

|| From the mighty pen of Sanjay ||

**MATESHWARI JAGDAMBA
SARASWATI –
WISDOM PERSONIFIED**

The first Administrative Head of the great Brahma Kumaris institution, Brahma Kumari Saraswati had many outstanding qualities of head and heart. I met her for the first time in the year 1953. Since then I have had the chance of visiting about forty countries and met many VIPs in various fields of life but not even once have I come across anyone who had such a magnificent and auspicious combination of divine, benign and exquisite qualities. Women, who form the first ranks in various fields of life are given such high appellations as Her Majesty, Her Excellency, Her Lordship, Her Royal Grace, The Rt. Honourable Lady, the Most Reverend, Justice of Peace, Her Holiness, The Divine Mother, etc., etc., but the personality



of Brahma Kumari Saraswati, gave not only an experience of the qualities which the fore-mentioned appellations together epitomise but also had some special charm and gave an experience which is difficult to describe for want of appropriate words. There was an inexplicable divine factor in her personality, call it spiritual fragrance, cultural

elegance, freshness of love, nobility, or whatever else you may. This gave everyone the feeling of a divine presence. One felt elevated, blessed, fulfilled, and protected when one was with her. One had an inexpressible inner exhilaration of having found someone in whose search one had been for long.

Those who have not seen or met her would perhaps consider the above description of her personality as gross exaggeration or mere exuberance of a born sentimentalist or a religious zealot. I feel that all the epithets used for the Divine Mother, Brahma

(...Contd. on page no. 29)

CONTENTS

- ▶ Mateshwari Jagdamba
Saraswati - Wisdom
Personified 1
- ▶ Mama's Magnanimous Heart
(Editorial) 2
- ▶ World Mother 6
- ▶ My Class-Mate, Friend and
Spiritual Mother 10
- ▶ The Art Of Relaxing At Will 13
- ▶ Practising Truth In This
Wicked & Crooked World . 16
- ▶ True Empowerment 17
- ▶ God Teaches Us 18
- ▶ Love Of The Divine Mother 19
- ▶ Nothing Could Deter Me
From My Voyage 20
- ▶ Self Sustaining Leadership 21
- ▶ The Masterpiece Of God .. 22
- ▶ Do You Police The
Universe? 24
- ▶ Family Values, Meditation and
Crucial thinking 27
- ▶ Tale of Time 30
- ▶ Godly Service Report 31

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MAMA'S MAGNANIMOUS HEART



It was my fortune to have met Mateshwari Saraswati (Mama), the first Administrative Head of Prajapita Brahma Kumaris Ishwariya Vishwa-Vidyalyaya, at the age of 20 just after my one month's studentship at the Brahma Kumaris Centre in Colaba, Mumbai (then Bombay). Her vibrations and words of wisdom were very inspiring. Mama's personality was so magnetic, so pure and full of motherly spiritual love that she could capture the hearts of anyone, whether big or small, elderly or little ones. Though she always mentioned her relationship with everyone was 'spiritual', each one still felt she/he was her most favourite divine child. Her lectures

(murlis) were oceanic in depth and unlimited in their treasures of virtues and wisdom.

I felt very, very fortunate to have found my long-lost and now-found Divine Mother (though mothers are always considered divine...). She would express her unconditional love through *drishti* (pure vision), words of encouragement and sweet *toli* thereby accepting everyone irrespective of background, religion or race.

Mama's own faith in reincarnation of the Supreme Father, God Shiva, was very, very deep and firm. The story goes that when Mama became involved actively with the Brahma Kumaris (then known as Om Mandali), she was

conferred the title of 'Yagya Mata (Mother of the Yagya)' by the Founding Father which she lived hundred percent in thought, speech and action. She became an example of faith in God and love for divine life by imbibing every word from Baba's *Murlis* into her thought process and actions, thereby setting an example par excellence.

Her deep meditations, churning of spiritual knowledge based on *Sakar Murlis* and practical dealings with the inmates as well as student-members brought home the highest experience of her being a living World Mother. Her benevolent attitude towards all was the reason why her words transformed many, many lives and inspired young sisters and brothers to dedicate their lives in the spiritual service of humanity through complete surrender and dedication.

It wouldn't be out of place to mention that in 1962, after spending my annual 2-month vacation time in Godly Service at Jaipur, I shared with Mama the inspiration I had to dedicate my life in Godly Service. Mama's reply was so inspiring and encouraging that only a holy mother would accept and advise to go ahead. I still appreciate her words when she



said, “It’s a very meaningful and welcoming thought to dedicate oneself completely in Godly Service. (I was 24 years of age at the time) After all, what are the needs of a person in life? One just requires two meals and two

sets of clothes which can easily be provided by the yagya.” She further gave her blessings by saying, “Go ahead, sweet child”.

Her words became real blessings for me though it took some time to make it a reality.

On 20th November 1963, I received release from service at the Indian Navy and became a full-time Godly server. Many thanks to Mama for the power of her love and wisdom which continues to nourish me spiritually!

Sweetest Memories of Jagdamba Saraswati by Dadi Janki

Mama had so many specialities that she remains in our minds and our hearts until now. Just by looking at Mama’s picture, it feels as if her spiritual powers and specialities are seeping into us.

Mama had a great deal of love for the Supreme Being. She was very silent and serene. I first saw Mama as a student. Mama and Dadi Kumarka were in the same class at school. Mama was not only clever but she was also unique. In fact, she was very modern and up-to-date. We all felt that it would be wonderful if such a girl would come and belong to Baba.

Mama was so attractive to us. Many *kumaris* dedicated themselves in Baba’s great task simply by seeing Mama’s transformation. She changed completely when she came to Baba. She was very slim but after one year, she started to look like a mother. She was full of motherly love and qualities.

In a matter of 1-2 years, Mama transformed to the extent that her eyes, speech and personality were constantly filled with divinity.

Initially, I was hesitant to come close to Mama. On hearing about this, Mama called for me, held my hand and asked me sweetly, “Are you afraid of me?” I explained that I wasn’t afraid of her but it was just that we never spoke to each other. So Mama replied, “From today onwards, we will have conversations on spiritual knowledge.” She gave me a great deal of love and made me feel at ease. Her humility and regard for others was overwhelming.

I never saw Mama act in an ordinary or careless way. Mama told me she had learnt how to use her mind in a peaceful way: “This mind is my little baby. I tell it to be silent, and that I will call on it whenever I need to use the mind.” This was how Mama became conqueror of the mind. Another powerful mantra I learnt

from Mama was, “Always consider each moment to be your last”. I have never forgotten these teachings.

She would listen to Baba’s *Murli* of knowledge just once and then explain it to others word by word. Yet it never seemed like she was just repeating what Baba had said, but she had merged the knowledge in her being and was then expressing the same. Even if class went on for one and a half hours, we would be so enraptured by the flow of knowledge from Mama that we would sit with full attention.

Whenever Mama had free time, she sat either on the rooftop or on a chair in her room in deep *tapasya*. The ambience that surrounded her at such times was very inspirational for us.

Mama taught me to be accurate, to be punctual for our spiritual classes, to listen to the *Murli* attentively, and to follow the principles diligently. There

was only one time I saw Mama come late for class and that too she was only a minute late. However, she refused to enter the class after Baba had taken his seat. She listened to the entire *Murli* sitting outside on the steps. This was her respect for Baba and the knowledge.

Mama was particular about not giving too much directions or teachings; rather she would teach us by carrying out the task herself. This would motivate us to do the right thing without having to be told. Mama's philosophy was, "Be careful that you never repeat a

mistake."

Mama had great respect for her own time and that of others. She never uttered an extra or unnecessary word. She never spoke of the mistakes of others. She was very royal herself and sustained us in a very royal way.

Message of the most caring Father, God the Supreme

Brahma Kumaris worldwide have a divine family membership of over a million souls whose lives and belief prove beyond doubt that there

is a God; One who is the most caring, loving and knowledgeable Guide. God's wisdom supersedes all human discussion and doubts. God's

knowledge, as shared directly, holds such clarity and depth that it is unparalleled. The latest message referred above is given in essence below:

Divine Message via Dadi Gulzar – 29/05/10

"God has so much love for His unhappy children who don't know Him that He wants those souls to benefit with one or another power. For you Brahmin children, your self-respect is to be world benefactors.

"The Father is pleased seeing the zeal and enthusiasm of the Brahmin children: Wah My beloved children who are the lights of the world, wah! May you constantly fly as angels! BapDada want the children to fly at an even more intense speed. Victory is the garland around the

children's neck. The Father has deep love for every child because He knows that these children are not just a handful out of multimillions, but a few out of those handful of children. The spiritual children are God's companions. From the beginning of establishment, the children have given their company and continue to give it.

"The Father always reminds you spiritual children that you must give the message to the children who are still remaining and enable them to claim their

inheritance of liberation and fruition. Give them their right. Otherwise they will complain you. You are doing it, but now you have to bring intensity in both. God is also feeling mercy for the children who are still deprived of their spiritual inheritance. Children, there is an atmosphere of fear everywhere. O, fearless merciful children, now have mercy! Liberate souls from their fear. Enable them to receive their inheritance of liberation and fruition."

Education based on Spirituality can create a Crime-free Society

– Dadi Hriday Mohini

**Inauguration of Dialogue-Cum-Meditation Retreat on
“Empowerment through Values & Spirituality”
for University & College Educators,
Shantivan (Abu Road) from 4th to 8th June 2010**

About 700 University and College Professors from all over India participated in a special Dialogue-Cum-Meditation Retreat on “**Empowerment through Values & Spirituality**” from 4th-8th June 2010 at the Brahma Kumaris’ Shantivan Complex, Abu Road.

The Inaugural Session brought together eminent speakers from the world of spirituality and education. Dadi Hriday Mohini, Additional Administrative Head of Brahma Kumaris, shared powerful blessings saying, “*We as a nation are advancing in the field of education. The world today considers the education offered in Bharat to be exemplary. It is heartening to note that our beautiful culture continues to give importance to values. However, there is an undisputable need to incorporate values and spirituality within the current educational system. This*

alone is the foundation for a value-based and crime-free society”.

