

|| From the mighty pen of Sanjay ||

PEACE THAT PASSETH UNDERSTANDING

When a person gets his first full acquaintance with the new and wonderful concepts of Godly knowledge, a spiritual revolution starts taking place in his world of thinking. This obliges him to answer the question: "To be or not to be?" If his mind finally resolves in favour of his being a yogi and having a life of abstinence, i.e. self-control, then, he longs for being face to face with God. He aspires for full-blast yogic experience. At this stage, thoughts, which are irrelevant to the idea of God-realisation, and interests which have no real connection with his goal of consummating yogic experiences, begin to be regarded by him as unhelpful and extraneous, and an attempt is, therefore, made to shut these out.

Right concept of God helps right type of Meditation

In this attempt, the theological concept of God as an Incorporeal Being-of-Light, which he had earlier learnt, helps him; it serves as an anchor to the tossing-ship of his mind. The Godly knowledge, in its cosmological enunciation had given him a knowledge of categories – Matter, Souls and God – and had explained to him that Supreme Soul, who is not a supreme man or male, but the Supreme Being-of-Light, is the only one to be meditated upon. So, his mind now thinks directly of God; it does not harbour on the visible evolutes or objects of Matter in the cosmological scheme. He does not fix his mind on objects, such as a lotus, a flame, etc., as some *hath-yoga* teachers advise their disciples to do, but rather begins to have more and more intense thoughts of his Beloved Father-on-High. Thus, right concept of God helps him to have right type of Meditation.

THE PROCESS OF TRANSCENDENCE STARTS

Until now he was a mere novice in yoga; he had his ego attached to worldly things and, therefore, his attitude or thoughts of the material objects were stouter and more robust but now his *vruttis* become thinner and thinner and fewer with his body and could not think of objects in any other way except in a space-time frame of reference. But now during meditation, he is not to be a corporeal person nor is his consciousness to be associated with objects which are made of Matter and are,

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EXPERIENCING INNER PEACE



Human beings are gifted with extra abilities and resources to lead peaceful and happy lives provided they follow the rules of the path to peace. Peace within the self is a multi-splendored experience for which sages and saints have spent lives together re-discovering the eternal truths and practising deep meditations for hours and hours, over years and years. Their experience-based teachings advise us to focus on the universal spiritual truths, principles and practices that provide balance in our lives at all levels. Those of us, who have dared to understand and follow these truths and principles, enjoy inner peace in personal lives and happiness in family life.

However, due to the ever-increasing competition in the physical world, unending demands of materialistic nature and degeneration of the value-system, everyone feels the loss of inner peace and mental tranquility. Having gone astray, people are now subjugated to a lot of confusion and upheaval. Moreover, karmic accounts have led to accumulation of

unlimited negativity in one's *sanskars* (personality traits), thereby compelling souls to forget their original nature of peace and love and behave rudely. The vice of greed has penetrated even the noblest circles of cricket and other sports leave aside politics, the judiciary, civil works and medicine too. Modern TV serials, the newspapers and other form of media portray astounding scandals on a daily basis. In fact, one wonders whether politics and the daily lives of our citizens are based on truth and ethical values or Ravan's 10 heads?

Compulsive inner weaknesses have put the entire humanity in turmoil. The globe seems to have become a ball of the fire of vices. The only hope for humankind lies in God's promise given 5000 years ago, as mentioned in *Shrimad Bhagwad Gita*. Accordingly, we now feel blessed with God's wisdom which empowers us to have clear vision of ourselves, our roles in this World Drama and our eternal relationship with God. This understanding ('**Gyan**') supports us in re-experiencing the beauty and

power of our eternal relationship with the Supreme Father-cum-Supreme Teacher.

He ordains us very lovingly: **"By inculcating the jewels of spiritual wisdom, you can transform from beggars (those who are spiritually depleted) into princes (those who are physically and spiritually prosperous) again"**.

In one recent *Murli* (divine elevated versions), we find very inspiring and educative teachings which are most appropriate in guiding us on the path to righteousness again. We are certain, that our readers would benefit from imbibing the same:

INVALUABLE GODLY VERSIONS

(23rd August 2010)

"You were wealthy (spiritually and physically) but have now become poor. The enlightened children know that we were the prosperous masters of the world in heaven. The spiritual study has to be studied properly. You have to attempt to inculcate and inspire others to inculcate the imperishable jewels of knowledge. It is the soul that inculcates knowledge as the body is perishable. When something is of no use, it is discarded and burnt. Similarly, the body is cremated when it ceases to operate well and be useful. The soul cannot be burnt or cremated. We are souls. Since the start of the kingdom of Ravan, human

beings have come into body-consciousness. The consciousness of 'being bodies' has become firm. The Lord of Immortality, Father, God, has come to make us souls immortal again. In the Golden Age, souls will leave their bodies and take a new body at their will since the soul is the Master.

"There is so much strength within souls in the Golden Age that is why there isn't any untimely death. When inner power decreases, then human lifespan decreases too. You receive power when you first become pure and secondly, by staying in God's remembrance. You claim the inheritance of power from the Father, who is the Almighty Authority.

"Always keep good wishes for yourself and others. Never think that it's not possible for everyone to become elevated and pure. You should aim to become completely pure. When there is faith in the self, you then become pure and satopradhan.

"There will not be hospitals, courts, police or advisers in the Golden Age. The Emperor and Empress of the Golden Age will be the highest souls ever, and won't need to take advice from any adviser. Advice is needed when one is senseless or ignorant or when one falls under the influence

of vices.

"Don't consider this Brahma to be God or a deity. He is the chariot in whom Incorporeal God Shiva enters to explain knowledge to human beings.

"If you don't stay in God's remembrance, then there won't be any strength in the knowledge you share with others. Spiritual power is received by staying in God Shiva's remembrance. One becomes pure and elevated (satopradhan) by remembering God, otherwise you will have to face the punishment of past karmic accounts and claim a lower status. 'Remembrance' is yoga – the ancient yoga of Bharat.

"The five vices have made the soul worth not a penny. The old impure world is to be burnt and destroyed.

"According to your efforts and on the basis of following shrimat (God's directions), all of you are doing the service of transforming Bharat into heaven with your mind, body and wealth.

"The saligrams are worshipped when a Rudra yagya is performed. This is surely the memorial of souls who have done great service, which is why they are being worshipped. You Brahmins are now spiritual servers. You are awakening the spirit

within all. No one is aware that you are all souls. The name with which you introduce yourselves belongs to the body. People are least aware of where souls come from. You now have to understand the need for becoming soul-conscious. We souls live with the Supreme Soul, in the Supreme Abode, the Region of Infinite Light – home of all souls. God, the Father's name is Shiva (meaning Benefactor). He cannot be called by any other name. His role is to purify the impure souls.

"It isn't that Brahma did not make spiritual efforts. He did not always remain in constant remembrance. He too had to make effort to remember God despite the fact that he was God's chariot. Make effort to remember God even while eating your meals. Some souls get upset over little things, stop studying this spiritual study and leave the spiritual path. Be careful not to disown God.

"You receive the third eye of knowledge, with which you understand the beginning, middle and end of the world. The cycle of 84 births should spin in your intellect as you are the spinners of the discus of self-realisation.

"Make complete spiritual efforts in this last birth. Use your physical wealth in a worthwhile way and benefit

yourself. This in turn will benefit Bharat.

“The speciality of God’s spiritual family is the unity within diversity. It is through your unity that one religion and one kingdom will be established in the world. Give special attention to ending diversity and bringing about unity – only then will you be called true servers. A server

doesn’t do anything for himself; everything is done for the sake of God’s service. Just as Brahma Baba gave his bones in spiritual service, take inspiration from him and serve through every sense organ.

“Be lost in God’s love and you will be able to forget the world of sorrow”.

Those who rediscover the

value of balancing their lives with spiritual wisdom are bestowed with Boons and Blessings from the Supreme Father. We accordingly attain the highest quality of life, where we enjoy inner peace and happiness now as well as for 21 lives in the Golden and Silver Ages. May you inherit the same for yourself and your near and dear ones!

MY DEAR FRIEND, PAPIHA

I would like to share a real story with our readers: during the monsoon season, we know how our imagination flies wild and we get attuned to Mother Nature, especially on seeing greenery all around. Heavy rains or even gentle drizzles bestow so much in the form of breeze and good feelings as we are relieved from the scorching heat of May and June. This is the season to watch peacocks dancing as they rejoice at the sight of dark clouds, and sound of thunder and lightning.

Three years ago, I was returning to Mount Abu from Ahmedabad when we stopped on a hillside between Danta and Visnagar. The scenic beauty of the green hills, the thundering clouds and light drizzle made for a very enchanting scene and pulled us into thoughts of the Creator’s magic. It was then that the ‘papiha (pie-crested cuckoo)’ started singing in a melodious tone reminding us of

the film song “*Papi Papiha re...*” I couldn’t help but send thankful thoughts to the beautiful coloured bird seen on the hilltop at a short distance. I always remembered my feathered friend, the papiha, whenever I crossed that particular leg of the journey on subsequent trips to and from Ahmedabad.

After about a year, I was sitting on the banks of the River Banas near Abu Road, taking pleasure from jotting down my thoughts when my colourful papiha friend came and sat close to me on a tree branch. I enjoyed the sight of this little one looking at me with full attention. This happened again during the month of August 2009 when the papiha flew to Shantivan with its companion. Both would greet me every morning during my walks.

This year, as the rains were quite delayed, I had been anxiously looking for my monsoon-weather friend,

papiha. After a long wait of 5 weeks, I have now found my friend again on the rear parapet of Diamond Hall, in Shantivan, courtesy of the rains and drizzles of the season. Such wonders and bonding in nature help me further immerse myself in the beauty of purity and vibrations of friendship that emanate when I am attuned to receiving love from the Ocean of Love, our Supreme Father, Mother and Companion. How I wish all my brother souls on earth would open their third eye of wisdom and befriend each other just like my little feathered friend, beloved papiha, does unconditionally... This would enable all to experience the sterling beauty of human nature as in the Golden Age, where God’s love will be expressed by everyone and the environment too will be filled with vibrations of love, peace and happiness.

