

|| From the mighty pen of Sanjay ||

UNITE RELIGION AND SCIENCE TO BREAK MAN'S CHAINS OF BONDAGE!

Since the time of Galileo, Nicolas Copernicus or perhaps since earlier times, a notion had prevailed among the people that Science and Religion have an inherent antagonism. One of the reasons was that the Church-leaders thought that their belief was based on revelation, which is a higher source of knowledge whereas the findings of scientists were based on man's research. Man, by his nature, is liable to err. Moreover, they contended that their field was exclusively their own holy domain into which scientists or doubting philosophers cannot and should not enter.

The scientists, on the other hand, argued that they believed in what was evident and that they could prove their credentials. Anyone who doubted their theories or findings was welcome to put questions and get adequate answers, based on observations and deductive logic and supported by demonstrable experiments and by practical applications of their conclusions.

Not that this controversy was restricted to arguments alone, but there was an organised opposition by the established church to the scientists that prevented the former from making their findings widely known to the public at large. For example, when Copernicus said: 'As if seated upon a royal throne, the Sun rules the family of the planets as they circle round him' and, further, 'The alternation of day and night is due to rotation of the earth on its axis,' there was a great hostility voiced against him by the Church – Roman Catholics and Protestants included. For instance, Martin Luther is reported to have been warned. Because of opposition, the views of Copernicus could not be published before the year 1543.

The same, nay, worse happened with Galileo when, using the telescope, he scanned the Milky Way, observed the sunspots traversing the solar disc and deduced that the sun rotates. He also expressed his conclusions about the shape of the earth. But, as is now well-known, the Inquisition, i.e., the Tribunal for suppression of heresy, forced him to admit 'errors' in his views

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EXPLORING DEPTHS OF OUR INNER SELVES

From a very early age of our lives, we start learning and developing our outlook depending on the family values and formal education we are exposed to during our upbringing. We learn many aspects of human behaviour and form our personality traits. During the youth period, the main focus remains on being qualified to earn and establish ourselves in respectable positions of society. However, even when the general thrust and interest are towards earning daily wages and looking after our respective families, we always feel the necessity and pull to explore our inner selves in depth.

People in Bharat are specially gifted with a social setup that ensures that due care is taken for moral and spiritual development of individuals while pursuing materialistic and domestic responsibilities. There is exposure to different aspects of meditation and spiritual learning. There are many sources these days, such as,

publications, films, and discourses of holy persons through which one can gather a lot of knowledge. Several television channels are dedicated solely to the spiritual exponents who share many aspects of spirituality and meditation practices. However, there are times when the seeker is sometimes lost and unable to conceptualize the fundamental essence behind spiritual thought and concepts, therefore, getting stuck at the crossroads and unsure of which path to follow for one's spiritual benefit.

Everyone does not find it plausible to spend decades in search of the truth, like the seekers of the past who used to study the ancient scriptures under the guidance of holy saints or gurus in their respective ashrams. Moreover the demands of the present day rat-race have aggravated and multiplied health and social problems which consume most of our time, money and energy. At such a time, humanity at large

receives the greatest and invaluable gift of *Sahaj Gyan* and *Sahaj Rajyoga* (Easy Spiritual Knowledge and Easy Rajyoga) from the Supreme Source, Incorporeal God Shiva Himself. True to its descriptive name 'Sahaj', this spiritual knowledge if received with an open mind whole-heartedly, comes to rescue us from unnecessary and wasteful practices that are going on all around in the name of 'Yoga'. The Shrimat Bhagwad Gita, the supreme scripture amongst all the available sources of *gyan* and *yoga*, enjoins on us to develop a very positive and loving consciousness, and forge a direct link with the Supreme Source of all treasures of inner peace and inner well-being. Through these columns, we have been sharing those Godly discourses and practical guidance that can be implemented in our daily endeavours, along with many new innovative ways of developing a high spiritual stage in meditation that results in self-purification, divinization, and radiation of power of peace and good wishes.

Throughout the Godly service centres of Prajapita Brahma Kumaris Ishwariya

Vishwa Vidyalaya, we have launched a new programme, '*Billion Minutes Good Wishes Bank*'. This is a global initiative by an organisation that has great affinity and done a lot of research in the field of thought and meditation. In this bank, people won't deposit money but can deposit their good wishes. In today's world, one feels an absence of peace, love, goodwill etc. We expect these qualities from others, not knowing that others are merely reflecting what we are projecting. By consciously giving good wishes to everyone in general, regardless of racial, religious and other differences, we get the right to receive peace, love, and happiness. Good wishes are the simplest and the most effective method to bring about good and positive changes in a human being, society and nature.

From 24th June to 15th August 2010, members of the Brahma Kumaris, our friends and contacts, and anyone who wishes to share his/her good wishes will accumulate the same in the '*Billion Minutes Good Wishes Bank*'. This is not merely a 53-day project but a way of developing a positive lifestyle in which we

can continuously spread good wishes and pure feelings.

More information can be obtained by visiting the following website:

[http://](http://www.goodwishesbank.org)

www.goodwishesbank.org

All you have to do is just fill in the number of minutes of good wishes you give the world daily. You can also follow the guided commentaries on this link:

<http://www.goodwishesbank.org/index.php?option=comcontent&view=article&id=54&Itemid=147>

Benefit for the world: By this method, more than a billion minutes of good wishes will be collected, which will help create a global wave of peace and positivity to counter the current atmosphere of negativity. These vibrations of good wishes will be a source of support to the people of the world in turbulent times.

Benefit for the self: According to the natural law of *karma*, what we give, we shall receive. By giving good wishes unselfishly for the world, we are becoming shareholders in the creation of a new world of peace and love. We will not only receive the fruit of our good wishes in the future, but this act of benevolence will have an

instant and positive impact on our health, relationships and creativity.

The popular response from all corners of Bharat shows how valuable and essential are good wishes for the self, our immediate relatives and friends and for society at large. Many highly-placed people have welcomed this unique method of creating positive vibrations in the atmosphere, which is otherwise subtly polluted with negativity and its ill-effects. If we invest genuine faith in this power, it's no wonder that this wave of creating positive attitudes through good wishes could spread throughout the world, and remove many apprehensions, destroy mistrust in relationships, and thereby save nations from spending billions and trillions on weapons of mass destruction. It's only due to lack of trust and fear of the unknown that so much time, money and energy are being utilized in the research for destructive means. This alone is the cause for the whole world worrying about realising peace here and now.

From early July 2010, our dedicated divine BK sisters (Rajyoga Meditation Teachers) have started to gather in hundreds at Shantivan Complex (Abu Road), not only to

experiment with achieving inner peace through meditation but to spread powerful vibrations of love and goodwill through silent reflection and hours and hours of deep meditation. Spiritual powers will be regained through

this intense *tapasya* and spread throughout the cosmos. Dedicated Brahma Kumaris and Brahma Kumars, numbering more than 15,000 in Bharat itself, would be spending at least 6-7 days each in 6

different groups in this special endeavour. We are sure they would all emerge like angels to fly around the world and spread God's power of love, peace and good wishes!

BRAHMA KUMARIS DIVINE FAMILY SALUTES THE FOUNDING INSTRUMENTS OF SPIRITUAL YAGYA

We offer our respectful salutations to our beloved and respected Dadi Shantamani and Dadi Bhuri for their onward journey. Born in 1923 and 1913, Dadi Shantamani and Dadi Bhuri relinquished their Confluence-Aged chariots on 15th June and 2nd July 2010, respectively.

These respected Dadis were two of the most invaluable jewels of God's rosary, and original members of Om Mandali (presently *Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya*), established in 1937 in Hyderabad, Sindh (now in Pakistan). They were our very special Dadis (senior sisters) whose personal examples of deep faith, complete dedication, 100% obedience to Godly elevated directions (*Shrimat*), and accuracy in following all the principles and practices of the Yagya have left eternal, fond memories in the



Dadi Shantamani



BHURI DADI JI

hearts of all the sisters and brothers of the institution world-wide. Their lives became light-houses and might-houses to innumerable souls over seven decades. The beauty and radiance of their eyes used to create tons and tons of pure vibrations that inspired other seekers to explore their own spirituality.

Dadi Shantamani's eloquence in sharing spiritual wisdom and explaining the Murlis (Godly versions), her personal discipline, handling of *Yagya* affairs as one of Founding Members of the Governing Board, and royal

interactions as Administrator of Shantivan Complex has set great heights to the spiritual standards for our divine family.

We are sure our most beloved Supreme Parents, Avyakt BapDada would be very, very happy to receive these great souls in the subtle region, and further bless them with double-crown for their future roles as care-takers of the greatest world transformation from Iron Age into Golden Age.

Our love-filled salutations to these great divine souls forever!

– B.K. Nirwair

MY DIVINE MEMORIES WITH DADI SHANTAMANI

– Rajyogini Dadi Janki, Shantivan

I have some very sweet, rather indelible memories of the month of June 1965, when our sweetest Mamma left her mortal coil. Now, our Shantamani Dadi too has left her mortal coil in the same month.

Wherever I was with Brahma Baba, I always had memories of Dadi Shantamani. In fact, our stage generally is such that besides Baba, other souls also remain in our remembrance. However, Supreme Soul God Father Shiva cautions us not to remember anyone except Him; but, souls like Dadi Shantamani will necessarily be missed because they have sincerely fulfilled their duties towards God Father Shiva.

Dadi and Her Family

I liked Dadi Shantamani since childhood. Dadi had four sisters – Deva, Dhruv, Kala and Sandeshi. Dadi Shantamani and Dadi Chandramani got surrendered in the *yagya* in the same manner as Brahma Baba had got surrendered. Dadi Shantamani's mother Sati Bhabhi, Dhyani Dadi and

Mamma's mother (Rocha Mata) were all three real sisters. So, when Mamma got surrendered, Dadi Shantamani's whole family including all unmarried daughters and their parents also got surrendered. Dadi Shantamani had a brother, whose son and daughter-in-law met me in America recently. They are proud of coming from a family that boasts of being Baba's direct and devoted children.