Chief Guest at the Inaugural Session, Dr. M. Ramanathan, Vice-Chancellor of Annamalai University, Tamil Nadu, spoke eloquently in support of Value Education: “*While poverty of wealth is still a stark reality in Bharat, the poverty in values is increasing at a fast rate. Education in values and spirituality will prove to be the dawn of the birth of values in the lives of students. They will then be able to emerge true love and respect for humanity. By collaborating with the Brahma Kumaris and Education Wing of Rajyoga Education & Research Foundation (RERF), Value Education will spread rapidly throughout the country and I have complete faith that the results will be positive*”.

The respected Vice-Chancellor went on to announce the one year

Degree Course, Master of Science (Lateral Entry) and Post Graduate Diploma in Value Education and Spirituality being offered by Annamalai University, in technical collaboration with the Brahma Kumaris and Education Wing of RERF.

Other speakers to provide insights and good wishes at the Inauguration were **Dr. S.B. Nageshwara Rao**, Director of Distance Education at Annamalai University, **Dadi Ratan Mohini**, Joint Administrative Head of Brahma Kumaris, **B.K. Mohini**, Chairperson of Rural Development Wing, RERF, **B.K. Nirwair**, Secretary-General, Brahma Kumaris & Chairperson of Education Wing, RERF, **B.K. Mruthyunjaya**, Vice-Chairperson of Education Wing and **Dr B.K. Harish Shukla**, National Coordinator of Education Wing.

– **B.K. Nirwair**



WORLD MOTHER



– B.K. Ramesh Shah, Mumbai

It is my greatest fortune to have received the motherly sustenance from goddess of knowledge – World Mother – Saraswati, whom we lovingly called Mamma. I met Mamma for the first time in the year 1955, when she visited Mumbai. My mother asked me, “Mateshwari has arrived – will you come to meet her?” I said, “I will definitely come. Please make an appointment because many people may be visiting her and she will be busy with other programmes too.” She gave me the time from 5 p.m. to 6 p.m. that evening. That was the first time I saw Mamma, wearing sari in Parsi style. An invisible and eternal relationship was forged between us in the first meeting, which became catalyst behind considerable transformation in my life. Mamma stayed with us for a long time and taught us many things like a mother. It is said, ‘mother is the first guru or teacher’ and so Mamma became the guru-mother of our spiritual lives and guided us extensively. I used to ask

Mamma several awkward questions, but she would answer them with a smile and satisfy my heart.

Her answers Par Excellence

Once, I asked Mamma, “Despite the fact that there were many sisters who had come to the *yagya* before you, you went ahead on the basis of your spiritual efforts. Which one aspect took you ahead of the rest?” Mamma answered, “This is a very difficult question as one does not progress because of one speciality. Many things are involved, which work together in harmony to take a person move forward in life.” I said, “No, I want to know about only one aspect, that helped you move ahead in spiritual effort.” After contemplating for a while, she said, “As per my understanding, the virtue of determination, i.e. to fulfil any thought I have, at any cost, is taking me ahead.”

Mamma gave everyone respect, along with immense love. Once I said, “Mamma, I don’t like one thing about

you.” Mamma asked what it was. I said, “Mamma, no mother in the *lokik* world says, *Aap* to her son; she addresses him as ‘*Tu*’ (‘*Aap*’ and ‘*Tu*’ both mean “You” but the former is used for seniors or elders or as a sign of respect, while the latter for those younger in age.) You use ‘*Aap*’ when you address me, implying that you don’t consider me your son.” Mamma said, “That is not true. Prior to Baba, Mamma made you belong to her.” I asked again, “Then why don’t you say ‘*Tu*’ (thou) when you speak to me? This ‘*Aap*’ is burdensome. I am younger than you and you are the World Empress Shri Lakshmi of the future world, and are worshipped as World Mother Amba and Goddess Saraswati presently, but nonetheless why do you address me in this manner?” Then Mamma replied, “Listen Rameshji, every soul in this world drama is elevated and is playing his or her own part. We are the children of the Supreme Father, Supreme Soul, and as souls, we are brothers. This is why we should interact with love and regard. In terms of worldly interactions, I use the term ‘*Aap*’ for you but don’t think that Mamma has not accepted you as her son.” Mamma thus

taught us to be farsighted and interact with every individual with respect and love.

Reassurance

When we were to hold an exhibition in Mumbai for the first time, I discussed it with Mamma. Mamma asked what the expenses would be. I said, "Mamma, we need to first get Baba's permission." Mamma said, "Mamma gives you the permission on Baba's behalf. Tell me how much it will cost." I gave her the estimate. Mamma said, "Fine, go ahead". Mamma always gave me her approval.

We had to create pictures for the exhibition and send them to Baba after they were ready for correction. He would then return them to us. Baba once wrote in one of his letters, "Son has become crazy over these pictures. What will we do with so many? The three – Kalpatree, *Trimurti* and World Cycle – are more than enough." Mamma's enthusiastic words were also written at the bottom corner of the letter: "Son Ramesh, whatever you are doing is fine. Baba is only testing you. Continue making pictures." In this way, I always received Mamma's support, her favour, and encouragement. The first exhibition in the *yagya*

was inaugurated on 29th December, 1964 the same year, and attended by Mamma.

Once when I was in Madhuban, Mamma was to return from a trip to Hapur. She arrived in the evening and was given a grand welcome. In the night, Mamma sat with Baba and shared news of the commotion that had occurred, what the antagonists had done in Hapur (BKs had faced much opposition) and I too was present. Baba listened very calmly and Mamma too was stable whilst speaking. Listening to their conversation, I asked Mamma, "Mamma, you have personally witnessed the circumstances in Hapur and describing them to Baba now. Did your mind go through any upheaval"? Mamma answered, "I do not experience any upheaval." I asked her why not. Mamma looked at Baba and replied, "We have firm faith in the fact that establishment is taking place as per 5000 years ago. All the ups and downs, obstacles and problems being faced now have been seen 5000 years ago too. Many such things will come and go. This is the reason our stage does not get spoilt and we don't experience mental upheaval." We thus learnt a lot from Mamma's

unshakable faith in the Drama.

Who else will give love? If not we

I once asked Mamma, "Whoever comes to you, either talks about their difficulties or complains about other people's weaknesses and defects, no one ever comes to speak about good things." Mamma nodded and I went on, "When someone speaks to us this way, we tend to get influenced and our *drishti* towards the person changes accordingly. Doesn't the same happen to you?" Mamma replied, "I consider everyone to be an effort-maker. Each one is making efforts to change self and go ahead. In the process, some fail along the way, some move at a slow pace and a few come to a standstill. Mamma also knows that this is a school and a school normally has a variety of students – some are intelligent and others dull or weak. Not everyone passes with first rank in their examinations; some come first, some second, few third and few also fail. I have the faith that a kingdom is being established, and subjects of a kingdom are number-wise. The various categories of the kingdom will be formulated here, and each one is making efforts here to create *sanskars*, which form the basis of the future

status. Therefore, no matter what is spoken about anyone, I do not allow anyone's weaknesses or defects to get imprinted on my memory track (*chitt*). I never create negative impressions about the other child. I maintain feelings of benevolence and love for the child I am listening to, as well "for the one who is being spoken about. I constantly maintain good wishes to help everyone's progress. I show regard and love for both souls because if we don't give them love, who else will?"

Love for Mamma

When I am merged in my own intoxication, I ask myself strange questions. Once, when I was in such a mood, I asked myself jokingly, "Ramesh, whom do you love more Baba or Mamma?" and my inner voice said, "You love Mamma more." Just as a small child is asked, "Is Mummy sweeter than Daddy?" this question too was for small children. I think the main reason behind this answer was that Mamma had lived with us for 18 months. Everyday we travelled by car together, I would listen to her Murli, we would have dinner together etc., and this caused me to develop devotional love for Mateshwariji. When I think deeper, I understand that

Mamma represented excellent and incomparable effort-making. Father Brahma was the Supreme Father, Supreme Soul's lucky chariot (*Bhagirath*); he had an experienced body of 60-years old and owned limitless wealth, and so in my understanding, he did not need to make a lot of efforts to attain the Number One position; it was natural for him. Mateshwari came to the *yagya* at a young age; she had no experience in looking after a household or family, nor did she serve or cooperate through wealth and so from all angles, situations were against her whilst favourable for Pitashri.

Once in Pune, Mamma and I went to see Pashain Dam, which had broken and caused severe damages. We had to walk a little way and whilst walking, we all went ahead and Mamma was left behind. We waited for her to catch up and then I said, "Mamma, you were left behind in walking. Baba too comes walking with us many times, but in spite of large difference in age, he walks in step with us and has even gone ahead several times." Mamma jokingly said, "Rameshji, Baba is no doubt unique. There are two souls in one body, where one is the Supreme Soul and the second,

Baba's soul. So a train consisting two engines would definitely move faster than a one-engine train, wouldn't it? Even whilst coming to Pune, there was a reason why they added two engines to the train. Baba will undoubtedly go ahead of us since we all have one-engine. Baba also becomes the engine and we, the train carriages. He needs to be in front so that he can pull the carriages ahead." This answer of *Mamma* throws special light on the truth and this is why, I have more love for Mamma, because she achieved her status of World Empress Shri Lakshmi through great efforts. Our Mateshwariji was the living form of tireless, carefree effort. What was the reason behind this? **There are many answers to this question but I will only share a few here:**

► 1) Mamma related only what she knew without any mixture. If there are some aspects of knowledge, which the Supreme Soul has not clearly talked about, we tend to conjecture that it might be like this or mean that – we attempt to blend the directions of our mind (*manmat*) with Godly directions. For example, in 1962 I had asked Mamma a

question in Madhuban: “Where do all these trance-messengers go? At that time, are their souls in their bodies or elsewhere?” Mamma immediately answered that Baba has not clarified this topic yet. I then asked, “You have probably thought about it yourself? What do you think?” Mamma then replied, “I am a student who is studying and therefore, I only think about what the teacher has already taught me. When the teacher is personally in front of us, why don’t we ask him? What I say will be *manmat* because I am not aware of what God’s directions are in this respect. You may ask Baba this question tonight.” Knowledge means having the understanding of both your powers and drawbacks. Mamma was knowledgeable about both, which is why she went ahead in spiritual efforts.

