delusion. The cheer is in the chase and not in the catch.

On becoming a deity, which is the aim and object of Godly knowledge being given by Incorporeal God Shiva through the corporeal medium of Brahma, we would undoubtedly be delighted. A fully charged battery will give full bright light in the beginning. But, slowly, life can become somewhat monotonous, particularly in the absence of the Powerhouse.

In Confluence Age, the souls are being charged by the

Powerhouse, i.e. God Himself. Every thought and every moment of the Confluence Age is profoundly priceless as it is only at the Confluence Age that the sweet meeting of God and His children materialises. There is praise of the days of such a childhood on which the whole cycle is based. This is the period of transformation. This transitional period can be called Diamond Age. We receive God's vision and signals only in Confluence Age. In this age, God descends on the earth and teaches Godly knowledge and Rajyoga meditation to revive the human souls along with all forms of life and the heavenly bodies for the Golden Age. In this age, very impure beings becomes highly pure,. Life becomes more beautiful in Confluence Age. Only at the Confluence Age can we receive and accumulate God's treasures. In no other age is there an account in which to accumulate them or a bank in which to credit them. In Golden Age, there is no big deal. Trade

is carried on for distribution and not for profit.

In Confluence Age, if we belong to the Father with our surrendered mind, we can experience real peace. By remaining in soul-conscious stage, we can experience our original powers. When we imbibe the jewels of knowledge in the Confluence age, we gain imperishable wealth for the future. The greatest right of the kingdom is experienced now, at the Confluence Age, as self-sovereignty. The greatest treasure is wisdom, i.e. understanding. By using this treasure in a worthy manner, we will become so sane in future that we shall not need an adviser. Likewise, by using the powers for ourselves and for others, we will have all powers in the future kingdom. We need to remain in awareness that this is the sole time to make effort to claim our fortune. Indeed, this is a wonderful time to take off and becomes multi-million times fortunate.

It is only at the Confluence Age that we can become free from labour and simply stay in happiness all the time. If we are not happy, there is one or another type of burden in our intellect. We can forget the consciousness of 'I' and become a trustee. We can handover our responsibilities to

the Father and can enjoy ourselves. We receive this carefree kingdom and the heart-throne for one birth, during this age only. Out of all the ages, the Confluence Age is the age of happiness.

It is now in the Confluence Age that delight and despair exist side-by-side as distinct from Golden Age where we will not know what difficulty will be. We forget what sorts of efforts and difficulties we had to encounter for becoming a deity. On top of everything, we will not have knowledge about God. Being self-sufficient, we will fail to think of the God and we will not invite Him over there. Our dearest Father and Friend will, thus, be missed in the Golden Age.

We have already created a list of happiness of Golden Age and the sorrows of Iron Age but when we make a list of happiness of the Confluence Age, it will be twice as long.

Because of the elated Brahmin life in Confluence Age, there is no want of attainment. Where there are all attainments, contentment prevails spontaneously and naturally. Contentment is the gala gift from BapDada at the Confluence Age. The Confluence Age is the age for staying satisfied and for spreading satisfaction to one and all. Contentment is the personality by which one easily turns out to be a rare soul.

Our performance in Confluence Age will determine our future life. We can make or mar our own self. The choice is ours, either to work harder for higher positions or to work hard for high and medium ones or not to work at all to get lower ones. We are making our destiny in Confluence Age, in accordance with the Drama. Therefore, the importance of each and every second of the Confluence Age can hardly be over-emphasised. ■

## PATIENCE



One of the principal aims of all spiritual people is to eradicate barriers. Yet patience is the creation of a barrier: a gentle but implacable barrier dividing feeling from expression. It is not a dead barrier, a brick wall, but something live, built systematically over a long space of time. It is also a protection.

On one side, there is feeling. Feelings run deep and fast. They would flood life, given half a chance. Swim along with them and whilst there can be exhilaration there can also be drowning. Without any barrier, feeling finds instant expression. Life is simply a series of actions done with spontaneity and words are the same.

For someone with any sense of beauty and control, there has to be patience in between. Patience doesn't do anything, any more than a wall does, it simply slows you down. Slowing down expression is the first way to speed up spiritual progress. It also, unlike a wall, opens up your vision. Gives you time to assess the future; gently, to think.

One of the forces most challenging the patience is not other people, but simply one's own body. Watch to what extent verbal expression is dictated by the state of the body: the body feels heavy, the mind feels heave and the words fall like lead on the air; the body is well and life follows suit.

Patience lets ill health bounce off it. It comes in between, does nothing, just is, like the wall, or the traditional form of the protective mother whose very presence offers refuge. And just as a child can sit on mother's lap, so too you can sit on the "wall" of patience and just watch. It is often dangerous to do anything else.

Means and measures are temporary. One day the wall will be knocked down. When feelings have grown up sufficiently to be worthy of instant expression, that will be the moment of freedom. For anyone pursuing the life of spirituality, it is a natural aim to become whole. No sergeant majors or self criticism, not even patience, just joy.