Thank you my dearest friend, papiha.

–B.K. Nirwair

FRIENDSHIP WITH THE SELF

(On 7th August 2010 at GRC, Oxford)



– Rajyogini Dadi Janki, Administrative Head of
Brahma Kumaris

All of us want to have friends who care and share. How can we create spiritual friendship, which doesn't go into familiarity or wrong type of support? Which comes first – friendship with the self, Baba, Drama or spiritual family? How do we shift friendship with the self from a gross to a subtle level?

First, one needs to be one's own friend. One should not make one's thinking complicated. If the intellect has been deeply touched by knowledge, all that was in my heart – sorrow, dishonesty etc., finishes. God wants a clean heart, that's all. Thus, first of all, one needs to make the self his/her own friend, then God as Friend. If we do it, we can make the people understand this knowledge within half an hour. 'I am a soul; God is my Mother, Father, Teacher, Friend and Guru'. In order to explain about the soul, only 10 minutes are needed. Within 15 minutes we can explain about God and

within 10 or 15 minutes about the philosophy of *karma*. 'I am a soul, separate from the body and bodily relationships'. Familiarity is an aspect of body-consciousness. God says: 'First you have the time-table, the discipline; you have to follow these accurately. No matter how busy one may be; one must never miss traffic control, i.e., the practice of soul-consciousness or being detached from body during the course of the day. Now one has to practise staying in Godly remembrance every hour.

We have to remain friendly with the other spiritual effort-makers and have to maintain cordial relations with them. Ask them, 'For what reason am I your friend?' God has brought us all together and has given us this opportunity to have friendship together, to make us one. *Shrimat* is so wonderful. He brings all the variety of souls together and makes us one. Sometimes we prefer to move away from those whose nature

isn't similar to ours. A bad omen is when one notices someone's nature and tries to become like him/her. However, one must be determined: 'I don't have to copy anyone else's nature; but I have to follow just Baba. One should look at Him, or else if one would look at someone else, there can not be the desired success in the spiritual field. We get success only when we look at Him. Then one doesn't become a problem for others and they aren't a problem for him. Then, wherever one is, all will be his friends.

We are influenced by personal characteristics of the souls and we try to emulate them. Nowadays people learn from books and they have a tendency to think so much. In our days, we didn't have lessons; once we saw someone doing something, it would be learnt. People spend so much money on books, lessons and classes. There's nothing about the heart. If one sees people's shortcomings or specialities and is repulsed or attracted by them, he/she won't be able to see Baba. The result is disappointment and depression.

The most important thing one should keep in mind, so that the self is not disheartened or depressed, is to be one's own friend. One must do the

homework that Baba asks one to do everyday. It's been 58 years since we've been out on service. Those who paid attention on study from the beginning, their faces are shining today. They give inspiration to thousands. I do my homework every single day. A lazy student can't pass the exam. A teacher may think 'I'm very good at teaching'. We must first practise what we preach; then people will see it in our life and would learn from it. I don't want people to be my followers and chase after me. Everything Baba says should be part of my life.

The punishment of Dharma-raj is experienced here and now. If someone steps outside the line of the code of conduct even slightly, it means one wouldn't be able to make the effort which one could have made otherwise. Once when one becomes too familiar, one's heart won't settle, one will not like the family, one will look for another way, other methods to keep oneself happy. The punishment of familiarity is quite severe, because he steps away from God's orders. Then one will move away. The zeal and enthusiasm finishes. Such a person will avoid service. He won't be interested in *gyan* and yoga. The support he had from

the family reduces. One has to understand the value of the time of the Confluence Age, of the fact that God and the family are available now. One should just keep Baba as a mirror, then, one will be able to see the flaws in the self. Baba has that power, and He will also remove the stains. It doesn't enter the intellects of some to reach out to Baba. They don't want to come in front of me either. The more honest one becomes, the more alertness there will be.

Ego of the intellect doesn't allow us to have trust in Baba's love. One should look up above and experience light and might. It works on me and also makes me a lighthouse and works on others too. Therefore, one should become light, so that one will experience might and everything will be right. Baba will make him a lighthouse and show the path through him.

Difference between the energy of the Soul and God

As Maya or five vices have weakened the soul, it is left with very little energy. There is anger or attachment or some other vice. The majority of people have jealousy in a subtle form, or bossiness. Then there isn't contentment and one becomes short-tempered. Then there is laziness,

carelessness and tendency to make excuses. These vices carry one along with them. The soul must take so much power from God that all the ten vices are destroyed. One should take strength from Baba. One is remembrance, another is yoga. There should be so much attention to remembrance, that there is no remembrance of any particular bodily being and no one should remember my name and form. They shouldn't remember me, because I gave them happiness or because I gave them sorrow. My remembrance should be so powerful. The point of knowledge that I like the most is: 'mind, intellect and resolves are in the soul'. Baba has explained this accurately. The resolves are created according to how we use our mind and intellect. Have my resolves become like those of Baba, by using the mind and intellect in the right way? With faith let me gain victory. By using my mind in the right way, I create the resolves of being victorious. Not even by mistake should there be a wasteful thought. If one wasteful thought comes, ten others will follow. One doesn't realise that something is wrong. There is a huge difference between wasteful

(Contd. on page no.30)

NON-VIOLENCE AND PEACE

– Prof. Man Chand Khandela,
RES (Retd) , Jaipur, India

Most of the problems of the present world are due to personal ego of heads of the nations and governments, dominating attitude of the countries, superiority complexes of religious, social and political leaders, and endless desire of material development. All these problems may be solved to a great extent by acting according to the principles like truth, non-violence, forgiveness, frugal consumption and storage of goods etc. There is great importance of donation, devotion, simplicity, high character etc., in life. Discipline your thoughts, do welfare of all and be optimistic to make life happy. Being vegetarian, non-violent and free from controversy helps us to be devoted to God. Similarly, the principle of co-existence, purity of environment, sound mental and physical health, and social set up based on harmony are pre-requisites for development of the self. If we objectively analyse the present day

economic, social, political, diplomatic and environmental problems of the world, we can very easily find solutions to these problems. The only need is to understand and implement the principles, traditions and conventions in real spirit.

In the present day world of unhealthy competition, high level of egoism and the attitude of taking revenge, the principle of *anekantwad* is very relevant. The main theme of this principle is: 'You are right, but I am not wrong.' It means there cannot be only one viewpoint of a thing and no one can be finally right in any reference. Everyone is, to some extent, right according to his own thinking, logic and approach. That is why, in the life of every person, the attitude of coordination is more important than confrontation. The basic reason behind any problem is the attitude of every concerned party that only they are on the right side and those opposite to them are wrong. This extreme view can never be right. Everything is relatively

right or wrong.

Any political, social or economic problem can practically be solved if we can generate the feeling of recognising the viewpoint, faith, and traditions of the opposite side also. The principle of non-violence is very much needed in the present times. Violence is always against the interest of the innocent, discarded, oppressed and neglected people. In violent incidents the people of rich, high and influential class are comparatively very less affected.

The common problems of underdeveloped and developing countries like economic disparity, unemployment, inequality, poverty, illiteracy, social backwardness etc. are because of attitude of storing unwanted things and accumulating power by one or more sections of the society at the cost of others. Most of the people individually want to keep economic and political power in their hands only. What a fun that a person aged 80 or 90 and unable to properly perform his duties, still wants to be in power? Indirectly, it is snatching the rights of other people. It is very true that if one is having more than his needs, it means that other persons do not have the chance

to have even according to their basic needs of the life. The problem of terrorism is also indirectly because of not following the basic principle of Life. The 20% population consumes 80% resources of the world. It creates the condition in which countries like the USA, the U.K., Germany, France, Japan and Italy have too much while Bhutan, Nepal, Bangladesh, Sudan and Somalia have very less. This situation obviously creates the conditions of frustration, unrest and confrontation, which ultimately result in terrorism.

Why don't we accept that the economic policies of globalisation, privatisation and liberalisation are against the interest of majority of the people in the world? Only a few countries are strictly and voluntarily implementing such policies and the other nations are forced to do so. The established politicians in general want to keep the power in their hands only. For this purpose they use every possible means—fair and foul—and create the conditions of illusion, hate. This attitude of man obviously creates the elements of frustration, mental unrest and jealousy. Most of the bungling and acts of corruption are made for gaining

and keeping more and more economic and political power.

Now, how can the feeling of *aparigrah* be created? This type of environment can be and should be created by saints, social workers, social reformers and top level political and economic leaders. It means the consciousness for keeping according to need and not for greed, should be developed voluntarily. Here law, rules or regulations can not play an important role.

Statistics prove that 80% means of production in the world are held by less than 20% population. Near about 50% population of the world is living under very pitiable conditions. This condition of inequality is because of tendency of the people to keep the power and property with them so that they can show that they are different from others. Practically it is a sort of violence to have this type of feeling, because it directly or indirectly hurts the feeling and the interest of other persons.

In the present world, violence has become the tool of acquiring political and economic power, social status and safeguarding self interest. Terrorism, violence in elections, increasing number of murders, communal riots and

confrontation amongst groups of criminals is the real threat to the existence of a civil society in every country. The noblest creature of God—the man, is becoming irrelevant because of violence inspired by nations or governments, wars without causes, expenditure of billions of dollars on armaments and increasing number of so called civil wars. These are the visible means of violence which are directly or indirectly affecting every person.