▶ 2) The second reason for Mamma’s fast efforts was her determined power of thought. It is difficult to measure the power of thought, but one can know when it increases or decreases. When Mamma had faith in something, she would definitely follow it.

Once, the specially loved brothers and sisters of Kanpur had sent an invitation to Mamma in Mumbai, in the form of sweet songs filled with love. The songs had an element of sadness as well and this made the listeners emotional and their eyes filled with tears. Mamma’s eyes also were filled but she said, the drops would not fall from the eyes. Despite listening to a voice filled with deep love, the tears did not fall. We asked Mamma why she didn’t shed tears and Mamma then revealed her spiritual effort. She shared an incident from the initial days of the *yagya*. In Karachi, Baba used to stay separately in Clifton, whilst Mamma and the rest lived in a different place. One night, Mamma suddenly remembered Baba and wept throughout the night, so much so that she even wet her pillow. Baba later on heard about this and explained to her in private, “Daughter, you must not weep from now on.” From that day itself, Mamma made a promise to Baba that not a single tear-drop would ever fall from her eyes. “And from that day until now, I have not failed in my promise.”

On another occasion, I asked

Mamma that as a child she must have planned something for her future. What did she aspire to become? Mamma answered, “At that time, I wanted to follow the path of *bhakti* (devotion) and others; I wanted to perform a task that the entire world would remember me after I have gone.” Mamma truly fulfilled her childhood desire!

▶ 3) Mamma’s power of logic was extraordinary. Mamma was able to make someone silent in two seconds. I had once invited friends from the *lokik gita pathshala* (where Gita scripture is read and taught), who were well-versed in the scriptures to meet Mamma. I questioned Mamma, who had never read any scriptures, if she would be able to satisfy them with knowledge? And the first question that came up was, “Do you say that this Gita (*lokik* one) is false?” Mamma answered promptly, “Why don’t you look at the attainments? What did the *Pandavas* attain on listening to the Gita? The Gita was for society but society became Iron-aged. The *Pandavas* went to the Himalayan Mountains. The *Yadavs*

(Contd. on page no. 26)

MY CLASS-MATE, FRIEND AND SPIRITUAL MOTHER

– Dadi Prakashmani, former Chief Administrator, Brahmakumaris

Mamma's primary education started in Mumbai since Mamma's father resided there. Mamma had studied in English. Her father's untimely death brought her along with her family to Sindh, Hyderabad. Those days, it was uncommon for Sindhi girls to be fashionable and she was a rare example of a modern girl in Sindh. She was excellent in singing; she had a sweet voice like professional singers. As proficient as she was in singing, she was exceptional in dancing and clever at her studies and all other extra-curricular activities.

Our First Meeting

The first time I saw Mamma was at a school function. Mamma had danced to the nursery rhyme 'Twinkle twinkle little star....' Mamma was awarded so many prizes for the dance that I was left wonder-struck. Mamma was 16 years old at that time. I too attended the English-Medium Model School to complete my Matriculation, and became Mamma's class-mate. We sat

on the same bench but were not close friends since she was modern and I, simple. But since we were class-mates, we were friendly and loving to each other.

Strong Memory Power

That year during the Deepawali holidays as I was free, I once visited Baba's *satsang*. These *satsangs* had been continuing for about one-and-a-half to two months. Mamma visited the *satsang* as well and when we met I told her, "This is a very good spiritual gathering. You should come everyday, I too will come." Mamma then attended the *satsang* daily. Mamma had always been very intelligent and farsighted. Mamma's memory was so strong that she only had to listen to something once for it to get imprinted on her intellect. She could listen to one of Baba's points and then talk about it for the next 10 days, unveiling more and more secrets revealing the clarity and depth of her understanding. Never once in her life did she say that she had forgotten something or

say, "Yes, perhaps you had told me..." or "Oh yes! Now I remember what you had told me..." Mateshwari Jagdamba was the master of an unfathomable memory.

Loving and Detached

Mamma showered so much love on everyone that the love would fill them through and through. Although Mamma interacted with me and friends in the *yagya*, our relationship mirrored that of a mother and daughter. She took me along wherever she went. Mamma had limitless power of determination. No one could influence her once she had a determined thought. Having strong faith in whatever directions Baba gave, she inspired us to carry it through. As was her determination, so was her admirable nature. Every step emphasised the fact that she was the same Mamma, the same Radhe, and the same Lakshmi, all three combined in one.

Mamma was fearless and a practical embodiment of power, and equally detached and unaffected. She was not body-conscious but her intoxication of self-respect was far more than of any other individual. She had complete faith in herself, Baba, and His task. Baba had only to mention that something needed to be done, and Mamma would

be on the job immediately. Baba existed in her thoughts and breaths. She also had an abundant love for everyone, which made my heart call out, “Mamma, you are the idol of love, and treasure-store of humility.” She was the image of motherly love, yet beyond attachment.

Discipline and Respect

Whether it was *Pandavas* (brothers) or *Shaktis* (sisters), Mamma would listen to everyone, give advice, and point out mistakes too. Even when complaints came to Mamma, she would merge them within and pacify both the parties. We learnt something special whenever we met Mamma. We always left her room with an inspiration or new teaching, having forgotten whatever we had come to say in the first place. Mamma was the idol of contentment herself and remained extremely happy with whatever and however little she received.

Goddess of Eloquence

Mamma’s oratory skills were powerful and logical. No one could win a debate with her. Her answers were like Arjuna’s arrows – they would hit the mark. In one incident, the District Commissioner of Karachi, Brother Jagatsher (who lived opposite our

bungalow) asked Mamma a couple of impertinent questions. Mamma’s answers made him fall at her feet!

The Authority

A warrant came against Mamma. Warrants in Dadi Manohar’s name and that of other Dadis’ had also been issued as they were minors, below 16 years of age and had left their homes to join the *yagya*. Mamma was 18 years old at that time. Daily, we would receive warrants in one of the sister’s names and discuss it every morning. One day, Baba was in a light mood and said, “Om Radhe, today a warrant will come in your name and you’ll have to return home.” Mamma replied, “Baba, there is no one who would send me a warrant. I have a mother who only knows that I am 18-years old. It is not possible for a warrant to come in my name.” Baba agreed with her and the matter ended there. At exactly 10’o clock, we received a warrant in Radhe Pokardas’s name. The warrant bore her *lokik* mother’s signature. When Mamma saw the warrant, she said, “This is a false signature. I can guarantee that my mother could not have signed this. Prove to me that my own mother signed it. Apart from this, I have completed 18-years of

age according to my date of birth, so this warrant is invalid. How can you say I am underage? Summon my mother – let her tell me that she has indeed signed this warrant.” But we had to accept the warrant. Later on, Mamma went to court and told the judge, “My date of birth is this date, month and year. This warrant does not hold my mother’s signature. You may question her yourself. If my mother says that she indeed issued this warrant in my name, then I will return home willingly.” This caused much commotion in the court. Her mother was then questioned and she replied, “I don’t know anything about this. No one asked me about it – I didn’t sign it.” Hearing this, the judge’s face went pale. The case ended there and Mamma was driven back respectfully from the court. Mamma had asked the judge, “Is this the way you summon women to the court?” Mamma’s powerful and fearless speech silenced the judge absolutely! Mamma never got scared; she was firm and had faith in her intellect, which allowed her to give precise answers. Mamma, thus personified Mother Durga.

The Codes of Conduct

Mamma had deep respect for Baba and could never listen

to someone else speak of Baba ordinarily. Once I came to Mamma after playing a game with Baba. I happily told Mamma, “I won over Baba today.” Mamma immediately said, “Keep quiet. Is this the way you should speak that you have won the game and not Baba. Therefore, you should say, I won the game.” Mamma gave us the accurate meaning of every word and asked us to use it rightly. She constantly followed the codes of conduct and etiquette.

The Aim

I learnt good manners by living with Mamma. Om Radhe was loving, sweet mother and friend to me. However much we praise Mamma, it always seems inadequate. She was as knowledgeable and a yogi soul, as she was Shiv-Shakti Mother. Baba would say, “A soul with faith in the intellect is always victorious”; I saw the complete practical proof of this in Mamma. No matter whether it was Baba who saw Mamma first or vice-versa, Baba said instantly, “O Radhe, you are Anuradhe (the one to become Shri Lakshmi), you are Jagdamba”. The moment Mamma came in front of Baba, he said, “O Radhe, you are Om Radhe. O Om Radhe, you are Jagdamba (World Mother), you

are mother to all.” It was astonishing to see how Baba related Mamma’s biography automatically as soon as she came before him. I noticed that Mamma too accepted this with faith, made efforts and lived up to it.

Mother Sarawati played the *veena* (Indian lute) of knowledge so sweetly that it pleased the minds of all listeners. Mamma was the fearless Mother Durga and Mother *Shakti*. Baba’s reference to the dual bead of the rosary of victory became a reality when Mamma came to the *yagya*.

Garlands of Virtues

Whether it was in Om Mandali, or Om Niwas or Kunj Bhawan, I have always lived with Mamma. Whoever came in front of her – with whatever motive – her gaze would make them fall at her feet in reverence. We stayed with Mamma during all 14 years of *tapasya* (mortification). It was her daily routine to wake up at 2 a.m. and then sit in a chair in her room to meditate. She would sit with us and teach us every type of physical service;

whether it was cleaning of grains, or cutting of vegetables, she would be the first to come for service and instruct us as well.

On invitation, Mamma first left the *yagya* on service to Kanpur (U.P.). I was in Delhi then and Baba sent me a telegram saying I should accompany Mamma to Kanpur. And so, not only once, but Baba sent me on tour with Mamma many times. Devotees say there is a rosary of 36 virtues and Mamma was number one in all 36 of them.

There were sisters older than Mamma in the *yagya*, but she behaved both as a friend and mother to them.