# AURA OF AN ANGEL

## (A Reverie)

— B.K. Yashwant Mishra, Bahrain, Middle East

**I**t was a bright sunny Friday morning and a holiday in this part of the world. Bahrain is an island kingdom in the Arabian Gulf known for its traditional pearl diving and tourist resorts. Man-made designer islands are taking shape to accommodate new cosmopolitan cities full of all facilities of an ultra modern lifestyle.

I was moving towards a new island in a tourist hovercraft; a kind of a boat, better to say an air cushion vehicle that flies above the sea water surface on a cushion of air. Lying on an arm chair on the deck of the craft, a train of thoughts was moving gently as I was contemplating the beautiful charismatic colours of the sea.

“Colours are always fascinating and humans also carry colours around them”, a soft loving voice poured into my ears. A celestial body was looking at me with the sweetest ever smile.

“How nice to see you again”, I was overwhelmed with joy and delight at the thought that he was back again with me!

“Yes, it is true that humans are blessed with colours”. He continued, “Your personality creates an environment around you and they can be seen surrounding your body.”

“Looking at you, I can’t see colours but only brightness, like a moon shining on your face. I feel like sitting near an Ocean of Peace, and sense myself filled with harmony, truth and integrity”, I couldn’t stop to express my feeling.

“It’s the Personality of Purity”. He said, “You can also achieve the ultimate level of calmness”.

“But those colours around us, can you see them?” I enquired.

“Yes, they are visible to me. You can also see them if you concentrate in a particular manner”, he clarified smoothly.

“How many colours can you see?” I was curious.

“All kinds of colours, even black; it depends on the intention and emotions of a person. If you are sending out rage and hatred, your aura will be filled with black clouds, but if you create a bridge of love and understanding, then your

true self with its true colours is revealed”.

It seemed like that I was going to get something new that day. “What is the significance of these colours? Does it say something about a person?” I wanted to know more and more.

“You are living in an era of information; all the details are available at your finger tips”. He had the answer to all my queries.

“The Red aura colour shows money worries or obsessions; anger or un-forgiveness; anxiety or nervousness, whereas Deep Red depicts about a person who is grounded, realistic, active; who has strong will-power, survival-oriented. Orange is the colour of vitality, vigour, good health and excitement, who has lots of energy and stamina, who is creative, productive, adventurous, courageous, and is of outgoing social nature.”

I was looking at him admiringly. He looked at me with a smile and continued, “Yellow aura is the colour of awakening, inspiration, intelligence and action, creative, playful, optimistic, and easy-going. Green usually represents growth and balance, and most of all, something that leads to change whereas the Blue aura depicts that the person is cool, calm, caring, loving, loves to help others, and is sensitive &

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intuitive.” He poured out all the knowledge of colours.

I was thinking that there are many intermediate colours as well.

Reading my mind he added, “There are various transitional colours reflecting various types of personalities”. He explained further, “Soft blue shows peacefulness, clarity and communication, truthful and intuitive and bright royal blue refers to clairvoyant, highly spiritual nature and generous. Bright emerald green is all about a person who is a healer, also a love-centred person whereas Yellow-Green coloured aura is for those who are creative with their hearts and communicative”.

He halted for a while and looked at me as whether I was listening to him, “Do you know who has a black aura?”

Maybe a ghost?” I guessed.

He smiled, “Black coloured aura draws or pulls energy to it and in so doing, transforms it. It captures light and consumes it. Usually, it indicates long-term un-forgiveness toward others, also the presence of entities within a person’s aura, and past life hurts.”

“There may be various kinds of understanding about colours, you can also explore it. Plenty of information is available on

your planet earth”, he concluded.

It was amazing to know that all the time I was carrying colourful lights around me and I was even not aware of it. “How do these colours reflect personality? Do they tell everything about a person? Can we judge a person seeing these colours around him....?” My mind was generating a series of questions.

“It is popularly known as Aura in your world.” He was reading my thoughts and trying to grasp my quest to know more about it.

“I have collected some of the information. Various schools of thoughts are there to explain colours relating to human behaviour”, He said.

“An aura is a field of coloured light that surrounds the physical body. Better to say it is the electromagnetic field that is spread around the human body, and a kind of Human Energy Field. It’s like a luminous atmosphere that encircles human beings and indeed all living things.” He showered me with his treasure of knowledge.

“This energy fields express both our gross and subtle realities. The most important property of the Aura seems to be the fact that it holds information about the person.”

He was explaining like a professor.

“Is there any connection of this outer field with our inner self?” I interrupted.

“Of course yes, and is more related to your conscious activities such as thinking, creativity, intentions, sense of humour and emotions.” He was going deeper.

“That means, watching someone’s aura enables us to actually see the other person’s thoughts before we hear them expressed verbally.” I added.