Violence caused by words and thinking has now become the part of our life, which has trivialised the social customs and traditions, sensitiveness and family relations. In this context, we have to admit that violence is not the solution of any social, political, economic or military problem. The solution to these problems can be found with non violence only. The concept of non-violence has to be taken in a very minute way which is to protect the environment and make prudent and economic use of all natural resources. The importance of this philosophy can be realized in the context of increasing shortage of drinking water, increasing environmental pollution and the decreasing area of forests. ●

CIVILISATIONS LOST, DYNASTIES FELL, EMPIRES DECIMATED BY EGO OR ARROGANCE

– B.K. Khem Johhoo, Trinidad, West Indies

Today, mankind has only glimpses of great civilisations, powerful dynasties and empires that existed and which completely disappeared when they fell in the hands of egocentric, conceited and arrogant rulers who did not even allow the historians to record their history. Even the recorded history that existed before their time was altered. Today, arrogant governments condemn the free press or force them out of circulation to the extent that true journalists are a dying breed and facing extinction. So many journalists disappear or are held hostage not to mention the number killed in the line of duty every year. It is because of such ego or arrogance of the past and even many modern rulers that the saying was coined that “Power corrupts, and absolute power corrupts absolutely”. Anger, Greed, Lust and Attachment give support to Ego and they produce the identical results.

The Family of Ego and Anger

In reality, Arrogance and Anger are like evil spirits; they consume the beholder and make those around them subservient. Ego is the “father of Arrogance” whereas Anger is the “mother of Hostility”. Ego and Anger are the parents of “Envy and Jealousy”. Envy is the “son of Discontentment or Resentment” whereas, “Jealousy is the “daughter of Suspicion”. The eight grandchildren of Ego and Anger are Hatred, Animosity, Revenge, Impulsiveness, Dislike, Opposition, Cruelty and Ferocity, whereas, the eight great grandchildren are Sulking, Stubbornness, Bossiness, Irritation, Being Grumpy, Moody, Upset and Displeased. This family of Ego and Anger comatose the power to discriminate right from wrong and it sends the conscience into hibernation.

The Ego or Arrogance

The ‘ego or arrogance’ is characterised by an overwhelming feeling of

superiority over others or the need to be recognised for name, fame or appreciation. There is a conceited attitude that whatever successes are achieved, it is because of the fact that no-one else has that capability, but “I”. The attitude of “I” begins to assume undue prominence in words, actions and body language that transcends into self-conceit and arrogance. One begins to walk around with the attitude of indispensability. When this over-estimation of one’s capabilities is brought to bear on the self, there is a craving of vanity and self-praise as well as an equal craving for admiration and adulation from others.

The example of such a characteristic is when one asks for others’ feedback and wishfully expects to hear praise rather than criticism. They become defensive and even abusive to those who fail to give outright praise and adulation. This is extreme egoism when there is an inordinate regard for the self and hence the need for self-exaltation. It is often good

to be reminded of: "Those who exalt themselves will be humbled and those who humble themselves will be exalted". To humble the self is the characteristic of a great leader.

Humility induces Trusteeship of Social Wealth

As manager of the nation's resources, one's role is one of facilitator and of trustee. The resources belong to the society, therefore, one's duty and responsibility is to explore, exploit, use and add value to resources and give it back to its true owner, the citizenry. Mahatma Gandhi in his autobiography said: "Act like a trustee who, though having control over great possessions, regards not an iota of them as his own".

Humility is the ability to serve the self, humanity and creation to the fullest extent, without the desire for appreciation, recognition, name or fame. Humility is the ability to act and accomplish missions as a trustee and not with the feeling of ownership. This quality is a natural expression of someone whose ambitions are selfless and completely devoid of anger, greed, ego, lust and attachment. Humility means an absence of anger, aggression, selfish motivation or a hidden agenda. This is not an act of subservience or weakness but the characteristic of strength and power.

Arrogance, Your Worst Enemy

Anger, Greed, Ego, Lust and Attachment are one's worst enemies. Even a trace of Arrogance will deceive one at the most crucial time or when one expects it the least. Sometimes, one is already weakened and can't even recognize or discern why one fell from grace and is languishing in loneliness and hopelessness and those whom one enjoyed the gravy train around one disappear like rats from a sinking ship. The Ego or Arrogance is similar to a mouse that finds a piece of cheese and thinks he is a grocer.

Considering the dangerous aftermaths of Ego or Arrogance, it can be concluded that through the practice of soul-consciousness and inculcation of divine virtues such as humility, sweetness, etc. which come through the practice of Rajyoga being taught by Incorporeal God Shiva through the medium of Prajapita Brahma for the last 74 years, one cannot only get rid of Arrogance and its family but also gets entitled to God Fatherly birthright of Heavenly Kingdom for 21 births. ●

EXPERIENCING TRUE PEACE AND LOVE

The inability to be self-governing and centred in our peace is the first and most important step in serving others in a way that serves the world.

Touching the stillness within opens us to our connection with God and makes us stable, quiet and clear.

When we allow true feelings of peace to emerge once again in the heart, there will be feelings of love, too. God's love.

The connection between peace and Godly love is very important. Where there is this true, inner peace, there is always this love, too. It is this combination that enables hearts to be healed. Peace alone is not enough. It is peace plus God's love that heals.

Such things have nothing to do with religion or culture. In any situation, anywhere in the world, if there is peace and love, life will be changed. Relationships will improve.

Inner peace and love generate the spiritual energy that allows us to satisfy the true need of all souls, anywhere, without even leaving our homes.

Contrary to what a lot of people might believe, a spiritual lifestyle does not require that we leave our family or profession. Rather, we use our spiritual power to serve through our relationships and responsibilities.

**– from Book "Spiritual
Greatness"**

GIVING LIFE BACK



– BK (Dr.) Valsalan Nair,
Laxmi Nagar, Delhi

Science and technology have provided us with all the wonderful things for comforts, leisure and pleasure in life. Being back in Delhi after almost a decade, I couldn't even make out the junction nearby our house, which we used to cross at least twice everyday. There were vehicles passing up, down and across. The city is growing, adding life, day by day.

The next morning, addressing a meeting on health awareness, I found my co-citizens in a very bad shape. None of them was ready to say that he was healthy. What went wrong with my dear brothers and sisters? Despite having all the modern amenities, better transportation facilities, super specialty medical care, health insurance, better financial and social status etc., we, are lacking something... that is life, the very pleasure and happiness of it. The joy of innocence was no more seen; instead every face was tense.

When people became more and more aware of health, they found that they were losing it

everyday. The air they breathe, the water they drink, the fruits and vegetables they consume—all are polluted, making them unhealthy. Besides this, the drugs they take for every small ailment, the stress and strain of modern life they face, effects of alcohol and nicotine (yes, there are only 1.3 million drug addicts in this city), lack of sleep (there was hardly any space for us to even stand in the A/C bus we caught at 10.30 p.m. from Sarai Kale Khan and there was no difference with the bus we caught at 6 a.m. from Shakarpur) and the picture was clear. The city is growing on the scale of science and technology but losing life due to all its unhealthy practices.

Almost every other person is suffering from one or more lifestyle disease or psychosomatic problem. Qualified physicians can't offer quality healthcare solutions. The treatment that everyone is talking about cure is still something that happens from the blues and giving life back is never ever in the picture.

Common health problems are

getting exaggerated and the lobby having selfish interests successfully creates excitement in patients by suggesting all the tests that they can suggest and pushing the patient against the wall with the "report in hand" to finally agree for a costly, unwanted, unnatural healthcare solution wherein cure and life are getting the backseat. Being on the wrong side of the table, the patient has to finally agree with what they suggest.

Let me brief a recent case I came across in Delhi. A 62-year-old lady suffering from prolapsed uterus and gall bladder calculi was recommended for lab tests costing more than Rs.3000/- by two physicians who finally advised her a surgical solution costing Rs.55000/- (Rs.20000/- for removal of the calculi and Rs.35000/- for removal of her uterus). The removal of uterus was advised even while the ultrasound scan of the whole abdomen clearly stated that "uterus is normal in size and echo texture. No fibroid or any other mass lesion is seen."

Is it the way healthcare solutions are to be offered? Is it the only solution available? Luckily, there are simple alternative solutions available for the above case. Vaginal muscles are to be tightened to

arrest the uterus from prolapsing by simple exercises and a regular use of Puyikang Takara for 3 to 4 weeks. The treatment hardly requires any hospitalisation and suffering. The patient could save her valuable time, money and after all her uterus. There are effective alternative solutions available for gall bladder calculi also.

So, are we physicians not fooling around our patients with our lack of knowledge? Our patients need independent, objective recommendations; they don't bother about which system of medicine one should practise. If one could make more credibility by doing the things one loves to do, and having a positive influence on the world, one would spend more time doing those things. The real question, then, is: How do our physicians make better advice that will lead them to the conscious credibility they truly deserve?

Our conventional physicians can be in their natural nature and start to offer natural solutions. There are time-tested alternative modalities and techniques of healthcare that are not normally provided by a conventional medical practitioner. The following core principles and practices are

essential to offer quality long-lasting healthcare solution:

▶ **a. The healing from**

within: Within us is a natural ability to heal i.e., an inherent recuperative power that is the key to all healing. Conventional medicine has historically tried to reduce the healing process to a series of physiological, physical interventions. A very common example is the rampant use of antibiotics for illnesses in children.

▶ **b. 'Patient-centered' rather than 'physician-centered':**

The medical system now is more 'physician-centered,' in which the doctor's opinions and beliefs are considered more important than those of the patient. On the other hand, in a 'patient-centered' approach, the feelings, beliefs, and the opinions of the patient are essential elements in the treatment and decision-making process. A suitable solution can be found on a deep appreciation of the wonder and mystery of being a unique human being. Let me brief another recent experience at Agra. A lady in her late 40s was suffering from backache for 8 years. Unfortunately, all the physicians she had met could

offer only temporary relief to her pain. Once she finished her briefing, I said, "Your pain seems to be a nervous weakness followed by long-lasting suppressed grief." On hearing this, the lady started weeping bitterly. Later I came to know that she had lost her only son eight years back and she was suffering from this backache since then.

▶ **c. Spare Time:**

The primary goal of any treatment is to stimulate the body's natural healing response and to let nature take its own course. The physician and the patient have to spare their valuable time to work out a solution that suits the patient better. But ultimately it pays by giving back life.