Madhuban Grapes

One who has come to Madhuban must have seen the grapes vine in Baba’s garden. It first bore fruit on 23rd June 1965. Baba asked Mamma to feed grapes to us children and so Mamma gave two grapes each to all the souls present in Madhuban on 24th June, after *Murli* class. These grapes remind us of Mamma.

How very symbolic and meaningful!

Virtue of Sweetness

Sweetness is a virtue that searches with patience for the good in every person and situation.

THE ART OF RELAXING AT WILL

– B.K. Surendran, Bangalore

The biggest challenge in 21st century is to lead a better and relaxed life. Life is getting complicated due to lack of its right knowledge. Life is a natural process. But a lot of artificial lifestyle practices, beliefs, faiths and status – consciousness have got into the process which makes life complicated. Diabetes, blood pressure, cancer, strokes, heart attacks etc. are found to be very common diseases these days. In addition, many unheard diseases have been appearing. The medical science is baffled and finds it challenging to combat such diseases. Strained relationships are another casualty. The suicide rates, depression cases, divorce cases and litigations of multifarious kinds are increasing. There is a mad race to amass wealth by hook or crook. There is cut-throat competition. There is an urge to scuttle with and shuttle to plum posts and positions of authority to become the owner of the world and to control and rule over the people of the world. In the process, there is a lot of mental stress and strain

which make the mind sick. While doing so, one has forgotten to live. The number of people who have forgotten to live is increasing enormously. There is no life without problems. But, how we look at the problem makes all the difference. We can never eliminate problems and enjoy life. Problems are an integral part of life.

Therefore, the root cause of these diseases is the mental ailments due to tension and stress. Many people do not know how to be relaxed in life. They are always tensed. Life being a natural event, it is always enjoyable only when one is relaxed. The natural nature of life is always being relaxed. Let us discuss some points of knowledge as to how we can be relaxed at will.

Self-Respect

Self-respect is a great motivator and self-inspiring mental attitude. We must have respect for ourselves. We should never underestimate ourselves. We must be aware of our own greatness. We must be aware of our specialties. For

example, we have the mindset to help others, have the attitude of compassion and good wishes, have the sense of belongingness, imaginative sympathy, sacrifice and service. This is our greatness. We must be aware of our assets and plus points. When we give respect to ourselves, others will start respecting us. The way in which we look at ourselves will be the way in which people start looking at us. Self-respect enhances our self-confidence. Self-confidence gives us courage, zeal and enthusiasm for greater achievements in life. Self-respect is the propellant in scaling greater heights. When we are aware of our self-respect, others' behaviour and dealings will not upset us. We will be able to decide what kind of life we should pursue and lead. We will be able to decide appropriately what should be our course of action. Our course of action will not be based on others, actions and behaviours. Circumstances and people will not be able to influence us and upset us. Self respect again means to be aware of the immortal existence of the self. And in that immortal existence – the core virtues such as purity, peace, love, happiness, bliss etc., will generate a lot of strength to the self for being happy and peaceful. It

generates a natural sense of belongingness, thereby tolerance and humility. Let us be aware of our self- respect and enjoy life. I am the master of my life; I am responsible for being happy or otherwise. My choice should always be to be happy, cheerful and relaxed.

Self Discipline

Self- discipline is the bedrock of a successful and great life. Great men had self-discipline and that made them stand out of the crowd. They were punctual, regular and committed to their aim of life. They were not dependent on others. They did things on their own and set examples for others to follow. They never blamed others. They drew a specific daily timetable for their life and other activities. The best self-discipline we can find in ants. They move behind the leader through the specific path. Self-discipline is a way of life. When a person's thoughts, words and actions are properly organised, there is self-discipline. Such persons do not waste their time and energy. There is hard, purposeful and efficacious working style formed as part of self-discipline. We can take the case of Japanese after the Hiroshima and Nagasaki tragedy. They built their nation afresh and became a world

leader and competitor in many fields. It was observed by Sophocles that behind every life of self-respect and dignity, there is the power of self-discipline. We can achieve progress only when we have unity. Unity is possible only when there is self-discipline. Self-discipline cannot be imposed upon others. Self-discipline should be a way of life right from childhood and student life. Vicious, waste and negative thoughts will never allow us to be relaxed. Let us generate only positive, pure and elevated thoughts.

We come across people of different ideas, opinions, *sanskars*, behaviours and situations which we may or may not like. If we find that a certain person or situation is not to our liking, we have a choice to 'let go or let be'. Let us not be bothered and burdened with situations and people. We can create an attitude of 'let go or let be' and proceed further. Let us not halt. Let our life energy be on the flow at all times. When we understand that certain situation or person cannot be changed, it is prudent to change our course of thinking, free ourselves from that situation and be relaxed. Time is the best healer. Our relaxed attitude will allow things to get settled. If at all a problem

appears to be monstrous, we must understand that **we are bigger than the problem**. We can have an attitude of '**this, too, shall pass**'. Experience shows that what happens is for good. Life is always reformative and not punitive. Let us forgive and forget. Let us be flexible and mouldable in our thinking and attitude. Let us create an attitude of **detached observer**. Let us contribute to the welfare and peace of the world.

Careful & Carefree

Being careful should not become an obsession. Some people are worried about being careful. Carefulness is the act of being aware of whatever we think, speak and do. There is close observation. We should observe ourselves at all times so that we do not get into problems which can be easily avoided. Many of our problems are self-created. Self-awareness will enable us to enjoy the experiences of life during various situations and events. We will enjoy life at all times. We will enjoy our meals, wearing clothes, conversation, a scene and scenery and so on. When we are attentive, there may not be any pitfalls. Self - observation is also part of being careful. We must observe our thoughts, feelings, emotions,

proclivities, tendencies, words and actions and so on. When self-awareness and self-observation are practised on a constant basis, that becomes our nature. We are always focused. Hence we are also carefree. A circus artiste performs and the audience is held spellbound. The artist has not done it all of a sudden. It is with the practice of the art for a long time with commitment and focus that he has done it. In the same way, our life is also a circus. High jumps, long jumps, pole vaults and so on are to be made by us at times. This can be done with equipoise and freedom. If we practise self-awareness and self-observation, we can always be careful and carefree. In order to relax at will, we must have control over ourselves.

Smile & Laugh

A smile is infectious. When we smile, the world will smile with us. We smile when we are satisfied and happy. If a smile is true and comes out of the bottom of the heart, it has an electrifying effect. Smiling enhances our face value. A smile indicates a sense of belongingness and comradeship. A smile has tremendous power to get the required things done without any difficulty. A smile can influence

others. It can positively transform the lives of others. It can solve problems and dissolve differences of opinions. A smile indicates success and satisfaction. Laughter is a health tonic. People like to laugh and be merry. Those who laugh are easy going, flexible, simple and cheerful. Such people are not stern and tight. They are accessible and approachable. Those, who regularly laugh, do not have heart and lung problems. It is not only a kind of physical exercise but it also releases mental tension. It ensures proper blood circulation and better health. One should use his common sense to laugh or smile at the appropriate time. It is said that it takes 72 muscles to frown and 14 to smile. On the basis of a research, it is said that a child – a baby smiles 400 times a day, an adolescent only 17 times and an adult does not smile at all. There is an innocence and beauty in the smile of a child. We must cultivate that kind of smile. We must laugh naturally and enjoy life and be relaxed.

Rajayoga Meditation

Even though we have a lot of knowledge about life and situations of life and the way we have to handle life, it is necessary for us to have necessary inner powers – *atam*

bal to transform all the knowledge into practical terms. We know everything but when a practical situation comes up, we fail. Hence we must first of all find some time for self-renewal. We must fix up an appointment with the self-soul – to correct the self, to modify the behaviour and action patterns for the future, if need be. The soul is a conscient point of light. We can compare this to that of a battery. It should be charged periodically. Having a mobile phone is not a guarantee for having a communication link with others who are away from us. The battery in the cell phone should be charged everyday by connecting to main line of electricity supply. That line is connected to the generating station. Meditation is to connect the self – the soul – to the Supreme spiritual energy source – God. It is through thoughts that we connect to the Supreme. Meditation is the most powerful technique to draw power from the ultimate source of light and might – God. God is a point of light – *jyoti* – who is ocean of peace, knowledge, bliss, love and happiness. The real powers which we need in life are the power of peace, happiness, bliss, solace, love, tolerance and so on. And God is the source. We can draw

power from God. Since God is our real father and mother, there is an eternal relationship, which is based on love and affection. Since we are souls, we should remember God through soul-consciousness to enrich in spiritual powers from Him. There will be instant experience. A lot of research has been conducted by innumerable people on meditation. It has been found that Rajyoga meditation can easily create relaxation in our routine; we can respond effectively to people and situations, and we can be rational in solving problems. We will have clarity of purpose, goals and values. Our concentration power, memory power and the ability to take proper decisions increase. It improves our physical, mental and social health. Therefore, we must create some space for meditation compulsorily just like we find time for food and sleep. Meditation is the most dependable and guaranteed tool to be relaxed at will. Let us take time off – at least a minute in an hour to relax at will, and gradually we can increase this duration to make it a habit. ■

PRACTISING TRUTH IN THIS WICKED AND CROOKED WORLD

— B.K. Neena, East Delhi

Oh Harbingers Of Peace

Practise Truth in this wicked and crooked kingdom
Carving your own niche sans throttling your voice of
wisdom

Wherein, every person being a pseudo character of
oneself

Tries to portray what he actually may not be himself!
Don't be bogged down by the evil minds of grotesque
actors –

Who fail to gauge the lofty motives of great characters
Virtually uphold truth, righteousness and honesty
Tread along the elevated Directions of the Almighty
With the key of firm determination and positivity!

During any predicament, seek **Baba's** intervention
And His right Judgement with peace love and patience
Be austere and light- wear anything, coloured or white

Abstain from impure food with a smile

Holding your head high amidst whispers and sighs!
Remember **Mamma** said, "Treat every moment as your
last"

Be like **Mamma**—an embodiment of powers and virtues
too fast!

Therefore, waste no time in opulence

Remember **Baba** at every moment with effervescence

For **Mamma** epitomized the *mantra* – "Mine is one Shiv
Baba and none other"

Be a Lotus in the bog, Oh *Adharkumari* (mothers)!

