

|| From the mighty pen of Sanjay ||

GOD'S CALL FOR REAL INDEPENDENCE

India attained its political independence on 15th August, 1947. Great leaders of India, like Mahatma Gandhi, Pandit Jawahar Lal Nehru, Rajendra Prasad, Sardar Patel, Maulana Azad, C. Rajgopalacharya and thousands of others made great sacrifices and suffered grievously at the hands of British bureaucracy. Many even lost their lives or faced the bullets or the brutal treatment. Millions had even to leave their homes and their native towns when the political partition of the country was announced. There was horrible bloodshed between the two communities – the Hindus and the Muslims – when the country was divided and there was transition of political power. All this now goes under the name of ‘The struggle for independence’. All, who took part in this struggle (which devoured innumerable lives and enormous wealth), made their sacrifices because they thought that India, after Independence, would regain peace and prosperity. They had a beautiful vision of a united India which was free from poverty, communal hatred, slavery to foreign habits and goods, and had also the full liberty to build its own future, which was styled by Mahatma Gandhi as the ‘*Ram Rajya*’.

But today, when we look at the present state of our beloved country, we are unable to match it with the vision which the Father of the Nation, or the other great people, had before the political partition.

What Do We Find?

One thing to which all agree is that what we have today is not ‘*Ram Rajya*’ or ‘*Swarajya*’ (self-rule). In fact, it seems that *Ram Rajya* is nothing but a mere mirage, for a well-known verse about *Ram Rajya* says that it is the kind of polity or a socio-economic set-up in which everyone, right from the king down to the most ordinary subject, is righteous and that ‘purity’ which is the essence of true religion, is visible everywhere. But one finds that in the present Indian Society, not character but corruption, not purity but poverty, and not virtues but violence and vandalism are visible everywhere.

(...Contd. on page no. 28)

CONTENTS

- ▶ God's Call for Real Independence 1
- ▶ Feeling Great: The Latest Spiritual Mantra of Dadi Janki (Editorial) 2
- ▶ The Nourishing Food of Remembrance 6
- ▶ Dadi's Life was her Message 7
- ▶ Desire 9
- ▶ The Art of Happy Living 10
- ▶ Who is God 11
- ▶ Hidden Hand of His Help .. 12
- ▶ Spiritual Importance of Raksha Bandhan 14
- ▶ Thoughts Lead to Destination 16
- ▶ Awareness for Reality 17
- ▶ Shri Krishna - An Impartial Assessment 19
- ▶ Hidden Visage 21
- ▶ The Angel and the Three Boons 24
- ▶ To My Dear God... 27
- ▶ The Doctrine of Action 29
- ▶ The Real Freedom 30
- ▶ Godly Service Report 31

Rates of Subscription for The World Renewal

	INDIA	FOREIGN
Annual	Rs.80/-	Rs. 750/-
Life	Rs.2,000/-	Rs. 8,000/-

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

For further information regarding subscription, please contact:

Mobile: 09414006904, 09414154383

— (... Contd. from Page No. 1) —

We also find that the people of India are more divided today than ever before the independence. It was said at that time people of India are divided because the British follow the 'divide and rule policy', but we find that after the British left the reins of government into the hands of Indians, i.e., after India attained independence, there have been more disputes among the States and there have been more riots among the various religious communities and there has been a great turmoil, and almost every state is disturbed. With the passage of everyday, we have lesser and lesser security. There are more people below the poverty-line today than, perhaps, we ever had before. The prices of essential commodities are soaring sky-high. Thus, the overall condition of the people is presently characterised by greater sufferings and more disquiet than before the independence. The worst thing, however, is that the democratic rulers of the States and the country, to whichever party they might belong seem helpless in the

face of the current awful situation.

The Cause of Present Plight

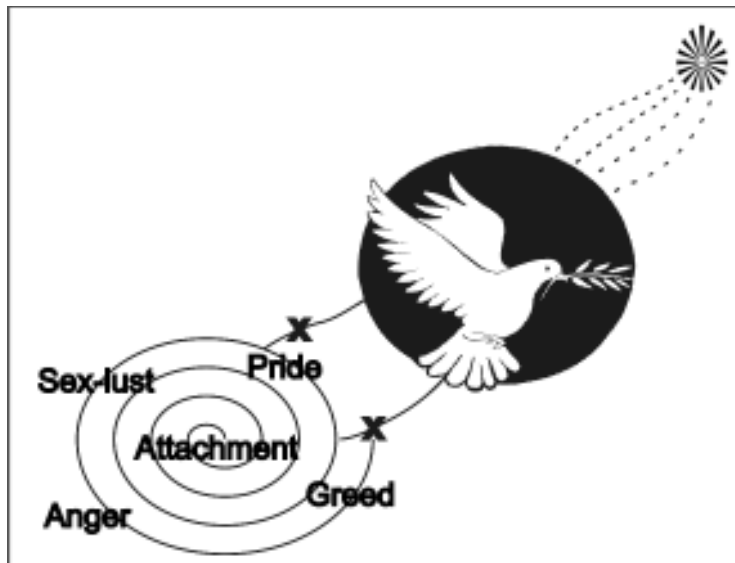
The questions are: "Why has our country fallen to the present miserable situation? Why has the beautiful dream of the leaders not been fulfilled?" The answer can be found by studying the situation as it has developed.

The high rate of population growth is due to man having been overpowered by sex-lust. The increase in crime and the spurt in violence is also due to man having become a slave to hatred, jealousy, rivalry and communal feud. The stark poverty is due to exploitation and the greed, and due to the apathy of the rich people for their poor brethren. Summarising the situation, it can

thus be said that the present pitiable condition is due to man being in the bondage of sex-lust, anger, hatred, greed, apathy and such other negative forces.

Where is the Real Independence?

So, one easily comes to the conclusion that though our country has attained political independence, the people here are yet in the chains and shackles of negative traits, bad habits or satanic tendencies. Though the British rulers left India long ago, the unrighteous, irreligious and unlawful tendencies have, instead of leaving us, become stronger. They have taken people into their hard grips. Today, the people are the slaves to their past negative resolves and no one really is independent mentally of the forces of Evil.





FEELING GREAT: THE LATEST SPIRITUAL MANTRA OF DADI JANKI

They say, “As you think, so shall you become”. 94-year old Dadi Jankiji, Chief of Brahma Kumaris, is the embodiment of great ideas and has been sharing lately the magic mantra of ‘*Feeling Great*’. Her focus towards inspiring, educating and motivating souls to practise this specialty is helping hundreds and thousands to re-discover their own self-worth. Despite being children of the Greatest and most Benevolent Father and Mother, this fact has been forgotten by every one. Instead of claiming the treasure of great values and wisdom that is being bestowed by the Highest-of-High One, everyone keeps praying for short-lived achievements in the form of worldly attainments. Instead of claiming sovereignty of the unlimited kingdom of heaven, people keep ‘begging’ for something from the old, impure and temporary world.

Dadi Jankiji reminds us to re-discover our true self and makes ourselves worthy of experiencing unlimited love and blessings from the Father directly. Dadiji has kindly

unveiled some of the most beautiful gems of Godly truths, with the hope that everyone will revisit his/her own feelings of greatness. We share the same in these columns:

Feeling great is about feeling and operating at my best.

When I feel great I feel full of life, I feel positive and invincible.

HOW DO I BEGIN TO FEEL GREAT?

Be the same inside and outside – If my inner world that is my thoughts, feelings, attitudes are in order and harmony, then my outer life, that is, my actions, words and relationships will be the same.

Changing the trend – We cannot feel great if we are the victims of habit. We have bad habits and we go through life in an ordinary way without thinking about anything.

Observation – Observe how your inner world functions. When I see myself as I am, I accept myself as I am and then I can begin to create peace inside. When there is peace – then positivity follows.

THE KEYS TO FEELING GREAT

Enthusiasm – is the master key to feeling great. Enthusiasm keeps the self positive and above the pull of negativity. Enthusiasm creates faith in the reality of other possibilities.

Enthusiasm comes from the faith in the goodness of life and the original goodness of the self and others. From the faith, that no matter what happens, somewhere there is benefit.

Enthusiasm unclogs a blocked heart, which has been stuck with feelings of hurt and rejection.

Optimism – Enthusiasm makes my approach positive and hopeful. A positive and hopeful approach knows that even when all doors are closed there is a way out.

An optimist does not ignore the reality and consequences of negativity but because they hold onto hope they do not despair or panic. They have gentle determination. Such people combine the art of making things happen with the ability to allow things to happen.

Contentment – It is another key to feeling great. Contentment is when someone appreciated where he / she has reached and values his efforts yet realises that there is more to learn and keep themselves open to that new learning.

Contentment comes from a deep gratitude for the things life gives us. It comes from humility, the openness to receive new signals. It comes from simplicity because it is the simple things in life that create wonder.

FEELING GREAT – MY PERSONAL FORMULA

If I wish to feel great and make others feel great, I must be honest with myself about the changes that I personally need to make. To do that:

Step one: Recognition – I must recognize that I have a re-occurring problem or upheaval that robs me of my feeling great. It has nothing to do with external situations but it is an internal problem and feeling that comes to disturb me again and again. I am

responsible for it. No one else is to be blamed.

Step two: After recognizing that I have to change something inside me, let me identify what it is. What is the flaw that has stopped me from feeling great?

Step three: After identifying the flaw, I must **detach** from it. I see it, accept it, understand it but I am not it. I am the original pure self. There are no feelings of guilt or unworthiness but I know that I must take help from the Supreme Surgeon to operate on it.

Step four: The Supreme Surgeon is the most advanced Surgeon because He does not remove by cutting out but by dissolving. But for that dissolving to happen, I must make a **deep decision**. I must decide honestly that I do not want it any longer.

Step five: After the surgery I must take care. I must not allow any germs of old desires or fears to come back. I must ask the Surgeon's advice

on how to remain free and clean.

ME AND GOD

In silence, I can observe my intentions, my motives, and my responses to people and situations. In order to improve a response and how I relate to others and events, I need the discernment to see both what I am doing and what needs to be changed. Without discernment and a decision to do things differently, I remain stuck repeating the same mistakes for years.

As well as discernment, in silence I also receive courage from God that inspires me to make changes in my life. I find that God is my partner in transformation. God's faith in me enables me to also have faith in me. To have someone believe in you makes you not only feel great but supremely grateful that such pure feelings can come from others to you. This selfless embrace gives us the power to embrace the self and others.