“Absolutely right, but, you cannot fake the Aura. It shows the true nature and intentions for everyone to see”, he clarified.

“So we can say that the aura is our spiritual signature.” I jumped to the conclusion.

“There you are.” He admitted and explained further. “When you see a person with a bright, clean aura, you can be sure that such person is good and spiritually advanced, even if he or she is modest and not aware of it.”

“It seems like that when we see a person with a dark aura, then such a person might be having unclear intentions, regardless of how impressive, educated, good looking or well dressed he/she seems to appear.” Now I was talking like an expert.

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He smiled gently in my support.

“Can you see my aura’s colour?” I had been really waiting since long to ask this question.

“Yes, I can see you have a lot of violet light in your aura.”

He smiled again.

“What does it say?” I was anxious to know.

“Violet light is an invisible spiritual energy that appears violet to those who have developed their spiritual vision. The violet is a beam of spiritual energy and holds the qualities of mercy, forgiveness, justice and freedom”, he said.

“Oh, really!” I was fascinated by his words and started feeling like an angel.

“So, you have the right to be proud of your violet aura”. He was trying to please me.

“How can I see your aura’s colour?” My desire to know more kept on jumping high.

He was silently observing me.

“I really want to see your aura. Can you help me please?” I requested like a child.

“OK.” He took my hand in his hand and said, “Be relaxed; just look in my eyes; get rid of all your waste thoughts and realise that you are a divine being of light; you are a helper of the Supreme Divine and

living on the earth to liberate the people from sorrow.”

I was feeling pure vibrations being showered down on me like a fountain of love and peace, and I was gradually getting merged into deep affection and serenity.

Time had come to a standstill; I was continuously looking at him and suddenly, I started observing rays of light encircling him.... and then I could see the colours. “It’s amazing... there is a golden aura all around you.” I murmured.

“But you did not tell me about this colour.” I complained.

“Yes, the golden aura colour is the colour of enlightenment and divine protection. When seen within the aura, it says that the person is being guided by their highest good. It is divine guidance, protection, wisdom, inner knowledge, spiritual mind, intuitive thinker”, he replied.

“I can also see a powerful light, sparkling on the landscape with a thousand dewy gems.”

“It shows angels are nearby”, he smiled reassuringly.

It was the greatest day in my life. I never had this kind of experience. How useful is this information to discriminate the people around us.

“How do you attain this stage?” I was trying to move closer to the divine secret.

“I have learnt everything from a Godly University. Earlier I was just an ordinary person like you. Then I realised that this is the time of transformation and I should not miss this chance.” He was recalling his old days.

“It’s a long story but briefly speaking, I practise soul-consciousness. It helped me in getting rid of all vices. In this state of consciousness, I became free from desires as all my needs have been got fulfilled by The Supreme Divine’s source of energy. Now, I feel like sharing the wonders and the glories I achieved with everyone. I don’t have any bodily attraction. I cleared my all karmic accounts and am not going to create any further.”

“Can I also achieve this stage?” I expressed my doubt.

He was looking at me lovingly “Yes, it is possible if you change your way of thinking, your way of seeing others, your way of performing any action, and your way of adopting a new lifestyle by getting rid of body-consciousness”.

“The negativity in your attitude never allows you to live a divine life, and it creates a negative vibration around you. Even if you are not aware of it, others can observe it either from your behaviour or from your aura’s colours which you can

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never ever hide from others.” He explained.

“Honestly, I am sure to have lots of negativity in me, but how do I get rid of it. It is inbuilt stiffness in my nature.” I said clearly.

“Your innate nature is the nature of Peace, Love, Happiness, and Purity. Those you are talking about are acquired due to your body-consciousness. It’s not your true nature.” He was having sympathy with me.

“The negative consciousness is creating a negative environment around you. All you need to do is change your awareness from body-consciousness to soul-consciousness.” He advised me.

“When you leave the body then you are a soul. It’s obvious to even a layman. But while living in the body you are also a soul, i.e. a living energy. So, why not to live like a soul, using your body while being in the world? The advantage is that, your all divine qualities would emerge and you would live a divine life.” He suggested.

I was listening silently. That means that this little mistake of considering ourselves as a body, instead of a soul, creates all nuisances in life. Our world is full of troubles in each and every

sector of our life, so simply to say that all these disasters are there only because of body-consciousness.

“Make an honest effort to transform. Do not cheat at least yourself and the day will come when the whole world would see Angels everywhere on the planet earth.” He interrupted.

“Yes, now I also understand that one should be truthful from inside and outside.” I was agreeing with him.

“There are experts, who can observe your aura; they would measure your divinity using their scientific equipments. Also, there are spiritual persons who are working on how to refine their vision to observe other’s inner state of mind and they would judge them based on their real truth from within.” He was cautioning me.

“You can never remain hidden wherever you are. So, what you are from within can be seen from outside. Now science is developing various means to observe the Aura of a person.” He revealed what he knew about the scientific researches.