Wear the armour of the power of Purity,

Lest should we face the *Dharamraj's* Penalty

Cherishing the fact

That **Shiv Baba** placed the urn of Knowledge on our
head-

Proudly gives the World its lost Identity, the right track!

TRUE EMPOWERMENT



– BK (Prof.) Ved Guliani, Hisar

Every human being, howsoever small and impoverished, wishes to be so empowered as to wield a powerful influence and control over his/her surroundings. People try to mould their physical, material, intellectual and even spiritual qualities and circumstances in such a way that they can command and win the respect and honour of their fellow beings. Ironically, this instinctive behaviour is not just limited to the grown ups and the educated but even the small kids, in some way seem to understand how to make their elders tow their line.

It was on this New-Year eve that my three year old granddaughter, in her innocent and loving manner, asked us on phone, “*Dadaji, aap hamare ghar kyon nahin aate?*” (Grandpa, why don’t you ever come to our place?) We could not resist the force and the charm of her invitation, though for 3 years we have been avoiding our son’s persuasive invitations. And by the mid of January we flew from India to Lagos (Nigeria).

The captivatingly affectionate manner of small kids attracts everyone and enriches the person with a happiness and contentment that is perhaps beyond words. Who has ever succeeded in denying what a small child has asked for with his innocent smile, selfless bright eyes and the stammering tone even without knowing the significance of those words?

I sometimes think of great businessmen, industrialists, politicians and very successful professionals and the manner in which they have toiled the whole life to attain a position of influence and power. Howsoever successful they might have become but one fails to find even a small flicker of carefree and selfless smile on their face. I wonder if they have experienced what true happiness or contentment is, notwithstanding the millions they might have accumulated in their bank accounts apart from the most luxurious gadgets they might be using in their day-to-day life. No amount of success in their industrial venture or recognition in their professional

field not even the grabbing of political power could make them happy and contented. All their wisdom, experience and learning seem to be of no use in bringing them that moment of sublime joy they might have always yearned for.

John Keats, one of the very famous romantic English poets, describes human world as “Where but to think is to be full of sorrow.” And P.B. Shelley, another romantic poet, cried helplessly at the pitiable human predicament when he said:

O lift me as a wave, a cloud,
a leaf,

I fall upon the thorns of life, I
bleed.

Yet some people have been able to keep their cool even in the hopeless and torturous situations of life. It was Robert Browning’s protagonist, who even in the face of gallows could say:

It’s God who shall repay,
I am safer so.

If we look around, we are sure to find some people who are mindless of the happenings and changes taking place around them. New developments, discoveries, inventions and latest electronic gadgets seem to mean nothing to them. The aim of their life is to understand the self and its true nature and through this knowledge enjoy and spread the charm of

happiness and contentment amongst the suffering humanity. They are busy helping the society and serving humanity in their own small or big way. Such people, though very few in number in any society, always radiate a charm and spread the sparkles of a selfless happiness. They persuade the people to go within themselves for the true happiness and not search it in the material and perishable objects. Their words and deeds soothe the onlooker with the force of some divine miracle. It is such people, the true children of the God Almighty, who without any 'wand' of the worldly power, sway their control over the masses.

Is it not ironical that having seen such a wide variety of people and their level of 'happiness' and 'empowerment', people should still find it difficult to conclude as to who is really empowered or what is the true source of that empowerment. Is it not the innocence, selfless smile and charm, the divine and tempting manner of a child that empowers? Is it not in the happiness of guiding the strayed fellow-beings and bringing back the contented smile of a comfortable posture to the ailing and suffering humanity? Is it finally not the quality of realising one's own self and keeping it free from all the corrupting and polluting elements of the material world that bring true empowerment?

Ironically even the great philosophers, writers and poets, who claimed to understand human mind and described life in their imperishable works, have failed to gain and experience that very happiness in their own life which otherwise is so well portrayed in their works. They too like the lesser mortals have helplessly waited for the true bliss to adorn their life.

Do we still believe that empowerment lies just in attaining a socio-political status and wielding material power and in accumulating a large number of so-called comfortable appliances and gadgets, even if they would pollute our mind and life with sins and evils like jealousy, anger, greed, pride, lust, ego etc.? Is it not in going 'inward', understanding one's self & realising the Almighty & enjoying His Empowering Bliss within?

GOD TEACHES US...

– B. K. Sapna,
(ORC), Gurgaon

I am a soul
Point of light
Peace and purity is my
God - Fatherly birthright
God teaches us to speak
always the truth
And speak always sweet
Neither be proud
Nor be cheat

Think always that
I am a soul
This world is a playground
And I am a doll

God gives me, health, wealth
Happiness and powers
Remember God, every time
And twenty four hours

Do always special act
And something great
Be always happy
Without being upset

To see always qualities
Not to see defect
By thinking always positive
You will be perfect

God gives us the knowledge
About right and wrong
If you remember God
You will be strong

LOVE OF THE DIVINE MOTHER (MAMMA)

– B.K. Shiv Kumar, Pandav Bhawan, Delhi

“Mother is the creator of the future & highest destiny of her children”.

In our childhood Pitashri (Brahma Baba) played this song on gramophone, “*Mata O Mata, Tu Sabki Bhagya Vidhata, Tu Sabki palanhar maiyya...*” which means ‘Mother O Mother, you are everyone’s destiny maker, everyone’s nurturer’. The song was very sweet and heart-rending.

In this world we can get all comforts and materialistic pleasures now and again but love of divine mother is a rare opportunity. I was in fact very fortunate to get the opportunity to stay with Mateshwari, stroll with her, to be brought up with her divine love, to receive *toli* from her lotus hands and sit in her divine presence.

She had herself given me the golden opportunity to do service in her room. Everyday I was delighted on receiving her divine love and affection.

Just few minutes prior to *Mamma*’s leaving her mortal coil, as usual, I was busy in service in her room. She

looked at me with special *Drishti* and gave fruits as *toli*. At that juncture, she was calm, quiet, peaceful, completely detached from the body. But I was unaware of the fact that this was my last communication with my divine mother.

Highest Meditative Powers (Yogbal)

Mateshwari’s meditation power was of the highest level. Everyone could experience her powerful stage of penance (yoga) by the vibrations of purity and divinity radiating from her. Her eyes were steady, heart filled with motherly affection and features reflecting an aura of divinity.

When she taught us the practice of meditation many times, I could see an aura of rays of purity around her. She was like an illuminated/ fluorescent pillar of purity and peace. Through her rays of bliss, she enlightened the path of all and filled the souls with power through her penance.

Royalty and Simplicity

Matheshwari was very simple in appearance, but in fact a divine and unique soul. All her activities – walking, talking, sitting, looking – her entire life reflected highest resolves filled with royalty and divinity.

Everyday she meditated especially around 2 – 2.30 a.m. she was an example and sample for all of us. She had adorned her life with deep penance staying in deep silence, remaining introverted, busy in remembrance of God.

Her gait was very noiseless. So noiseless was her pace that many a times when we stood talking together, *Mamma* would pass closely, without our attention. Her each step was divine.

I remember an incident – once, a sister had caused lot of noise while walking. *Mamma* called her affectionately and told her with a sweet smile, “Those who walk noisily wearing away their shoes will get a worn out kingdom in heaven.” In this way, she had the great art of explaining one’s weakness with Godly love and knowledge.

Sweet Speech

Mamma was very obedient; she always said “Yes” to Baba and perfectly abided by His Shrimat. Her speech was very sweet and blissful. Her advice

was “check before you speak”. She believed that tongue is immensely powerful. Words uttered by it can be blissful and more precious than gold and diamonds.

Economical and Responsible Towards Yagya

In Shiv Baba’s *yagya*, Mateshwari took great care of economy (saving) she said, “We are responsible children of *yagna*. Wastage of electricity, water or other materials should be avoided”.

Once, some *yagya* students were filling food grains in gunny bags. When *Mamma* came there for a round, on seeing the grains scattered on floor, she said, “Each grain of Shiv Baba’s *Yagya* is like a gold coin. Don’t waste them.” Drops of water fill the ocean similarly she taught us to build our fortune by exercising economy in everything.

Inmovable and Unshakeable Stage

Mamma was the source of inspiration for all of us in this God’s *yagya*. She was an example of faith and determination and a successful commander of *Shakti Sena* (Army). She was number one student in all the four subjects of Godly knowledge, viz., knowledge, yoga, inculcation of divine virtues and Godly service. She helped in all sorts of services whenever needed or when staff was deficient.

In spite of fulfilling all responsibilities of *yagya*, her mind was always calm and she helped others to stay calm and cheerful. She drew attention towards the importance of service through our *karma* (deeds) and behaviour. She used to say, “One service is by speech and other by deeds or by upholding divine qualities in practical life. Such was the greatness of our divine Mother – a living goddess! ■

NOTHING COULD DETER ME FROM MY VOYAGE

– Dr. Soumya Pati, University Sains
Malaysia



Cyclones, lightening, disasters appeared in the form of Maya all along my path

But nothing could deter me reaching YOU my Creator,

I felt your footsteps; I found your footprints every moment in my Life,

But nothing could deter me reaching YOU my Creator,

I asked YOU questions, I asked my questions, you smiled though

I found your answer, as your hands touched my forehead when I slept.

But nothing could deter me reaching YOU my Creator,

Let me die again and again father to feel the stage of light,

Where I can feel your Love forever, though you will be with me forever

But nothing could deter me reaching YOU my Creator,

You remove the dust from my eyes which has blurred my vision,

And the pains in my heart which have left scars all over,

You make me free from bondages and let my finger touch your palm.

But I reached near YOU Father, as nothing could deter me for loving you forever

SELF SUSTAINING LEADERSHIP (SSL)



– B.K. Pavan, Finland

A couple of years back I attended Neuro Linguistic Programming (NLP) training as a part of my job. The topic was new to me, and I paid attention to every word spoken by the trainer. He explained it from an organizational point of view using keywords like Management, Business, and Clients etc ... highlighting conjunctions like “but”, “if”. The participants were from different backgrounds. They were project managers, architects, business managers and engineers. The two-hour training added a new perspective to my thought process giving insights into how business relationships could be improved with proper usage of words.