REMEMBERING DADI PRAKASHMANI

Though Dadiji flew to the angelic world three years ago, her sweet memories are ever-fresh in the hearts of all the sisters and brothers of the Brahma Kumaris global divine family. Every one remembers

her as an 'Invaluable Jewel of Love, Light, Truth, Compassion and Power'. Her inspiring presence is unforgettable. The Brahma Kumaris had launched a unique initiative, "*Billion*

Minutes Good Wishes Bank" on 24th June 2010, and the accumulated minutes of good wishes will be offered as homage to Dadiji on 25th August 2010. Whether young or old, educated, privileged or

the common folk, people from all spheres of life have appreciated this initiative as the need is felt at every level. The forces that run and influence society today: government, media, high-society personalities in business and entertainment, security forces etc. are hardly able to provide us with any positivity or hope. The junk food being fed to the mind and body from all directions is causing unimaginable ailments, both physically as well as psychologically.

The Godly student members of the Brahma Kumaris (include people from all religions, colours

and ages) are fortunate to have found righteous ways to peaceful thinking, positive attitude and noble actions based on *shrimat*, the elevated directions or guidance from the Supreme Divine Being. The early morning and evening meditation sessions, the studying of spiritual knowledge, the system of offering and accepting *bhog* in God's remembrance, the spiritual get-togethers for *Brahma Bhojan* etc., pave the way for leading the right kind of lifestyle and achieving healthy and happy family lives.

Dadiji's interactions with members of the BK divine

family or eminent guests from around the world left deep impressions on their hearts and minds, even if they had just interacted once with Dadiji during her 71 years of divine life as a Brahma Kumari, including 38 years (1969-2007) as Head of this global organisation with more than 8400 branches worldwide.

With love and gratitude for her life-long guidance and service, we salute Dadiji on the third anniversary of her ascension to the subtle region.

On this occasion, we would like to share some teachings of that great angel of peace - Rajyogini Dadi Prakashmani:

PEACE IN THE WORLD by DADIJI

One peaceful human being is the foundation of a peaceful world, and will show the path of peace to many other human beings. This is our aim. We want to tell every one to "Continue to stay enlightened and awakened". By re-kindling the light of one soul, the whole world can be lit. From one, ten will awaken; from ten, a hundred will awaken; from a hundred, a thousand

will awaken. Ultimately, there will be peace in the world when the whole world

has awakened. World peace cannot occur simply by crying out for it. It's no use chanting,

"Let there be peace on earth..." The practical method to bring about peace is for you to become peaceful first, and others will become peaceful on seeing you. From peace within one soul, peace will come to many.



EKVRATA: COMMITMENT TO ONE ALMIGHTY

Reverred Dadi Janki, Reverred Dadi Hirday Mohini, and other senior members of the Brahma Kumaris family felt elated while showering blessings on 108 B.K. divine sisters who took a vow of allegiance, and pledged to serve and guide humanity on the spiritual path, on 1st August

Brahma Kumaris' Spiritual *Yagya*. The sisters received *Trimurti* God Shiva and Shri Lakshmi - Shri Narayan golden medallions at this Dedication Ceremony.

Swami Brahmadev Upadhyaya of Brahm Vidya Matt, Trinidad, shared powerful inspirations on the occasion:

relationships that are developed and enhanced here take us straight to the Supreme Being, God Shiva. People of the world should become members of this institution and contribute in God's task of creating a new world".

Carrying this happiness in her heart, Dadi Jankiji left for a service tour of UK on 2nd



2010, in Diamond Hall of Shantivan Complex. These dedicated Brahma Kumaris Teachers, who have been serving at Brahma Kumaris Centres for several years, came with their parents and family members to make the final commitment of dedication to the

“Renunciation (*sanyaas*) is not merely leaving one's home and family but to renounce the evils from our lives forever. This is the aim of the Brahma Kumaris Institution, and is in fact the true description of renunciation. One's search for peace ends on coming here. The spiritual

August and intends to return to Bharat on 18th August 2010, in time to honour the auspicious festival of Raksha Bandhan, on 24th August, and the third anniversary of Dadi Prakashmani's ascension, on 25th August 2010.

– **B.K. Nirwair**

Mamma would say: “Always see God, the Father, and follow Brahma Baba. If you wish to become perfect then constantly remember Shiv Baba, follow His shrimat and emulate Brahma Baba. *Hukmi hukum chala raha hai* (The One giving you orders is making you move). Never doubt Shiv Baba. Become completely viceless.”



THE NOURISHING FOOD OF REMEMBRANCE



– Rajyogini Dadi Janki, Chief of Brahmakumaris

Supreme Soul God Shiva, i.e. Shiv Baba has asked us to take our own photos – a photo of myself as an angel, and of myself as a deity. The face of a Brahmin should always be cheerful and smiling. Why? This is because Baba has given us solutions to all problems. An angel is double-light because an angel doesn't have any connection with the old world or the old body. One is to be light of the body...and the other is to be light internally. **When a soul is free, it can be light. Free of what? Free of burden and the heaviness of responsibility. Brahma Baba had more responsibility than any of us and yet he always remained double-light. As we become light and take might from God, that light shines through our foreheads. One should always remember that if one doesn't become a complete Brahmin now, then how can one possibly become an angel?**

God Shiva is teaching us how to stay in spirituality. In that state of spirituality, we can understand this knowledge at a deep level. In spirituality, we can

understand the secrets of *karma* philosophy. Through my mind, words and actions, I have to stay in spirituality. Therefore, one needs to check: 'Do I remain meditative and tactful'? If one does this, everything will become easy for him. **One should remain with the Supreme Father and move along with Him and, consequently, one will find everything easy and simple.** One must always remember that the boat of truth may shake but it will never sink. One has to ask oneself constantly 'Who is my Boatman?' One may be sitting in the boat but one should ask oneself, 'Have I untied the rope that is attached to the shore'? **However, if one does not lift the anchor or untie the rope, then, will one be able to reach the other side?** Therefore, it should be remembered that we have to travel from the land of sorrow to the land of happiness. **One should also ask oneself, 'Are there any types of subtle or gross bondages which are preventing me from moving'?**

If one allows things to keep causing one sorrow, then, what

can God do? **This is like sailing in the two boats at the same time.** God has told us clearly that we have to become the conquerors of attachment. I have to give up both gross and subtle ego. I have to conquer attachment to my own body and even to my own specialities.

Shiv Baba gives so much power to us Brahmins that we can become world benefactors. In fact, in order to be world benefactors we have to become very sweet. **One's sweetness will benefit every soul one comes in contact with. To become sweet, I have to leave all 'whats' and 'whys'.** Baba tells us the aspect of Eternal World Drama very clearly. It is Drama. Everything has happened according to it. It must always be clear as it is God who is telling us this.

We take meals thrice a day to sustain ourselves. From those 3 meals, we receive a lot of power and energy. Mind and body both receive power. In the same way, we have to eat the nourishing food of powerful remembrance thrice a day. It is the food of remembrance that gives power. This is such a simple matter and it is very easy to understand. If a family food is cooked with love, it helps to sustain the family physically and to increase the love amongst the family members.

An Experience

DADI'S LIFE WAS HER MESSAGE



– B.K. Charlie, Australia



It was very early morning of the 22nd August 2007 that we heard that beloved Dadi Prakashmani was in a coma and unlikely to survive. I was in Sydney, a 14-hour flight and a 4-hour car ride away from Mt. Abu, but immediately I had the pull to go but it was not until I sat in meditation at 4 a.m. The next morning, I finally decided to go. I packed, booked my ticket at 9 a.m., and flew at 11.30 a.m. the same morning.

I arrived at Shantivan the next morning, i.e. 24th August and as soon as the car stopped, we went to see Dadi in her cottage. There was a very sweet silence in the atmosphere and Dadi was so still, breathing slowly like the sleeping beauty. Dadi Gulzar and others were sitting quietly in the room. There was continuous yoga going on in the Diamond hall, and it felt like whole of Shantivan was immersed in sweet silence.

The next morning, 25th August, the class had just finished and I saw Bro. Nirwair, who asked me to visit Dadi. She

was breathing lightly and just seemed beyond this world but I noticed the machines beside her bed registering her blood pressure and other medical functions were fluctuating quite significantly. I went for breakfast and then returned to Dadi's cottage where till then thousands of brothers and sisters had congregated outside. All the senior brothers and sisters suddenly began to arrive and rush inside. We all knew what was happening inside. Eventually I also entered Dadi's room. It was a scene that I will never forget. Around Dadi's bed, there were her companions and friends of seventy years, viz. Dadi Janki, Dadi Gulzar, and other senior Dadis, senior brothers and those looking after her. I noticed that all the machines were then registering zero. Dadi had flown. Everyone stood so quietly. The silence was stronger than ever. The feeling was one of such great reverence, of profound respect, and a purity of love that only Dadi drew from all.

Over the next few days, the tributes flew from all corners of the world; from BK family; from the leaders of India; from religious leaders; from the residents of Abu Road and Mt. Abu; from the workers and the ordinary village folk; from everyone. What was in Dadi that drew such profound love and total respect from everyone? Each one had a personal story to share of how Dadi made him/her feel special; how she included him/her; how she valued him/her; how she helped him/her; how she always showed respect. She touched hearts everywhere and won universal love and respect. At every moment, her *drishti* of love and her radiant smile transformed the atmosphere and uplifted everyone. I remember Dadi once telling how much she valued the blessings of the divine family and how she was careful not to lose the blessings of even one. She said that the blessings from the hearts of others were like a power that helped her move forward. Once Baba said, "If you want to become full of all

virtues, become a Bestower of respect”. This was Dadi’s life. She respected all and got respect from them.

In the early 1990’s, I was part of a small team making a film on Dadi, called ‘Women of Spirit’. In New York, we interviewed Dr. James Jonah who was Under Secretary General of the United Nations for Political affairs at the time. This meant that he interacted on behalf of the Secretary General with many of the World leaders during the Reagan and Gorbachev era. I asked him amongst all the leaders he had met who the most impressive was. He immediately answered ‘Dadi Prakashmani’. He said that Dadi’s leadership was not by cleverness and force but by the example of her own life. He said that this leadership wins the trust of all around and today we have lost trust in our leaders because what they say and what they do is different. He went on to say that Dadi’s words were reflected in her actions and how this was the leadership that inspired people and was needed in our world. Once Albert Swetzer was asked about effective leadership and he said, “Example is not the best form of leadership; it is the only form of leadership”. By observing Dadi, we could see

what the result of Baba’s teachings was and where our study was leading us.