Instrument of Godly Service

Once, Baba suddenly asked Dadi Shantamani to go to Colombo where both Dadi Chandramani and Dadi Shantamani's fathers had been staying. Dadi Shantamani sowed such a seed of Godly service which has grown and flourished there even now. Whenever I go to Colombo, I remember that Dada Ratan Chand (Dadi Chandramani's father) and Dada Rijhumal (Dadi Shantamani's father) surrendered everything, every single worldly possession, in Godly service.

My Feelings for Dadi

We have received such a wonderful sustenance from Sweet Baba. I'm very happy and feel myself very fortunate. Just about two days before her passing away, I was in California and one day prior to that fateful day I was in London, where I remained only for 6 hours and, then returned to Madhuban.

Dadi's Strong Inculcation of Virtues

Truthfulness and love work like a magic. Dadi had both these qualities. In fact, she never told anyone about his/her fault. As for the unlimited Godly services at Shantivan she took care of everyone so well. Baba asks us to achieve such a stage through remembrance and service so that it becomes a memorable one. As Brahma Baba's memorial is a Tower of Peace; Dadi Prakashmani's is a Tower of Light; in the same way, Dadi made herself a Tower of Peace. She became a Tower of Peace when she remained silent through the positive powers of truthfulness and silence. I never noticed Dadi saying bitter words to anyone. She remained in such a silent state that the feeling of performing *Karma* could never be noticed through her deeds.

She accumulated her power of yoga to the extreme level;

now we cannot say that we are performing our yoga for her. But, by meditating for her, we should make ourselves such pure and peaceful souls as Dadi herself was. She always remembered Baba. In fact, Dadis really have Baba in their hearts.

Reminiscence of Old Memories

When Dadi Shantamani's mortal coil was kept in the History Hall, I recalled the memories of those days when Mamma's was kept there. At that time Baba had said that Mamma would listen to *Murli*, i.e. Godly versions. So, when *Dadi's* mortal coil was kept there, I thought that Dadi would be listening to *Murli* because nothing remained in her entire life except Baba and *Murli*. Although we didn't stay together, but we both remained in the same manner as Baba had directed us to remain. We

are the companions in this unlimited journey. This is our Godly relationship for all *kalpas*. This happened *kalpa* ago also and will happen in next *kalpa* as well.

It was never reflected from her face that she had any kind of trouble; she never expressed such things through her mouth. She was such a patient who had abundant patience. Those who were instrumental in serving her, even they might never have been tired. She was such a Dadi who was blessed herself and blessed others with the blessing of 'Be Tireless'. As the name 'Shantamani' suggests (Jewel of Peace), she never heard anyone's weakness. She was affable to one and all. She used to take care of *yagya's* affairs in Karachi, which was thereafter looked after by Dadi Prakashmani and has been looked after by Dadi Ishu. How much should I tell her glory, who

imbibed Father's glory into her life?

One must become such a child of God that everyone finds him or her as Baba's right hand. One must become such an accurate child of God so that Baba should say, "Look at my child; he is devoid of pride". Even when someone insults him, the latter's face shouldn't reflect the feeling of being hurt. Thus, Shantamani Dadi was a lovely child of Baba, who has been a unique example to all of us.

May the power which Baba has bestowed in us since the beginning be got by others! One should maintain such a stage that Baba should always be in his/her remembrance. This will be the true tribute to Dadi. This June month belongs to Mamma as also to Dadi Shantamani. Dadi Shantamani was like Mamma. ●

Freedom from Dependency

The real reason why you sometimes experience a lack of real, deep lasting happiness in your lives is dependency. You are taught to make your happiness dependent on some event, condition, person, object etc. This is why you keep delaying your happiness until things are just right in your life. You think you will be happy in the future and then wonder why you are not happy now. But life is never just right, and the future never comes – there is only now! And that's why, in order to be happy you must make your happiness a decision and not a dependency. This may seem slightly difficult in the beginning, because you have just spent your life being dependent on acquiring something or someone, or seeing the result you desired, or wanting some pain to go away, before you allow yourselves to be happy.



SECRETS OF SUCCESS



– B.K. Surendran, Bangalore

The term success or failure is the difference between two thoughts – positive and negative. A thought can guarantee success or failure. A determined step leads to success. Positive thoughts and actions are the pillars of success. Optimism, enthusiasm, cheerfulness, patience, tolerance, happiness, zeal, peace and hard work etc., lead to sure success. In fact, failures are the different halting points of success. Success is the consequence of focused, sustained, and a constant effort-making process. Success is the birthright of each human being. Simply hard efforts or hard work will not give positive results and success. Hard efforts with good intentions and thoughts of others' well-being spread the vibrations of peace and happiness and such an effort will ensure success. Success is not necessarily doing many things at a time, but doing things differently. It is necessary that our efforts should be constant, consistent and properly focused and pursued with determination.

Our vision should be as the end result of success. Everyday we see that vision of success and glory on our mental screen and enjoy that vision. Obstacles, barriers, problems and problem people are pointers to the fact that we are on the way to success. The nature of the universe is to evolve always into newness. Our efforts will also be opened up and evolve into greater and greater heights. We should understand and believe that we are born winners and success is our birthright. Sometimes, the success parameters may be at a subtle stage or at the physical level. It is sometimes subjective while at objective. Experiencing a sense of satisfaction is success. Satisfaction or contentment, happiness and mental peace are all greater success dimensions. When a long pending problem is solved, we say that it is a success. Organised, positive and elevated thinking are the sure way to success. Perseverance, persistence, going an extra mile, going out of the way to extend a helping hand in times of crises

necessities to rescue, to save a life etc., are the ingredients of a successful life. Our success should have a positive effect on others. Our success should inspire others. Our success should be the success of others also. Our success should not be an isolated event, but should be beneficial to others also. Our success alone does not guarantee us to be stable in our successful situations. The world is now wired so also, life. Any good or bad happening in a particular part of the world will have a corresponding consequence in other parts of the world. Life is naturally designed to be successful. Beware of bad habits, erratic behaviours, self-defeating overtures, which will undermine the efforts aimed to become successful. It will directly destroy life. Even though some people resort to short-cut methods to success – stealing, cheating, blaming, complaining, making scapegoats, leg-pulling, deceiving etc.; the consequence is that it will surely lead to self-destruction in the long run. The person who is doing all this will lose his mental balance, peace, happiness, solace and security in course of time. We should always have an attitude of win-win philosophy. Sometimes we come under make-believe success syndrome. For

example, we are financially sound – we have a house, we have food to eat, we have other comforts and facilities and close our doors and windows thinking that we are safe and enjoy life. Meanwhile, there may be a fire in our neighbourhood which can spread any moment and also reduce our place into ashes in case a spark of it ignites our place. Let us not give sorrow to others or create problems for others. Instead, let us give happiness, peace, solace and security to others. We are born to succeed, not to fail.

A young man asked Socrates, the great Greek philosopher, as to how he could be successful. Socrates took the young man to the river and dipped him into the water for two minutes. The young man was struggling for breath. Socrates released him. Then the young man was told that one should aspire for success just as he gasped for breath while he was under water. It is said rightly that success is the ability to go from failure to failure without losing enthusiasm. Self-confidence is one of the keys to success. Success is a journey, not the destination. If we think we can, then we can have success. Every successful man has done the best he could with conditions as he found

them and not waited for better conditions. Optimism is one of the other keys. The difference between a pessimist and an optimist is that a pessimist sees difficulties in every opportunity while the optimist sees opportunities in every difficulty. Success may not always be the key to happiness. Happiness has the keys to success. If you know what you are doing, you will be happy and successful. Thomas Alva Edison experimented many times to find a satisfactory filament for his incandescent lamp. He could not create a suitable filament. He failed and failed. In the meantime his assistant was depressed. But Edison was not worried. He said, 'Now we know another thing that won't work'. That is the right attitude, the right spirit.

We must understand that our efforts will never go waste. Some efforts will give immediate results, while some others will take time to deliver. Patience, consistent pursuits, intense desires, optimism, enthusiasm and planned hard work will assure success. F.W. Woolworth was working as a clerk in a store. While working, he saw that old and obsolete things were dumped at a place in the store. He suggested to the store-owner to sell those

goods for five/ten cents per item. Permission was granted. He pooled up all those goods at a place and put up a board 'only 5/10 cents'. Thus, he sold all the old items. Then he got an idea of opening his own store where little things were available for a comparatively small amount. He asked his boss to finance the venture. The boss turned his request down saying that the idea was too risky and that there were not enough items to sell for five and ten cents. But Woolworth went ahead alone and was successful in his first store. Ultimately, he came to be the owner of a chain of stores across America. His boss regretted and remarked 'As far as I can figure out, every word I used to turn down Woolworth's request cost me about a million dollars'.

Soul-consciousness and God-consciousness – Keys to Sure Success

Soul-consciousness is the surest way to be with God. The consciousness that 'I am a soul – a spiritual energy – a source of universal light' safeguards us from the illusions, imaginations, hallucinations and notions of ego, attachment, arrogance, anger, sex-lust, jealousy, fear and laziness. Those who are the so-called successful people become victims of these vices

and lose their peace of mind and happiness when they achieve success after sometime. Humility, simplicity, flexibility, self-respect, self-confidence, self-discipline and tolerance are the ingredients for a constant successful life. When we get success, it should be an occasion for celebration at all times. If we want our life to be a success up to the last moment, it is indispensable for us to be soul-conscious and lead a life based on the values of soul-consciousness. Soul-consciousness leads to God-consciousness. People popularly believe that when God is with them, no-one can be against them; the typhoons and gales cannot do anything to them and success is guaranteed. This belief is not an illusion. It is a fact. As Gandhiji said 'The joy is in the battle. The result comes by the grace of God'. Remembrance of God supplies the necessary spiritual energy resources for the soul to lead a value-based life. Our thoughts, words and deeds should be based on soul-consciousness and God-consciousness so that our success becomes a permanent experience. We must always support others, help others and give something to them which will make them happy, cheerful, hopeful, smiling and active. Our life should be such that others should draw inspiration. God is the only one on whom we can always depend on. Others' blessings and good wishes are the guardians of our success. Our efforts for success should spontaneously earn good wishes and pure feelings from others. ●

SPIRITUALLY LOVING!