▶ **d. Use of natural and whole substances:**

In today's world, most of the health conditions are due to nutrition deficiency. Natural substances such as herbs, whole foods and nutraceuticals should be used to supplement the deficiency. There is a general belief that the use of whole or natural products to treat maladies helps the healing process better than their synthesised counterparts. It not only

helps one to solve one's present health problem but also helps one to build good health.

► **e. Higher standard of health:**

Medicine practitioners have usually seen health as 'the absence of disease', from where the common philosophy arises that "if you are not sick, then you don't need to go to a doctor". People would go to their doctors for an annual check-up and be given a clean bill of health. Assessment of an individual's health is by the results of the physical examination giving no or very little consideration to lifestyle factors such as diet, exercise, or personal or psychological issues. In contrast, health is a dynamic process. Other factors ranging from the strength of a person's 'vital energy' to how happy the person is in his or her personal and professional life are also to be considered. Even religious and spiritual concerns of a person are carefully addressed while assessing health and well-being.

Some of our physicians and patients are still doubtful about alternative healthcare solutions which follow all the above core principles. Guidelines given by

World Health Organisation (W.H.O.) for the Assessment of Herbal Medicines state that historical use of a substance is a valid way to document safety and efficacy in the absence of scientific evidence to the contrary. It can reasonably be assumed that the licensed alternative practitioners use treatments and techniques that are safe when used correctly. If one has a question about a particular treatment or remedy recommended by an alternative health care practitioner, one should ask both that practitioner and other experts to provide one with as much information as is necessary to determine if one can personally have confidence in the recommended treatment.

We must understand that no system of medicine can guarantee success in every condition. Each system of medicine has certain health conditions for which it is best suited and some health conditions for which it would be the treatment as a last resort. This is true for conventional as well as alternative medicine. Most of the times, patients approach alternative therapist after they have tried conventional therapies for long and their condition for which they are seeking treatment is rather advanced. The key to

success with alternative medicine is to ensure that one has all the accurate information one needs from around the world about treating one's health conditions. A good alternative healthcare practitioner will also guide on how to 'live well' while coping with one's health conditions, thus, embracing life.

EXPERIENCING THE LOVE

God is an extremely loving and unique Mother, who accepts us exactly as we are.

God doesn't look at how much money we have. God does not notice our colour, caste, religion, profession or physical beauty. God does not see any of these things at all. God, as Mother, just sees the soul as her child.

For our mistakes, this Mother says, "It's okay. Forget it. Learn the lesson and keep moving forward. There is no need for fear."

She just says, "You belong to Me... You are a child of Mine; all the things, you've done wrong up to this point are forgiven... just don't do anything wrong again...because if you still continue to act like that, how will you be able to experience My love? Be my child, stay My child and see how much love you will experience from Me..."

No one in the world can love us so unconditionally.

– from Book "Spiritual Greatness"

SELF ENLIGHTENMENT



– B.K. Anand M. Hans,
Paschim Vihar, Delhi

Buddha once told his disciples that they should be lighted unto themselves. But he did not dwell upon the question: who will kindle the light? In fact, all the founders of the world religions and also the present-day religious authorities have not been able to throw any light as to who will kindle the light and how. Surely, the inner illumination, whatever it is, is not going to be lighted up on its own, suddenly out of nowhere; there must be some outside agency or power which has to do it. Does anyone have an answer to this? The following four questions are very basic questions for which answers need to be rediscovered, to kindle the light. These questions are very simple. The answers too are simple and do not need any religious scriptures or teachings to understand them.

Question no. 1: Who am I?

Answer: I am a soul and my body is only an instrument through which I function. The soul is a tiniest point of light, which cannot be seen with the physical eyes. One needs the

third eye, the eye of Knowledge to know and recognize it. But, with practice and meditation, one can experience it as an entity different and separate from the body. When a person dies, people say that he or she has departed; it means that the soul has left the body, but no one can see it leaving.

Question no. 2: Where have I come from?

Answer: I, the soul, have come from my home, the Soul World, which has many names – *Paramdham*, *Shantidham*, *Incorporeal World*, *Parlok*, *Mool Vatan*, *Muktidham*, etc. It is beyond the stars, the Moon, the Sun, the sky. All souls along with the Supreme Soul reside there. There is total silence and stillness because there are no bodies.

Question no. 3: Why have I come?

Answer: This is even simpler answer. Shakespeare said “World is a drama stage and all men and women are players.” So all are here playing their part on the world stage. It is the nature of the soul to act. Soul takes one body, the costume, to

play various roles in the world drama, leaves the body and takes another. All the parts, then, are recorded in the soul. Then we make an exit, and take up another costume to play another role. In this world drama, we make many exits and entrances like Shakespeare said. No one can escape this world drama, not even the Supreme Soul who has also assigned Himself a role in this drama, the role of transforming the old world into a new world, changing the present *Kaliyuga* of complete disquiet and sorrows into *Satyuga* of complete peace, happiness and prosperity. It would suffice to add that this drama is now at its concluding stage.

Question no. 4: Where shall I ultimately go to?

Answer: After the play is over, the actors return home, take rest, and go back again on the stage for the next day’s performance. But there is one stipulation here. All the souls will have to be cleansed first, of the sins, vices, misdeeds they have been committing for centuries together. This cleansing is the job of one and only one – God Himself. For this, He has to descend on this earth, enter the body of a human being and make him His

(Contd. on page no. 16)

Think Good and Play your Part

— BK Sridhar, Hyderabad

A thought is an energy which takes birth in mind. It is like a seed within which all actions and situations are hidden. Thoughts are differentiated into two categories: productive thoughts and unproductive thoughts or positive thoughts and negative thoughts. For instance, thoughts that enable one to feel energised, focused, happy, calm, etc., are positive. The thoughts of restlessness, worry, sadness, anger etc., are negative. Thoughts may be voluntary and involuntary. It is easy to manage voluntary thoughts that are under control; but one may feel difficulty in managing involuntary thoughts.

How to avoid negative or waste thoughts in the present scenario, when several things are happening against one's wish? There are so many negative vibrations all over in the air. It may be difficult for a commoner not to get angry, worried or reactive in day-to-day situations.

DETACHED OBSERVER

There is a big difference

between reacting and responding to a situation. A reaction is instant; however, if one observes the situation in a detached state and understands the necessity, pros and cons etc., and then acts for good results, most of the decisions or responses taken in this state are highly effective.

Thought Process and Modern Diseases

Most of the modern diseases are due to modern lifestyle and the emotions, one carries. Eating, drinking and sleeping habits play a greater role, but the emotions play a vital role in overall health. Thought is the seed for emotions. Somehow, people consciously accept the negative emotions and even think it normal to get angry or to be irritated etc.

Anger, despair etc., can bother some people for days, months and even for years. Feeling is fleeting and temporary, but when it is carried, then the psychological damage it causes is enormous! Staying calm during the situations is achieved through spiritual practice. Studies reveal

that people, who pay attention to spiritual and social health, have stronger immune system and, therefore, they are less prone to diseases.

Human response to thoughts

Instead of facing a problem, most people try to avoid it, i.e., they try to run away from it, rather than facing it. And the pain constantly chases them. Some people get addicted to drugs, alcohol, watching movies, TV or chatting; some may become workaholics; while others are caught in new relationships and eventually get exhausted with no productive results. Silence scares them, because they are afraid of their own inner voice.

Managing thoughts

Cure begins with accepting the reality and then one should learn to tackle the root of the problem, i.e. the *thought*. One should learn to forgive one's own self and let go of the past and negative. Thoughts such as, 'I'm a peaceful, loving and happy soul, I'm the child of the Supreme Soul, God Almighty, I've a special role to play in this Eternal World Drama which cannot be played in a better manner by someone else' help us to manage our thoughts.

MEDITATION AS RESCUE

During meditation, one should

focus on the self and one's unique potential. One must appreciate everyone's role as they are also playing their part or role in this Eternal World Drama. Meditation helps to develop peace of mind, self-respect and happiness. The mind becomes clearer and focused. In Rajyoga Meditation, the soul experiences its original virtues and powers like peace, bliss, power to judge, to adjust etc., directly from the Ocean of these virtues and powers, i.e., God. As a result, one can pick up only goodness.

It doesn't mean that the one who practises meditation will become thoughtless but it's just that the thoughts become clear and free from disturbance. A spiritual person believes that everything that has happened, is happening and will happen – are all perfect and accurate to all. So I should play my part in the best possible manner. ●

(Contd. from page no.. 14)

medium to act His part. We, all the souls on this planet, will accompany Him back to our home after He finishes His job. But the drama never stops. The souls come back to this world, take up their costumes and start acting their parts in the next show of the play, all over again, time after time.

Understanding what is said in the answers above, forms the foundation of what the enlightenment, talked of by the Buddha, is. This esoteric knowledge revealed by the Supreme Father, through the corporeal medium of Prajapita Brahma, has been enlightening the path of lacs of people worldwide since 1937. ●

SAILING WITH SWANS

– **B.K. Pavan**, Finland

A few years ago, someone introduced me to a management lecture "Swimming with Sharks". My intellect diplomatically rejected the offer. Later I thought as to why my intellect couldn't accept even though it was a hot topic in Managerial sessions then! It was because my mind was holding on to the images of the Jaws movie that I had seen as a kid. The images reflected violent nature of the shark, the energy people had spent to save the children from that man-eater and how they finally managed to kill the animal.

My intellect was right in rejecting, because at that moment, if I had started to learn or understand how to swim with sharks in the human form, the whole life would have been another Jaws movie, or even more violent than it. Besides, I can't consider myself as shark and learn to swim with fellow sharks, because God taught me to be like a swan.

Later, in Finland, during a picnic session on a nearby island, we got to observe swans from very close distance. I was simply amazed by their grace, royalty, purity, simplicity, and the way they conducted and groomed each other in the water. The pure white colour added to the overall beauty of the bird. I understood the importance of becoming like a swan.

When any opposite person/system is considered to be a shark, one starts picking up guns, daggers; uses abusive words. There are feelings of tension and panic in him and the whole world becomes like an ocean of sorrow, fighting for existence. And when one considers the self as a swan, true beauty of virtues emerges from within.