“There might be many who try to show others that they are honest and truthful so as to take maximum advantage from innocent people due to their selfishness, but truth can never

be hidden. I want you to be sincere and loyal. The day will come when your originality would be revealed.” He was pouring out all his love and affection on me.

“So, be honest please, and do not forget me; some day we would meet again”, he looked at me with the sweetest ever smile and disappeared.

The hovercraft reached the Island. Tourists started getting down. With me I was carrying the memories of an angelic dream.

I was making up my mind to implement all of his advice which would enable me to heal the world and to work hard to reveal my true identity to all. My Guardian Angel will always be around me radiating love and joy towards me and the whole world.

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# **GOD TOUCHES A SOUL**

– **B.K. Durga Prasad, Shantivan**



**G**od's ways to help His children are unique. I was fortunate to receive such help at the most critical period of my life. This experience entirely transformed my life. The incident relates to a period when I was in great mental distress because of the loss of my wife whom I loved dearly. The grief was so unfathomable that life seemed meaningless.

At that time, I was a Project Manager of a 5-star hotel of ITC in Chennai and was leading an honest life based on right principles. I simply couldn't comprehend the reason of such misfortune and would ponder on the meaning of life. One day, I even questioned God as to what was the aim of life and the meaning of creation.

One day, I went to sleep with such depressed thoughts in my mind. I had a weird and wonderful dream which brought about a complete change in my life. In the dream, I found myself as a small shining star floating far into the firmament at a great speed. It looked as

though I was being pulled far into the cosmos, towards a vast golden orange radiant space with some stars shinning therein. I was moving towards a star, amidst others, which was particularly bright. Finally, as I reached the star, an extraordinary glorious feeling of joy engulfed me, which is impossible to comprehend on earth. This experience continued for sometime.... then

the scene changed. I, the star, seemed to get gradually covered with swirling dust, growing in volume. And, then the star changed into a form of wheel growing bigger in circumference as it rolled on, and finally descended and fell on the earth wobbling on its way. The scene changed again and I found myself before a structure with steps leading towards the main doors of a Hall. An elderly person welcomed me and gave a key. The dream ended.

I could not surmise what the message of this extraordinary experience was. I started enquiring from a few people

who could only say that it portended something good to me. Within few days after this, while my mind was still wondering on it, two people from Delhi approached me with a request for some strands of rope for tying some exhibition banners for a big exhibition on spirituality at Island grounds, Madras. One of them introduced himself as B.K. Bro. Rao from Delhi.

I was briefed about the purpose of the exhibition. It was explained how we souls, human beings, are related to God, our Supreme Father and how He has now descended on the earth to guide us back to heaven. They also explained that we souls are stars in form. Now I could see that this had some connection with the dream I had. This was the reason I said God has wonderful ways to guide His children. Thus, few strands of rope that were given to them ultimately transferred into a bond of love with which God bound me in His service. The divine knowledge I received from Brahma Kumari

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sisters at the exhibition further enabled me to progress on my spiritual path.

I wish to relate a few aspects that touched and enabled me to progress deeper in the Godly knowledge. One of my initial impressions looking at BK sisters was the divine grace they projected. Later, as I came into close contact with B.K. sisters Shivkanya and Lakshmi, I was impressed by the personality of purity and royalty in their demeanour and every action. Their attitude of selfless service, sincerity and humility was very much appreciated by people. This attracted them to the Godly knowledge.

The aspect of knowledge that attracted me and also was appealing is about self-awareness, ‘I, the soul in my original stage, am full of all virtues and powers’. To have the consciousness that I’m the child of God, who is source of all powers and the importance to see others with the same vision, naturally, brings self-esteem, dignity, and love for self and for others. The power from God is always flowing towards His children and we only have to imbibe it, knowing the proper method.

As I progressed, more correct and deeper understanding of the knowledge

enabled me to deal with practical situations of conflicts in relationships. One of the deeper points on law of *karma* says – One is absolutely responsible for everything that happens to oneself and in the world at large. This makes one alert to the consequences of an action. Each one is a creator of his own little world. Each of us along with God, the Creator, will have to create a better tomorrow.

Similarly, truth about drama which states – everything that happened, is happening, and will happen is meant to happen in that manner. Everyone is playing his/her part in the drama as destined; everything is for good, even if one doesn’t like it. Benefit is experienced only when one learns to incorporate the same also in action, with tolerance. It is important that I do not get distressed or distress others in the process. My only interest should be to facilitate in the process of making the world better. These aspects enabled me to perform better in my profession as an engineer, dealing with people more efficiently.

My spiritual progress continued with full cooperation and encouragement from divine sister Shiv Kanya. When I was on my official duty in India and also abroad where I had to go

as a contract manager, she always insisted that I should visit Baba’s centres and have my food there. Thus, I was able to follow Baba’s *Shrimat* of having pure food.