– Seeram Dukharan, Trinidad

Neither the attire nor any special look
 Nor mere knowledge from Holy Books
 But my selfless loving ways to serve
 In Godliness – In Joy – such one deserves
 By humane definition the spiritual/moral call
 Heart and hands in unity to reach one who falls
 No distinction I make to help a dear brother
 In his predicament and pain but what can I give?
 All I truly can – while simply – I live
 Who am I? What do I own?
 How much schooling, certification and wisdom light?
 How well known? What position and wielding might?
 What our Ego(s) you or I can really give?
 Nothing! All is His! Everything! – Baba's blessing
 Not a grain of sand or water molecule
 We are but miniscule –
 Trustees of His! In His time! His Place!
 His Glorious Divinity – His All
 Yet who runs, sacrifices–
 To take a brother's hand
 And share in time of need
 A love and peace
 That masterly Deed – That spirituality
 Cannot be bought with all the gems of the earth
 It can only sweetly sing and serve
 In a Heart made lovingly pure – Priceless
 By His Boundless Love – I'm Sure



A Tribute

A TRUE PEACE MESSENGER

A Tribute



– B.K. Yogesh, Yogi Nagar, Shantivan

Prajapita Brahmakumaris Ishwariya Vishwa Vidyalaya was founded by Incorporeal God Shiva through a diamond merchant named Dada Lekhraj, later rechristened Prajapita Brahma, in the year 1936-37. Brahma Baba formed a trust comprising Jagdamba Saraswati, who was named its head, along with five other surrendered sisters. One of those five sisters was Dadi Shantamani who had dedicated her life to the divine task of transformation of this world from *Kaliyuga* or Hell to *Satyuga* or Paradise. Dadi Shantamani was then just 14 years old. She followed the directions of BapDada, i.e., God Shiva and Prajapita Brahma in letter and spirit and her life was worth emulating.

Early Life and Spiritual Sustenance

Born on 23rd February, 1923 in Hyderabad, Sindh in a religious family, Dadi Shantamani naturally inherited the *sanskars* of devotion. Once Brahma Baba accompanied by

his family, went to Kashmir, on a spiritual sojourn. Dada Rihumal, father of Dadi Shantamani, met Brahma Baba there. He got spiritually inspired and later, the whole family developed firm faith in God and the knowledge being taught by Him. Then, this spiritual movement had just come into existence and was known as Om Mandali. It consisted mainly of sisters and mothers but a few brothers were also there.

Dedication to the Divine Cause

Dadi Shantamani was just thirteen when she, accompanied by her mother, met Brahma Baba for the first time. In Brahma Baba she experienced her real father and had the divine vision of Shri Krishna in Baba. Her entire family joined the institution and very soon they became residents of the *ashram*. Thus, she became a regular student of this spiritual university and got deep Godly knowledge and divine sustenance. From the day one, Dadi Shantamani and



Dadi Shantamani ji
23-2-1923 to 15-6-2010

her family had full faith in Baba and the Godly knowledge, as a result of which they developed total disinterest towards the world and worldly matters. They decided to follow each and every *shrimat* (advice) of God in its letter and spirit because they knew that *Shrimat* was the basis of getting God's love which could transform them from an ordinary soul to a deity.

Dadi was greatly influenced and inspired by Brahma Baba's life and his spiritual personality, for he had surrendered his everything to women and girls to whom the urn of knowledge had been handed-over by God Shiva. Brahma Baba instilled in them the power of Godly knowledge, yoga, spiritual love and divine virtues. He called them 'spiritual lioness' who would reveal God Shiva to the entire world.

A Mine of Divine Virtues

For her power to accommodate, Dadi Shantamani was given the name Sachli Kaudi, i.e., True Pearl, which means one having true and clean heart. In fact, she never disclosed anything she heard or saw about someone, to others. Thoroughly a contented soul, she was an affable, serene, humble and introvert person. Being the cousin sister of Mateshwari Jagdamba Sarawati, she was also the mine of divine virtues.

Instrumental in Godly Service

After partition, all the *yagya* children along with Baba shifted from Karachi (Pakistan) to Mt. Abu on 5th May 1950. After one year, suddenly the days of financial hardship, known as 'beggary part' started. However, through Brahma Baba's unlimited spiritual love and the spiritual children's firm faith in Incorporeal God Shiva and Drama, that difficult phase passed as if nothing had happened. Thereafter, Brahma Baba inspired them to do Godly service and sent them to various cities. Dadi Shantamani was sent to Lucknow, where she served for seventeen years and provided

divine sustenance to spiritual aspirants. Later, she remained on divine service at Brahmakumaris international headquarters, Mount Abu. Since 1994 the spiritual services accelerated in Shantivan Complex of Brahma Kumaris and she was entrusted with the responsibility of its administration. Though she was an introvert person, still she performed this new role with utmost sincerity and commitment.

A Unique Spiritual Persona

Dadi Shantamani, a prime jewel of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, silently spread peaceful and powerful vibrations to the whole world until her last breath. **Like a Peace Messenger or an Angel of Peace, she appeared in this Eternal World Drama and spread God Father Shiva's message of peace and spiritual love. Her serenity, humility, introversion and dedication endeared her to one and all. Because of her sterling qualities, she won the hearts of B.K. students, their family members and the contact souls, all over the world. She nurtured and inspired souls irrespective**

of their caste, creed, colour, country or culture. Dadi Shantamani will always be remembered for her sterling qualities. As a spiritual beacon, she will continue to inspire the spiritual aspirants. ●

THE CALL OF OUR TIME

"These are times when things happen suddenly that are a cause for concern. Now is the season of happening of things suddenly. Many are worried due to the state of the world. One should let go of worry. The one who worries is always in a hurry and will speak with bitterness and disheartenment. Those who worry think too much, and waste a lot of time and energy delving into doubts. They may worry about money, about health, about family, about jobs, or about the future.

One must never worry. Instead, one must live with trust. At a time of crisis there is opportunity. But in order to see the opportunity, I need courage in my heart and trust in my intellect. Courage helps me to feel that there is benefit in every unfolding scene in the drama of life. Trust helps me to stay stable and calm in the face of crisis. Courage and trust give me the assurance that everything will be fine. It is said that faith in the intellect brings victory and courage in the heart brings help."

– Rajyogini Dadi Janki

“GOOD WISHES”

ensure Happiness and Spiritual Wealth

— BK Khem Jokhoo, Trinidad, West Indies

The writer, BK Khem Jokhoo is a physicist/engineer/Yogi by profession. He is a student and teacher of Yoga and Meditation. He also teaches Positive Thinking, Stress-Free Living and Self-Management Leadership.

— Editor

Good wishes are pure, elevated thoughts that generate pure feelings and a spiritual attitude that bring happiness to the self, others and nature. Good wishes make one energetic as these generate zeal and enthusiasm by removing the traces of hatred, jealousy and depression. These induce a ray of hope and happiness. Good wishes are similar to a vitamin injection that energizes one almost instantly. These also generate vibrations of pure feelings into the atmosphere, creating instant happiness.

Good Wishes Accumulate Spiritual Wealth

The basis of increasing spiritual wealth is to constantly have good wishes and pure feelings for everyone as well as nature through spiritual thoughts. The method is to always be beyond corporeal feelings and wishes. Feelings

and wishes are two aspects that influence the stages of ascent or descent in spiritual growth. If there is a task to be done, it is important that one has elevated feelings for both the task as well as the one who is carrying out the task and there is automatic success. This is the only method to increase one's spiritual bank account. On the other hand, waste thoughts make one spiritually bankrupt and induce sadness.

Various Aspects of Pure Feelings

One must have the feeling of benevolence for everyone. To have the feeling of love and cooperation, irrespective of other person's nature is also important. One needs to maintain zeal and enthusiasm constantly. One should have the feeling, “Everyone is my brother as we are progeny of the same spiritual Father”. The foundation of all lofty feelings

is the awareness of soul-consciousness. These positive feelings uplift the self. Opposite to these, the feelings generated under the influence of body-consciousness are called negative feelings.

Source of Feelings

Feelings first come in the form of thoughts; then these are translated into words and actions. As are one's feelings, so would he view the activities of others and with the same attitude he would listen to them. Feelings can change intentions. If at anytime, one has the feelings of jealousy towards anyone, then one would always find that a misunderstanding arises in whatever they have to say or do. That person may be doing something good, but because one's feelings are those of jealousy or hatred, one always finds some fault with their activities. One's feelings towards them would be those of arrogance, with the attitude that one can do things better. There would always be conflict and one would withdraw his cooperation. However, if one has to cooperate, one would do so grudgingly, creating a heavy atmosphere.

The Power of Good Wishes

Our thoughts are the basis and foundation for our words, actions, attitude and vision.

Through the power of benevolent feelings, elevated thoughts, positive attitude and pure vibrations, one has the capability to serve the whole world from any place. The method is for the mind and intellect to be always free from wasteful thinking.

The Effect of Wasteful Thinking

Waste thoughts not only cause great loss to our valuable time, but they also cause the soul to lose its strength and power. Waste thoughts gradually lead to vicious thoughts because they are the fruits of the vices. Secondly, waste thoughts make us lose our self-respect as well as self-confidence. Thirdly, waste thoughts are externally very attractive like fried foods, their taste is very good; they entertain us a lot, but they make the soul heavy and dull and the body lethargic.

The Dangers of Waste Thoughts

The Intellect is the faculty of reasoning and the power of discrimination. Waste thoughts multiply and expand at a fast rate and overpower the power of discrimination until the intellect becomes comatose. When the intellect becomes comatose, it can no longer

discriminate between right and wrong. Waste thoughts, such as jealousy and animosity, are non-living but by constantly giving them attention, false things then appear to be truth giving life to falsehood. At this point, even the conscience goes into hibernation. Medical experts term it as temporary insanity or a split-personality. At this point, one can commit the most heinous crime even to their loved ones. This is the danger inherent in waste and idle thoughts. Hence they should be nipped in the bud as soon as they first appear.