This reminds me of a beautiful Hindi song "*Mere mann ke manasarovar ke o hansa rana, tu chugle rajyoga ka moti*"; it says in short – "To be like a swan, pick the pearls of Rajyoga".

We are not Sharks, we are Swans. So, decide whether you want to swim with sharks or sail with swans.

YOU ARE ONLY THREE STEPS AWAY FROM PARAMDHAM

(God's Shoe Shop Is Soon to be Closed. Only God Can Leave No Footprints. Wellington Boots.
Email God: lookinside@truth.com. Now, www.listentomeandgotoheaven.ok. You Cannot Book
Your Inner Journey Online)

– B.K David, Paignton, England

Step By Step, Day By Day, the World Is Continually Going Backwards Through The Door Of Hell.

Life used to be 10 steps forward and none back. Then it slowly but surely became 10 steps forward and 10 backward. Today it is four steps forward and eight back. Some just take one step forward and six back; such is their wisdom and *karma* in life. For sure, everyone on the planet is going backwards everyday. They wear out their shoes, bodies and souls going nowhere except backwards. They are on the escalator of bad *karma* which moves them backwards and is always moving faster than what they can walk forward. The result of this continual 'running on the spot' and going backwards is visible on everyone's face.

SANYASIS HAVE FINGERPRINTS AND SANDALS

Standstill in life (*Sanyasis* or

cotton wool western man) and try and watch life pass you by on a conveyer belt is no solution. No one can be invisible in life and leave no footprints as we all have to go shopping, eat, sleep and interact. Even if you try and wrap yourself in cotton wool (unaffected by life, leading a sheltered existence), you still have to go out and buy your cotton wool. We all have to breathe, cough and pay the bills. Everyone leaves fingerprints wherever he or she goes. We all have an impact in life, even if you sleep and eat in the top of a tree to try and be nearer to your God. You'll affect the birds, who affect the people below. You cannot escape or hide from the sun, even if you wear a hat (open your window once a week for fresh air) or live in a cave (renounce the world, and you'll still eat vegetables grown by the sun).

CAVEMAN

Life and its interactions are

inescapable. Try and hide on the ocean floor and you can still get bit or get a headache or feel sea sick. You cannot escape the shadow of your *karma* which you have created in life that follows you like an obedient servant ready to wait on your hand and foot with either bitter or sweet foods. It is your past which determines whether you wake up with a smile or a groan. Most of us wake up with pain and not laughter. You are now a walking caravan guided not by the road of your free will, but by your past deeds that secretly steer you here and there. If you wake with a sore neck, do not look to your pillow, but your *karma*.

INNER-MAN

People are searching for happiness but in all the wrong places. The one place they always seem to overlook is inside themselves, and therein lies the answer. You can walk the world in search of happiness and only find sore

feet and hear different languages. Yet step inside yourself and find a world full of answers, peace and happiness. It's the biggest step you'll ever take in life; it's the most secretive step in life, but the most rewarding, for it will take you to another world, a future world of constant love and happiness. It is just one step away and it takes but a thought.

**YOU CANNOT BOOK
YOUR INNER
JOURNEY ONLINE**

No passport, no visa, no train or plane or boat is required for this journey. The only person who can take you to this new world is you! You cannot pick up the phone and book a seat to heaven. You cannot go online and book a ticket of self-discovery. No one can take you on the journey of your past, present and future. Only God can issue you such a ticket, and He is never online and does not have a web page or email address. If God did have an email address it would be: **lookinside@truth.now.com**. His web page would be: www.listen tomeandgotoheaven.ok.com.

God's shoes fit very comfortably and only ever go forward. Man's shoes are very tight and uncomfortable and they seem to take them

everywhere except forward where he easily gets lost in the past, is confused and loses his way or gets distracted, but always with the same outcome – frustration. Human beings have lost the ability to walk in a straight line down the road of happiness and don't have the wisdom to step aside the narrow muddy lane of sorrow. It's little wonder they arrive home everyday exhausted from their day.

MAGIC SHOES

Their shoes have many holes; these let in water and need repairing. They walk round in circles, oblivious to where heaven is or how to get there. God's shoe shop is open and all His shoes come with an instruction book and compass on how to walk into heaven. Soon, both His shoe and repair shop next door will be closed regardless of how many potential customers are waiting outside and desperate to get in for a pair of His Magic shoes, as they are known by then. These shoes not only lecture its owners in geography and time travel whilst walking, they even heal them and steer them away from their old bad habits. These shoes for most are far too expensive as you have to constantly 'pay attention' to own a pair. Some bought a pair

of magic shoes yet never wear them and are kept in their wardrobe and instead walk round in hell everyday barefoot or in shoes that cripple them.

MAGIC OR TRAGIC?

You can still buy a pair of these shoes which automatically know the way to heaven once you put them on, but you need to know where the shop is and its opening times. God's shoe shop is only open for a few hours in the early morning and evening. Don't be fooled into thinking that these are ordinary shoes as they do look rather plain. You can buy fancy shoes anytime anywhere, but they will cripple you over time as they are made from sorrow and with much ignorance; they look good but are made of plastic and will make your feet sweating and smell very bad and quickly fall apart. Man's shoes are 'tragic shoes' as they have dire consequences when worn everyday. It really is a case of which shoes you put on everyday: magic or tragic?

**THE HEALTHY SHOES
THAT LAST FOREVER!**

You must take off your old shoes before you can try on your Godly shoes. There are only two workers in God's shoe

shop so they are very busy. With queues outside their shop stretching round the world, these business partners cannot even stop for a cup of tea. Even with such demand, God is slowly walking towards the door to close the shop for good and turn around the OPEN sign to CLOSED. Soon it will be too late to buy a pair of God's heavenly fit shoes. They are also very healthy shoes which anyone can wear. These shoes can last for you forever.

MONSTERS IN BUBBLE BATH

Very soon the only footwear left for anyone to buy will be the Wellingtons of regret that are always 4 sizes too small. Everyone will then be walking round slowly with clenched teeth. No one will rush anywhere anymore, as there will be nothing to rush to. The only concern on everyone's mind will be **'How to get there Wellington boots off'**. The only things they speak of will be: **"Help me. I need help"**. And faintly in the distance will be heard the words: 'Step forward in the Lord's name'. And whilst the world has the brief company of God, some will carry on looking for monsters in bubble bath.

WELCOME TO GOD'S WORLD

Step forward in the name of the Lord and you shall step through the gates of heaven. The resurrection of truth has been initiated by God and can be found in the footprints of His followers. As people walk to the butchers, we are walking towards heaven.

God sings the song everyday: **'Welcome to my world'**. And for the ones listening with a broad intellect and who wish to hear God's voice, will hear it. Not all can enter heaven as not all are listening and can hear God. You cannot fill your car with petrol if you do not take it to the petrol station. Only a few drivers know they are driving on empty and need to refill. ●

LIGHTNESS

Lightness is like hitting a spring of water inside. A sudden break out from the dryness of your normal reactions as you begin to express from within, rather than just responding to what you see outside. It usually happens when you come upon a quality that hasn't been destroyed or jaded by time, something very old and inherent in you that has survived birth after birth. Most qualities and talents are developed through use, but are also in some way diluted and changed. Lightness is touching what makes you unique, because it has never changed.

What happens then? Laughter. Laughter burbles out into your life. It may be that you've touched gentleness, eternal, unchanged gentleness, but the spring seems always to come out in laughter. And the charm and joy of the laughter protects the gentleness that you've found, because someone who is laughing touches everyone, but cannot be touched.

And as the laughter strengthens, two things happen. First comes the tendency to touch the value in others, because innocence reaches the part in people that society teaches them to hide. Secondly, the quality inside grows. The spring becomes a river and starts to flow through life in a more open, forceful way. So from a deep private discovery, it becomes a part of your living. Not only that, it becomes a resource for others. You can just sit beside a river and without it doing anything, you get in touch with how you really are and where you are going. Perhaps that was what the scriptures meant when they told the story of Sidhartha.

A MIRACULOUS EXPERIENCE



– B.K. Rajiv Garg, Agra

I would like to express immense gratitude to the most beloved Almighty God Shiva, i.e., Shiv Baba, the only One who can let miracles and wonders happen. I'm sharing one of such experiences for the benefit of my spiritual brothers and sisters.

It is my great fortune that I have been receiving the spiritual sustenance of Incorporeal God Shiva and His corporeal medium Brahma Baba, i.e., Bap-Dada, since 1989. I have been working as Executive Engineer in P.W.D., Uttar Pradesh since 1973. As an engineer, my job is mainly to construct bridges and buildings. The incident pertains to the year 2007 when I was posted at Gazipur district near Varanasi. In the year 2006-07, we had completed many big road projects to the best of our ability and support from our staff. Although we had tried to give our best, yet destiny had something else in store. Some of the local political leaders had complaints about our work. On receipt of such a complaint, the P.W.D. Minister sent a team of higher officials to investigate

certain roads mentioned in the complaint.

I was really upset when I came to know about this investigation. Since the enquiry had been initiated by the minister with the motive to punish whoever found guilty, I had become hopeless. In Amritvela (early morning) I started conversing with intellect of intellectuals, Shiv Baba, as to how I should get out of this unexpected situation. Every time Bap-Dada consoled me and I felt they were saying to me, "Child you have done your best; why do you worry when I'm here? Everything will be alright." These words of Bap-Dada consoled me so much and I was bestowed with the power and determination to overcome the situation.

I became ready to face the situation and ultimately in November 2007, the team of engineers came to investigate our roads. Everyone among our staff was scared of the investigation and was asking me, "Sir, what will happen?" I would tell them with determination and consolation

bestowed on me by dearest Shiv Baba: Since we have done everything with a right attitude, we need not worry.