Ultimately, when I retired from my job, to my great surprise, I received a call from B.K. Bro. Mohan Singhal, to serve in Gyan Sarovar project at Mount Abu that was about to start. Within ten days of the invitation, I was involved in the development of initial roads as one of the first engineers of the project. As an instrument of God, it was my fortune to be involved in projects of Retreat centre, Museum, auditorium etc., in Chennai and later on, since 1991 in Gyan Sarovar and Shantivan projects, especially, projects on water supply, waste water systems and treatment plants, etc.

But I consider it to be my greatest fortune to come into proximity of Dadi Prakashmaniji and other senior sisters. This enabled me to observe and learn further on the subtle aspects of spirituality, as a fully surrendered soul. I am making sincere efforts to progress on the path shown by the Bap-Dada. After all we are his instruments and He guides us towards our fortune. ■

# THIS TEDDY BEAR LIFE AND HOW TO MEET THE ILLUSIVE DOCTOR TIME

— B.K David, Paignton, England

**H**ow can one avoid death? seems to be the most significant question and curiosity of man today. We take vitamins, visit the gym and health club and visit the doctor for even the smallest of ailments. Life today has become rather a big gamble, no one knowing for sure if he/she will safely return home that evening.

## **Hospital Street**

Every street is like a hospital ward and every home like a hospital waiting room. Today, illness and sickness are everyone's left and right shoes, following them to the doctor or hospital, supermarket or kitchen, bathroom or car. Trying to avoid illness is like managing without your shoes.

We need to take the medicine of care every 20 minutes, and especially a large spoonful just before we go out in the morning, and also when we return home. Outer life and home life need much care if they are going to be happy and fruitful. Life today is very uncertain, and this medicine is essential. Forget to take your medicine and who

knows.....

## **The Rent Is Certain - You Are Not**

I knew someone who always used to say – “Who has seen tomorrow”. Unfortunately, that person unexpectedly died. You’ve more chance of guaranteeing a new kettle for a year than you can your own life. You can insure your car but you cannot ever guarantee that you’ll return home safely. My mother often says: “There are only two things in life you can ever be sure of; “the rent and the bills arriving”. And she is quite right. Those who would argue with her may well be dead tomorrow, but the bills and rent /mortgage will still be outstanding, unlike them.

## **New Wallpaper and Carpet**

Jump on a plane or coach for a short trip today and your family may receive a postcard that you’ve died. Such is life: eat too much and you could die; eat too little and you may die; eat the wrong food, turn the wrong corner; don’t look where you are going, say the wrong thing; look the wrong way; and

any of these is enough to declare you dead. Bet me, you try to have a different belief, or live in a certain country, love someone, or disagree with someone and you may be dead before one could find your whereabouts.. At anytime, anywhere, anyone of us could have to leave the room (your body) for a new building with new doors and new beginnings that has different wallpaper and carpet. Life is crazy so we need to be very sane in our thinking and acting, otherwise.....

## **Awkward Pockets**

Life today seems unfair to me, but I am sure God would say it’s very fair. But then, He would as He has no aching body, elderly relations in hospital or a care home or has experienced any kind of physical or mental pain. God lives at rainbow’s end and knows nothing of the grey or black lives we have to endure each day. He emerges each morning from a point of bliss and retires each night to a point of divine love. How lucky a God we have, yet how

unlucky a man can be today. I guess God would reply “Take more health and wealth from His trouser pocket”. If only God would realise He stands so tall, it can be difficult to get one’s arm inside His rather awkward pocket. Perhaps that’s why there are so many poor people in the world today: God’s so tall and people are so small. One can only take from God when one stands tall (self respect, self belief, and self worth).

### **The Very Short Queue for Pocket Money**

God’s pocket is the foundation and support of life, yet He makes it not easy to take from it. There is gold, wealth and health and all things good in life at the bottom of that pocket. When we have earache, backache, toothache toe-ache, work-ache and bill-ache, it becomes a little difficult to stand tall and reach into, never mind dive deep down into, God’s pocket. Is there an easy method to take from God? I’ve not heard or seen anyone display an easy method on how to take from God. Such a shame it’s not easier, but then if it were, the queues would stretch from Mt. Abu down to Kerala. Instead, we have to beat our heads so much for pocket money.

### **The Chair of Effort with Comfortable Springs**

Now I best mention the solution as I’ve mentioned the problem of taking from this or an awkward pocket in which God stores His treasures. The solution is very easy – you must work that out for yourself, which I’m sure you’ve already done by now. Now you must share that solution with everyone else you meet today. I cannot help wonder about this pocket. Not its contents, as that’s just amazing, but how to take from it.

### **Health, Time and Your Belly**

Along with your health, the next most important thing you will ever own is today! We simply have to learn to either use it, or face wasting it. Everyone should ask himself/herself every 15 minutes: Did I use the moment or waste it? Today is unique and will soon be lost forever. The moment is yours, but how will you spend it? Wisely or will you let the moment fall on the floor – lost forever?