Good Wishes Create a Good Attitude

Feelings are created from thoughts and the nature of such feelings determines one's attitude. When one extends pure love to everyone with selfless

motivation, it is an attitude of kindness. To send good feelings and pure wishes to those who are in deep sorrow is an attitude of mercy and compassion. To bless and uplift someone even as they defame one is an attitude of forgiveness. When one tolerates a situation and takes responsibility as well as give cooperation even when not appreciated that is an attitude of humility and self-respect. This is because a positive attitude induces self-empowerment and at the same time empowers others. A good attitude, therefore, takes the support of all the virtues, powers and spiritual knowledge and makes peace, happiness and prosperity as one's birthright. Every second, every moment and every breath of one's life is nurtured by attitude.

INSPIRATIONS

INNER STRENGTH: The ability to enjoy one's own company is one of the greatest gifts life has to offer. Learning to turn our thoughts away from all our responsibilities at the day's end and take our mind into a state of peace and benevolence enables us to carry greater and greater loads without feeling burdened. When our inner landscape is full of beautiful thoughts, everything we do is a pleasure. Gently, we calm down chaotic situations and offer solace to troubled minds.

A WONDERFUL EXPERIENCE

– B.K. Prakash Talathi, Lagos, Nigeria

I generally do not plan how to spend my stay in Madhuban. This time around I was to stay for the first 2 meetings, i.e., for nearly a month. During this time, I phoned my wife who is in USA with my son, Nikhil. She broke down into tears at the slightest hint to our daughter Dr. Netra, a practising dentist, who was kind hearted, soft spoken, silent-natured and full of many virtues and who had passed away only a few months ago. Someone brutally killed her on 5th March last year. It seems she was working on a patient and someone attacked from behind as she was wearing hand-gloves and mask on mouth. So, even after 10 months, every-time when we spoke of her even on the telephone, the call always ended with her (my wife) uncontrolled sobs and disconnection. She is a Non-BK, but she has heard enough of Baba's knowledge through me. She has seen how I controlled my feelings and encouraged the relations and contacts, who came to condole and console us. She knows how I advised

them to meditate by giving guided commentary and send their good wishes to the departed soul during that time. Giving her sufficient time to recover and giving vibrations in meditation, I started telling her, "Please do not cry; that will cause pain to our child (Netra) wherever she is". Still there was little or no effect. Later on I told her, "I do not like crying; please stop". Still there was little effect.

Now 10 months had passed and the same thing happened on that evening during the telephone call. Suddenly a thought came in my mind that I should give *Saakaash* to her from here, the Land of Penance (Mt. Abu) where Baba and seniors have done a lot of meditation, at a fixed time and a fixed place. Many times B.K. Bro. Suraj of Madhuban told us the importance of 21 days' donation of yoga at fixed time and place. So I decided to try the same with proper method and not haphazardly anytime, anywhere. Luckily, I was to stay there for nearly a month, so there was time at my side.

I also remembered one *Avyakt Vani* that I read in my early (BK) childhood, in which Baba explained, "When you give *Saakash* to your loved ones, it doesn't reach them. Because you have special love and attachment towards them, therefore, such love and attachment create a wall between you and them and your vibrations do not reach them. This (selfish) love and attachment is a vice – negativity and, thus a wall is created. Your loved ones are also souls playing their part in the drama like all other actors. You are master world-benefactor and not the benefactor of one soul. If you want to give them vibrations, give to the entire village, entire region, entire world, as all will get it, thus, he too will get it".

So, I fixed 5.30 p.m. to 6.30 p.m. as the time of giving *Saakash*. I was practising to be in seed stage and getting direct light of a blend of powers and powerful virtues and knowledge, getting myself fully absorbed into it, so that my brilliance, my radiations could become powerful and spread to all possible directions. The light and radiations passed through the sky, clearing and cleansing it through the earth's atmosphere cutting and clearing the vibrations of negative and waste thoughts, then spreading

all over earth's surface and deep within earth and bubbling up through oceans, rivers and ponds to the surface, then through the fire; every atom, every particle of nature was getting purified and empowered. Then I focused the light and might of the *Saakash* to human souls from one end of the globe to the other; every soul is touched and every soul takes as per its capacity. The souls feel freshened up and cheerful with whatever they get unexpectedly. I am still in front of Him. Now He is Powerhouse and charging my batteries and a powerful current goes everywhere through sky, air, fire, earth and water. The elements get purified and empowered further to another level. Then the current spreading through all the human souls renews them, purifies them and empowers them. Still I am in front of Baba in the Soul World in seed stage and again I attempt the third and the fourth cycle.

After 4 cycles, I get down to Angelic world with my beautiful sparkling dress of light. I am in front of BapDada. BapDada are giving me *drishti*. Their *drishti* is transforming my *drishti* and a vision that all souls are brothers is developed. Their *drishti* transforms my *Vriti* (attitude). I am a World-

Benefactor, a mine of mercy and am spreading good-wishes and pure feelings to all. His *drishti* is transforming my world. He stares and makes me full. I am an angel, lighthouse and might house; I am spreading the light and might in all directions again through every element of nature and every soul of the world. When one cycle finishes, I still find myself in front of BapDada getting me filled in with more than what I gave. This gets repeated with some variation here and there for 3 more cycles.

Then I go down the eternal kalpa tree – I am the root connected to the Seed, i.e. Shiv Baba and taking the current of *Saakash* of powers, powerful virtues, knowledge, blessings etc., and pass it through trunk of the tree, branches and sub-branches to every leaf, flower, fruit etc. Every leaf is a soul having his picture with him. So I see many faces on many leaves. Some of them are known to me. They are also getting the powers to withstand and keep their cool. Again I find myself connected with the seed and to the family tree. I am an ancestor and bestowing blessings on all the leave-souls. Like the three cycles, I complete 11 cycles all in one sitting.

After 2 days, Baba gave me

a blessing through Dadi Jankiji which says:

“You are constantly busy serving through your mind, giving the powerful current of *Sakaash* to all souls. This is how you give support and peace to the world.”

I was surprised, a pleasant surprise that what I am doing is actually reaching the beneficiaries and what I am doing is being watched by Baba; He is involved! My joy knew no bounds. So, I continued with full vigour and enthusiasm.

After another week or so, I just called my wife; we had a long talk. She talked about children, grandchildren and so many other things. She was in her old jovial mood. She never came to the topic of Netra. Finally, I started the topic and she just quickly moved to other topics. No crying, no sobbing, no disconnection! So what more proof do you (a science and technology grad) want? This invisible machinery is working; positively working. The Golden Key to healing the minds has come in my hands. And whatever Baba gives is *Prabhu Prasad* (holy offering) which I must share with others. And Baba knows and trusts this instrument only in the hands of the dedicated.

How great that He has given this key to me! ●

EXPERIENCE

REAL GITA SERMONISER – GOD-FATHER SHIVA

– Justice V. Eswaraiah, Judge, High Court of A.P.



I was born in an agricultural family in a remote village in Nalgonda District of Andhra Pradesh where there was no road, electricity or school. So, I studied in the neighbouring village, cooking food on my own, and since there was no electricity in the hostel, I used to go to the School in the evening to study and sleep there itself. I completed my Graduation and Law degree in the year 1977 in Hyderabad, with all those basic difficulties following me like a shadow.

During my study, I got married to Shyamala coming from a well to do family. After ten years of my legal practice, I was appointed a Government Pleader in the High Court for five years, followed again by my private practice.

On 17th May 1999, I was appointed a Judge of High Court of Andhra Pradesh and within four days, I visited Mount Abu, on the request of two of my brother judges who were already there. There, in Gyan Sarovar, I was told about myself, the soul, God Shiva, the

Supreme soul and how to communicate with Him by Bro. Shantha Krishna, and was fully convinced of my true relation with Incorporeal God Shiva, i.e. Shiv Baba. On fourth day, I firmly decided to abstain from Non-Vegetarian food, which cannot be a food for deities, although before that, everyday I used to take it.

As soon as I came to Hyderabad, I and my family members underwent 7-day basic Rajyoga course and within next three months, I inculcated purity in my life and abstained from onion and garlic, in spite of objection from my family and friends. Seeing such a change in me, my wife became more engrossed with devotion. I first met BapDada in Shantivan on 18th January 2000 with my companion and younger son and since then every year, I have been meeting BapDada twice with or without her. I have also participated in Jurists Conference at Mount Abu, Hyderabad, Sri Lanka and in other places as well. For the last ten years, except for my

Baba, my job and my mango orchard, my thoughts have not wandered elsewhere. From time to time, I have been instrumental in arranging Stress Management lectures by visiting concerned faculties, in the High Court, Judicial Academy here and once or twice they were served with 'Brahma Bhojan' also which they appreciated very much. All the Judges, Lawyers and BK sisters have good rapport. Programmes were also arranged in our 'Shanti Sarovar' academy here. One of our former Chief Justices of High Court of A.P. completed seven-day basic Rajyoga course and he was elevated as Judge of Hon'ble Supreme Court of India.

Three years ago, in my official residence, I converted one big room near the entrance as 'Baba's Room' which was inaugurated by the senior sisters of twin cities of Hyderabad and Secunderabad. The famous naturopath Dr. Mathena Satyanarayana Raju was also

benefited by meditation in Baba's room. Then, seeing the changes in me, my wife also started tilting towards Baba and was overwhelmed by Dadi Gulzar's lovely gaze, when she visited us here at our residence in 2007. We got unlimited sustenance from all the senior sisters, brothers as if I were in Madhuban. For the last one

year, I have been attending daily morning Murli classes with my wife, and find a lot of improvement in my spiritual effort. Seeing me, the other students and high-status people have also started attending *Murli* classes daily and so the class looks full now.

I have but one desire left, to prove God Father Shiva as 'Gita

Sermoniser' and follow Brahma Baba to get full birthright from the former. My elder son who is a Software Engineer in Miami, Florida, USA, has also met BapDada. After having met BapDada, he has been experiencing super-sensuous joy and attending *Murli* classes there daily. ●

SIMPLICITY

There was once a man called Kasper Hauser. Brought up in a German prison in the 17th century, unschooled in even the most basic skills of human communication, he was released at the age of about thirty and placed like an exhibit in the centre of a village square with a letter in his hand written by the prison warder.... and left. The letter gave information about Hauser's upbringing and invited any willing family to take him in.