After Dadiji’s passing away, there were many *Bhog* messages. In many of these messages, Dadi gave us two special gifts in the form of self respect and respect for others. Before passing away, Brahma Baba summarised his efforts with the words ‘Be Incorporeal, Be Vice-less and Be Ego-less’, but it seemed these two gifts were Dadi’s message of what took her to the highest stage of a living angel. Her natural purity created such an easy self-respect that was so attractive. A good leader creates self-respect not only in one’s own self but also creates self-respect in others. Once, when we were chatting with Dadi in a group, we asked about her experiences of managing such a huge *yagya* with so many different personalities. She told us, “First I listen to the people”. She, then, went on to say, “I give freedom to everyone; I don’t try to control anyone”. She explained, “When you give freedom, others will come close naturally and they will want to listen to your ideas and opinions. If you try to control others, you push them away and they will never listen to your ideas and opinions from the heart”. She also said that she

trusted everyone. She consciously invested trust in everyone as that brought them close. Finally, she said that one must give good wishes and pure feelings to all. The power of this pure attitude created unity in the entire spiritual family. This attitude of respect for all brought everyone together and showed us an example of how to have divine and soul-conscious relationships.

Dadi’s unshakeable self-respect was the foundation of her humility. On her first visit to Sydney in 1977, we had a big public event at Sydney University. It was the first such event we had in Australia and so afterwards we returned to the centre a little tired. Dadi noticed and proceeded to the kitchen to cook and serve us all soup with so much love. How many heads of the big international institutions would serve in such a way?

A sister from Mumbai was telling us her experience of Dadi’s humility. She joined this Godly institution as a girl and attended the centre where Dadi lived in Mumbai. Only a few years before Brahma Baba attained complete stage, a group from the centre planned to travel by train to Madhuban to meet Baba. When they arrived at the station, there was

one less ticket to the number travelling so it meant that one of them had to sit on a bag of grain between the seats. As she was the youngest, she sat on the bag. In the middle of the night, Dadi woke up and saw this 17-year-old girl sitting on the bag of grain. Seeing this, Dadi gave her own bed to the young sister and she sat up all night on the bag of grain remembering Baba. This was only a few years before Baba had appointed her to be the head of the institution. Dadi never felt she was the head of the institution. She had such a deep feeling that she was just an instrument and Baba was doing everything. Once I asked her if she would visit Australia and she answered "If Baba gives permission, Dadi will come but if Baba doesn't permit, Dadi cannot come." She talked about herself as a third person like it was just a role, a part she was playing. She had no sense of pride of position or importance that made her feel superior but she always had the feeling, "I am an instrument; I am a server". I think it was because of her egolessness that Baba trusted her so much. She didn't use the position to create her self-respect like most leaders do today but her self-respect made her a natural leader.

Dadi was a living bouquet of virtues but I always loved her sense of humour. On my first visit to Madhuban in 1975, we were meeting Baba in the History Hall. All the personal meetings had finished and the seniors were chatting with Baba. Dadi then told me to speak to Baba in Hindi. As I don't know Hindi she would speak a phrase and I would repeat it to Baba. She said in Hindi 'Baba, I love you' and I would repeat. Then she said, 'Baba, I looked for you for so long and now I have found you' and I would repeat. Then Dadi said something which I again blindly repeated and ever laughed and laughed including Baba. Dadi said in Hindi. "Baba, I'm monkey" and I looked in Baba's eyes and repeated it with so much love. It was quite a funny moment. Dadi carried herself with so much dignity as a leader but in a second she would play like a child. ●

DESIRE

– Manasi, Indore

My heart full of love
My life.....
A deep ocean of beauty and romance
...Of the Divine!!
Whatever be Your form
O God...in this
Ever-going flight of time
Unaltered...as my early years..
You let remain the same
Me...in Your beautiful world
Only to hear my faith in Your chime.
Let trials and tests keep their trail
My love for You can never fail.
In fear of fall if ever I close my eyes
Unseen hands hold me only to help me
rise!
When challenges thrown to scare me
Answers in Your own way You show me
The utter ecstatic and the feel divine
Shows my Lord's power unfathomed and
pristine!
Even in darkness.. I see a flicker so
bright
I know my Lord You are there by my side!
Aspirations with You will soar higher
And none can hold back my desire!!
Fortitude is just what I ask for
To give a shimmer to this soul!
My passion for You grows with every
stride
No clutch..no grip to set aside..
Every moment I love You more
And..
Worthless seems this worldly allure!!

THE ART OF HAPPY LIVING



– B.K. Surendran, Bangalore

Every person aims to always remain happy. It is observed that people employ various means to achieve happiness. Happiness is generally mistaken for pleasure but there is a difference between the two. Happiness is a positive virtue. It is the natural state of the self; it uplifts and elevates us. If one is happy, there is increase in enthusiasm and zeal in life.

Happiness is a state of mind when a person enjoys peace, satisfaction and security in whatever he does and wherever he is. Happiness is everlasting whereas pleasure is momentary. When there is proper planning, preparation and system everything becomes easy and enjoyable. In fact it can be called the rule or the code of ethics. Everything in the nature is in its place, functioning orderly in a preset manner. Likewise, the ethical, human, moral and spiritual values are essential in human life. Healthy body, positive bent of mind, cordiality in relationships and money earned by honest means are vital for happiness.

Happiness is lost if even one of these aspects is missing.

Human beings are gifted with the wonderful faculty to think, which is called Mind. Every individual is independent and free to think. The effects of negative and positive thinking are commonly known to people. Therefore, it is wise to **think positive** to remain constantly happy. Begin each day with a powerful and pure thought.

Develop Inner powers as these are the guardians of happiness. Adverse situations and opposing people don't upset inner happiness if we develop inner powers. One also needs to **shun arrogance** as it causes hostility, lack of care and concern for the fellow beings. One loses not only balance but also happiness. One needs a great deal of humanity to overcome arrogance. One must also **gain knowledge and wisdom**. The best knowledge is that of soul and the Supreme Soul or God. Mere theoretical knowledge is of not much use. One becomes wise only when the knowledge is experienced through constant application in

life.

One must also **appreciate beauty in human beings, nature and everything**. One must learn to appreciate their uniqueness and greatness. One can make the entire life happy by making the present moment happy, which is called living in the present. One must also **practise silence** as there is real happiness in silence. Silence is like an ocean. One, who has courage to dive deep into it, is sure to come out with precious pearls of understanding, compassion, co-operation and humility. Some people often pray, meditate, go into solitude, travel alone, walk alone, live alone and so on, which shows their inner urge to experience silence. Therefore, create some time to practise silence.

Don't be afraid of failures, as they are the stepping stones to success. Maintain self-respect and be optimistic, determined and focused to turn every failure into success and remain happy. **Be an actor and spectator** on the vast stage of this Eternal World Drama. Experience playing different roles from morning till evening, also watching others play their roles. As an actor, concentrate on your role and play it to the best of your capabilities. Learn to respect and appreciate your

co-actors because the play or the game is for happiness, not for competition.

It is also a must to **listen to the voice of your conscience and that of others.** Different situations, people and events have tremendous power to influence human mind. But, remember – ‘I am always bigger than these situations and events’, ‘I have the freedom and authority to regulate and lead my life’. So always listen to the voice of the conscience and respond accordingly, though one should listen to others with respect so as to be able to respond positively.

Love the people around you, respect them and enjoy happiness together. The ability to get along with others is very much appreciated. Each one of us is a member of the vast family of human kind, so love everyone. There is progress in working together and living together. There is happiness in living together which also provides innumerable opportunities to learn and experience.

The present time is very significant. **Now is the time to learn the true knowledge and wisdom from God** directly and come out of darkness of ignorance and see life and situations properly. This light of wisdom bestows happiness in life. Meditation is to create some space to renew the self. The moments spent in meditation are the happiest moments in life because one also enjoys the company of the Supreme Being, i.e. God. One gets an opportunity to cherish the richness, greatness and unconditional love of God. He also experiences super-sensuous joy which becomes a reality in life. There comes peace, happiness, solace and security at all times. This is the most important and powerful art of happy living.

WHO IS GOD?



Is it really possible to know God, the Supreme Power, the Ultimate Authority? Mystics through the ages have had visions of God as ‘light’, and now God introduces Himself. He reveals that He is the Supreme amongst all souls; that every soul has a non-corporeal form, without geometrical dimensions; an infinitesimal point; a conscious spark radiating light. The form of the soul and the Supreme Soul are identical. God is Supreme, not in size but in attributes, for His qualities of Love, Purity, Peace and Bliss are unlimited as the Ocean. From the point source that is the form of God, a Golden-red light radiates and takes on an oval appearance. This image has been translated in the Corporeal World using various physical materials and is found throughout the world as the symbol for God. Often it is merely light in the form of fire or candles that is used to represent God. The Supreme Soul is the only soul who never takes a body of His own, either gross or subtle, neither human nor angelic. Thus, He is never subject to the dualities of birth and death, pleasure and pain, success and failure, and is beyond the effect of action. Being outside the cycle of time in this physical world, He retains absolute knowledge of the world drama in all its dimensions. He is truth itself.

The abode of God is beyond the corporeal and the subtle regions; it is the world of infinite eternal light, the Supreme Abode. By His perfect wisdom, unlimited compassion and eternal purity, He transforms the impure, weak human souls into pure ones with divinity. He destroys the evil that is the cause of all distress and so recreates a new world order. He is the Liberator, the Guide, the Purifier, the Remover of Sorrow and the Bestower of Unlimited Happiness. He is the Ocean of all virtues; the human soul is able to link with Him through the meditation or Rajyoga and is able to experience the satisfaction of all relationships. So the Supreme Soul becomes our Mother, Father, Friend, Teacher, Guru, Most Beloved and also the Supreme Judge.