Before the session ended, the last question/answer generated a loud laughter in the hall. The question from a participant was something like this, “I am building a house, and we are deciding on the interior colors to be used. My wife wants light cream and I want pale blue, for a particular room. How do I

convince her using NLP?” The answer was in a lighter vein, “Just agree with your wife; don’t try to manage her with the NLP, Otherwise..... :)”.

After a few days I tried to recollect what I had learnt, but as usual nothing came into my average mind except for the last few words “Don’t try to manage”. These words resounded in me again and again. Whenever possible I quoted the whole situation as a joke.

But, deep inside there was question: if not “managing”, then what?

In the meantime, my sister got inspired by Dadi Janki and she came into close contact with some of the Dadis and Senior Sisters who narrated their way of working within the *Yagya*. Each time the narration ended with the words “lots of sustenance”.

Having heard this, I asked Sis. Jayanti if I could come to London to spend a few days. She very graciously invited me to attend European Teachers’ Retreat (ETR) in Oxford. Because the ETR was being

conducted by Dadiji herself, I was extremely happy to attend.

As it was teachers’ retreat, I thought Dadiji would give some serious lectures, but in most of the sessions Dadiji filled us with pure entertainment, striking subtle points playing with words (common sense, natural sense, divine sense) like Baba does. When I observed closely, I realized that these subtle points actually were a driving force on how to run things. No PowerPoint slides, no graphs, no pie charts. Just words! Wow.

Having had a taste of “Sustenance,” later I got a chance to interact closely with Sis. Jayanti and Sudesh Didi in Finland. I observed that these sisters have **sustained** themselves well over a long period of time and now are able to create a positive difference in others’ lives.

During the retreats in Finland, I hear people posing questions such as, “How do I manage my husband, grandchildren etc...?” I think the bottom line is ‘Don’t Manage; please **Sustain**’.

The very thought of ‘Management’ brings controlling, monitoring, reporting etc., whereas, ‘Sustenance’ brings love, caring, support etc.

We should consider replacing the ‘M’ in SML with ‘S’ (yes)

(Contd. on page no. 23)

THE MASTERPIECE OF GOD

– B.K. Anand Mohan Hans,
Paschim Vihar, New Delhi

Every artist has one or two masterpieces of his or her art for which he or she becomes famous. For example, the great Dutch painter, Vincent van Gogh, who lived from 1853 to 1890, is known for his painting *Starry Night*. The great Italian painter and philosopher, Leonardo Da Vinci, is known for his paintings ‘*Mona Lisa*’ and ‘*The Last Supper*’. The great Michelangelo is remembered by the entire world for his painting ‘*The last Judgment*’. Similarly, there are famous musicians, composers, writers, authors, dancers, etc., who are noted through their masterpieces.

God – The Greatest Artist

God too is an artist – the greatest of them all. He is credited with creation of the world. But the world is not His masterpiece because it is not truly His creation. If it were created by God, then what would there be before its creation and, moreover, who had created God? There is, thus, no question of its having been created or made out of anything. The world was

there; it is there and there it always will be. Then, which is the masterpiece of God?

We know that the world is a stage and we are all actors playing our assigned roles in the world drama. God is the creator director of this great world drama. But we know little about another role of God in this drama, the role He plays as the principal actor.

The story of the world drama is, in fact, the story of Bharat. Bharat, at the rise of the curtain of the world drama, was the heaven created by God on this earth, the heaven glorified by every religion. It was the new and the Golden-Aged Bharat. The gods and goddesses living in the new Bharat, the heaven on the earth, were not God or so many incarnations of God. We call them deities. They were like us, human beings, but they had all the God-like qualities of purity, peace and love. They were blessed with purity, peace and prosperity. Though there were lakhs of deities in the Golden-Aged Bharat, two of them, Shri Krishna and Shri Rama, are

well-known and hold very important status in the Hindu mythology. We worship them but we do not know their biographies as to how they achieved such an exalted status that they are worshipped by millions of Hindus.

Change is the law of nature

You bring home a newly purchased car; next day your friends will say that it is one-day old. Any new thing becomes old with the passage of time. Time changes everything. The new becomes old. The heaven established by God is no exception to this rule. At the time of the fall of the curtain of the world drama, the Golden-Aged Bharat in particular and the world in general degenerate into a virtual hell. The deities of the past become ordinary human beings after many births and rebirths, devoid of their qualities of purity, peace and love and, instead, having the five vices of lust, anger, greed, attachment and ego.

Night follows day and day follows night. Seasons come and seasons go in regular succession. The World Drama also moves in the cycle. It passes through four distinct periods or epochs – the *Satyuga*, the *Tretayuga*, the *Dwaparyuga* and the *Kaliyuga*. It has completed a full circle and is readying itself

for yet another round. It is at present in the last phase of the *Kaliyuga* or in its hellish period. The hell and the heaven are on this earth, not somewhere in the sky or beyond it. The hell, the Bharat of today in particular and the world in general, will once again be transformed into the heaven on the earth, or the Bharat of the *Satyuga*, like the day following the night.

But this transformation is not within the powers of any human being. It is the divine work of God who, as the principal actor in the world drama, descends upon the earth to do His job. He is at present busy doing it. He makes Bharat the heaven on the earth.

Each soul has to have a body to play a part in the world drama. As God, the Supreme Soul, is a soul too; He takes up a human body to make contact with us, His children, and to teach us what to do and what not to do, so that we are entitled to live in that heaven. God does not take birth like we do; He simply enters a human body, the body of an old experienced man whom He renames as Brahma. It is through Brahma that God changes the old world into the heaven. It is through Brahma that God guides us to the incorporeal world, the home of souls, and from there to the heaven on the earth. Brahma serves a dual purpose. God uses Brahma not only as His medium but also for setting an example of what His children should be like, to inherit the kingdom of heaven.

Brahma is a unique creation of God, His masterpiece. ■

SWEETNESS

Sweetness is mastery of the senses – eyes that see to the back of things; ears that hear to the heart of things; lips that only speak the essence of things. Sweetness is the result of a long journey inwards to the core of life and the ability to rest there and watch.

Sweetness is living on the line of truth, where one sees what is really happening away from the show of words. It is a delicate thing, connected with death. For before dying, it is only that line one sees, not the life and suddenly one understands the ‘why’ and the ‘what’ and afterwards one moves on. To be alive and happy and yet on this point of death from which one only sees what is important, is very special.

Sweetness looks for the good in things, for at its heart is the conviction that good is somewhere there in everything, if only one has the patience to discover it. False sweetness is saying that something is good when one hasn’t taken time to really find out what it is and so have lazily hit on something obvious to comment on. Real sweetness feeds only reality.

Sweetness is the virtue of the very young who have not lost their optimism and sometimes of the very old, in whose contracting lives, every movement is worth a lot and whose past has become a hand-picketed list of memories which time cannot take from them.

What is really sweet can never be time’s victim, for sweetness is the quality of a person whose life has touched eternity.

(Contd. from page no. 21)

and make a Self Sustaining Leadership (SSL) course.

The first exercise in this course would be:

Ask the audience to ponder on these questions:

1. How to manage my work?
 2. How to manage my students?
 3. How to manage my children?
 4. How to manage my centre?
 5. How to manage my parents?
- Note down the thoughts/ feelings ... Now replace the

word “manage” with “sustain”. I am sure they will notice the difference.

The world is creating **Management** Gurus. Let’s create **Sustenance** gurus. ■

DO YOU POLICE THE UNIVERSE?

As we watch the actions of some and what happens to others in our busy world, we find it easy to reel against much unfairness and injustice that appear to take place. The media brings us a daily pictorial torrent of the misfortunes of some and the persecutions of others. So it's not surprising we find it hard to discern 'meaning' amongst this blizzard of information, and it's not surprising when we create our own 'mental uprisings' and, in our conversations, find ourselves making our own 'verbal assaults' against those who seem to be delivering the injustice of pain and suffering upon many or simply being unfair to a few.

While many of us do reel against the apparent injustice in our complex and complicated world, it seems there are some who do not react in the same way. They carry another perspective, which is, if nothing else, an interesting way to consider the significance of all events. They say there is no such thing as unfairness that it's

entirely relative to our personal point of view and tends to be defined according to our personal prejudices. They say one man's unfairness is another man's fortune. And that we are all intuitively aware that justice is a natural process, that it has its own route, its own pace, its own moment of arrival and its own appropriate impact.

We all acknowledge that there is a natural justice built into human affairs when we refer to the idea of 'karma', when we acknowledge that what we sow is what we will reap, or when we recognise that for every action there is an equal and opposite reaction, and when we often remind each other, "What goes around comes around". These insights into the laws of 'cause, effect and consequence' remind us that the moment we become angry towards other people's actions, we are telling the world that we cannot wait for 'natural justice' to arrive, and that we have appointed ourselves as police, judge, jury, and jailer in order to help it along! In such moments,

we forget that we have not been given permission to police the universe!

Little do we realise that the anger we experience is in itself justice visiting us! We are the one who are suffering in that moment. We are the one who are getting our own back... literally! We are the one who are crying, who are suffering. What for? For the wisdom to free us from our ignorance about the cause of our anger, for the love that may wipe away the inner tears of our unhappiness, for a perfect world that dances to our tune. But we cannot see the true nature of our cry because we cannot see our own anger as a form of suffering. We cannot see that it is an emotional consequence caused by our inability to accept others as they are and to accept the world exactly as it is at any given moment called 'Now'. We cannot see that our anger, our suffering, is caused by our attempt to police the actions of others. These beliefs all contrive to cloud our capacity to see that we are only hurting our 'self'.

This does not mean that we should just sit idly by watching the persecutors and the persecuted fight it out. We always have choices. We can leave our 'armchair anger'

behind and go to help, to do something, to make a contribution towards improving things for others in the future. Perhaps the key word here is 'offer'. We only need to be careful that our offering does not turn into forcing, driven by frustration, as we attempt to take the law into our own hands. If we do decide to leave the comfort zone of 'armchair anger' and 'do something', it might be advisable to wear the peaceful face of compassion, and not a face screwed up with condemnation and contempt. The first face is that of the 'possibility of positive influence' (nothing is guaranteed) and the second is that of 'an attempt to control'. One is enlightened and the other is darkened. Obviously this is not easy to begin with, especially if we are taking the plight of others personally.