Kasper Hauser looked like an animal, grunted like an animal, ate like an animal and was greeted by the villagers as an animal. Ten years later he was acclaimed a national hero. Why? That was so because from beneath the inarticulacy and barbarity, there emerged a profound clarity of mind which flawed many of the 17th century German academics and philosophers. He could answer

questions that they could not. He was a scholar of life. But he also had the virtue of simplicity.

Without advocating barbaric conditions or animalism, there does seem to be a lesson here. Kasper Hauser had been forced by circumstances to limit his physical needs totally and because isolated, was oblivious to public opinion. Because of this his natural wisdom could come to the surface.

Meditation also has the same effect. By teaching yourself to be free of unnecessary clutter, by developing a love for internal solitude, two things happen. First your lifestyle takes on a simplicity and easiness that in itself can be a healing source to those around you; and secondly, your powers of perception become dramatically heightened. It really is like being able to see again. Occasionally, there is a challenge: Why have

you given everything up? But the feeling is that only negativity has been given up. The wealth of experiences accumulated over the past has not been rejected, only the pain. Someone holding onto pain can never be simple.

But it is a great paradox that simplicity comes from passing through many stages of learning. It is a complex landscape before reaching a calm, straight, simple sea. It is the virtue of the spiritually old and yet also it is the possession of the physically young.

And perhaps most touching of all, it belongs to God, who holds within His understanding the ups and downs of the entire human landscape. Listening to God's words is like listening to someone playing a scale on the piano, when he could play a concerto. Just a scale, but done perfectly. This is simplicity.

– from "*Inner Beauty*"

DADI GULZAR IN KUWAIT



Dadi Gulzar, B.K. Sisters Neelu and Manda from Oxford and B.K. Balwant from London graced Kuwait with their divine presence from 21st to 23rd May 2010.

Dadi said Baba doesn't like the word 'sometimes'. Whatever has to be done, it has to be done now! A person in love is always ready to sacrifice life for the other. What is Baba proud of? It is only Baba who can say that all His children are kings or masters. So, Baba asks, 'Children, are you the kings always or just for sometime?'

One should pay attention to be a *Karma* Yogi. Our life is a yogi life. Life is not just for sometime, but for all of the time. So, one should speak the language of determination. Not the language of someone who is slack (we will do, we will see etc.).

An informal talk with Dadi Gulzar in a question-answer form

Q. When to apply Karma and Drama in life?

A. It all depends on one's stage at the time of that action.

One can understand from one's feelings, language etc., whether it is the past karmic account or not. If someone talks a lot about someone, he or she is having karmic account with that person, (especially in a negative) or something is happening, then it is karma. Whereas it is drama when a situation has come up and one has failed to deal with it correctly or properly, in a right way.

Q. Do we use our intellect in the Golden Age, or is it dormant? Since there are no conflicts of choices or interest, do we simply jump from thought into action?

A. The intellect operates in an automatic manner in the Golden Age. One's mind, words and actions are used in an automatic and natural way, and hence, it feels as if one is not using them. There is no need to think, no need to consciously use the intellect. Here, there is conflict. In the Golden Age, the actions one performs will be natural. There is no effort for anything there. Now, even

for service, one uses the intellect. An effort-maker is not yet complete; not like a deity yet, but still not worldly either!

Q. Dadi, could you please differentiate from your experience, between being bodiless and being in a trance?

A. There is a huge difference. Going into a trance is a blessing from God. And to become bodiless is one's own effort. To have remembrance and create a state is something else. One can't get this blessing by asking for it. If someone is in a trance for eight hours, it will not be counted in account of yoga, but in the account of blessings. One has to make efforts to accumulate in the account of yoga. I was eight years old, when I went into a trance, and at that time, I never knew what yoga was!

Q. Dadi, could you please explain more about running the kingdom in the Golden Age without any advisers? Like Baba says,

no advisers in the Golden Age?

A. When one follows Baba's signals fully, one becomes the part of royal family in *Satyuga*. Not just two of them rule the kingdom, but members of the royal family will sit there in the counsel and give their suggestions. There are no conflicts of opinion or ideas, there is no need to quarrel, argue, or prove. There will be more or less equality amongst all; one king and his companions. They just share their thoughts, not advice.

Q. ***Dadi, when a wandering spirit enters someone; is it due to karma or attachment?***

A. 1 It can be both. Sometimes it is the weak thoughts of the soul and so another spirit enters. Sometimes it is *karma* and the wandering spirit comes to the soul with whom it has a karmic account.

Q. ***Dadi, how are children born in the Golden Age?***

A. They are born through the mothers' womb as here, but in the Golden Age there is no physical contact between

the couples. Absolute purity! Both will have a pure thought for a child and the seed is sown. This is the power of yoga.

The essence of Dadi's sharing next morning

"We have experienced human love for many births and now it is time to experience God's love! One needs to remember the list of titles of self respect (*Swaman*) given by Baba. Maya's obstacles may come, but one should just think of them as a test paper. If someone is clever and studying hard, will be waiting for the exams, to pass successfully and move onto the next level. If someone is slack, he or she would wish the exam. papers got lost or something should happen in the drama so that he or she doesn't have to give the test! However, a clever and prominent student would say, 'WELCOME Maya; I am not afraid of you'.

Service should be done through one's face and activity. Baba says, 'your face should be like a blooming rose'. To be able to sleep well, one must give away everything to Baba and

empty oneself before going to bed. And first thing in the morning should be, "Good Morning Baba"!"

A public programme for Dadi was held in the Jahra Ballroom in JW Marriott hotel, downtown, which costs 4000KD (US\$13,800) for a night, was free of charge. Local cooperative souls made this possible. The evening comprised a soothing slide show with music, followed by a welcome from Mr. Sabah Al Rayes, a well known local Kuwaiti businessman. He introduced Valina Andreeva, a pianist who played her own piece, Moon-Gate on the grand piano. Dadi shared a few of her thoughts on the power of a still mind, and how ego and attachment get in the way of creating a still mind; how to keep a balance between the world and spirituality and how to maintain silence fearlessly. There were 400 people present at the programme.

The following morning, Dadi left for Beirut on a private plane organised by Mr. Saad Harriri, Prime Minister of Beirut. Dadi had a special meeting with the PM. ●

Wise Soul: A wise soul opens the window to the future by closing the doors to the past.

THE TRUTH IS ONLY FOR THOSE WHO CAN PERCEIVE IT

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

Raysha and Ananda were looking at the beautiful sunset near the beach. Ananda was enjoying it, but all of a sudden his face became serious and he asked: “Raysha, my senses tell me that the sun is moving towards the horizon to meet the peaceful ocean. That is my experience. Is my experience true or false?” Raysha thought about it for 3 seconds and responded: “Even though your limited senses are giving you an experience, that experience is right for you. Whether the Sun moves or the Earth moves, what matters to you, the being, is the experience of peace and beauty. That is the truth for you.” Raysha continued meditating on her answer and then added: “However, intellectual people will tell you that the Earth moving around its axis in rotation is the cause of the sunset. They are happy with words and explanations, but in reality, there is no “sunset” even though you see it. Only few bend their minds towards such thinking.” Ananda was

perplexed by that reply and added: “Then what is the truth?” “It has to be something without change and completely reliable. Perhaps a mathematical equation, like $1+1=2$... you know, numbers don’t lie...” Raysha responded: “In real life, $1+1$ could be 3 as well... it happens when the male form meets the female form. Only few people can see that. The truth is living, unchanged, pervasive, good to all, it brings happiness to all... Many are happy with labels or equations, but only few have the experience and can see that the truth, the only truth, is God. When you know Him, you know the truth. Life is a full circle of proofs and explanations.”

One may even ask ‘How is everything started?’ From the answer to this question, many other popular philosophical questions could be easily answered as a consequence of direct application of my answer. Those questions could be: “Is there free will? What is the purpose of life? Where are we going? Are we bodies or

something else? Is time linear? Are our historical ‘facts’ accurate, etc?”

“The starting point of this philosophical system is rooted in the well known laws of thermodynamics. Why? It is so because many times we are so used to quote ‘theories’ and to obscure a straight forward answer with scientific mythology. A physical law, on the other hand, has passed different tests and stays as a paramount of reality beyond opinions. Thermodynamics are important because the whole universe is about movement and conversion of energies and the interrelation of matter and energy. When I apply the laws of thermodynamics in my philosophical system, I am using a real and concrete starting point to understand matter and energy; in other words, the Universe. 1st law of Thermodynamics: “Matter cannot be created nor destroyed. It can only be transformed.” It is not possible to “create” matter as “something” from nothing. I

cannot add things to what already exists. Whatever exists will transform in due time. Once I understand this law, I can see that the “Theory of Creation,” is illogical. A God creating stuff out of nothing is unreasonable. If nothing can be created nor destroyed, how did everything come to exist? It was already there. It has been always there, but matter changes its form in time. This is logical. Do you want further proof?”

Let us explore the concept of time. Time is an unavoidable property of matter. Whenever there is matter, there is time. Matter changes from form ‘x’ to form ‘y’. This transformation is lengthy, that is what we call ‘time’. Whenever we think time is linear, we commit a ‘big’ mistake. To start, there is nothing linear in the universe. The shortest path between 2 points is not a line as we were taught but a geodesic, a curve. We live in a sphere. There are no straight lines in a sphere. Therefore, if matter changes with time, time cannot be linear but cyclical. Why? Because matter cannot be created, that means that there is neither ‘beginning’ nor ‘end’. If there is neither beginning nor end then it means that matter is eternal, obviously because

matter exists. This is called a logical reasoning from previous premises. Eternity cannot be linear because by necessity, linear time conveys a beginning. The belief of linear time is the single-most detrimental ‘theory’ that is affecting our understanding of ‘how everything started’. Linear time fails logic and reason consistently.

There are 3 aspects of time: past, present and future. If the ‘beginning’ was the present, then what was the past of that present? It is non-existent. Also the principle of ‘cause and effect’ fails in linear time. The ‘Big Bang’ theory believes in a great explosion which created everything. OK; but, what was the cause of those agents that collided in an explosion? In other words, those atoms of hydrogen and helium needed to come from somewhere before they existed. Linear time means that there is a need of a beginning which could never be explained if we use the principle of cause and effect or the 3 aspects of time. See that? Therefore, in this brief explanation I have logically and reasonably demonstrated that the Creation and the ‘Big Bang’ theory are illogical answers of the beginning of the Universe. Perhaps a scientist can come up

with lots of proofs to defend their theories, or a holy priest can defend his dogmas, but logic and reason tell me otherwise. Perhaps science and dogmas are not reasonable after all. There is no need to be a rocket scientist to see this. If linear time fails the test of logic, what is the ‘reasonable’ answer? Time is a cycle; a circle. The rest of this writing will go into this.