(Through Internet)

HIDDEN HAND OF HIS HELP

– B.K. S.S. Sabharwal, Advocate, Delhi

In 1974, I was attracted towards the knowledge of Brahmakumaris and since then my wife and I have continued to follow their teachings. After about two months of our introduction to this novel spiritual path, Didi Manmohini came to Pandav Bhavan, New Delhi from Mount Abu. Those days, Didi Manmohini and Dadi Prakashmani used to jointly look after the affairs of the entire Brahmakumaris organisation. Didi Manmohini narrated Baba's teachings and particularly emphasised on one teaching **that no BK should tell a lie at any cost and shall lead a pure life in all manners.**

A Strange Dilemma

I had attended her class with rapt attention. A thought emerged in my mind that if I followed this dictum of Baba, it would be very difficult for me to practise as a lawyer in the courts and consequently a difficult task to earn my livelihood. So I decided to get more clarification from her and

sought permission to meet her for discussion on the topic. I was granted time to meet her in the evening. During our meeting in the evening, I told her that our profession is notorious for freely twisting the facts and circumstances and without that it was not possible to practise as a successful lawyer in the court and, therefore if I stopped telling lie it would be very difficult for me to practise as an advocate successfully, and consequently I would not be able to compete in the profession and thus might suffer in all manners.

On hearing my argument passionately, Didi Manmohani told me that the dictum of not telling lie was given by BABA and, therefore, she could not advise me in any other way. Thus, very sweetly and humbly, she counselled me to follow the advice of our beloved Baba sincerely, at least for one month and then to decide my further course to continue the same or not. She further suggested that the period of one month was not a very long period but it

would definitely lead me to a permanent decision whether to continue on to the path shown by Baba or to revert to the old path.

One Month of Magic

On the advice of Didi Manmohini, I decided to speak truth only and not to introduce even an iota of lie in my cases; at least for one month and to see the result whether I could exist in the profession or not by adopting that approach. I declared this principle to all my clients. To my surprise and astonishment, I got more clients than usual in that month. As a result of this, my income swelled to double as compared to the previous month and in addition to this when this news reached the Judges in due course of time, majority of them started respecting me and giving a patient hearing to me. Miraculously, the majority of cases in the courts during that month got decided in my favour. Seeing this result, my joy knew no bounds and I thanked my most beloved SHIV BABA for this hidden help to strengthen my faith in Him. I told this result to Didi who advised me not to deviate from this *Shrimat* of Shiv Baba in future also and continue the same forever. The said advice left a solid

imprint on my mind and I have been continuing to follow it with firm determination till now. By following this spiritual path, I experienced so many things in my practical life and all the time came out honourably successful in all the small and big happenings. In short, I would like to say that this one **norm** of *shrimat* has changed my whole life and has benefited me not only financially but in family values, character building and peaceful living etc. also.

Miracles- More in Store

Another incident which I want to share is that my younger son wanted to join MBBS course after his intermediate examination but his marks were not so high. Appearing in a qualifying entrance examination of MBBS and to succeed in the same was also an uphill task because I was also not in a position to spend, even for his tuition to enable him to prepare for the said examination, not to think of heavy donations for such admission in private colleges. I, therefore, left it to the Drama as per Baba's teaching but with a sincere prayer to Baba to solve this problem. Within a day or two of my

decision, my son told me that a private school had introduced a coaching class for entrance examination for two days a week, i.e. on Saturday and Sunday and had fixed a total fee of Rs. 1500 for the same. Though at that time (1980-81), Rs.1500 was also a huge amount for me but my inner conscious prompted me to allow him to join that class by arranging the required amount from any source. I went to Baba's room and sat in yoga. I discussed the whole thing with my wife who in turn asked me from where the money would come because at that time practically no source of funds was visible. On this I told her that we should be positive and should see how this puzzle would be solved. On reaching home, I received a telephone call from one of my permanent clients that he had some urgent work with me and was coming to my home and I should wait for him. On his arrival he told me about his work which according to me was not so urgent and he paid me Rs. 2000/- as part payment of the fee. After his departure, I told my wife how our Supreme Father had been generous to us and why we should remain always sincere and obedient to

Him. After receiving that amount, we deposited the required tuition fee of my son and he started his coaching classes twice a week. He appeared in the MBBS entrance examination and to my great surprise and with the hidden help of our wonderful Father, he passed with 15th rank in 3000 students and there was no problem for me to approach any college for his MBBS admission because the first 50 successful students were to be admitted in the Maulana Azad Medical College, Delhi. In this way, I was relieved of all the worries of his admission.

Though there are many such instances in my life in which my beloved Father stood by me and extended his hidden helping hand, I may also add that sometimes His (Baba's) helping hand becomes a tool to fortify one's belief in Him and, therefore He helps His children to gain their confidence in Him and to give them strength to fight MAYA with great vigour. Therefore, we children should remain faithful to **Baba** and follow His *Shrimat* without any hesitation of any kind with devoted love (like a lover) to gain his heart-throne in the shape of a hidden hand of help in return.

SPIRITUAL IMPORTANCE OF RAKSHA BANDHAN

– B. K. Shyam Paritala,
Miyapur, Hyderabad

The festival of Raksha Bandhan signifies the love between brothers and sisters. This bond of love is so strong that it can't be broken easily. On this auspicious day, there is a great exchange of love between brothers and sisters. On this auspicious occasion, sister ties a thread of love on the wrist of brother which is popularly known as Rakhi. She also sweetens his mouth; this in turn is reciprocated by the brother in terms of cash or any kind of gift as a token of love. Brother also promises to take care of sister in time of need.

From historical perspective also this festival is important. The story of Rani Karnavati and Emperor Humayun is ameliorating evidence in the history. During the medieval era also Rakhi meant a spiritual bond and the protection of sisters was of paramount importance. When Rani Karnawati, the widowed queen of the king of Chittor realised that she could in no way defend her kingdom from the invasion of the Sultan of Gujarat, Bahadur Shah, she sent a rakhi to Emperor

Humayun. Humayun honoured this affectionate thread (rakhi) and at once sent his troops for her help. The oldest reference to this festival goes back to 300 B.C. at the time when Alexander invaded India.

Another mythological reference is concerned with Lord Krishna who, in order to protect the good people, killed the villain and the cruel King Shishupal. Krishna was hurt during the war and left with a bleeding finger. Seeing this, Draupadi tore a strip of cloth from her sari and tied around his wrist to stop the bleeding. Krishna, realising her affection and concern for him, declared himself bounded by her sisterly love. He promised her to repay this debt whenever she would need in future. Many years later, when the Pandavas lost Draupadi in the game of dice and Kauravas were removing her sari, Lord Krishna helped her divinely elongating the sari, and thus protected her honour.

According to another mythological belief, Demon King Bali was a great devotee of Lord Vishnu. Lord Vishnu

had taken up the task to guard his kingdom leaving his own abode in *Vaikunth*. Goddess Lakshmi desired to be with her lord back in her abode. So, disguised as a Brahmin woman, she went to Bali to seek refuge till her husband came back. It is also believed that Shachi tied Rakhi to Lord Indra when he had lost his kingdom to demons. He regained his lost kingdom very soon.

During the Shraavan Purnima celebrations, Lakshmi tied the sacred thread to the King. On being questioned by the king, she revealed who she was and why she was there. The king was touched by her goodwill for his family and her purpose and requested the Lord to accompany her. King Bali donated all his property for the Lord and his wife and because of King Bali's devotion to the Lord, this festival is also called *Baleva*. Right from that period onwards it has been a tradition to invite sisters in Shraavan Purnima for the thread-tying ceremony or the Raksha Bandhan.

In the present day world, i.e., the end of Iron Age (*Kaliyuga*), human beings are full of negativities. Five main vices – Lust, Anger, Greed, Ego and Attachment rule the roost. Apparently there is everywhere a steep decline in values.

Promises are broken, and the erstwhile trust and mutual love is missing. 'Might is right' is the law and accepted norm of the day. We often hear the horrifying quarrels breaking out in the families. The purity and sanctity of the relationships has depleted. There is so much selfishness, suspicion and pollution that the words 'Faith' and 'Belief' have got wiped off from the book of relationships, whether between brother and sister or between husband and wife.

In spiritual sense, Raksha Bandhan is about the code of conduct that promotes internal transformation and progressive inculcation of soul consciousness and positive character. This perfection is totally symbolised by the appearance of full moon. Presently, we are in the transition period of world cycle. At this most auspicious time, God, the Supreme Protector

protects us (souls) from evils and enables us to attain purity and honesty in all aspects of life. So as to become soul-conscious, one needs to slowly detach the self from all bodily relations and establish a strong link with God.

Brahma Kumaris World Spiritual University is an institute believing in universal peace, harmony and culture. It celebrates this festival as an important connotation as revealed by Supreme Soul (Shiv Baba) by descending on to the corporeal medium of Prajapita Brahma (Founder of Brahma Kumaris) when the globe is getting engulfed by disastrous volcanoes of vices resulting in depletion of human values.

Brahma Kumars and Kumaris are adopted as spiritual children of Prajapita Brahma. They are a non-violent army. As spiritual ambassadors, they are carrying and conveying to all brother souls, the divine message of achieving victory

over vices which are the biggest enemies of humankind. Strict observance of soul-consciousness, considering all fellow beings as brother souls under the Fatherhood of incorporeal God, is the important tradition of this day (Raksha Bandhan). This makes the mankind one large family with feelings of universal brotherhood. So the Brahma Kumari Sisters tie Rakhi to all irrespective of religion, race and gender. They appeal to one and all to donate not in gross and cash but from one's inner pocket (soul) those five great vices and negative addictions that lie hidden in each and every soul. Thus, the Godly wisdom is imparted to enable people to tread on right path in life and work for the development of society. This kind of positive and optimistic approach in every soul will surely gift us with Golden-Aged world or Value-Based Society".

This is the clarion call of



Brahma Kumaris Institution on the eve of Raksha Bandhan – the bondage of protection, a festival of universal brotherhood and social cohesion. So, let us all, irrespective of different religious faiths, celebrate this ‘Raksha Bandhan’ and empower ourselves through process of Supreme communion (Rajyoga) with Him to inculcate His Supreme Commands of universal values to establish a better world. Let us follow the culture of peace and cult of non-violence and put our sincere efforts to become pure by attaining 16 celestial qualities, and to become like – Shri Lakshmi and Shri Narayan. The understanding of this eternal truth will surely help in removal of the very mammoth heap of filthy garbage (5 Vices) surrounding our society which in turn would result in religious harmony and world peace. The true way of celebrating ‘Raksha Bandhan’ would be to realise the significance of the present auspicious time by pledging to discard all negative traits and by leading a life filled with love, compassion, respect, humility, co-operation, responsibility and divinity.

