

|| From the mighty pen of Sanjay ||

RESISTANCE TO TRUTH

Every human being says that he wants to know the truth and the complete and unmixed truth. A research scholar or a philosopher also says that he is searching for the truth about the life and beyond. He swears that he hates falsehood and welcomes the knowledge of the truth. But it has been learnt from experience that, in general, when a man is told the truth which does not square well with his present belief, he does not accept it, or, at least, he puts up a strong resistance to this new knowledge. He tries to keep sticking to the old dogmas and doctrines and fails to see inconsistency in or any irrationality about his existing faith. He begins to quote chapter and verse or to name authorities in support of his present belief. He does not see the reason but has a bias against new ideas.

Persecution of those who told the truth

History is a witness to the fact that man has so much attachment to his existing beliefs that not only does he offer resistance to new ideas but also he becomes even intolerant to the new thoughts so much so that he commits violence and indulges into destructive acts. Recorded history tells us that many great men in antiquity were persecuted and slain for teaching new or novel ideas and many libraries were destroyed because they enshrined such thoughts that did not fit well with their ideas. The great libraries in Alexandria and Nalanda were destroyed for this reason. Jesus also was crucified because the priests of his time considered his teachings as opposed to theirs and this made them feel insecure. Their hatred for the new ideas preached by Christ blinded them so much that when Pilate, the Roman Governor, asked the multitude (that he had collected there) whether he should release Barabbas, the murderer, or Jesus, the multitude asked for the release of the murderer and for the crucifixion of Jesus!

It is also now well-known that Copernicus waited for about thirty years to tell people about the revolution of the ecclesiastical bodies. Finding hostility to his new ideas, he sent his manuscript to Osiander at Nuremberg for publication. Osiander wrote a preface to this work and, in it, he made apologies for Copernicus and falsely emphasised that this was

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Editorial

DEEPAWALI-THE FESTIVAL OF LIGHTS CELEBRATED



Deepawali, the Festival of Lights, the oldest and most joyous among all festivals, is celebrated all over the world. Every year, Deepawali has always been celebrated with a lot of love, devotion and enthusiasm whatever be the economical situation. There are several mythological stories heralding the beauty and importance of this most auspicious festival. For young and old alike, Deepawali brings good tidings and fortune for which people clean up their homes and minds alike as they believe the Goddess of Wealth would visit and shower all boons on those whose premises are clean and decorated, and duly illuminated with oil lamps or candles. The markets make good business selling jewellery, clothes, home appliances, cars and other vehicles. Even when environmentalists send out appeals against fireworks, its market does more business than the previous years... The entire human race seems to forget all kinds of differences; virtual cease-fire seems to have been declared and accepted at all

places of disturbance. There is an atmosphere of global peace and harmony with festive spirit and brotherly love everywhere. People of all faiths exchange greetings and sweets with each other as spiritual brothers. Such is the lasting and deep impact of God's inspirational and empowering wisdom, received at the most auspicious Confluence Age or Confluence of *Kaliyug* and *Satyuga*, the age of *Purushottam Sangam Yuga*.

The original fountainhead of spiritual wisdom or *Deep Raj*, rekindles the flame of Godly understanding when the world is passing through its darkest period or utter end of *Kaliyuga*. Who isn't aware of the Tsunami of *Kaliyuga*, where the inner lamps of all human beings are constantly being threatened and jostled around by the multitude of negativities of ignorance, ego, greed, burning desires, anger, violence, war and natural calamities...

As per God's promise enshrined in the supreme scripture, *Shrimad Bhagwad Gita*, the fortunate ones of

Bharat have been gifted with the Supreme Knowledge for self-awareness and self-realisation for over 74 years. Millions of *Jeev-Atmas* (living souls or beings) all over the world have been awakened; they are now enlightened and have become virtuous. They are at present the living light-houses to guide the human race back to their lost paradise or *Satyuga* (Golden Age of deities like Shri Lakshmi and Shri Narayan).