Second law of thermodynamics: Entropy and the problem of the ‘arrow of time’; this unresolved problem in physics states that time seems to have an arrow or direction. In other words, it seems to go from present to future, in one temporal sequence. Scientists attempted to explain the direction of the arrow of time by using the second law of thermodynamics also known as the concept of entropy. Entropy loosely could be explained as the passage between 2 stages: from many to few, from ‘order’ to ‘disorder’, from new to old, etc. High entropy means ‘many ways or lots of something’ and low entropy means ‘few or less than something’. It is dualism manifested in the states of ‘ascending’ or ‘descending’. Entropy could be seen as the ‘quality’ of something

diminishing as time progresses. Accordingly, physical systems tend to evolve towards states of higher entropy. However, Newton's laws (classical physics) have no built-in mechanism for temporal orientation. In other words, systems not only can evolve from high to low entropy but they can do it from low to high (going to the past). Thus, the same amount of entropy which exists in the future should also exist in the past since the laws of physics are time reversal symmetric. This contradiction cannot be explained in a linear vision of time without having a 'double headed' arrow of time (one pointing towards the past and the other towards the future. This 'double-headed approach' is not consistent with our own experience. There is just 'one arrow'. Time goes in one direction. The universe is like a 'self existing machine endowed with perpetual motion.' According to Lord Kelvin: "Although mechanical energy is indestructible, there is a universal tendency to its dissipation, which produces throughout the system a gradual augmentation and diffusion of heat, cessation of motion and exhaustion of the potential energy of the material Universe" (Lectures, vol. II, p.

356).

Lord Kelvin refers here to entropy. Apparently, a 'self existing machine endowed with perpetual motion', such as the Universe, cannot persist in 'linear time' but in 'cyclical time' as entropy takes over. Thus, entropy becomes the reason why a self-existing machine with motion will continue forever. Low entropy gives rise to high entropy and high entropy to low. It is the 'Yin and Yang' principle which can only be fully observed in motion in a cyclical view of time.

'The Fabric of the Cosmos, Space, Time and the Texture of Reality' by Brian Greene, PhD. in Physics, Columbia University; 2004, ISBN: 0-375-72720-5, mentions in page 164 "You should never be surprised or feel the need to explain why any physical system is in a high-entropy state. Such states are the norms. On the contrary, what does need explanation is why any given physical system is in a state of order, a state of low entropy."

This statement by Greene is utterly convenient for his explanations. I think there is a need to explain why physical systems are in low entropy as well as high entropy. The belief of 'linear time' has no chance of explaining low entropy.

However, as expressed before, the cycle of time and the understanding of eternity, fully explain the need of low and high entropy as the means to construct this 'self existing machine endowed with perpetual motion'. Everything in the Universe is cyclical, why not time? Time is not separated from the material Universe after all.

This concept of cyclical time is not new. It has existed for many centuries before 'linear time' appeared in the Western world. Cyclical time is easily observable in nature. Cyclical time is the view of time for Hindus, Buddhists, Jainism and perhaps other religions in the Indian sub-continent. The same holds true in the Americas. The Mayan calendar as well as other Mesoamerican societies used a cyclical calendar which allowed them to foretell the future by means of astrology and divination rituals. The Aztecs made use of a calendar carved in a huge circular stone, the Sun stone, which nowadays is one of the main attractions of the Anthropological Museum in Mexico City. The knowledge of repetition of time, which is a natural consequence of the cyclical view of time, permits divination. Of course, more specifically Christianity forbade

divination in western societies, even though it shows that practice in an ambivalent manner throughout the Bible. (Exodus 28 is an example.) The Koran also forbids divination.

The ancient Greeks practised divination by means of the oracles. Greeks believed in time being cyclical. One of the greatest lines (in my view) by Plato was “We don’t learn but we remember.” This statement makes no sense in linear time. It only makes perfect sense in cyclical time. In Scandinavian mythology, the Ragnarok (Norse Mythology) relates a foretold great battle which results in the death of many gods, natural disasters and the subsequent submersion of the world in water. The idea of ‘seeing beyond the present and into the future’ is held by many cultures throughout history. My claim is that when we view time as cyclical, it is possible to foresee the future. In a cyclical view of time, it gets repeated identically. Nietzsche (German philosopher) called it “Eternal recurrence.” ●

INTROVERSION

Introversion is the meeting point between beauty and plainness. It is when on the outside there is only love and warmth, the qualities of any decent human life, but on the inside there is wisdom and perception. It is when on the outside, there are relationships with a few, and on the inside there is enough to fuel a relationship with the world; on the outside there is concern for the present and on the inside there is awareness of the future. Introversion is the door which divides the two; not exclusively, because a door will always open, but protectively because it is night and there are thieves about.

What is night? Night is when no-one really knows what he/she wants or what he/she is doing. Night is when people question things, so the door has to be locked because when people don’t know what they want, they steal anything. The treasures of a mind developing in silence are always at risk. So there has to be enforced caution.

Introversion should also be exercised after a party where there has been a sharing of valuables. Here, it has gently to close the door to even the closest friends and then invite in solitude. It is the caution which checks carefully whom it invites in, in the first place, not out of fear but out of love for what has been given in trust to take care of.

And yet introversion is not silence anymore than real solitude is.

It is participation, but not only participation. It is speaking with peace, walking with humility, working with love. When action is accompanied by a depth of quality; this is a sign of introversion. It is when instead of staying within; you choose to venture through the door, taking something of value to all, with you.

It will not always be right. A time will come when morning will arrive. When happens then? The curtains are drawn and what’s inside is visible through the windows. The eyes reflect clearly the life of the mind. Still it can’t be touched, but it can be seen and enjoyed.

And when day comes – windows and doors are flung open. The mind is open, accessible and the sunlight makes equal what’s inside with what’s outside. That will be a time where privacy and ‘individuality’, protection and caution will have passed. A unique period of sharing is when minds will be so light that they can pass through each other unhurt. A time, when the virtue that introversion has protected, will be poured into a common source of joy. It will be heaven. ●

THE OLDEN AGE

(The family of should have, would have & could have)

—B.K. David, Paignton, England

We lived through the Golden Age, the Silver Age and Copper Age and the Iron age, and now we are firmly in the olden age. The world is full of old people who become senile, diseased beyond repair and get about with the aid of motorised scooters, tablets and artificial body parts and implants. It's a far cry from the Golden Age when we walked around in divine peace and health, even in old age.

The Long Arm of the Law (Karma)

Today, we are all suffering the long arm of the law *karma*. Every minute of everyday, our *karma* follows us, sometimes as a good friend helping us, at other times, as is often the case now, as our enemy, causing us great pain, discomfort, torment, agony, or maybe just gives us a headache or sore back or leg. One thing is for sure; one cannot escape one's *karma*, for he never sleeps or snores and is ever alert to serve one, be it to hand one, a sweet or bitter

pill. This is a bitter age where everyone likes sweets but one and all have to take their daily bitter tablets of 'consequence and suffering' instead.

Garden of Weeds or Pocketful of Flower Seed?

Most in life do not realise their thoughts are living seeds which grow and produce their body, their flower, which then live in one's garden, one's life; from seed to flower to garden; from thought, to body, to life. This is the hidden cycle in your life which can make or break anyone. Good seed, good flower, good life. Bad thoughts, poor health, ugly garden overrun with weeds with not much sun but plenty of clouds. One's thoughts can create an incredibly beautiful garden, or quite easily create a smelly rubbish tip that only animals wish to visit. Most live their life like a wheelbarrow, endlessly moving manure from one place to another.

The Brothers Empty

Should Have, Would Have and Could Have were three

brothers just like any other brothers. They did not put anything into life and only ever took. They never gave anything as they had nothing to give. They did not believe in anything as they did not know anything. One brother knew how to smoke and drink and was greedy, while the other brother was hard-working and knew only how to save money, whilst the third brother just knew how to sleep and watch T.V. and was so lazy he could barely yawn or talk, such was the effort.

There was little merit to speak of between these brothers, other than one was hard-working and careful with money, but was miserly, selfish, mean, and lived only for money and had nothing but money on his mind from morning till night. His first thought on waking was money and his last thought at night before sleep was money. This brother 'Could Have' been less selfish and less money mad, whilst the other brother 'Should Have' learnt to take control of his eating habits and develop self discipline, and his other brother 'Would Have' benefitted from getting up early and having self respect and realising being lazy is but one step up from being dead.

The Last Message In The Last Bottle

These were three brothers ruled by their senses and the vices. In order to be happy, they had to daily saturate their senses, be it their taste buds, eyes (TV, glamour), touch, or controlled and consumed by greed, selfishness and arrogance. Ignorance is not bliss, as if it were, why is the world now in a bottle with little air and its cork of ignorance wedged firmly in place? We should all take a deep breath as it could be our last, for our bottle is in a turbulent sea and heading helplessly for the rocks. People's ignorance is suffocating us all and there is no answer except for 'brace for impact'. It's too late to even send for Stingray or Thunderbirds. Only God can pull the cork out and pluck us to safety. Only God can say 'Go to heaven'.

Number One House

The brothers lived in a crooked house on top of a muddy hill which had empty rooms full of nothing but vice, desire and sensual pleasure. Their surname was 'Empty' and their parents were responsible for their name. Their house number was 'Number One', as they were number one in

unhappiness, sorrow, suffering and arguing; they were also number one and top of the list on houses soon to be demolished. What number house do you live at? Number 8? Number 16,008 or 1,000,000,008?