The main message of this auspicious Raksha Bandhan festival is that all brothers on this earth should treat women as souls, and not as bodies. They should never view women as third-rate human beings or with any kind of negativity. Sisters should be the happiest souls on this globe spreading love, affection and humanity to all, especially weaker sections of our society. On this forthcoming Raksha Bandhan, may all brothers take pledge that they would respect all women as sisters and maintain purity in relationships by practising soul-consciousness throughout their lives!

THOUGHTS LEAD TO DESTINATION

– B.K. Sandesh Sarvade, Solapur

We have heard the word ‘Thought’ many times. It is nothing but the information/experiences/visualisation/pictures etc., stored in one’s mind through the journey of life. Therefore, it has been said that ‘Mind is power’. Thoughts come randomly because the basic nature of mind is to create thoughts. It means one’s identity is different from thought.

There is a constant flow of energy in the mind, which is seen externally in the form of action. When one thinks positive, it gives energy to grow and one doesn’t feel tired while making efforts. Sometimes we feel so tired and low without any physical work because mental energy was used constantly in a negative or wasteful way. The power to think is a gift. So, one should use it wisely to elevate the self and others. What to think is absolutely one’s own choice, because then the energy flows in the direction of the thought and it grows, one thought leading to another and so on. The thought (vibration/energy) communicates faster and effectively than the words. That is why it is said that silence speaks louder than words.

The thoughts are so subtle and deep that it is very difficult to identify their dynamics. One can’t specify what type of thought would come next in mind. Everyone has a platform of thoughts from which he looks at the world. Positive or negative thinking is due to deep-rooted tendency. When negative thoughts grow, they become like a monster and swallow one’s future. A negative thought comes in mind with force; to overcome it one should apply auto-suggestion, positive thoughts and self-talk. It is rightly said ‘as you think so shall you become’. So make use of the opportunity of present golden moments to live wisely. Let go of the past and learn to be happy. A pleasant smile makes any difficult situation easy. Check the quality of thoughts regularly and be the Master of your Mind. In meditation, thoughts slow down; we feel energised in silence, get easily connected to Almighty God, Shiva, and experience His unconditional love, which is beyond words to describe.

So, one must be aware of one’s thoughts because they lead to final destination.

AWARENESS FOR REALITY

– B.K. Santhi, Ampang, Malaysia

U pheavals in the present world are increasing, may it be natural calamity or disasters caused by human beings. Most of the crimes committed by humans these days seem to be caused by lust and anger. Lust and anger have become so rampant that even members within a family are not trustworthy of their positions. Cases of incest are increasing and murder among family members has become common. Therefore, it is needless to say that vices, the dominant factor in man's spirit have caused him to forget himself which leads to performing sinful acts. Vices exist in human beings due to their body-consciousness comprising lust, anger, hatred, jealousy, ego etc. There is no awareness at all in man of his origin and to whom he belongs eternally.

“You are a soul”, is the introduction given to anyone who joins this Rajyoga study. Many talk about souls and spirits but little do they realise that their existence, their actions, subsequently every

consequence they face physically and mentally are due to the existence of the soul in them. All of us have forgotten that. The fact that we are souls is the basis of our spirituality in imbibing virtues. No human being in this entire world except God has enlightened us as spiritual beings. The entire truth of our ways and means in our present lives for attaining liberation in life lies in our self-awareness.

Awareness Means True Remembrance

‘Origin’ in this regard refers to who we are and where we belong to. Thus, as souls we belong to the Supreme Soul God Shiva. We inherit His qualities of peace, bliss, happiness, purity, truth, joy and power. These are the basic virtues which we need to have in our awareness as we move along, playing our parts in this Eternal World Drama. This awareness will not exist or be in us if we do not stay in the awareness of who our Creator is. For instance, a child who is in the ‘awareness’ of his ‘residence’ and his ‘parents’ is able to move

along in his life confidently and happily as a carefree individual. The knowledge and remembrance of his origin will be in his mind and intellect, thus it is this thought that becomes his company and security as he proceeds in life smoothly. Hence, the knowledge of one's origin is vital for one to be successful in his life. Likewise, the knowledge of our Father, His form, His importance, His qualities and His task has to be in our intellect throughout the day. It is only then we would be able to carry on peacefully, blissfully and truthfully, neither causing others sorrow nor hurting them mentally, spiritually or physically. Hence, by remembering Him we make Him our Companion and Guide. Indeed, He is the *Canopy of Protection* in leading this spiritual life.

Awareness Merges Our Optimism

Being children of the Supreme Father, the One with all positive qualities, we too become beings of positive energy. Due to the loss of this positive energy in us through our ignorance birth after birth, these positive innate qualities once again become dominant in us, only when they are merged in our communion through powerful remembrance with the

Supreme Spiritual Energy as we draw powers from Him. This energy in us makes us positive in all manners. Our Father's directions and versions in the *Murli (shrimat)* are sweet, extremely loving. He inspires us with such unlimited love and mercy. Even to correct His children, His words and versions are positive, full of mercy, and sweet to be heard. Similarly, when we are in the awareness of our true positive nature, our thoughts and words become naturally sweet and loving, which could be a great inspiration to many who are ignorant of this true awareness. These are lost in today's *jungle of thorns* – the materialistic world. When we are energized positively, it not only creates the awareness to think and speak positively, but also to perform positive actions through our sense organs. Besides, such positive energy in us creates elevated thoughts, feelings and a sense of eternally belonging to our Supreme Father. We realise that we are mere actors playing our parts and roles through this body. Furthermore, this enables us to be the *trustees* of our Supreme Father God Almighty, hence enabling us to carry out our task selflessly and with pure love.

Awareness Makes Us Master Benefactors

Lack of true guidance in one's life leads one to unrighteous actions. At this stage of Man's descending cycle of unrighteousness and irreligiousness, the Supreme Father has come to give His true teachings to guide His children, making them the masters of righteousness. It is through this elevated guidance or *shrimat* that they attain their original state of religion of peace and deitism. In order to constantly be in His guidance, one has to be in constant remembrance of Him. It simply means that His remembrance in us enables us to be in the awareness of Him as the Supreme Being, the Supreme Power of peace, truth, purity, happiness, joy etc. His teachings (*shrimat*) are our guide enabling us to be aware of all our thoughts, words and deeds; if they are pure, positive and fruitful bringing benefit to others, which is why He is known as *The Benefactor*. In addition, our constant remembrance of Him also means His Company which creates in us the elevated feeling of bringing unlimited benefit to others without any expectations. This is the best service one can do. Dadi Jankiji has mentioned, "**The best service one could do is self-**

service." Furthermore, the constant remembrance of the Supreme Power gives us power and strength in all our actions. In this way, we become *Master Benefactor souls* as children of *The Benefactor*.

Awareness Awakens Our Sensibility

As mentioned, no-one is perfect in this world. Human beings still commit mistakes as they move along in their daily lives. Sometimes, we are reprimanded by others for our mistakes but many of us do realise our mistakes due to our own power of discrimination and judgment. With the awareness of our true selves, we would be able to admit or realise the mistakes and subsequently, reform our ways of life. This simply means that to heed others' advice positively and with great humility, one also needs awareness of one's true self.

History stands witness that the doom of mankind begins with lust and arrogance. Needless to say, self-awareness would reduce lust and arrogance to the slightest trace as one would then be aware that one belongs to the Supreme Father. One would know then that all that has been bestowed can be taken away and the best way to face the retraction is to maintain divine virtues. ●

SHRI KRISHNA – AN IMPARTIAL ASSESSMENT

– B.K. Jagdish Chander

There is a saying in the Indian tradition which means that while Ram and others were partial incarnations, 'Krishna' was an incarnation of God Himself. Some people consequently believe that Krishna was God Himself but, in view of the legendary stories prevalent today about Krishna, followers of other religions— Buddhists, Muslims and Christians, etc., are not prepared to concede this. In short, while some emphatically assert his having been a complete incarnation of God, others, equally emphatically deny it, keeping in view of his deeds and conduct as narrated in ancient literature. We will, therefore, consider why these views are so diagonally opposed and, like a person anxious to know the truth, sift reality from falsehood.

In reality, believers in God recognise Him as possessing inevitably certain principal attributes or, in other words, they credit Him with these essential qualities on the basis of which they decide whether to believe in His existence or not. For instance, they believe

that He is the Ocean of knowledge, of peace, of bliss and of love as also He is supremely Pure, Almighty and Benevolent. They also believe that these attributes of His are not mutually contradictory. For instance, if God makes use of His power, that use should not be for a violent act for, then, it will run counter to his being absolutely peaceful and loveful. Thus, keeping in view of the prevailing accounts of war and violence attributed to Shri Krishna, believers in the creed of non-violence, find it hard to reconcile them with their belief in God as an absolutely non-violent entity. Similarly, the amorous love tales described by some people, though not

actually devoid of glimpses of love, run counter to the concept of purity in love. Other accounts glorifying Shri Krishna in song and story are also not such as may be considered as salubrious (healthy) or entirely benign people. Hence, in view of mutual contradictions in the attributes of God, some people refuse to accept Krishna as God or His incarnation, while others believe in him as such on the basis of those very accounts.