Using time, like the food in your belly, is essential for a successful life. Shove anything in your belly (ignore time) and eventually ill health descends upon you and you may die or be very ill. As daily food is

important in your life (true?), so are the minutes in your precious life (take away the minutes of someone’s life, and they have no life). We must look after the minutes as we look after our bodies. Lose a day, and you cannot call a ‘Time Doctor’ out to help you regain it. If you are sick, you call a Doctor who maybe able to help you. But lose time, and unlike a problem with your car when you call the AA or RAC who fixes it for you, lost time is a chance gone by to have made your life richer in every way.

### **Watch It!**

You may well bump into your Doctor, AA or RAC man whilst out shopping, but for sure, you’ll never bump into ‘Doctor Time’ to discuss your problem of wasting time. ‘Doctor Time’ is only ever concerned with the present, not the past or future. He knows there is only benefit in the present and if you waste time, he will not allow you to further waste his time with your carelessness, complaints and lack of respect for time.

‘Doctor Time’ is famous for one piece of advice: “Buy a watch, get up earlier and pay attention”. This is the only medicine that can cure you. To live without a watch, is to put oneself above nature and think you can walk on water, when

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you are just walking on thin ice.

### **We All Must Help Wind the Huge Watch Everyday that's Ticking Down To Heaven**

A 40 ton steam engine cannot be built in a day by one man. A 40 ton steam engine can be built in 40 days by 40 men. Work done everyday by every person can build a world. If we want to open our front and back doors everyday and see heaven, we must learn to work shoulder to shoulder, hand to hand, eye to eye. This new world has to be created amidst this world of earthquakes, floods, heat waves, fires, calamities and the endless trivial squabbles which can plague our lives. Only cool minds can create a cool world – and deserve to live in it! Fashion, wealth and beauty are not the passports to heaven – but simple honesty and a caring nature is. Honesty – with yourself, your heart, your head, your aim, your conscience, your God – is the essential make-up to your beauty in heaven. Without honesty one would always be ugly and only be valued in hell and worth but a few pounds.

And this future new world will start by us all realising there's nothing as important as today, this hour, this minute, this second, this thought, this moment. A moment is so fast,

and the only way you can use that moment is to become so slow that the moment sticks to you, like a diamond stuck to your hand. No matter how fast (wrong effort) you become, the moment (truth) will always be faster than you and will not stick. The slower (more honest) you are, the more you can live in the moment. The watch of realisation and honesty is worn by a few. There are many fake watches on sale today.

### **The Incomplete Soul whose only Interest Is Control**

There are some cold, detached people who would see a blind man struggle across a busy road, and there are some folk (like my father) who would run to help them. There are some who'd take the blind man's stick, so he'd have to ask them for their help. The blind man would be better to trust his own judgement and cross the road on his own, than take the help of such a soul. Some go through life blowing their own trumpet (bossy, ignorant – putting themselves above spiritual nature) all the time, yet the wise will have learnt to step away from their noise and crazy traffic.

### **That is The Question**

I cannot help but think God

really does help those who believe in Him and try to walk in truth. I feel one can cross a busy motorway in rush hour if one has faith in God. Yet try and cross a quiet street with someone who really does not care and not watching out for you in life, and you may not get to the other side. Trust in the Lord and truth enables the blind man see more clearly the road ahead than those who can see the headlights.

Maybe an honest heart makes one immune to oncoming cars (negative, untruthful people)? Maybe honesty is greater than duty? Maybe duty is greater? Maybe duty makes you honest? Duty or beauty? That is the question. Does beauty come from duty, or duty come from beauty?

### **Heaven – The Teddy Bear's Picnic**

We should not judge a book (body-consciousness) by its cover. I know an injured teddy bear with a plaster on his forehead, his arm in a sling, but he has a good heart. Teddy looks old, tattered, worn, but truth keeps him together – and going. Life is not a picnic, but it can be if you've a good heart and truth stuffed inside you. Today's the day the teddy bears had their .....

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— (... Contd. from Page No. 1) —

All these and many other factors are, no doubt, responsible for peacelessness. They have, no doubt, sown the seeds of discord. But deep probing will reveal that these causes are rooted in man's own mental unrest. The mind that lacks peace radiates unrest. That is why it is said that wars are born in the mind of man. Hence, the basic requirement is that man's mind should be peaceful because he is the unit of society. Just as one rotten fish contaminates the whole of the pond, so does an uneasy individual of a family, in a locality or in a section of the society become instrumental in inciting people or making them restless. But, why should man's mind become uneasy?