The Sisters Who Chased Clouds

And like most, these brothers had sisters: **Should Not, Would Not and Could Not.** Their story is almost the same with the lack of truth and aim in their lives being the root cause to their unruly behaviour. They had little self-discipline, self-respect or self-worth. They did many a thing which they should not do as their lives too, were very empty and devoid of quality or meaning. Their time was spent in trying to fill the holes in their lives which only got bigger everyday the more they tried to fill them. The more they sought solace in something, the more that solace, peace and happiness which they so craved after eluded them. The more they chased, the further away peace appeared. Why? They were chasing after the physical, the material, and not the spiritual. The happiness they chased was only worth the gold to be found in a dentist's chair, which can only be got through

pain and suffering. The shadow of worldly happiness will always be one step in front of you.

The sisters did not get on with each other and of course, did not get on with the brothers. And like the rest of the world, each one thought they were right. Yet none of them are on the right road and are a million miles away from truth and the happiness they search for. One has more chance of finding gold at the end of a rainbow than the happiness at the end of their crooked roads which they think lead to peace and happiness. The sisters' roads are nothing more than endless circular roads that actually lead nowhere of importance and are covered in thick ice or thick mud.

The Cream Cake Life

Everyone goes to sleep and everyone wakes up but what goes on in between is hardly worth mentioning as few really live life the way it was meant to be lived. All are stressed and have pressure, nervousness and overweight. They cannot even diet to save their life. Either take hold of yourself and your diet, or take hold of the cream cake. They should remember: A day well-spent, is a day accumulated in Heaven's Bank

One cannot go to heaven if one has not got much in its bank. It's impossible to take out £21,000 from one's bank if one only has one pound in it. A mountain is conquered by small steps, as is heaven. A belly, the size of Everest must be conquered.

Idol Chatter

Sometimes one wakes up with a really stiff neck, and sometimes one doesn't; such is life and *karma* today. The more pain and boredom we have in our lives, the more the presence of Idol Chatter increases. Now we have the new world religion of Idle Chatter with its endless followers and worshippers. They practise their devotion most religiously at least 25 times a day. Even the most devout of other religions do not practise their faith as much as they do. The followers of Idle Chatter are number one in today's world religions.

A Common Language Spoken By One and All

Yet Idol and Idle Chatter now rule a world nation not worth ruling as it is a damnation. The nation governed by Idle Chatter is held up by the Gossip Column, and negative talk is the universal language of all and spoken fluently by most.

The General Consensus

The General Consensus is: We are all doomed. Also General Mayhem thinks our dam-nation is inevitable. He once said: You cannot escape a hungry crocodile if you are in the middle of a large lake and cannot swim. Man's army that marches upon every county is shouting its orders: "We are boss. We are boss". And the earth is now shaking under their anger and abuse and cannot stand anymore.

Join A Campaign And Achieve Nothing Except Gain A Membership Badge

Once the world tree had the wording HOPE wrote down its entire trunk in bold capitals. But now that same tree of humanity has been chopped down and its remains pulped and recycled into paper and used for leaflets to highlight: Starvation; Anti War; Surviving The Credit Crunch; Beating World Poverty; Thieves; Muggers And How To Recover From A Hit On The Head; Greenhouse Effect; Floods And How to Mop Up After Them; How To Survive A Fire; Bankruptcy; A Guide, How To Deal With Negative Equity; Insulate Your Loft; And Help Save The World, and Child Abuse Today are just a few of the many leaflets made from the chopped down tree of

humanity.

Pick Up a Leaflet. Join Hands – And Increase Your Problems

One can pick up a leaflet from any Citizens Advice Bureau near one and 'then' live with peace of mind that everything can be solved and worked out. A leaflet is no solution but a subtle reminder that our world is a world of nothing but endless problems. The people of the world swapped its tree and green leaves for the leaf-let!

A Badge of Heaven and A Leaflet On Hell

There are many leaflets in hell and you can join a local campaign today and achieve nothing except gain a membership badge and make a few new friends and have a chat. They have many Drop-in Centres today where you can drop in and chat about hell.

A Leaflet On HeavenOr Double Glazing?

And what would God's leaflet say? Forget This World: It's Had It. That cause would probably be worth joining, don't you think? That would be a badge I'd be happy to wear. Send off today, right now, to God, for your membership badge 'THIS WORLD HAS HAD IT' and it will guide you on the right road to heaven. ■

THE STORY OF FOUR AGES

– B.K. Parimal, Ahmedabad

Indian culture has recognised four epochs – *Satyuga*, *Treta Yuga*, *Dwapur Yuga* and *Kaliyuga*. The four segments, formed by crossing in the middle of the perpendicular as well as horizontal lines of Swastika, is a replica of our World Drama Wheel.

The top segment on the right of the perpendicular represents ‘*Satyuga*’, its lower segment, ‘*Tretayuga*’, the lower segment at the left of perpendicular represents ‘*Dwapuryuga*’, and its upper segment ‘*Kaliyuga*’. Swastika also specifies that the ages of the four epochs are the same. However, as per mythology, the ages of all the four epochs are different, e.g. for *Kaliyuga* there are 4, 32, 000 years. For *Dwapur*, *Treta* and *Satyuga*, double, triple and quadruple of it respectively, i.e., 17, 28, 000 years for *Satyuga*, which is a myth far from logic.

Auspicious Confluence Age

In reality, God Father Shiva, as per His promise in *Shrimad Bhagwat Gita*, verse 7, 8 of chapter 4, descends on earth

when irreligiousness and unrighteousness reach their zenith; so much so that sinful acts are performed even under the umbrella of religion, and negativity and viciousness of human nature is at its nadir.

Supreme Father, being incorporeal, manifests through the body of Brahma for restoring humanity and nature to its original state of purity and order, and thereby re-establishing righteousness once again on the earth. He also clarifies that besides four ages, there is a ‘transition period’ which is in between the end of *Kaliyuga* and the beginning of *Satyuga*. It is known as *Sangamyuga* or the Confluence Age and has a key and dominant role in the World Drama wheel.

As per Vedic tradition, there is a month called ‘*Purushottam Maas*’ (Auspicious Month) at the end of every three years; similarly, at the end of *Kalpa*, i.e., four ages, there is a transition period called ‘Auspicious Confluence Age’. The period of Auspicious Month is only a month, consisting of 30

days, whereas the period of Auspicious Confluence Age is said to be 100 years of duration. Therefore, the importance of Auspicious Confluence Age is far greater than that of Auspicious Confluence Month.

During the whole period of Auspicious Confluence Month, people pay special attention to religious activities like fasting, penance, meditation, charity, celibacy, pure food, visiting temples, chanting prayers, singing hymns, etc., with the main intention to please God for getting His goodwill and blessings. One would definitely get at least some material benefits through such types of efforts and sincere devotional feelings. However, one cannot meet God. He comes at the Auspicious Confluence Age personally and meets His children directly to impart the knowledge through Brahma. He explains the true knowledge and Rajyoga which enables one to conquer his sense organs and become his own master. He gives ‘*Shrimat*’ (Elevated directions), so that they can elevate themselves from their present befallen stage to the elevated stage of angels and then, to deities. His blessings enable them to break all the bondages. Thus new, divine, pure and refined *Sanskars* are

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so as to avoid torture!

These kinds of things continued for a period of about 400 years or more. Though there have been scientists like Newton who were deeply religious-minded persons, Religion and Science, during certain periods of history, worked against each other as two hostile camps of war in the Western hemisphere.

But, the question is that, since both have now gained maturity, can the controversy be resolved now? Can both work in close cooperation to understand the nature of the cosmos and to peep into the reality of Matter? If the answer is yes, then what can be the points of accord or areas of concord? If the answer is no, then the question is: Why not?

In fact, the positive or the negative nature of the answer will depend on who is called upon to answer – a conforming church-follower, a Christian crusader, a down-to-earth scientist or a non-committed well-wisher of Religion as well as Science.

We will discuss it here from the point of view of a mutual friend – a person who is neither a proselytiser nor a sworn atheist or scientist; and not even an agnostic, but a person who is religious-minded with

scientific bent who wants religious truths understood and explained in a rational and scientific manner. He equally wants scientists to shed their arrogance and accept that there are certain truths beyond the reach of their own research (which, by the way, keeps on altering some of its own previous findings) and that there can be another discipline besides theirs, which too is a science, though different from the science as it is usually considered to be.

A different discipline for transcendental truths

If one accepts this, then one will accept further that what transcendental is, by its very nature, beyond sense-perception, and therefore, lies outside the scope of research and that, to know the transcendental, one has to follow quite a different type of discipline which physical sciences do not necessarily demand.

Divine Revelation

Again, as a corollary of what has been said, Divine Revelation will also have to be accepted as a valid source of Knowledge. If, as the scientists say, there are living beings in other regions who are sending radio-messages to man, which the latter is, as yet, unable to interpret, then religionists have an equal right to say that there is the Supreme Being on-High,

who reveals certain truths in the form of extrasensory perceptions and revelations. Of course, Revelations should also stand certain criteria. Otherwise, anyone can claim his belief to be based on revelation and this, as is now a well-known part of history, has happened in the past, to the consternation of all seekers-after-truth. Religious intolerance, bigotry and fanaticism can, by no stretch of imagination, be accepted as Revelation, for revelation, in keeping with its claim that it emanates from the highest source, should be highest in virtue; tolerance, love and goodwill are the basic virtues, which if missing, make a proponent or missionary of religious thought the least suitable to sell his religious wares, so to say.

Why should science be totally condemned?

Next, equally important is that the religionists should co-operate fully with the discovery of truth by the scientists, so far as the material world is concerned. What the scientists learn through research may not even be '*the whole truth*' and it may not even be '*Reality*' however, it should be welcomed and encouraged if it is used for the welfare of mankind and for amelioration of the down-trodden, the handicapped and

the sick. Why should science be condemned totally – its surgery, agricultural know-how and all? If Religion teaches universal brotherhood, why should scientists be excluded from it? Torturing them, after naming them ‘heretics’ is in the fashion of giving a watch-dog a bad name and killing it, and exactly this was done in the past. One would be justified to condemn only that part of science which is being used to build means of devastation and destruction.

Again, if the main concern of the scientists is to find and understand the truth, then why should they deny fair chance to religionists to place their views unto the jury of mankind and perform their own experiments in their own way? If a thing is a pure hoax, it will die its own death. A herd of lambs cannot stand unto one single lion nor can the darkness, enveloping a country, stand unto the sun high in the sky.