But, the devotees who adore Shri Krishna as their God, while agreeing that he is one of God's names will, of course, add that he was God Himself. But this second belief, too, has some mystery behind it. There are two main secrets in this regard. For one thing, the meaning and exposition of the accounts attributed to him seem to have vastly been changed in the process of time. For instance, the account of Shri Krishna stealing away Gopis' clothes is



interpreted today in its gross, literal sense, whereas it carries a spiritual meaning intended to be conveyed, viz. that God got His devotees and worshippers divested of their gross body-consciousness. Similarly, the account of Shri Krishna bringing about a great war has been subjected to a literal interpretation, whereas, in reality, it is an allegorical description referring to man's fight against the demons (vices), deeply-rooted within himself. Given its spiritual interpretation, the contradiction noticeable in the principal divine attributes of God, referred to above, disappears, for this spiritual fight of man with the vices within himself, as opposed to the 'lethal war' among men, actually results in the establishment of purity, peace and love etc. within him and is, consequently, salubrious and beneficial for mankind. This interpretation, if accepted, should remove the doubts of those people who don't believe in Shri Krishna's divinity on the ground of God's attributes becoming self-contradictory. However, those who worship Shri Krishna, the son of Devki and Vasudev, as their God will perhaps not be completely satisfied with this clarification unless they understand that incidents like his birth in a pitch dark night and his parents, Devki and Vasudev,

being confined within a prison cell, etc. etc. are simply figurative descriptions. The meaning is that God is born on this earth (Vasu) in a pitch dark night, i.e., when the world is immersed in deep ignorance in a jail-cell of Kansa, i.e., when the world is in the firm grip of vices (particularly sex-lust). The words 'Vasudev' and 'Devki' again are not proper names, but symbolic ones. After knowing this, a devotee can understand that, in reality, 'Krishna' to whom these descriptions are attributed was not a human being – a son born to a mother, who grew from infancy to youth and was busy killing this person and that, by wielding his weapon, named 'Sudarshan Chakra' but simply the attributive name of God Himself who, 'in the night of deep ignorance', enters the body of a human being through whom He works and acts. Stealing of butter, destroying of the demons, named Akasur and Bakasur and driving Arjun's chariot, etc. etc. are all accounts which, literally interpreted, run counter to the conception of God's divinity. Interpreted, however, in their spiritual sense, they lose their contradictions and prove that, far from being the acts of a human being, they are divine tasks which God performs by entering a human body.

The question that remains

now is that if 'Krishna' is the attributive name of the Supreme Soul – a subtle radiant entity, who then was Shri Krishna with the peacock crown on his head, whose images are worshipped in thousands of temples in India? It can be said in this connection that he was the first crown prince of Bharat who, because of his brilliant character, is adored among the deities. His crown itself is the proof of the fact that he was the sovereign king, while the peacock feathers in it are symbolic of his purity. But, just as today people begin to regard a great man as *Bhagwan* (God), so, also have they revered the beautiful virtuous Shri Krishna – the highest among men and the most adorable among gods – as *Bhagwan*. In reality, however, *Bhagwan* ('God' with capital 'G') is the name of the Supreme Soul who is a self-luminous entity above birth and death. Since 'Krishna' is his symbolic name, people have confused *Bhagwan* (God) with Shri Krishna, the man-God.

Understanding these very qualities of Shri Krishna, let's celebrate the festival of Janmashtami in its truest sense and get entitled to Godly birthright of heaven like Shri Krishna, the first prince of Golden Age, for 21 births. ●

HIDDEN VISAGE

– Dr. Partap Midha, Director
Global Hospital and Research Centre

It is an old saying that states “The foundations of a stupendous building are the pillars but they are hidden, absolutely the same way, as the root of a wide-spread huge tree is which is deep inside the soil sans praising its greatness. Similarly, for instance, when we converse at a well-to-do family we discuss all the aspects of

health, wealth, happiness, co-operation etc.

Do You Know...

Who is the backbone of such a family?

The one who works hard round the clock for the wellness of the family. It is none but the ‘Grandparents’, who are equally parent and grandly so (Senior

citizens). Older Folks are the foundation for every family, but they are always hidden and unseen. They never sing their praise nor they are adorned. Do we understand their unique importance?

OLD -AGE SOLUTION BOON TO ELDERLY FOLKS

An unsurpassed, innovative, versatile, modern and aesthetic, igniting powers of love – such a divine, holy, lovely happy home is surely nothing but the Shivmani Home. To the land of peace- Shantivan–sophisticated elegant and Peaceful, senior citizens/elderly folks who have the urge to lead a very happy and peaceful life are only invited. **Round the clock, sweetest home of God is welcoming you cordially.** According to Divine plan of God, the divine home is constructed for the sake of beloved mature folks. It is the happiest moment for the people in the twilight years of their life.

A modern, cheerful home offering care and support

At Shivmani Home, we strive to create a holistic environment offering physical, emotional, social, spiritual and medical support to our elderly folk so that they live in dignity, comfort, complete freedom and loving care. We hope this will be a good choice for seniors

Physical and mental conditions of the most of the senior citizens whether they stay in their home or in old age home

AGE-OLD PROBLEM

PHYSICAL CONDITION

- ▶ Physically weak
- ▶ Thinking of disease as a serious problem
- ▶ Feeble
- ▶ Fragile
- ▶ Not having enthusiasm to do anything

MENTAL STATUS

- ▶ Thinking of the past and worrying about the future
- ▶ Depression
- ▶ Sleeplessness
- ▶ Despondence
- ▶ Expectations
- ▶ Feeling neglected by the kith and kin

ULTIMATE SOLUTION SHIVMANI HOME

- | | |
|---------------|-------------------|
| ● GOD’S HOME | ● GODLY KNOWLEDGE |
| ● GOD’S POWER | ● GOD’S FOOD |
| ● GOD’S LAP | |

from families practising Rajyoga meditation (as taught by the Brahma Kumaris) desiring to live as a happy community, an extended family without worrying about household maintenance. The outdoor premises include a landscaped garden with a sit-out area for residents. This facility is located very close to the Radha Mohan Mehrotra Global Hospital Trauma Centre and the Global Hospital Institute of Ophthalmology at Abu Road (Rajasthan) and is easily accessible by private and public transport.

Versatile Facilities

Our home offers facilities for a range of categories of care. It presently has a total capacity of about 100-beds in single and double rooms on two floors connected by stairs and a passenger lift. The interiors have been designed with much

study and care to meet specific needs. The best infrastructural facilities, carefully planned amenities, excellent vegetarian food, comprehensive health care, entertainment and peer companionship offer senior citizens an ideal new home.

There are skid-proof floors, hand rails where necessary, and ramps for wheel chairs for easy and safe movement. Aesthetically furnished rooms have standard features for modern, comfortable living. All the rooms are nicely decorated with soft fabrics and furnishings. The furniture has been designed to withstand heat and stains. Every room has direct telephone and intercom connection, cable connection for television, back-up power supply from high powered generators, and a user-friendly attached toilet and shower designed for

seniors with hot and cold water etc.

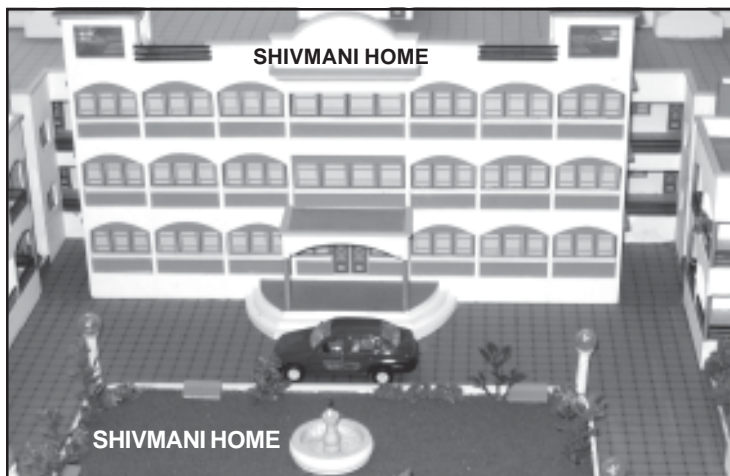
Each room has a nurse call system linked to nurse stations on each floor or display consoles. We ensure residents' personal hygiene by offering assisted baths and showering amenities.

Residents' lounges spread throughout the home offer peaceful spaces for quiet reading, television, communal and social activities, a well stocked library and meditation room. Television, video and music centres are also available. The home has adopted a 'No Smoking' policy for both residents and visitors.

Our dining room accommodates all the residents simultaneously. This room can be used for various functions. Our modern and well equipped kitchen offers excellent cuisine with a choice of nourishing home-cooked food. Special diets are catered for by qualified staff.

Our laundry room meets all the home's needs. Residents' personal clothing is also laundered. Ample storage space for all linen and equipment has been provided throughout the home. Sluices are also provided where required.

We also employ separate domestic and catering staff and



a maintenance/grounds person. We have a varied weekly programme of indoor and outdoor activities for residents depending on their capabilities, mobility, interests and preferences.

Visitors are welcome during the prescribed visiting hours. Our team of professionals provide 24-hour individual and personal attention to visitors. Accommodation for guests is available on payment of appropriate charges.

Health-Care Facilities

Dispensary staff supported by nurses is available round-the-clock. Consultants may be called in from the nearby Radha Mohan Mehrotra Global Hospital Trauma Centre and Global Hospital Institute of Ophthalmology, whenever required. Medications for ailments like cough, cold, flu etc., will be dispensed by the dispensary. However, special medicines required for more serious diseases will have to be procured at the occupant's own cost. We have a Treatment Room with an examination couch for basic medical procedures. The cost of treatment, medical tests, doctor on call, special attendant/nurse, regular medicines (if any), and ambulance will be borne by the residents.

Spiritual needs of residents are attended to by meditation practitioners from the worldwide headquarters of the Brahma Kumaris at Mount Abu or by enabling those who are mobile to attend local services of the Brahma Kumaris.

Choice for Accommodation

Fully-furnished rooms with attached shower and balcony are available. The size of the room is 176 sq. ft. (16'X11') while the size of the ensuite shower room is 49 sq. ft. (9'X5'6") and the balcony is 96 sq. ft. (12'6"X8').

The furniture for a double occupancy room includes:

- ▶ Two beds, box styled to enhance room for storage
- ▶ Two side tables and one writing table.
- ▶ Two single-seat sofas.
- ▶ One coffee table
- ▶ Cupboards

Two types of accommodation are available to suit individual needs and budgets:

STANDARD: Independent, compact room with ensuite shower room. Single or double occupancy with essential facilities.

DELUXE: Independent spacious room with ensuite

shower room. Single or double occupancy with luxury and comforts.

ELIGIBILITY CRITERIA

Essentially planned as a home for elderly people, the residents are expected to meet some basic eligibility criteria. These are:

1. Age 60 years or above.
2. Willing to abide by rules and regulations of the home.
3. While this is not criteria per se, we believe that seniors expressing a keen interest in meditation and spirituality, or practising Rajyoga meditation as taught by the Brahma Kumaris, are more likely to benefit from the setup.

True Value

Now-a-days, people of the modern world have known the value of old things (ancient things). They consider it to be precious and realise the worth of it. Even a tree of 1000 years or 2000 years old is estimated as valuable since it is ancient. Instead of realising the value of old things and old trees, people should realise the worth of old folks and treat them with true love and pure feelings.