### **Vices Cause Unrest**

Deep reflection will lead to the conclusion that anyone of the five main vices – lust, anger, greed, attachment and ego – is sufficient by itself to cause discord. It is indisputable that he, who becomes angry, not only loses his own peace of mind but deprives others also of their peace, either by his bitter words, by means of violent fights or by retaliation. He, who is subject to greed, resorts to dishonesty by means of

adulteration, window-dressing or mere show, bribery, evasion of Income Tax or other similar means. His mind is never restful because tricks, evil thoughts, worries, etc., find their breeding place in it. Besides, he spreads unrest in society by his unsocial acts. Attachment in any form, either to one's own body, to others or to property or to any other thing, kills one's reasoning faculty, and leads to nepotism and partiality, to illegal ways or to exploitation. He becomes the means of causing calamity, conflict and even a bloody revolution. To what extent does man not go when attachment to his offspring and to his hearth and home lead him as it were, by the nose, to dirty deeds? Egotism or arrogance is the root cause of all conflicts. It is because of this that there are clashes between two individuals, two nations. A conceited person simply causes distress to others and, on a small excuse, would retort and raise his hand. Sexual indulgence leads to loss of strength and disease, anger and intolerance. Obviously, unrest is there where these things exist. In short, vices generate restlessness in one form or another in society as much as in an individual.

### **What is the Root Cause?**

Body-consciousness is the

root of vices. Only when man considers himself a body not a soul, views himself with the physical eye as a man and a young man and looks on others from the purely physical point of view and behaves in accordance with physical relationships, being all along aware of various forms of these relationships, only then does arise there the vice called sex-lust. Because he observes all things and persons from standpoint of corporeity, attachment towards one's kith and kin is born. Being thus attached, he becomes greedy, and as is generally observed, his conceit suffers a shock because his desires are far from being fulfilled and he loses his temper. All this process leads ultimately to uneasiness, and an uneasy man, thus, contributes not a little to world peace. To the farsighted man, this truth is clearer than to him who has superficial knowledge.

### **Ignorance leads to all these vices**

The five vices mentioned above cause mental uneasiness. Vices have their origin in body-consciousness, which is due to Ignorance – of what man really is, his original Home wherefrom he as soul has arrived in this world, whose child he, as a soul is, and his religion. He forgets

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what his destination or the aim of life is and what course man's actions take. And, so, knowledge of all the points mentioned here should bring peace to man's mind, and by this means alone can be found a solution to this problem of world unrest. By dint of this knowledge, these causes will surely be removed from man's mind.

### **Solution to Territorial or Regional Differences**

Let us take the example of territorial differences as a cause of unrest. If people realised that all are souls, that the bodies they have are the instruments of action or garments of the souls, and that in reality they are the original inhabitants of one and the same place, called *Paramdham or Brahmlok* from where all have come into the world and where all, at last, have to return, the prospects of lasting peace begin to appear. Not to speak of a particular country, the whole world is a caravan inn. By thinking, thus, can union of minds among all be made possible and mutual trust generated? It is a thing to think about that all souls cannot be born in only one country or to one father and mother in the same linguistic group. Hence, in this vast world of activity, some souls are born in one country

while others are born in another country. In this, there can be no occasion for quarrels. Is it reason enough for passengers in a train to quarrel among themselves simply because they occupy seats in different compartments? No, surely not. Actually, the destination of all is one, i.e. *Paramdham*, and the attainment of peace and happiness is the aim of all alike. Hence, a common aim should bring in oneness among people.

Does anyone carry with him pieces of this world where he is born? The great conqueror, Alexander, left with his hands empty and when his mother went to the graveyard and enquired about where her son's grave was, the man in-charge (the sexton) replied, "Here are interred several bodies bearing that name. Which one body, do you ask me about?" When such was the fate of Alexander, the Great, all men should remember that **this body will be consigned to flames one day or mixed with the common dust.**

If each one of us were, thus, informed on this point that in the body there resides a priceless, immortal and eternal entity, called the soul, that all of us are souls and have come from the Soul World, also called *Paramdham or Brahmlok*, the

idea of universal Brotherhood will be instilled in all to enable them to love one another. How happy people of a country, community or tribe are when they chance to meet in a foreign country? They set up associations, clubs and unions only to help one another. So, we should also co-operate with one another because we have come from one and the same place, *Paramdham*, into this world which is really an alien country. We should have concord amongst ourselves. Knowledge of this kind will relieve man of greed, attachment or any sense of false identification, and, having thus, engendered universal brotherhood will bring peace to the world.

### **Solution to Religious differences**

Now let us think of the religious differences which are a potent source of unrest. If all were taught to learn that purity and peace are the prime objects of the soul to acquire, peace would have got established in the world and in the mind of man. One should be able to say that Hindus, Sikhs, Christians, Parsis – all are primarily souls. Before we regard ourselves as belonging to any religion, we should recognise ourselves as souls and should be posted firmly in the form and the right

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work of the soul and look upon others also as souls. Thus, there will be no occasion to lose peace of mind, because soul's very object is the attainment of peace and purity. He, who is grounded in peace and righteousness, can never do anything to ruffle his own mind or that of someone else. We have to take note also of the fact that nowadays the slogan of the general public and their leaders is that 'people, irrespective of their religious beliefs, are all brothers'. But, unfortunately, they do not live like brothers because they don't know what the basis of this idea is nor they have the experience of how the idea works in people's lives. So, there is obviously the necessity to make people understand the truth that all persons, wherever they live and whether they follow one religion or another, are in the form of soul, children of one and the same Father, the Supreme Soul, and are, therefore, brothers.