The team investigated our three main roads continuously for three days and I was with them all along. They checked each and every work. I don't know how, with the inspiration of Shiv Baba, I was so confident that all construction works were found to have been carried out absolutely according to the standards. They asked me, "Mr. Garg, how are you so confident and determined about your works?" Then, I told, "Sir, all works done by me are truly on the sole guidance and inspiration of my most beloved Bap-Dada. Therefore, such works can never be found to be sub-standard."

Ultimately, after three days of rigorous checking, the team left our district and to their surprise, not a single place of the site could be found to be of sub-standard quality. Gazipur district was supposed to be the worst district for quality of works at that time but when the team found that the works in this worst and defamed district were up to the standards, they couldn't resist telling the minister that such enquiries in other districts should be dropped and the minister agreed to their proposal.

I can thank only Bap-Dada ultimately to take me out of that very adverse situation. My sincere and heart felt thanks also for giving me inspiration and guidance for a quality work, which could not be given a certificate of sub-standard work. Whenever I recall the above-mentioned incident, my heart is overjoyed and I say, “Wow Baba, you are the only saviour, who could bring me out of such tough situations like taking a hair out of butter”. In the end, **I would like to finish with small poetic lines:**

O ‘World listen’! Why fear?
The ocean of peace and love is here
Showering His love, wisdom,
Humility and blessings on all of us
Bestowing in endless measures
Just listen to His words of wisdom
And you’ll claim all His treasures.
I find Bap-Dada always as my
friend, talking to me and guiding me out
of all difficulties! ●

CREATE VISION

Never believe anyone who says that he cannot change. Vision is one of the secrets of personal transformation. We are all artists; our mind is the arena of creation and vision is what we are constantly creating. What is your vision of yourself today - patient, relaxed, positive or tense, tight and negative? What do you prefer? So be creative - what does patience look like, feel like, what are you doing that is different when you are patient and you are expressing your power to ...wait? Always start with vision not action. See it and you will be it. Be it and you will do it. This is how we create our own life.

THE CALL OF OUR TIME

► If one wants to have harmonious relationships and do everything well, each morning one needs to take the vitamins of patience, love, and peace. It is in silence that one is able to nurture oneself with these values. Clarity comes from constantly practising these values.

The intellect needs to be very clear to be able to understand the self and others. Many times people do not even try to understand one another. They focus on explaining to others but do not pay attention to understand the other person. A mother will understand her child’s needs and treat him accordingly. A teacher will understand the student’s needs and respond accordingly. In the same way, one needs to take enough time and with patience, love, and peace understand what are the needs of the self and what needs others have. To understand needs requires a great deal of inner silence.

► “Every year we dedicate a day to celebrating love. We call this Saint Valentine’s Day. On this day we remember relationships with people and celebrate with our loved ones. However, I feel that the most significant part of this day is the way that it invites us to reflect on our relationship with love.

I’d like to share with you a story I heard recently. A woman came to know that her home would be graced by three visitors. When she told her husband that they should expect three guests he responded, ‘Will they come all together?’ She replied, ‘No, they will come one after the other – not together. The names of the three guests are wealth, success, and love. Which would you like to invite first?’ The husband answered, ‘It would be good if we invited wealth first!’ But his daughter, who had been listening to the conversation, said wisely, “Let’s invite love first. When you invite love first, success and wealth will come too. If wealth were invited first, then success and love would get left behind”. The daughter was so wise; Love must always come first – and when it does, it brings everything else with it.”

- Rajyogini Dadi Janki

RETROSPECTION



– B.K. Ranjit Fuliya, Associate Editor

[The principles and practices of the Brahmakumaris movement have always remained a topic of public discussion and the basic tenets of the BKs have evoked enough curiosity in the masses. Our Associate Editor B.K.Ranjit Fuliya, who has been following this spiritual path since 1970, has witnessed some incidents which have quite forcefully substantiated the beliefs of the BKs. Esteemed readers would find that the Godly knowledge doesn't support any blind faith or fanaticism. Moreover, it is supported and advanced by contemporary scientific research. We hope our esteemed readers would relish these practical incidents lucidly explained by B.K.Ranjit. – Editor]

Situated at a distance of about eight kilometers from my village, there stands a tall structure which is clearly visible. This majestic edifice in white, situated in village Nara had always attracted my attention since my childhood. People used to call it 'Shivalla' and it appeared to be a place of worship. I never knew what Shivalla meant, nor did I ask anyone. It was only after I studied Hindi and Sanskrit Grammar that I came to know its real meaning which is Shiv + Alay or Abode of Shiva. When I was a student of 9th class, one of my class-fellows from village Nara became friendly with me. It was with this friend named Mahavir that I first visited this village and the beautiful

structure narrated above.

Theory of Re-birth validated

Esteemed readers may think why I am mentioning about village Nara. In fact this village became relevant because of its proximity to a strange phenomenon called re-birth. Mahavir's youngest brother named Jaiveer, at the tender age of about seven, started to speak about his previous birth. He would tell that he served in military in his previous life. He vividly remembered the names of his wife and his son. He even named the village and the family of his previous birth. He disclosed how he once inadvertently shot one of his own colleagues while he was on military duty. Mahavir's family

didn't let the issue become popularized, as that would have caused complications. This incident of re-birth in the family made it quite easy for Mahavir to understand and grasp the non-physical entity called soul. Mahavir, a lecturer of English by profession, is a Brahmakumar and has for many years been following the spiritual path along with Urmil, his better half and Ashutosh (son).

Most of the human beings, quite often consider themselves to be physical bodies. Of course spiritual upbringing and study of ancient Indian literature throw ample light on the topic who and what we actually are. Though the phenomenon of death and what happens thereafter generally remain a taboo, yet these are a subject of immense interest to the spiritually inclined persons. Sometimes our commonplace experience of a phenomenon proves to be unraveling some deep truths.

Life after Life

Quite relevant to this topic, there is another incident pertaining to the year 1978 when I was pursuing M.A. English from Delhi University. One Sunday morning, with a view to purchase some second hand books useful for my course, I was searching some book shops. Those days such

books used to be available in plenty near the back lawns of the historic Lal Quila or Red Fort. Suddenly, the title of a book caught hold of my attention. This book was 'Life after Life' written by Raymond A. Moody, Jr. M.D. The foreword of this book was written by Elizabeth Kubler-Ross, M.D., who had worked with terminally ill patients for over two decades. On the top of the cover page was written in bold letters: **Actual case histories that reveal there is life after death.** The Indian version of the book was printed in 1977 and was priced at Rs ten. Since the book was second hand, I was charged just Rupees five.

It was quite evident from the findings of Dr. Moody that the dying patient continues to have a conscious awareness of his environment after being pronounced clinically dead. Strangely enough, the findings of Dr. Moody coincided with those of Dr. Ross, who had used the accounts of patients who had died and made a comeback. Dr. Raymond Moody had studied for five years over one hundred subjects who had experienced "clinical death" and got revived shortly thereafter. The accounts of their experiences were narrated by

Dr. Moody in great details. As I had been a student of spirituality since my childhood, the book seemed to me to be quite exciting and informative.

After getting the spiritual knowledge taught in the Brahmakumaris organization, I had firm faith in immortality of the soul and its survival even after death of the physical body. So, I bought the book and read it with keen interest. In most of the cases narrated by Dr. Moody, the subject found himself out of his own physical body; some of them narrated the sequence of events and the conversation between doctors, nurses and other staff, even though they were unconscious then. Many of them 'met' the spirits of their friends and relatives who had already died, and most importantly, a loving warm spirit of a kind they had never encountered before—a being of light—appeared before them.

As I mentioned, the beliefs of the Brahmakumaris organization seemed to be strengthened by the findings of Dr. Moody's research. The BKs' concept of human being as a soul, as well as God as a point of conscient light was supported to a large extent. It was explained by several subjects that in their bodiless

state, they could move about freely and even doors and walls could not stop them. The being of light, in many cases, appeared to know everything about their lives and the subjects did feel extreme peace, joy and happiness in his presence, which earlier had never been experienced by them. Many of them lost all fear of death, as they found it a unique experience, which in many cases appeared to liberate them from mundane problems, tensions and miseries.

Divine Revelations in the *Murlis*

Now, referring to the teachings of the Brahmakumaris, the *murlis* or the versions of Incorporeal God Shiva uttered through the corporeal medium of Prajapita Brahma contain many new revelations unknown hitherto. One such revelation was about the sea shore cities like Mumbai. It was mentioned that the deities or the residents of the forthcoming Golden Age will reside on the banks of the rivers having sweet waters. It was emphasized that cities like Mumbai situated on sea shore will be submerged in water. I had first read about this revelation in the year 1970. Many people found it hard to believe it; as then it seemed to

be impossible. The terms like environmental pollution, melting of glacial ice and rise in sea level caused by global warming had not been envisaged by that time or these were not very commonly known phenomena then.

Effects of Global Warming

When I went to Mumbai during Dwadas Jyotirlingam Yatra in 2007, I was strolling along sea shore near Gateway of India, just in front of Taj Hotel. All of a sudden, the sea took fierce form, water level rose quite high and the tidal waves totally dampened my clothes. At that time I pondered over the Godly revelation about sub merging of the coastal cities in water and thought that it could be possible, keeping in view the alarming rate of Global Warming and the lackadaisical attitude of the major countries of the world to tackle this problem.

Western Researchers support Oriental Beliefs

Some months ago, I visited my friend Rohit Kumar Singla, who is an engineer. His daughter Kimmi showed me a book titled 'Many Lives Many Masters'. She suggested that I should read the book, as it revealed many spiritual truths. I read this book and found it to be one of the best books that I have ever read.

This book brings about a total transformation of consciousness and reveals the following:

It is revealed in the hypnotic regression of the subject in the book 'Many Lives, Many Masters' that the maximum number of human births is 86. The BKs believe that human beings take maximum 84 births in a cycle of 5000 years. The number is more or less matching, as there may be given some leverage for the present transitional period, i.e., Confluence Age between Kaliyuga and Satyuga, which is a major belief in the BKs' philosophy.