This more considered and calm approach, based on the awareness that natural justice is always at work, can easily seem to fly in the face of our conditioning where we have learnt that revenge is an acceptable response to perceived injustice. The mythology of the avenging hero, which is woven through almost all modern movies, soaps and

video games, appears to condone and encourage an anger-driven vengeance towards those who are unjust and unfair. So confused are we that we have almost positioned revenge within the range of what we call human rights. Such is the thickness of the fog that now surrounds this dangerous emotion.

For years Jo Berry was angry. Her father was killed by Patrick McGhee, the IRA bomber, at the Tory Party Conference in Brighton in 1984. She decided that she had to meet him and she described one particular outcome of their meeting, "I felt downhearted for weeks, and scared. I had begun to understand that when you give up blaming others for what they have done, you experience a terrible fear that you are betraying others. Yet I was elated". Eventually they jointly set up Building Bridges for Peace and appeared together on television and at public meetings. In working with her father's killer, she reflects, "I don't want to demonise him. I want to listen to him. I want to see his humanity. I don't want to forgive him yet; I want to understand him."

We all know the law of gravity because it keeps us in

our seats. But few of us realise that in the physical world, the 'law of gravity' is just one of the many laws that are intertwined with the 'law of balance'. Gravity ensures everything returns to a state of balance. Too much moisture in the atmosphere and down it will come as rain, rebalancing the atmosphere. Too much 'tilt' on the ocean wave and down it will crash on the beach. The laws of balance can also be found at a mental and spiritual level. To many people, angry thoughts of vengeance will either emerge as violent behaviour, thereby attract violent responses, or if internalised, will eventually emerge as physical disease, as consciousness seeks a way to eliminate the emotional poison and restore balance to our mental and physical systems.

Expand this insight out onto the world stage, then watch people, organisations and nations exchanging negative energy and we are watching either (a) one side upsetting the balance... momentarily, or (b) balance being restored, as it must, because it's the law. This unbreakable law does not need to be administered or enforced by us or even by a higher power. It is a law that is simply built into the system and

dynamics of all human affairs. It administers itself.

Understanding that this law is in operation at all times, teaches us the wisdom of standing back a little, and just watching, not jumping to conclusions, not hurting ourselves with violent thoughts of what we believe could be a justified revenge. Knowing that what goes around comes around doesn't stop us laying down laws within society, it doesn't stop us from relieving the gunman of his gun if he is in the same room (though you will need a good strategy!) but it helps us not to take the law into our own hands at a mental level after the event. We cannot rush justice. We cannot force the rebalancing of energies at any level in the world. If we attempt to do so, it is a form of arrogance and we only upset the balance of our own energies as a result. Even to condemn those who would try to take the law into 'their own hands' is to take the law 'into our hands'!

The final course in any meal, including the meal we call life itself, is always called 'just desserts'! Everyone who comes to eat at the table of life has within their destiny the opportunity to choose their 'just desserts' i.e. the consequences of their actions. Some choose ice cream, others choose sour cream! The first is more aware of how this choice is made, so they live carefully but not fearfully, compassionately and not resentfully, peacefully and not angrily. If the law of cause and effect is truly a strand within the laws of balance and harmony then whatever arrives at the table for our final supper will be an accurate consequence of how we lived our life! ■

From: mike@relax7.com

(Contd. from page no. 9)

were destroyed on their own land, while the *Kauravas* in the battlefield at Kurukshetra. Although the knowledge is so great, why did evil take birth? Here, the Supreme Soul says, "I establish the Golden Age by relating the knowledge of Gita, that is, I transform the world through Gita. So tell me, which Gita is true – the one that brings about world-transformation or the one that gives birth to immorality? There is no question of blind faith here; it is the truth. You are all educated individuals, so go beyond blind faith and think about the truth in an unbiased way." Hearing this, they started whispering into each other's ears, "She has silenced us by talking about attainments." The flow of conversation had definitely changed the course.

► 4) Till the end, Mamma lived up to her position and responsibilities. In reality, she was a young girl, but from the moment she received the position or seat of 'Mamma', she did not step down thereafter. She always maintained a motherly elevated vision towards everyone. Baba has given us also a status or throne of keeping a brotherly or brother-sister vision and attitude amongst ourselves. Do we constantly maintain this *drishti* and attitude? If not, it's because we let go of our status time and again.

Everyone was pleased with Mamma and she too was content with all. She was not influenced by someone's nature or intentions. She could win over everyone through love, which was why none ever felt distant or like strangers in her company. Even people who did not accept the new aspects of spiritual knowledge, praised Mateshwariji's personality. Everyone considered her to be their mother.

(From the book of 'Aadi Devi Jagdamba Saraswati')

FAMILY VALUES, MEDITATION AND CRUCIAL THINKING

– B.K. Khem Jokhoo, Trinidad

Family values are virtues, ideals and qualities that promote the unity and togetherness of family by embracing the innate values such as love, mercy, compassion and forgiveness. Values are guiding principles that shape one's world outlook, attitudes and conduct. The other positive qualities such as cooperation and responsibility are no less important in creating harmonious relationships. The basis of these values in nurturing relationships is clean heart, so that good wishes and pure feelings for others become natural in thoughts, words and actions. **The essence of family values, therefore, rests heavily on spirituality. In spirituality, all souls are brothers with one spiritual Father making the world a family and this is why it is said that we are made in the same image and likeness of God.**

The First Family

The very first family is knowing the family of the self or the soul. This is often called self-realisation and having the awareness of the identity of the soul. The soul changes its role

when it enters a body to play its part as a human being. Here the 'human being' consists of two entities – body and soul and this in itself is a family in a spiritual sense. The soul by itself has its own family as the soul has to manage its three subtle faculties, viz. the mind, the intellect and the memory. These three faculties have specific functions and yet are dependent on each other to perform action. **Although the three faculties have a symbiotic relationship, the intellect is the most powerful among them. Therefore, all three faculties must work in harmony with each other to be successful in its endeavour. If there is disharmony, there can be an atmosphere of chaos and a disunited family.**

Body and Soul

When the soul is in the body, the faculty of the mind makes the first communication with the five organs of perception and play its predestined part. Therefore, the five senses of sight, sound, smell, touch and taste of the body are but the first relations of the soul, the first extended family. Many

times the faculty of the mind is influenced by the five senses to the extent that it operates without consulting with the intellect and memory and this is where internal family squabbles begin. This is the root cause of breakdown in family values as the soul itself came with its innate virtues, as we are made in the same image and likeness of God. Therefore, when we are looking for solutions to create unity in families, be it by birth, blood, genes or extended relationships, we have to look for non-physical or spiritual solutions. It is the faculty of the mind that needs hospitalisation in terms of spiritual surgery.

Spiritual Surgery of Soul

To do spiritual surgery of the mind, the entire soul has to undergo quarantine, as the faculties are inseparable. First, a virus check must be performed similar to checking for viruses in a computer. The main viruses that contaminate the soul are lust, anger, greed, attachment and ego. To remove these viruses, an injection of purity, tolerance, contentment, detachment and humility is required. In addition, the tonic

of spiritual power, purity, happiness, love, peace, knowledge and bliss is needed to restore the soul to its original state.

Injection of Meditation and Concentration

Meditation is simply the remembrance of God and it is the injection required to heal the mind or for the intellect to take control of the mind. When the soul is awake, some 25-40 thoughts a minute bombard the mind, of which about 90-95% thoughts are waste, idle or negative. These negative thoughts have the tendency to embrace the external virus of sex-lust, anger, greed, attachment and ego to create sorrow in the family. It is interesting that the psychoanalyst describes the ego as the superficial conscious part of “**id**”, developed in response to the physical and social environment. This is because **ego** and **id** are characteristics of the soul that determine the personality of a person. This is revealed through the **ideas** and **identity** and of a person through the **id**. **Idea** is the result of thinking and **identity** is the entity and personality of the person.

Crucial Thinking and Family Values

Now that the link has been established between the mind,

ideas and identity or personality, we can see clear relationships between thinking and innate values. **The basis of “crucial thinking” requires harmony among the faculties. When there is harmony, the soul becomes completely relaxed.** Relaxation of the mind invokes the power of concentration. When there is concentration, the creative powers of the soul are at their zenith; new and fresh ideas emerge. **This is the atmosphere for “crucial thinking”.** This is what is described as “**mental toughness**”. The basis for mental toughness is when the mind and intellect are completely relaxed.

Relaxation and Concentration

Relaxation and concentration are benefits of meditation. Similarly, crucial thinking is also a benefit of meditation. It would be very interesting to determine whether the “Unit of Crucial Thinking” at universities is placed under the appropriate faculty or whether it should be placed under the faculty of “spirituality”.

Meditation, Yoga and Crucial Thinking

In scientific terms, meditation simply means the **management of our thoughts**. It is to have the

ability to think of what we want and when we want, without interference from other thoughts. **Meditation is to develop an ability to concentrate on a particular subject without being attracted and influenced by the five senses, the five vices and the five elements.** Yoga, which is associated with meditation, simply means to have union or make connection with some object, subject, person or God. However, yoga is usually associated with spirituality. **Yoga is to have connection and to have dialogue or sweet conversation with the divine source of inspiration, whom many call God. Meditation, therefore, is a prerequisite or precondition that assists spiritual seekers to have unbroken, undisturbed and continuous access with divinity through “crucial thinking” and this experience is called yoga.** This condition, where spiritual seekers can access their spiritual resources, is also called “Remembrance”. Remembrance in spirituality usually refers to remembrance of God in our thoughts, words and actions and this is the basis of crucial thinking. ■

— (... Contd. from Page No. 1) —

Kumari Saraswati, read together, fall short of expressing adequately her beatific qualities. She was wisdom personified; she was a living model of virtues, an animated picture of Purity and an embodiment of inner and outer beauty. She had the heart of a World Mother, the grace of an angel, the lifestyle of a lotus and the sweetness of honey. She was Love incarnate. One could hear her heart throbbing with nobility, compassion and benediction. I am not afraid of being dubbed as a kind of a genetic sentimentalist; but I must hold the truth as truth.