FEEDBACK

Valuable feed back and information is welcome at shivmani.opk@gmail.com

THE ANGEL AND THE THREE BOONS



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

It was a nice morning during the weekend. I was enjoying the breeze in the garden at the backyard of the house and getting merged in the ecstasy of the nature around me and the serenity of the environment. The train of thoughts was moving slowly. I was contemplating about the secrets of happiness in life. What I learnt from life is that the real happiness comes from within. But, it is a distressing fact that millions of people in the world are deprived of even bare necessities of living a decent life. Very few can be seen satisfied and contented, but not forever. I was trying to find out the root cause of sorrow and the reason why people are not able to experience joy and gratification in their lives.

“It is desire which is pulling everyone out of the perfect happiness of human life.” Suddenly I heard a soft voice mingling into my ears. I found that my guardian angel was reading my thoughts and looking at me with love and compassion.

“How pleasant to be with you

again”, I was delighted to see him.

“Nature has provided everything for human needs. It is the greed and excessive desires which make them miserable,” he concluded.

“I wish to help them come out of their wretched life. Many of them have unfulfilled desires. What should we do to liberate them from sorrow? I have a deep craving from the bottom of my heart to help those people”, I expressed my feelings.

“Each one should make the right effort at the right time to fulfil one’s needs. One should be contented with the simple essentials that bring him happiness in life. If you are living near a river, you should take that much of water which is needed for your day’s requirement. But many people on your planet are so selfish that they rush to accumulate what is above their normal demands.” The Angel was disclosing the fact.

“I totally agree with you, but there are people who really need help. We should make an

attempt to find them out”, I stressed the idea.

“Why do you encourage state of inactivity or lethargy in them by fulfilling all their needs, rather than making them fit and competent enough to meet their requirements by their own intelligence and effort? There is a popular saying that instead of giving rice to a poor man, make him learn to grow it.” He strived to convince me.

“I do understand your feeling, but there are people who don’t even know how to help themselves. So I thought of making their life easier. Could you please do something to help them with your magic power? I would really appreciate your effort.” I begged.

He looked at me compassionately and finally said, “OK, come with me.”

He took my hand in his and we started flying in the sky. It was really a great time for me. I always had a dream to fly like a bird. I could see the whole planet under me. We started searching for people in distress.

“Look at that poor farmer sitting under the tree. He seems to be very unhappy. Let’s go and help him.” I looked below shouting in excitement.

We started descending and in a little while appeared in front of the farmer. He was amazed to see unexpected visitors

arriving from the sky above him, “Hello my dear friend, how are you?” I greeted him with joy. “We are here to help you. Very soon you will come out of your miserable life.” I was very excited being with my first human beneficiary.

“How are you going to help me?” He was looking at us, with his mouth open, still shocked. “Tell us your three wishes. We will fulfil all of them. We have great compassion for you.” I was behaving like Robinson Crusoe who saved his Man Friday.

“Three Boons!!” the farmer’s eyes were wide open. “Yes my friend, we are on a mission to help”. He started thinking, and then replied, “Let me consult my wife.”

He went inside the hut and returned after a while. “OK, I am ready now. My first wish is that, I want new clothes for my wife and myself, because all our clothes are worn out.”

“Are you sure?” I laughed.

“Of course I am sure.” He was confident.

“Do you know what is it like asking an Angel for boons?” I was trying to convince him, “the Angel has the capacity to fulfil any of your desire which you could have never ever dreamed in your entire life. So, think again and then ask.”

“I know what you mean”, he replied. “I still insist on having new clothes. If you can grant me this boon, then it’s great. If not, it does not matter to me”.

It was useless to argue with him and I decisively looked at the Angel.

The Angel smiled and said to him “Alright my dear brother. I will fulfil your desire”. Then he waved his Magic Wand and the farmer and his wife were dressed up like a prince and a princess.

“OK. Now ask your second wish quickly”, I said impatiently. “We don’t want to waste any more time with you.” I was a bit aggressive.

“My second wish is that we are hungry and want to have a nice meal.” The farmer continued with his silly wishes.

It wasn’t a good start for me to help people. I was literally annoyed with his foolishness and feeling ashamed. I glanced at the Angel. He smiled and waved his magic stick and all the food stuff appeared on a royal dining table in front of them.

The poor farmer was overwhelmed seeing a royal cuisine all for him and his wife. They jumped onto the table and quickly finished the food as if they had not eaten for many years.

I started losing my patience and said, “Alright, you have both filled your tummies, now ask for your third wish because we are in a hurry and we have many more things to do.”

“My third wish is...” He halted and started looking at us cautiously.

“Yes, tell us quickly. Now we know your mindset, so don’t worry, your last wish is not going to surprise us”. My frustration was evident.

“My third wish is that you give me three more boons.” The farmer smiled mischievously.

Now, this was the time for us to go on our back-foot.

“You can’t ask a wish like this. This is against the Norms of Wishes”, I made a futile effort to safeguard ourselves from his meanness.

“A wish can be anything. You didn’t tell that your boons were conditional, so you cannot restrict me to ask for a wish of your choice”, he argued.

I trusted him as a poverty-stricken man and wanted to help him get out of his miserable life. But he turned out to be sharp and we were trapped.

He would call us whenever he had to fulfil his tiny little desires and we would have to rush to provide him whatever he needed. It was really a very embarrassing situation for me.

I put all my effort to convince the farmer to withdraw his last wish, but it was all in vain. Finally, I requested the Angel to solve this problem.

The Angel looked at the farmer with his ever-sweet smile and said, "If you go on making wishes after wishes, this would never end and you cannot enjoy a happy life."

"So, what should I do?" the farmer asked.

"I can help you find the key of the treasure that will fulfil all your desires." The Angel proposed.

"That's a good idea. Then there would not be any need to think of a wish even." The farmer responded.

"There you are." I felt great relief.

"To obtain the key of the treasure you need to know certain basic facts about the self." The Angel started revealing the secrets, "I learnt everything about it from the Godly University"

"I think I am too old to learn anything". The farmer started losing his self-confidence.

"It's very easy; even a child can learn it." The Angel replied encouragingly. "You need to know about yourself, your innate qualities and hidden divine powers. Once you are aware of these, then you can

start using them. That's the treasure." He simplified.

"That means I can learn all these by myself?" The farmer was still having doubts.

"Yes. Why not? Would you like to see the place I learnt everything from?" the Angel persuaded.

The farmer nodded his head in assertion.

Then the Angel looked at me and I also expressed my will to visit that place.

Then hand in hand, within a moment we started flying in the sky. The farmer seemed excited with such unexpected happenings since morning.

"How am I going to get the treasure?" On the way the farmer showed his concern.

"There are two steps. Firstly, acquire it; secondly keep it safe from leakage or theft."

The Angel started explaining, "To acquire the treasure, you need to know about the owner of the treasure, which means about the self. Also, once you get the true knowledge of the self, you would realise that you're the ruler of your senses, I mean that you have authority over them." He observed the farmer who was listening eagerly.

"Your state of mind is the same as that of an emperor who had lost his memory and

consciousness about being the ruler of his empire. You have forgotten how to rule. Your senses, the servants, have become the rulers. You would obey the orders of your sense organs and fulfil their wishes or whatever they ask from you."

"This is one of the root causes of having so many unwanted wishes, because you can't control your mind which is wandering in the jungle of desires." I interrupted.

The Angel smiled and explained further, "Your intellect has become weak, so you are not capable of taking right decisions at the right time. That's why you have been losing the golden opportunities which arrived in your life. Only those people, who have divine intellect, can ripen the fruit of their fate."

"How do I get Divine Intellect?" The farmer asked.

"The moment you get self-realisation, you would be gifted with the Divine Intellect and Divine Sight as well, which would help you in achieving success in your life." The Angel revealed one of the several secrets he was carrying with him.

"Now that you know it's a golden chance for you to strengthen and fulfil yourself with all the divine powers and

innate qualities so that you would be able to live in heaven.”

“That means, to acquire the treasure I need to know about the self, and secondly, to maintain it I need to acquire divine powers. That I understand now. But, how do I get all these?”

“This is what you are going to learn.” The Angel answered.

Soon we reached a place behind the hills. It appeared as though we had entered a different world. Peace spread all over like anything. Everyone was in a white costume looking like Angels moving around. We were hypnotised by the serenity of the environment.

Seeing the place, the farmer’s eyes opened wide, “This is the place where you got your education!” He exclaimed.

“Yes, we learn everything that God teaches us.” The Angel replied.

Being in such a divine place, the farmer delighted, “It looks like that I am going to get all my desires fulfilled from here. I am very much thankful to you; I will never ever forget your help.” He waved us and moved inside the premises.

I felt great relief and satisfaction watching him till he disappeared inside the Godly University.

It was time to move forward. The Angel and I, hand in hand, again started flying in the sky moving towards our next destination to guide the people and to help them to work out their unending desires. ●

TO MY DEAR GOD ...

– Richa Singh,
VIII class, Paschim Vihar, N. Delhi

When I had given up all hope of life

You came and made it worthwhile

When all the reasons, all the hopes,
The faith had died

You lit the light that sparkled between the
eyes!

When there was no-one around, and I was
going down ..

You held my hand and said, ‘Stay Strong’

When there was darkness around and

Even the moon hid behind the clouds

You rose me up to show the stars that
surround!

When there was no one just me

Life was meaningless and hollow, it seemed!

When there were thousands questions

That remained unanswered

Your and mine real identity is the solution, I
surrendered!

When the world is crying and everything is
dying

You’ve become safest place for my hiding!

When the old is becoming older,

And the new born is withered,

You inspired in me – a new sparkle!

When all is said and done and

The new life has just begun

Then thanks that I would want to give

You will never be enough!

So, if we want to have real freedom, we will have to liberate ourselves from the chains of Maya – the forces of nascence and negativity. As long as we have not secured a release from the five well-known enemies, we cannot have sleep or dream absolutely free from a feeling of suffering.

Who Can Bring The Real Independence?

Such a state of independence, in which all souls feel as liberated from the influence of negative thoughts and sufferings, can be had only through the help and guidance of God, who alone is eternally above Maya. It is He, who according to His sacred promise in the Gita, incarnates into a human medium at such a critical phase of human history when souls have become slaves to the vices. He teaches mankind the real-Gita-Knowledge and Easy Rajyoga which bring purity and peace to the mankind by liberating it from these vices.