Transmigration of Species

A very strong belief of the Brahmakumaris is concerned with the transmigration of species. The BKs believe that human souls are born as human beings only, and they can in no case be born as animals or insects. This perception of the Brahmakumaris is quite contradictory to the ancient Indian belief that the soul gets re-born as an animal or insect etc. to reap the result of its actions. There is nothing in the book to confirm the belief that human beings are reborn as animals. Hence the BKs believe that human beings don't

transmigrate into other species gets strong support and is completely substantiated.

Many people, because of firm faith in their traditional beliefs, in the beginning of the BK movement had strongly opposed it because BKs' beliefs contradicted their traditional beliefs. When we joined the BK organization in 1970, people used to resist BKs' belief about transmigration and found it hard to believe that human beings are re-born as human beings only.

Is God Omnipresent?

The BKs believe that God is a point of Light and is the resident of Soul World, Param Dham or Brahm Lok, far beyond the Sun, the Moon and the stars. Many a man used to argue a lot on the belief of omnipresence of God. With the passage of time, most of the people have now accepted this belief and they are no more adamant that 'God is omnipresent'. Those who support the belief that God is a resident of the Soul World and He is not omnipresent, include many saints and sanyasis who openly express their support to this belief of the Brahmakumaris when they visit BKs Hqrs. Mount Abu and elsewhere.

Another conviction of the BKs is concerned with the gender of the soul in the next birth. The BKs firmly believe

that gender of the soul can change in the next birth. One person born as a male in present birth can be re-born as male or female. Likewise, a soul born as female in the present birth is not necessarily to be re-born as female; she too can be born as a female or a male, depending upon her *karmic* account. The book 'Many Lives, Many Masters' also corroborates the BKs' belief that soul can undergo gender change in the next birth. The subject, who is a lady, reveals that she was a male in one previous birth.

Rajyoga for Life Transformation

When people ask about the effect of the BKs philosophy on personal lives, I emphasize that it has tremendous power to transform—from negative to positive. Brahmakumaris' vision of a better world or Golden Age on this very earth has enlightened many a life. When we practise the simple methods of meditation and concentration, it brings peace, bliss and prosperity. The support and help we receive through our mental communion with the Almighty really enlighten our path of life. What is needed is to remain vigilant, free from blind faith and not to be unduly influenced by any human being simply because we see some qualities in him/her. The life of Prajapita Brahma, the founding father of the BK organization, is a beacon to enlighten our path.

The way of Rajyoga is the Highway that leads us to the Almighty Father. There is no need of any agent in between; just you— as a soul and your Father—the Supreme Soul. But there is one caution. A spiritual aspirant has always to be on his/her guard. In this world, there are hypocrites in the guise of gentlemen and wolves in the garb of lambs, in every field. It is also true of spiritual field. Try to recognize various forms of Maya. If you have an honest heart and a sincere desire to serve the world, the Almighty Father will guide you and make you His instrument in some form or the other. So, always think positive and remain busy in the spiritual service of mankind, selflessly. This is the journey of the thought; proceed further with firm conviction and we are sure you'll emerge victorious. ●

BABA! O BABA!

—Amrit Lal Madan,
Kaithal, Haryana

I wondered whether
The huge task I undertook
Would ever get completed
With hopes and energies
Dashed and depleted

Then you lent a helping hand,
unseen
Nay, you stood by me firm
And all doubts vanished
The vision became clear and mind
clean

You heard my dumb prayers
Direct from the trembling heart
And then, the World Drama
Did let me play my humble part
No obstacle came, no hurdle
obstructed
As if you yourself instructed

Success is sure
When heart is pure
Combined with relentless efforts
A hard working spirit really gains
And suffers no pains
Though it gives up all comforts

The job gets done
All odds are won
When the self and the Supreme
'Meet' and truly become one

RISING ABOVE ALL



– BK Sukanya, Saket, Indore

Spirituality is basically related to realization of the self, an intimate relationship with the Divine and a deeper insight on the rudiments of this cosmic drama, which make us rise up, above the clichéd statements of this so called modern, ever-changing world. This aspect is being emphasized here because as Baba's children, at each and every moment we realize how much high we have risen spiritually. Spiritual awareness and inner achievement don't make us arrogant or pompous, but yes, dear divine brothers and sisters, we do feel that we are so very lucky, multimillion times fortunate to have earned the heart-throne of Baba, His eternal love and blessings!

In our daily life, we come across several events or circumstances that highlight the true essence of humanity and spread the message that true love conquers all and that humanity is above all. Neither the great diaspora of religions,

beliefs and cults nor the multifaceted paths to reach God by fierce devotion, fasts, *tapasya* can ever lead to realization of the self. It is only through the inculcation of truly positive feelings for others; through love and peace can one manifest the positive cosmic energy that's spread in the universe.

The sole reason responsible for happening of so many riots nowadays is because the warring people belong to different religions. It is because of religious intolerance that people are ill-treated and many innocent persons are tortured. Moreover, in the quest of ending terrorism, they forget the sole, eternal purpose of mankind, i.e., to love and be loved, to stay in peace and to spread peace! There have been many efforts by people belonging to various fields – art and culture, science and technology etc. to highlight that all are same, irrespective of caste, creed, region or

religion, same as Baba says, “You all souls are my children, but have different roles to play according to the drama!”

It has been revealed by Incorporeal God Shiva that we have to see the drama of life as a detached observer and witness each act from the point of view of a spectator, assisted with the knowledge that I have learnt being a BK. He has been telling us for so long about the expansion of religious beliefs, destruction of the old world and re-establishment of the new world or Golden Age with the divine qualities – love, peace, harmony, happiness and bliss.

I do believe that we all, being the children of the one Almighty Authority, are interwoven through an unseen thread that will bind us only through the elevated *sanskars* and qualities of love, friendliness, unanimity and happiness! Each and every incident in life, whether sweet or acrid, not only makes us rise above the hackneyed sayings of the world, but also brings us all the more closer to the Supreme Father and His teachings.

VOLCANIC MEDITATION THROUGH POWER-BRAKE

— B.K. Vinayak, Pandav Bhawan, Mount Abu.

The present time, called the Confluence Age is the age of transformation of this world from Iron-aged to Golden-aged. In this age only, 'impure souls' become 'pure' by practising 'Easy Rajyoga', a unique method of transforming a vicious soul into viceless one, which is being taught by 'The Supreme Soul' also called 'The Supreme Father', 'The Ocean of Knowledge', 'God Shiva' etc. The Rajyoga inspires one to consider the self as a soul and remember 'God' who is the Purifier too.

The process of purification is under progress and millions of spiritual effort-makers together, who have recognised the incarnation of God on this earth, are making effort to become pure and to claim the inheritance of happiness, peace and prosperity for half of the Eternal World Cycle of 5000 years.

There are number of ways through which one can remember 'God' and experience His companionship. But **the powerful one through which the burden of sins gets**

eradicated and the soul regains its original virtues and powers is the 'seed' stage. It is the 'face to face' communion of soul with the Supreme soul, the self-luminous point of light in the land of supreme peace called the Supreme abode. **When both the mind and intellect get absorbed in this seed stage with total concentration and stability for a prolonged period then we will reach the most powerful peak of this seed stage called the 'Volcanic' stage.**

Unlike the geographical volcano that emits intense heat, the volcanic stage of meditation carries the soul to the bottom of the ocean of peace where one can experience the intense coolness. This comparison is given to realise the might hidden in that stage. As the tremendous thermal power emitted from the volcano can melt down even the rocks, the volcanic stage of meditation too is so powerful that it can erase the toughest imprints of sins within no time. The continuous practice of setting the intellect on this stage makes the soul a

flawless diamond.

Now the challenge in front of us is how to stabilise the mind and intellect in this stage perpetually or for a maximum period in order to accelerate the rate of self-transformation. It is said that intellect is like mercury. Many a time, despite sincere effort to stabilise the intellect on a powerful stage, one does not succeed, because one gets disturbed by the mind which creates a cyclone of waste and negative thoughts related to either a bodily being or the things and happenings of corporeal world. It is because, since long, soul has been performing actions under the influence of body-consciousness to such an extent that it has completely forgotten its own consciousness and considers the self as a body. Such thoughts never allow the intellect to stay on the Supreme abode.

While driving, accident takes place probably due to weak brakes, which cannot produce enough frictional force to stop the vehicle instantly. In order to avoid this, the 'Power Brake System' has been introduced which can make the vehicle to stop instantly as soon as the brake is applied. Likewise, in meditation too, the reason behind the failure to develop a good stage is the lack of power to stop the flow of waste

thoughts immediately. It leads to disappointment and loss of zeal and enthusiasm, which again weakens the confidence of making an elevated effort. **Therefore, we too need to strengthen the braking system of our intellect by empowering it with the help of the following :**

▶ **The most valuable treasure of this Confluence Age is time. We can never get back even a single moment of time which we might have wasted or lost in fruitless endeavours.. Furthermore, it is most uncertain when, where and how one is going to breathe his last. So, by realising the value of the present time, if we make a firm determination of making every moment fruitful, then we can establish victory over the waste.**

▶ As physical exercise strengthens the body, **the spiritual ‘drill’ taught by the Supreme Surgeon God Shiva, strengthens the intellect.** Whilst performing actions, one should consider oneself to be a soul twinkling in the middle of the forehead and experience that ‘I am the master and I am getting the work done by my subordinates, i.e. sense organs and subtle organs. Then, one forgets the body and this corporeal world for a while and

takes a high jump to the world of souls, the Supreme Abode where the Supreme Father resides. One should keep on repeating this drill, till it becomes a natural habit. It enables the intellect to stay in a particular ‘stage’ for a long time with stability.

▶ Waste thoughts occupy the intellect when one’s attitude towards the situation or the role of other actors of this Eternal World Drama is negative. It can be transformed into positivity by considering the self to be a detached observer or a divine guest incarnated on this earth for the welfare of mankind. Such a bondage-free intellect can do miracles.