### **Solution to quarrels on economic grounds**

In order to remove this cause of unrest, we should apprise man of the processes through which actions, done by him, pass. The rich should be told in such manner as the following: "You had, in your previous life,

done good deeds, given money in charity or helped others with money and brought them happiness, as a result of which you are born here in a rich family. Hence, you should, in present life of yours, do what you can to make the workers and the artisans in the factory happy so that in the next life also, happiness comes as your share, as otherwise you will be born poor and insolvent if you caused them pain here." On the other hand, the workers should be told that, as a result of what they did in their previous life, they are experiencing poverty. They should be advised to do noble deeds and work so hard over their jobs that they will now improve their fortune here, and earn peace and prosperity for the next life. Both, the masters and the workers, should be made to understand that as we sow so shall we reap. When the lesson of virtuous conduct and cooperation are learnt by them, there will be forged a sweet link of peace between the two.

### **Solution to Linguistic Differences**

As for linguistic differences, we have to make the people understand that language is a means of expressing thoughts. There can be no one language in this vast world. The fact of there being various languages

accounts for charm and interest in the world, which is like a theatrical performance. Flowers of various hues, and birds signing different notes, are the ornaments of a garden. So is the language, the ornament of mankind. Hence, language should be no ground for a fight. Different countries may have their own languages, though a universal language would be a great convenience to all. But people, nowadays, do not know what the language of peace is. That is so because all use the language of discord. That is why, over the question of language, acts of arson have been committed. So, if people were made to practise the language of the soul, i.e. taught to rest in silence and peace, and to be soul-conscious and inward-looking, strife on account of variety of languages would come to an end.

The above-mentioned points, if followed, will surely solve this great problem of peacelessness. As it has been mentioned above, as long as man's mind is restless, there can be no peace in the world and the cause of peacelessness is in the vices or body-consciousness of man. So, if man eradicates these by means of divine knowledge, peace will surely prevail. ■

# IT'S MOBILE...EVERYWHERE...

— BK Anant, Nadiad (Gujarat)

Graham Bell, the inventor of Telephone, would not have thought that his unique invention would be so useful in coming days that people would keep it in their pocket/purse to get most out of it! Yes, let us talk about mobile phones in a different context, a spiritual one.

A thought blinks in the mind that we all are mobiles, moving here and there! To elaborate, mobile is only useful when it joins hands with a sim-card. As we find handsets of different designs, colours and size but sim-card is almost of same size and apparently of same look. In the same way, we find people with bodies-acting as handset – of different designs, colours and heights but the soul acting as sim-card is of same size and look. When soul enters the body, the life like a mobile handset gets activated.

Sim-card has limited capacity to store the memory, say, 2-5 GB, but soul has unlimited power to store. Sim-card can be placed in other handsets. Similarly, soul enters the new

body (rebirth) where recorded traits/resolves are manifested. So, don't be afraid of death as death is nothing but change of handset!! When we listen to someone carefully, it's a received call otherwise a missed call. Our mouth plays the part of mobile speaker and ears of headphone! Like mobile, we also adjust/set volumes of our vocal cords. Eyes are nothing but digital cameras gifted by nature. Battery supplies power to handset and here soul which is living entity works as battery to supply meta-physical energy to the whole body/handset. Handsets with 2 sim-cards are also available. Don't we find the incidents of some evil spirit entering into someone's body (2 souls in the same body)? Medium of air acts as mobile tower to connect the persons.

Now let us go into deeper meaning. Mobile sets have different profiles – general, loud, silent etc., to set. We also set ourselves according to various needs and moods. This setting is so speedily done by our subconscious mind that it goes

unnoticed. When we are in deep silent mode (rather mood), we can communicate with other souls through subtle vibrations, which process is called telepathy. Deep study of Rajyoga helps to achieve this mastery. We save so many contacts and search them at a time (mind, intellect and resolves are subtle traits of a soul). Our sub-conscious mind provides facility of an alarm clock, reminders etc. Supreme God Father-cum-Teacher teaches the Rajyoga – art of communicating with Him directly. When we use that mobile, the battery gets discharged and we have to pay more, but here in connecting to God Father, we souls, i.e. batteries get recharged and become more powerful. No question of paying bill as it's free card i.e. no prepaid, no post-paid connection! – call rate 0 paisa per second, validity life after life!

O.K., before we say TATA, please, note that this is BSNL, meaning Brahmand Sanchar Nigam (un)limited scheme on which you can keep total Reliance. You may call it Airtel-talking through media Air or a Vodafone (*vada* means big). "What an idea Sir ji ..which can change your whole world"!!!

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