On 24th October 2010, just after Dusshera celebrations in Bharat and before the Festival of Deepawali, we had a global get-together of holy Spiritual Swans in Shantivan, Abu Road. 5000 Rajyogi BK sisters and brothers from 80 countries had gathered for spiritual enlightenment directly from the Supreme Father of all. Choicest blessings were showered in an unlimited way to bring benefit to all human souls, irrespective of religion, colour, language or nationality. Selected points of the Godly versions are shared below:

DIVINE MESSAGE

God's heart-throne is just for enlightened souls. Everyone has a throne of the forehead but only enlightened souls have the fortune of God's heart-throne. This heart-throne of God enables you to receive

the throne of the world.

Those who have faith also definitely have that intoxication. So, check yourself: Throughout the whole day, for how long do you remain seated on God's heart-throne? Check whether you sometimes leave the throne and put your feet in the mud (come into the consciousness of being a body). For 63 births, you have had the sanskar of putting your feet in the mud of body-consciousness. One is body-consciousness and the other is the ego of the body. Although the mud of ego of the body is deeper, body-consciousness is also this mud. When a person dies and the body is burnt, people say: "Dust to dust..." So check that your feet are not going into the mud. To come into body-consciousness means to place your feet in the mud.

God has given so many different types of swings. Sometimes swing in the swing of peace, sometimes swing in the swing of happiness, sometimes swing in the swing of love. Just keep your feet (of the intellect) on the throne and in the swings.

Even now Maya

(negativity) does not leave you children alone because she has so much love for you! She comes in two forms – one is waste thoughts and the other is that in some cases, there is this wave: "Whatever I did or thought was right. I am no less." However, are those who come into connection with you and those who are instruments also in agreement with your thoughts? You should also receive verification from others.

This is why in everyday's Murli God gives you the daily homework of churning and doing service. If you churn or while churning become absorbed in it, then this daily homework is a means to keep your mind busy. In everyday's Murli, there is the homework of four subjects. There is homework for the mind, for your words, for attention to your deeds and also a signal towards divinity.

If anything happens, then check whether you are able to put a full stop in a second. Or, is it that you want to put a full stop but a question mark is applied instead? It is not a full stop, because only half a full stop is

applied and it becomes some other punctuation mark. As you progress further, there will be such circumstances that you will have to apply a full stop in a second. This practice is needed over a long period of time prior to that time for only then will you be able to be victorious at that time.

Give the rays of happiness, rays of peace, rays of joy and rays of love to many souls through your mind. Pay attention to giving souls the different rays by serving through your mind. As you progress further, there will be a great need for this. If your mind remains busy, it will be easy for it to be Manmanabhav. If your mind is busy, you will receive help in easily transforming your sanskars and nature.

May every human soul realise the value and beauty of one's own spiritual self and our eternal relationship with the Supreme Being, and re-ignite our inner light to spread the light of God's love, peace and harmony among all human beings! By doing so, we can celebrate the 'true Deepawali' and shower the globe with God's rays of enlightenment.

Hearty Welcome!

PRESIDENT OBAMA'S VISIT: A New Chapter Begins

Great optimism surrounded President Obama's three-day visit to India from 6th to 9th November 2010. As First Lady of United States of America, his wife, Michelle Obama, is an inspiration to young women and children of Bharat. True to being a Gandhian at heart, the President chose to visit 'The Taj' at Mumbai to pay his tributes to the martyrs of 26/11, and Mani Bhawan on the very first day of his arrival. As we learn, the President and Michelle Obama spent about 45 minutes at Mani Bhawan, which shows his deep respect and love for Gandhian principles and qualities. This is further reflected in his words noted in the Visitors' Book: "*I am filled with hope and inspiration as I have the privilege to view this testament to Gandhi's life. He is a hero not just to India but to the world*". His wife wrote: "*The visit will be one that I will always treasure. The life and teachings of Gandhi must be shared with our children around the world*".

Being concerned about creating more jobs, the President announced deals worth \$10 billion (44,000 crores) at the US-India Business Council Meet at the Taj Hotel. This would create 50,000 jobs in the US. His visit to Bharat will definitely start a new chapter in the history of Indo-US relations. His meetings with Prime Minister Manmohan Singh and other dignitaries at the official level in Delhi will prove very beneficial for Bharat in many areas of our interest, thereby signalling hope for new beginnings. Perhaps, it could be a step forward for assuring a permanent membership seat at the UN Security Council, as inclusion of Bharat in the UN Security Council will help in continuity of World Peace and Disarmament.