▶ Another factor that pulls us towards corporeal world is

the ‘sound’ or ‘talking’. It needs thinking. As excess expenditure leads to economic crisis, the habit of talking more than required leads to exertion. Therefore, to speak less using proper words with a soft tone saves the mental and intellectual power. In addition, **keeping silence for a particular period of the day is a lift in achievement. Like fasting that gives rest to the digestive system and improves its efficiency, keeping silence will regenerate the power of the soul.**

These aspects energise the intellect to put a full stop for any type of waste thoughts, words and deeds, and... opens the door to the stage of ‘Volcano’.

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SPIRITUAL INTELLIGENCE

(A sacred gift of Rajyogi-life)



– Dr. Mahesh Hemadri, Shantivan

If cognitive intelligence is thinking and emotional intelligence is feeling, then spiritual intelligence is being. Evolution of consciousness is seen in different dimensions of realisation. Through the process of experiencing the self as a pure soul and realising God as the source of all spiritual powers, one enters into the realm of His qualities, limitless love and the power through establishing eternal relationship with Him.

Spiritual intelligence also represents spiritual wisdom. As light reflects in different colours and wavelength when it passes through a prism, similarly, a Rajyogi reflects wonderful qualities while being in pure awareness, which acts like a ray of light passing through deep experience. When we develop the qualities like courage, integrity, intuition and compassion, these reflect in increased creativity in all forms of arts.

INTUITION

All of us have access to the power of intuition, though one rarely explores one's potential.

An eminent scientist said, "The intuitive mind is a sacred gift and the rational mind is faithful servant". We have created a society that honours the servant and has forgotten the gift. Intuition is an important part of human consciousness, and it complements rational thinking and decision making. Lots of scientific studies on links between cognitive and emotional intelligence show that intuition is the glue that holds conscious intellect and intelligent acts together.

Career is another area of life where intuition has a valuable role to play in making decisions. There is a link between emotional intelligence and intuition. Sometimes it is difficult to be intuitive if someone is often under stress despite having all the potential. Developing intuition will help to expand the ability of **relaxed attention**. Much of the knowledge comes from previous experience. At a new and difficult situation, the assessment depends on the knowledge as much as on any fact. Remember, everything one

sees depends on the colour of the glasses one wears. So, the relaxed attention plays major role in developing powerful perception.

THE POWER OF INTUITION

When mind is stabilised in the awareness of true self, one can experience a state of detached observer and become a yogi and can consciously travel in the past and future, experiencing extra-sensory perception.

COMPASSION

Compassion has several other virtues in itself. A person with this virtue can forgive people for their mistakes, feel that he is connected to everyone and can give the feeling of belonging to others.

In a holistic view of life, all beings are with a mind, a body and sentient energy all interconnected. In the same way, we can look at our spiritual intelligence, and this is proved forever that spiritual intelligence is a powerful tool for healing because it itself has innate abilities to organise everything in order. Healing and holistic health are the parts of

creative process of the soul which we call as sentient energy; this creative process manifests and healing energy flows when there is harmony in the soul itself. All these are manifestations of spiritual intelligence.

A person practising higher consciousness at all the time achieves various spiritual powers; its constant practice leads to positive changes in elements of nature. A person with spiritual intelligence has multidimensional achievements.

Spiritual intelligence is our guide which provides us the courage to make a choice, in a moment to let go of ego, self-centred thinking and conduct. Courage gives us strength which in turn gives more length to our life. Courage helps to face fears and wipe out tears. It teaches to live in unity and maintain reliability. So, a spiritually intelligent person is like a lighthouse in the present society; he spreads the lights of different powers to millions.

ART OF SMILING

– **C.S. Chakravarthy**, Secunderabad

A happy smile is a passport to cordial relationship. A genuine smile from within reflects naturally on the face, which is the greatest asset of a person.

Smile has physical, mental and social value. A plain face becomes immediately attractive when it is lit up with a beaming smile. Its value is seen primarily on one's face changing total physical appearance or personality. Just a smile can do a lot to improve one's beauty and handsomeness. As opposed to it, anger can completely spoil one's beauty in no time.

Smile stimulates and purifies the mind. It brings the feeling of happiness. Socially, it has great value. People are naturally drawn to the one with a happy face without any fear. It prepares the ground for all the relationships.

Suggestions to smile:

1. Stand before the mirror and see yourself when you are doing something with a smile you enjoy. Your face will light up and you will like yourself.
2. Look for the good, happy and beautiful things. All the good things are around you; just appreciate them and feel inner happiness.
3. Learn the art of smiling through giving: Some shops display – Serve with a smile. There is happiness in giving.
4. Learn to keep the mind calm. A calm mind can handle the situations with a smile.

(Contd. from page no. 6)

and powerful. Powerful thoughts will simply tell one to be quiet. One needs to go inside and make one's thoughts quiet. Then Baba will say: Now the child has understood. We have twelve virtues and eight powers. Whatever power we need should be in front of us. This happens when you have cultivated virtues in life. Let me not see others' defects. Let me be virtuous, and see and imbibe their merits only. This requires a pure intellect, like a swan. It knows what is useful or not. That's how clean my intellect should be. I should have a touching when something goes wrong.

— (... Contd. from Page No. 1) —

invariably, conditioned by space and time. On the other hand, his first thought now is of self-identification, i.e. awareness that he is a soul. The soul now begins to return to its own original nature. In this process of transcendence, it now withdraws from the experience of the phenomenal world.

The soul now comes nearer to God

As he proceeds higher and higher, he becomes more and more 'the self' in the true metaphysical significance of selfhood. The self now stands on its own status. There is now more harmonious flow of awareness towards God. The soul is now not aware of anything except that that he is an elevated soul. The mental distance between soul and God now narrows down. God, the object of Meditation, comes nearer and nearer to the soul, or the other way round, the soul goes nearer and nearer to Him. As his meditation advances, he gets more and more clear view and comprehension of God's glory. The processes of cognition, perception and sensation begin taking place simultaneously. Now, Meditation begins to take the form of concentration of thoughts on God. Gradually, or quickly,

attention becomes manifestation, that is, *Dharna* becomes *Dhyana*. The stages of Meditation, Concentration and Absorption now finally converge into a single continuity of experience wherein the feeling of body or the gross world is absent. Though the human soul dwells in the body yet it is no longer aware of it and the bond of love between the soul and God now is as between two intensely loving friends who have lost all the awareness of the world and are cut off from the environment and are enjoying the happy union.

In this State of absorption, time is non-existent

Then the absorption becomes so intense that the ideas of space and time, which were there because of the touch of body, now evaporate into pure being. In this state, one is not conscious of being in London, New York or Delhi nor is one conscious of whether it is day or night. Man is now not a national of any country. The gross form of objects has gone and even the subtlety has been transcended. In this state of absorption, time and space become as non-existent entities. Now, one becomes less and less an object and more and more a subject so that a stage is reached when one becomes

Pure Subject, i.e. the spiritual Being-in-self. One is now no more a man or a woman. Only the idea of 'I' (Soul) and He (God) is there in the form of realisation.

At this stage, one finds the light of the self and of God commingling – the latter is seen penetrating into the former. It is like the river meeting the ocean in a metaphysical way. The soul now feels inundated, as it were, by the Light and Might of God. It now begins to feel as though it is getting a strong infusion of joy. This consummating experience is so ecstatic and so wonderful. It is an all-inclusive experience. It cannot be described in language.

The luminous contact

One now feels satisfied that a union has taken place. He is enchanted by this luminous contact which looks like two flames from welder's pipes, meeting together. The soul now shines brilliantly in its pristine purity and glory. The very fact of being penetrated by God's light and might is now a source of inexpressible and immeasurable joy.

One feels as though his light and might, in confluence with God's, has become intense and is going forth in the form of strong and intense rays of Light, waves of Might and vibrations

of Peace – all in one – to fill the whole cosmos with joy, freshness and sublimity. The joy now fills one's consciousness and the consciousness has identified itself with joy so that joy is no longer an object or goal to be achieved but is the very essence of the self. It is a joy that does not come from things and objects because they are not anymore there. It is a joy that is the very characteristic of the self. The mind is transported into a state of blissful inebriation.

This experience is super-physical. The spiritual glory now reveals itself to its own self. It is a feeling one gets when bright sunlight is falling on one's face in cold winter or moonlight is falling on a hot summer night. It is two-in-one, for it is soothing as well as energising. It brings with it a feeling of satisfaction, born of the luminosity and resplendence of the self of God.

One now feels as if one is being carried away by a very strong current of God's light and might or is being 'charged' by it, as a battery is charged by a dynamo. One is possessed, so to say, by the power of God, the

Supreme.

There is complete melting away of the sense of physical body and its sense-organs. It is a state of Being-qua-self. This is the state of Being, which is known as the state of 'I-am-what-I-am' or 'I-am-that-I-am'.

One has touched the ocean of the Highest Being and is enchanted by its very contact and feels transformation reaching its very core. The peace that passeth understanding, the joy of the super-sensuous kind reveals itself here.

Words fail to describe this. Speech is hushed. One now exists not as a person but as a super person or a super-individual, a godman or a Master God. Liberation, one feels, is not an attainment to be had in the future but is an experience now and here.

When one comes back from this highest state of being into the world of Matter to engage into action, in that case one still has an awareness of the transcendent. One does not have the ego that he is the doer. He considers himself as a mere trustee. There is pure sense of being there now. One wonders where all the

physical objects, the house, the office, the friends and relations, the status and wealth, had gone? Where were they? Soon, one realises that they had vanished because his body-consciousness had completely vanished and that the body-consciousness had been eliminated by the supreme transcendence. So, he now realises the self and also the esoteric truth that the world-consciousness will go if one lights up the lamp of divine wisdom and soul-consciousness and that one can always have this peace that passeth understanding, for this is his very nature. ●

**Speak politely
Tell clearly
Dress properly
Walk gracefully
Behave gently
Smile pleasantly
Eat moderately
Drink slowly
Think deeply
Analyse intelligently
Listen patiently
Observe thoroughly
Help generously
Act wholeheartedly
Sing freely
Live happily**

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