In her sitting posture, she looked a perfect *Tapaswini* and, in her standing posture, an arch angel, ready to fly high. She was an uncrowned queen, dressed in immaculate white, with broad eyes that always had the glow of spirituality. She was without any ornamentation and pretension because her silvery aura and the ever-present freshness of her face would have made any ornament look superfluous. The smile on her face was of the most innocent kind, full of grace and love and having an undercurrent of practical wisdom. Anyone who came to her felt the spell of a divine splendour and the

protection of a goddess-mother. Even the most vicious person, in her presence, would feel uplifted and free from negative thoughts at least for sometime. Even a person, scores of years her elder, would feel drawn to her as a baby or a child feels natural affinity for his or her mother. Her inner personality had flowered into a lotus consisting of thousand petals and her mellifluous voice captivated and enthralled the hearts of seekers after truth.

One's lifetime is generally measured in terms of years. But those who say that life should be measured in terms of the number of good acts done or memorable acts performed also seem to be right. If the latter view is accepted, Brahma Kumari Saraswati lived a long life, for she had fruitfully lived every moment of her. Her every word was illumining and her every step was worthy of being followed. Everyone cherished the sweet memories of being with her.

She had dedicated her life to noble and global service. When she was yet in her teens, she had made a total commitment to the cause of liberation of mankind. She had pledged herself to the re-establishment of moral and human values, and also to remove the blot of exploitation and torture of and

injustice to women. She had devoted her body and mind to the noble cause of character-building and to the spread of the education of ancient spiritual wisdom and the art and science of leading a peaceful life through the practice of Rajyoga Meditation.

She joined Brahma Kumaris movement when it had just started and was in its initial stages and had not as yet been formally given any name but was labelled by the people as 'Om Mandali'. She faithfully followed the Godly teachings and stood firmly by the side of Brahma Baba during very hard times of trials and tribulations and never did she swerve from her path of peace and virtue. She was a paragon of spiritual beauty and a perfect image of Baba's teachings.

She faced heavy odds at an age when most women of her times generally led a self-centred life. She confronted valiantly and fearlessly the situations which she neither had anticipated nor had any previous training for. She had to give protection and asylum to those who were victims of male tyranny and the merciless acts of those husbands who considered the sex-lust their most fundamental right and treated women as second-grade citizens to obey and worship

their respective husband as god or guru, howsoever vicious and wicked he might be.

Not only did she herself have a clear understanding of Baba's discourses (*Murlis*), which he often wrote down in those days but it was mainly she who had been given the honour and the privilege to read and explain those to the rest of the BK's, and to inspire them by her own example. Hers was, therefore, a very great role in the early period of this institution when she strode over great spiritual heights and led others up the hill by her own shining example. Her contribution to the growth of the institution from the year 1936 to 1965 was phenomenal and unforgettable.

She had to face public criticism and campaign and vilification and even attacks by the instigated people on the hostel of the institution. That was the time when the press indulged in baseless slander and blackmail and the politicians, under pressure, raised questions in the legislative assembly and a few people even filed applications in the court so as to give adverse publicity to the institution. All this happened because the Hindu clergy or the priesthood could not see the females gaining ascendance in the field of spiritual education and winning esteem in the mind of the people and the die-hard orthodoxy felt a severe challenge to its old ritualistic ways and the 'followers', who only sang high praise of gods, without having any substance of purity in their own lives. The vested interest joined together against this 'threat' to the establishment. Thus, battle was waged on many fronts. And, Brahma Kumari Saraswati, with her devoted and dedicated non-violent army, constituted mostly of women, fought bravely on all these fronts and ultimately, the truth came out victorious.

Let us pay our homage to her on the occasion of anniversary of relinquishment of her body on 24th June.

**Thou wert the Love, Wisdom and Purity
personified,
O ye Mother! Our Salutations to Thee!**



TALE OF TIME

– B.K. Archana, M. Das,
TVM, Kerala

William Wordsworth, the poet has given a very beautiful definition of time. What is time? Is it the shadow of the clock or the ticking sound of the clock? Is it the flowing sand or day and night? Is it the winter or the spring or the months and years and centuries? These are all ...but the arbitrary. They are not time; they are the measures of time.

As there is life on earth, there is time. Time is a precious treasure, which we can never store or replace but we can save it. It has 3 phases – past, present and future. We know all these pretty phases. When we do an action which is in the present are the imprints of past time and that present action is the valuable treasures for tomorrow. Past is history, future is unknown. So we have to remember that 'I have the present moment in my hands; whatever has to be done is to be done today only. The present alone is my individual treasure. It is either now or never. 'Time' is a unique resource which each one of us has in equal measure. Everyone has 24 hours, 60 seconds, 14 days for a fortnight, 52 weeks and 365 days in a year. Therefore, we must utilise the time in the best possible manner so that in future when our present becomes past, we must feel proud because the success that would result in because of our proper utilisation of time is present, i.e. this very moment.

GODLY SERVICE REPORT

B.K. Sis. Shashi's visit to Philippines, Japan and Indonesia on Godly Service Tour

B.K. Sis. Shashi of Madhuban reached the Tagaytay Retreat Centre (Philippines) on 23rd April, where a retreat for Brahmin sisters and brothers had been arranged. She was cordially welcomed by senior sisters of the centre and a programme was organised for B.K. students in which she shared her touching experiences of Brahma Baba, Mamma, Dadi Prakashmani and her early days at Madhuban.

- ▶ This was followed by a VIP gathering at the Retreat Centre, attended by IPs from the Media, Religion and Business community. Senator Shahani introduced B.K. Sis. Shashi to the distinguished gathering. Two programmes for VIP guests were also organised at Makati and Lotus Centre (Manila).
- ▶ A total of forty-two luminaries came to the luncheon talk of B.K. Sis. Shashi on '**Soul Power: An Experience of Meditation**'. B.K. Sis. Shashi talked about the value of positive thinking and the practice of silence in

creating a good atmosphere of harmony at home and the workplace'.

- ▶ On the following day, an interview with her was aired in prime time in Philippines' leading radio station. Thereafter, she lectured on "**Inner Power, Inner Protection**" with nearly thirty guests coming from different sectors such as National Labour and Research Commission, Bureau of Agricultural Board, Land Transportation Office, Girl Scouts of the Philippines, United Religious Initiative, Peacemakers' Circle, Rotary International and Philippine Council on Women. She mentioned that inner power comes from acknowledging and practising one's original and eternal values of peace, love, joy, truth, and purity, while inner protection comes from connecting with the Supreme Powerhouse who gives us the strength to practise these values.
- ▶ At Davao, the Mayor of Davao and BKs, in

cooperation with the Davao Medical School Foundation and Soroptimist International of Davao, organised a programme at the Royal Mandaya Hotel. The hall was fully packed with about 120 guests consisting of Rotarians and medical professionals etc. B.K. Sis. Shashi spoke on the topic, "**Keys to Happiness**". This was followed by an interview of her by a well-known media personality.

JAPAN

B.K. Sis. Shashi accompanied by B.K. Sis. Rajni reached Osaka on 28th April. Japan celebrates the week beginning 1st May as the '*Golden Week*' since it's the time of the year when nature is just perfect. She met and conducted classes for BKs at different times, sharing deep insights into having powerful meditation, as well as experiences with Baba, Mamma, Dadiji etc.

- ▶ BKs of Kobe centre hosted a programme in an Indian Society Hall, attended by about ninety souls of Indian background. This was

followed by B.K. Sis. Shashi's talk on 'Transforming Challenges into Opportunities', which was well received.

- ▶ B.K. Sis. Shashi's next destination was Fukuyama where a public programme was held on: 'One Minute Meditation to Change Hard- or Head schedule to Heart-schedule', at the Life-Learning Plaza. Around 130 new souls attended the event
- ▶ B.K. Sis. Shashi met Professor Tuchida, a researcher of Vegetarian Diet in Aichi Mizuho University, Tokyo. A public event was held at Nakano Geino Showgekijyo where the Professor spoke on the 'Good Effect of Vegetarian Diet on our Body', while B.K. Sis. Shashi enlightened the gathering of around 110 people on 'Food for the Mind'. Thereafter, both of them answered questions from the audience about positive thoughts and vegetarian diet for enhancing physical and spiritual health.

INDONESIA

- ▶ From 8th-12th May, B.K. Sis. Shashi had an enjoyable trip to Bali and Ubud, Indonesia. Sis Janaki and the Bali family gave B.K. Sis. Shashi a very warm and traditional welcome. Apart from classes for BKs, a public lecture was held at the Centre on 'Karma Philosophy', attended by about 410 guests. B.K. Sis. Shashi also gave an interview on a Government Radio Station on 'Harmony in Relationships'. Bro. Frank and the family in Ubud were pleased to receive B.K. Sis. Shashi for a day.
- ▶ Apart from classes for Brahmins and contact souls, B.K. Sis. Shashi gave a 45-minute interview on a local radio station. ■

EMBODIMENT OF VIRTUES

– B.K. Shiv Kumar,
– B.K. Colony, Shantivan

- O World Mother Jagdamba Saraswati, your divine deeds!
- Combination of sincerity and humility were qualities to heed
- Your blissful face would take away their desperation
- Through your ideal practical life, you became an inspiration
- You got the title of 'World Mother' at such a young age
- As an angel, you played your part and disappeared from world stage
- Overcoming all evil forces through coolness and celibacy
- You became number one to attain perfection in Brahmin family
- Adorned with God Shiva's jewels of Wisdom
- You'll be enthroned with Golden Aged kingdom
- Divinity through your every organ made one experience paradise
- In just 28 years, you made fortune of entire *kalpa* and got heavenly prize
- 'Simple living and high thinking' was reflected from your life
- Even your one gaze would liberate one from sorrow and strife
- You became role model though remaining incognito in endeavour
- O Mateshwari, our heartiest salutation to you and your divine power!

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