Bharat, the Mother to all nations of the world and chosen land for God's descent on earth, can play a very important part in spreading the message of peace and goodwill to suppress all kinds of violence.

President Obama's visit to India coincides with the most auspicious time when Indians are in their highest spirits of love, peace and goodwill during Deepawali. May the light of goodness keep spreading throughout the world to usher in the New Age of 100% Purity, Peace, Love and Happiness!

- B.K. Nirwair

May Diwali Magic Continue....

Deepawali, the Festival of Lights, is undoubtedly the Festival of Nobility, Divinity, Royalty, Gaiety, Royalty, Joy and Happiness. We trust all our readers and families celebrated Deepawali from the heart and hope everyone has a very, very prosperous New Year!

May everyone enjoy a carefree, and yet ever-busy spiritual student life, with 100% health, spiritual intoxication, and elevated feelings of belonging to God, our Supreme Father and Mother, and the global family!

May everyone rejoice and fly high with Supreme *Deep Raj* (King of Lights), and continue to spread rays of the colourful lights of love, peace, benevolence, and happiness!

We share a beautiful description of Deepawali with the pure hope that you experience all these qualities in your life:

"It's about colours... a festival that invites colours to your doorsteps and let's you know that life is indeed colourful!

It's about family bonding... it's about spending time with your loved ones and letting them know you will always be there for them!

It's about togetherness... it's the festival to renew ties, and call your old colleagues and friends.

It's about traditions... it's about following the traditions and asking for blessings.

It's about lights... a festival to lighten your life and celebrate togetherness...celebrate life."

AN EXPERIENCE OF 'LIFE OF PURITY' WITH BRAHMA KUMARI USHA



– B. K. Ramesh Shah,
Mumbai (Gamdevi)

This article is a tribute to B. K. Usha on behalf of *laukik* family (personal family) and *alaukik* family (Divine family). Yes, this is an effort to pen down my 50 years' lifelong experience along with B. K. Usha. It is a bit in the ocean of experience.

This event pertains to January, 1960. Those days, Mumbai had a centre at Waterloo Mansion where Dadi Pushpa Shanta was Centre-in-charge. When she was offering *Bhog* (holy food) to Shiv Baba in Subtle world, Baba showed her a vision of a wedding celebration taking place at my house. On that basis, she started complaining to my *laukik* mother Shanta Mata that there was a big wedding event going to take place at our home and I had not informed them. My mother replied that she was not aware of any such event. Later, she checked up with me whether any marriage programme had been finalised. I replied that there was no proposal by that time. The issue got a full stop. But I thought that perhaps Shiv Baba had given some divine indication through *bhog* message.

Those days, I was associated with 'Shrimad Bhagvad Geeta Pathshala' situated at Madhav Baug. The main founder of that organisation was respected Pandurang Shastri, whom we used to call Dada (elder brother) also.

On one Sunday of April 1960, Shastriji said to me, "Ramesh, there is one sister named Usha who is also a student of our *Geeta Pathshala*; do you know her?" I replied that I had seen her but had no opportunity to have any interaction with her. Then he started saying: "Ushaben practises Patanjali Yoga (meditation) daily at 4 a.m. by keeping a picture of Shri Krishna in front of her, for the last few days. She is having a strange experience; someone from the window of her room showers light on Krishna's picture by which the picture of Krishna disappears and a new face starts appearing". She came to me to understand the mystery. After thinking a bit, I told her that this seemed to be a signal from the Supreme Soul that she should marry that person; her life would flourish. Further, Shastriji explained that as per her description of the

face, there were two possible persons who come to the *Geeta Paathshala*. On that Sunday, Shastriji indicated towards one person; she said 'no'. When he prompted towards me, she said, "yes, this is the face which appears to me in meditation". Then Shastriji put a marriage proposal to me and asked me to meet Usha. I conveyed to him that it was not required as he could decide about me better than me, and I would like to accept this proposal.