It is, therefore, high time when people should realise that the Father of mankind is now preparing them to fight their subtle enemies, hiding within each one. It is for us to participate in this ‘holy war of independence’ which is neither against any particular cult or community nor against any country but is against our own bad habits, weaknesses, devilish tendencies and bad thoughts.

For this, one doesn’t have to prepare anything physically but just has to link the mind with the Supreme Being who is ever-peaceful, ever-blissful and ever-loveful. This is the only way to transform the self and attain liberation from impure *Sanskars* and thoughts. ●

THE DOCTRINE OF ACTION



– B.K. Babu, Bangalore

God’s duty is only to give the knowledge of the Eternal Laws, summarising Vedas and scriptures and then it’s one’s choice to follow it or not. Eternal Laws are applicable to everyone. God only shows the right path and never forces anyone to follow. But He certainly explains about the consequences of the actions. Unfortunately, people consider that every misfortune or problem they face comes from God and that God is unkind and punishes them.

However, the real cause of sufferings is not God, but one’s own *Karma* (deeds) of the past. It is important to repay one’s *Karmic* debt as early as possible as it cannot be waived off or repaid by others; it is purely one’s own responsibility. If a mango seed is sown, sweet mangoes are reaped, but if a cactus seed is sown, only the cactus tree with prickly thorns has to be reaped. Similarly, if one performs good action (*karma*), one gets a good and happy life, and if one performs bad actions, one is sure to suffer the pain in life. Thus, God has absolutely no hand or no role to play in causing pain and pleasure in human life. In case, God were to punish the evil men and women, the world would have been full of only good and virtuous men and women, and there would not have been any bad man on the planet earth. This is called Philosophy of *Karma* or the Doctrine of Action.

If one understands and accepts this Law, one will be able to accept the good and the bad with equal spirit. And if one continues to blame God for everything one does, it means one is doing nothing but committing further sins and preparing to get into trouble sooner or later. Therefore, the simple way is to accept responsibility for one’s own *karma*. One should remember very easy remedy or the equation to keep away from misdeeds – ‘SEE NO EVIL, HEAR NO EVIL, SPEAK NO EVIL, DO NO EVIL and most important of all is THINK NO EVIL’.

THE REAL FREEDOM

– Seema Mishra, Kolkata

This Independence Day, I am thinking what independence actually means to spiritual seekers like us. India became independent from British Rule 63 years ago. But did we actually become independent? We remain dependent on our habits, on our beliefs, on people, on crutches for our *sadhana*, then how can we become independent or liberated?

When we move away from caste and creed, when we move away from religion and its bindings and dip deep into the ocean of bliss, through prayer and meditation, according to me, then only do we become spiritually independent.

At the same time, we must think about our personal independence. To me, that means giving more time to myself, to come out of the shackles of the various roles we play in society, that is father, mother, sister, brother, daughter or son. Let us think that we are children of God and we have to realise this God and know that this is not our home and we are just playing around in this world.

‘All the world is a stage, and all the men and women merely players’, was very truly said by Shakespeare.

We are sleeping in deep slumber now. Unless we wake up and realise that time is fleeting and get ahead with the spiritual practices being advised to us, we shall remain shackled in the fetters and the darkness of subjection and be prone to vices.

We carry the baggage of our ego all our lives. If we once learn how to drop this baggage, we will be so light and free. Once we have freedom from worldly desire, that can also be said to be the real freedom and independence. Vedanta speaks of discrimination or *vivek* (conscience). Once we learn the art of discrimination, we will be able to make decisions objectively and not subjectively. So we will have the freedom to take the correct decision and live our lives wisely.

Sri Ramana Maharshi has said that liberation or freedom is our very nature. Because it is our nature, we desire liberation strongly. Once we

stop thinking that we are bound, that very moment we become free and liberated.

If we continue our spiritual practices sincerely, we will experience freedom from fear, anger, hatred, jealousy and all other negativities. Once we realise that all these negativities have gone from us, we will be very happy. That will be the day we have really become free, become truly independent.

Independence Day teaches us to look within ourselves to see whether we have actually achieved freedom internally. A country of people becomes independent of another country ruling it through persistent effort. In the same way, I feel spiritual aspirants can achieve internal freedom by winning over their negativities.

I pray to the Almighty Lord on this 64th anniversary of India’s independence to bless all mankind so that they may have the strength to break free of the shackles of their mind. Ultimately, it is the mind which binds us. If we are able to control our mind and lift it above all pettiness, we will achieve independence of the mind and this will help us to move towards our goal, liberation or real union or communion with God. ●

GODLY SERVICE REPORT

SILVER JUBILEE CELEBRATIONS OF JURIST WING

1. ABU ROAD (Shantivan)

Addressing the Jurists' conference on the occasion of silver jubilee celebrations of Jurist Wing, Justice A.K. Patnaik, Judge, Supreme Court of India, said that today's judicial process has not remained free from corruption. He reiterated that there is great need of organisations like the Brahma Kumaris who propagate values in life and people need to join them in their task of establishing a value-based society.

Rajyogini Dadi Janki, Administrative Head, Brahma Kumaris, underlined that all need to work together for the establishment of goodwill in the society. She exhorted the audience to establish such a society where there is no place for crime. She stressed that we should make sincere efforts to make the world a better place.

B.K. Ramesh Shah, Chairperson, Jurist Wing, said that the main objective behind organising the conference was to bring transparency in the judicial system, in which the

wing has been making sincere efforts for the last 25 years. The other dignitaries who graced the occasion included Mr. A.S. Qureshi, former Judge, Gujarat High Court and Mr. P.K. Mishra, former Judge, Orissa High Court and B.K. Sis. Pushpa, Director, Jurist Wing, Delhi Zone.

2. JAGANNATH PURI

A Jurists' Conference on 'Litigation-free Society through Spirituality' was organised in Collector's Conference Hall, Puri, on the occasion of Silver Jubilee Year of the Jurists Wing.

Bro. B.L. Maheshwari, advocate, National Coordinator, Jurist Wing, stated that judges and law practitioners should be self-empowered by spiritual values and they should handle the litigation issues keeping in view the greater cause of humanity. The other dignitaries who addressed the audience on the occasion included Mr. A.K. Das, Secretary, Bar Association, Puri, Mr. B. Mishra, advocate, Dr. S.D. Moharana, Principal, G.M. Hans College, B.K. Sis. Pushpa, Director, Jurist Wing, Delhi Zone, B.K. Satyananda, Sis. Lata R. Agarwal, HQs.

Coordinator, Jurist Wing and B.K. Sis. Dr. Nirupama.

MOUNT ABU

During his visit at Brahma Kumaris' international HQs. here on 31st July 2010, Mr. Ashok Singhal, President, Vishwa Hindu Parishad, said that unity and world peace can be established through the power of spirituality. Praising the activities of the organisation, he emphasised that the task of establishment of World Peace undertaken by it was proving to be successful. He exhorted the audience to practise Rajyoga for experiencing peace, goodwill, etc. He also expressed that one experiences immense power to get transformed positively through virtues such as mutual love, sympathy, etc. He paid floral tributes to Prajapita Brahma at his memorial 'Tower of Peace'. Prior to this, on his arrival at Pandav Bhawan complex, he was greeted by senior brothers and sisters of the organisation. On his arrival at Global Hospital & Research Centre, he was apprised of the activities of the hospital by its Medical Superintendent B.K. Dr. Pratap Midha.

SERVICE REPORT OF 'GOOD WISHES BANK' PROJECT

1. KOLKATA

The Billion Minutes of Good Wishes programme was started in Kolkata Museum on 23rd June, 2010 by organising a Press conference at the B.K. centre. Various media personnel from TV channels and newspapers came to cover the same. All those who were present agreed that through such a project, the differences between human beings could be lessened.

The news of this press meet was published in daily newspapers namely – Sanmarg, Prabhat Khabar, Rajasthan Patrika, etc. It was also covered prominently by TV channels – DD Bangla and NEE Bangla .

The project was formally launched on 24th June, 2010 where famous Bengali cinestar Madhavi Mukhophadhyay was the chief guest. While appreciating the launching of the project, she said that human beings face both happiness and sorrow in life. In happiness humans enjoy with everyone but during the time of sorrow they feel loneliness, she continued, but what is required is, in every situation they should

keep their thoughts positive, auspicious and uplifted which not only give relief and satisfaction to their heart but also touch others' heart.

BK Sis. Kanan, In-charge of Kolkata Museum, expressed her views on the benefits of Good Wishes Bank and said that when we put paper money in any other bank, we get return and remain happy for one birth only, and that is also not guaranteed, whereas, when we deposit our good wishes and blessings we receive blessings of innumerable souls and experience and donate peace and happiness. One good wish from true heart can save a person even from the clutches of death.

Nearly 200 brothers and sisters received the Good Wishes bank card and also experienced and benefited from the mass Rajyoga Meditation .

2. MOHALI

Good Wishes Bank would reduce tension and violence

– **B. S. Sudan, IAS**

"Good Wishes Bank would play an important role in reducing tension, violence and disquiet", said Mr. B.S. Sudan IAS, Secretary Home & Jails, Punjab, while addressing huge gathering in Brahma Kumaris

Sukh Shanti Bhawan Phase 7, Mohali inaugurating Billion Minutes Good Wishes Bank on 27th June 2010. He further said that good wishes should start from self, family and surroundings whose vibrations would automatically reach the whole nation and world too. He lauded the role of Brahma Kumaris who were engaged in selfless service of humanity.

BK Sis. Prem Lata said that good wishes are very powerful which can bring smile to the worried, desperate and sad human beings and can also make people viceless and positive, apart from ensuring longevity. She urged one and all to spread good wishes and vibrations for at least 5 minutes daily and practise Rajyoga meditation which she said was the fittest tool for such blessings.

Dr. Sant Parkash Singh, M.D., Indus Hospitals, said that Rajyoga meditation reduces tension and worries and helps to make positive lifestyle and could be experimented in curing the patients too. BK Sis. Rama highlighted the role of good wishes and blessings in making one's mind and body healthy and pure. ●

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

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

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

Ph. 0091 (02974) 228125 e-mail : omshantipress@bkivv.org worldrenewal@bkivv.org