A major cause of controversy

But, as students of History of Science and of History of Religion know, the main controversy arises because of the common interest of Religion as well as Science in Cosmogony and Cosmology. The clashes between Religion and Science have occurred mainly because both have irreconcilable views in regard to

the extraterrestrial life and to regions beyond space. In this, Religion stands mainly on revelation and science stands partly on theories – proved or unproved.

However, in this domain, scientists themselves are not sure whether the world originated from a big-bang and whether it is in steady state or it is expanding. There are, as of today, many theories and we read in science journals that no theory has finally been accepted by all scientists. Nor have the religionists the means of demonstrating their beliefs unto the non-believers. So, why quarrel? Let each co-operate with the other to know the truth.

Rajyoga and Trance-Visions

Another very important thing is that the true Spiritual science has certain ways of seeing the Reality or the Truth face-to-face. Trance-vision which has its parallel in Television, Satellite communication and Remote control, is a subtle and divine way which lays bare Truth in its entirety and in its full shine and beauty. Meditation is another way of having direct experience of Reality and the qualities of the transcendental entity called ‘soul’ and the ‘Supreme soul.’ But, until a top-most scientist, known for his integrity, gets trance-vision and meditative experience and

proclaims to the world the Truth which spiritual scientists perceive as clearly as Galileo perceived the galaxy with his telescope or as astronomers perceive today at Mount Palmar, there will always remain some doubting philosophers. The world will await an Einstein or a Newton to be blessed with such visions so as to bridge the gap between Religion and Science one for all. But, ‘will it happen’ is a question that belongs to the future. And, if such a towering scientist becomes a sage and Rajyogi, will the other scientists take him at his word? – This will still remain a pertinent question. If this element of undying doubt were not there in the mind of man, why shouldn’t the scientists believe in the tell-tale experiences of a Rajyogi as he is prepared to believe in the findings of a qualified and competent physician, physicist, astronomer, neurologist or another scientist?

Each should derive benefit from the other and that a scientist should accept to have some spiritual benefit and discipline while a spiritualist should accept to be open to scientific reasoning without having to discard what is based on his experience. Let Religion and Science unite to break the shackles of ignorance and vices. ●

GODLY SERVICE REPORT

SHANTIVAN (Abu Road)

Administrators' Conference

A two-day conference was organised by Administrative Wing of Rajyoga Education & Research Foundation at Shantivan campus. The conference attended by administrators, managers and executives from all over India and Nepal was inaugurated by H.E. Shivraj Patil, Governor of Punjab and Rajasthan.

In the inaugural session, H.E. Shivraj Patil exhorted administrators and officials to play an important role in implementing the policies and programmes of any government at the grassroot level, by adhering to ethics, rule of law and compassion. He observed that the Brahma Kumaris have been rendering service for holistic welfare of the society since long.

Mr. Rakesh Mehta, Chief Secretary, Delhi Govt., said if administrators work with determination, success can surely be attained. Narrating his personal experience on Rajyoga, he said that it works not only as a nature cure of all ills but also generates energy

within.

VIJAYAWADA

“Write a Letter to God”

A special programme “Write a Letter to God” was arranged at All India Industrial Exhibition. The programme was inaugurated by B.K. Sis. Shanta, In-charge, local B.K. Rajyoga Centre, Sis. Sudha, Metropolitan Sessions Judge, Mr. Aditya Prasad, Director, All India Radio; Mr. Ramarao President of Exhibition Society, Mr. Veeraiah Gupta, Businessman, Dr. Lal, Superintendent of Govt. hospital. People from all walks of society, mainly youth, participated and wrote Letter to God. The participants numbered about 2400. It generated the feelings of generosity, optimism and compassion.

CANADA

Dadi Janki and Sis. Mohini visit Toronto

After more than 35 years of service in Canada, BKs now have a 12,000 square feet large, new and multi-purpose place in the central part of Toronto, which was inaugurated on 6th June 2010 in the presence of

Rajyogini Dadi Janki, Sis. Mohini (New York), many distinguished guests, BKs from all over North America, the Caribbean and Europe.

Dadi met the B.K. family and guests and underlined the importance to use the intellect to go into stillness and be with Baba. About 450 invited guests gathered in front of the centre for the inauguration of the centre. All the special guests – the MPs, MPPs and counsellors – shared their experience regarding working with the BKs. Mr. Tony Ruprick, MPP for the Davenport area, was delighted to meet Dadi and highly appreciated her virtues.

Georgio Mammoliti, Honorable Councillor for Ward Seven, said that he experienced there calmness due to the powerful vibrations of BKs.

Hon. Councillor Logan Kanapathi, Markham, expressed gratitude towards Brahma Kumaris for teaching and giving spiritual education, thus, making Canada, a better place to live in.

Mr. Gulab Mathani, The president of the Sindhi Society, also joined and offered very warm congratulations and good

wishes. Sis. Mohini invited everyone present and particularly the special guests (local politicians) to help spread the message of peace in Toronto, Canada and the rest of the world.

**NEW YORK
(PEACE VILLAGE)**

**A Space For Truth –
Science & Spirituality
Retreat**

A new series of retreats entitled 'A Space for Truth' was launched in Peace Village from 12th to 16th May. The retreat brought together the expertise of scientists who have experimented with the unobserved and the wisdom of yogis who have experienced the unobserved to explore the topic where mind and matter meet and how they interface. For many years science has been trying to dissect matter to its most subtle, infinitesimal form in order to understand the power and potential of creation. This exploration began by exploring of the latest scientific advancements and current understanding of the link between consciousness and matter at a universal level. This was followed by entering into a space of exploring mind and consciousness to equal depths and heights. BKs invited the

scientists to experiment with silence and have a first hand experience of a silent and concentrated mind and its capabilities. BKs' hope for this series of Space for Truth was that spirituality may eventually be explained scientifically and science may be experienced spiritually.

Dr. Manjir Samanta Laughton, author of 'Punk Science', gave a presentation of her research in Biology and Cosmology and an overview of Science and Spirituality. Quantum Physics leads to the concept that consciousness is fundamental to reality. In Cosmology, according to Dr. Laughton, the Black Holes, so far thought to be destructive vortexes are creative oscillating points emitting light. They could be called the *chakras* of the Universe.

A panel discussion on the Fusion of Science and Spirituality was facilitated with Dr. Ronald Bryan (Nuclear Physicist Texas A&M University), Yasuhiko Kimura (Buddhist Priest and Scholar, Integral Philosopher, Chairman of Vision in Action) and Dr. Prashant Kakode.

There was also a series of experiments on silence that were woven throughout the retreat. The next gathering is

planned for 3rd-7th September in Anubhuti, California.

U.K. (LONDON)

Mamma's Day Celebration

Global Cooperation House was overflowing with love and power with about 900 BKs gathered from London, the UK and abroad, to celebrate the Remembrance Day of Mateshwari Jagadamba Saraswati. Dadi Gulzar graced the occasion with her sweet presence, offering *Bhog* to BapDada and sharing a powerful *bhog* message.

Sister Christine Bell read a poem as a tribute to Mamma, expressing 'You are the Mother, for the mother in me...and how Baba placed the urn of knowledge on your head and it then became the urn of nectar for the family, feeding us knowledge in a way we could absorb'.

**RUSSIA
(ST. PETERSBURG)**

May 2010 was a special month for Saint Petersburg, where a number of special programmes took place under the umbrella theme 'Week of health' with participation of B.K. Dr. Girish Patel (India), B.K. Sis. Santosh and B.K. Vijay. Slogan of the week was 'Powerful, positive mind

and healthy body can change obstacles into opportunities and celebrate the happiness of life'. The programmes, both for health professionals and for general public, were dedicated to the International Year for the Rapprochement of cultures and to the anniversary of Saint-Petersburg city. The other topics on which lectures were conducted included Role of Positive Thinking on Health, Sweetness, Happiness, Stress Management, Being Woriless, Healthy lifestyle, etc.

An interview on radio 'St. Petersburg' was broadcast on the subject: 'Stress-management: steps of personal development' – Seminar meeting of Dr. Girish Patel at Yaroslav, the Wise Novgorod State University for professors and students of the Institute of medical education. After the programmes, more than 50 people started Rajyoga course.

NEPAL (KATHMANDU)

Inaugurating the launching of 'God's' Plan for Golden Age, 2010' in Kathmandu, Nepal at the auditorium of Nepal Academy, H.E. Parmananda Jha, Vice-President, Nepal, said that all important changes in the attitude and behaviour are

possible through spiritual knowledge and meditation which will make better world.

B.K. Sis. Asha, Director of ORC, Delhi, underlined that human beings need to purify and bring positive change in their thoughts, feelings and attitude for transformation of their action and behaviour which is the very foundation of Golden Age.

The programme was presided over by BK Sis. Raj, Director of Nepal centres. The various dignitaries, who were present included: Mr. Dilli Bahadur Mahat, Minister of State for Peace and Reconstruction; Dr. Mohan Bahadur Shaiju, former Ambassador; Mr. Bharat Kesari Singh and high officials of Government and other institutions, intellectuals, politicians, businessmen and industrialists, etc..

The news of the programme was covered by National Televisions, Radio Nepal, National Daily Newspapers and FM Radio.

Various other programmes were also organised which included a talk 'Using Administrative Power with Human face & Human touch' by B.K. Sis. Asha for

high officials of Civil and Corporate services, and a talk programme for jurists and advocates on the topic 'Need for Self Transformation for True Justice' in the premises of Nepal Bar Association in which Mr. Ram Prasad Shrestha, Rtd. Chief Justice, Supreme Court, Nepal, was the chief guest. A Godly Get-together of BKs was organised in the City Hall in which about 2500 BKs participated.

A group of BKs including B.K. Sis. Asha called on H.E. Dr. Ram Baran Yadav, President, Nepal at the President's house, Shittal Niwas, Kathmandu. During the meeting, BKs had a meaningful conversation with the president and they invited him to visit their headquarters at Mount Abu. ●

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created, to enable us enter *Satyuga*, starting the cycle once again.

One of the greatest advantages of God's advent is that, He personally meets His children, and those who completely surrender to Him, become His instruments to uplift others.

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