Then the elders of both the families had interactions. One day, she, along with her friend, came to my office and after having some initial talk, put a straight forward question to me whether I was ready to live a life with celibacy? Within a second I said, 'Yes', but I cautioned on one thing, "If there is a breach of promise in the path of devotion, then you would be entitled to hundred times punishment in Dharamrajpuri (Abode of God)". Therefore, I advised her to decide for three years, which decision could further be renewed for three years. This is how Purity became the foundation of our life. Till that time, Sis. Usha was not aware of Brahma Kumaris organisation and the determination of Purity she had taken, was on the basis of teachings of the Geeta, and I

accepted the same. Later, when we became B.K.s, this oath of celibacy became a lifetime phenomenon.

Twenty Seventh November, 1960 was the day when our wedding took place in the ground opposite to Laxmi Narayan Temple at Madhav Baug. On Twenty Eighth November, my mother took both of us to Brahma Baba. At that time, Brahma Baba was in Mumbai. The moment she saw Brahma Baba, she was shocked and said that he was the person who used to come at her window and showered light on the picture of Krishna as a result of which Krishna's picture got converted into my own picture.

Sis. Usha had three or four times debate with Brahma Baba on the topic 'who is the sermoniser of Geeta'. Then Brahma Baba advised us to visit Mount Abu where the topic could further be debated. Then, in May 1961, we visited Abu where we stayed for about 12 days. To give us a send-off, Brahma Baba came out from the back door and walked till the Banyan-Tree. We saw jewels of tears sparkling in the eyes of Brahma Baba which pierced our heart and we became Baba's.

In Mumbai, there was a seven-day special meditation programmeme at Waterloo

Mansion Centre at 5 a.m. This programme made our foundation very strong on this path of knowledge. During the Rakhi Festival, under the guidelines of Dadi Nirmal Shanta, we finalised the service plan. I scripted a Drama under the title 'Prabhu ki Khoj' (Search of the Supreme Being) and B.K. Usha played a lead role wherein she was in quest of Prabhu Milan (meeting God) and she was crying desperately in search of God. Her acting was so excellent that she brought tears in the eyes of the spectators. Since Dadi was engaged in attending to the guests, she passed on a message that B.K. Usha should deliver the speech also. Instantly, she changed her make-up, and delivered an impressive speech too. This was her specialty that she never said 'no' to any Godly Service. The word 'no' never existed in her divine dictionary. In November 1961, Brahma Baba came to Mumbai; everyday morning both of us used to accompany Baba for a walk in the garden where we could listen to the deep secrets of knowledge.

In 1963, Brahma Baba gave us the *shrimat* (direction) to prepare an audio song. B.K. Usha had already learnt classical and light music. With Lalit Soda, she recorded the

song 'Vasudha Ke Iss Aanchal Mein.....' which was sent to Baba at Madhuban. On Thursday, during the *bhog*, this song was played twice. In the *bhog* message, Shiv Baba said that the intellect of the children was going in the right direction; that's why they prepared the first song for welcoming the Supreme Father. In the worldly programme also, welcome song is always played first. Here too children have glorified 'Divine Incarnation' of God. In the same message Baba blessed her and me to continue composing such songs. Then we prepared two more songs and gave to All India Radio (AIR). Those days AIR used to pay royalty for the songs. We got the royalty from all over India and the royalty earned was more than the expenditure incurred for composing the songs.

In May 1962, we visited all the B.K. centres of North India and ultimately reached Madhuban. After two days, respected Mateshwariji also arrived after completing her tour of Hapur and Delhi. We invited Mateshwariji to Mumbai. Earlier to that, in the year 1957, Mamma and Brahma Baba had about four months' stay in Mumbai on invitation of my mother Shanta Mata. This time also Baba accepted our invitation and planned the

programme of Mamma's visit to Mumbai. During Mamma's stay of eight months, B.K. Usha and Shanta Mata wholeheartedly served her. We all got wonderful sustenance of knowledge from Mamma. Later, due to an operation, Mamma stayed with us for 10 months; as a result our foundation of knowledge was strengthened.

For Godly service, both of us organised an exhibition, for which Dadi Prakashmani came to Mumbai and she stayed at Gamdevi centre. We got a beautiful sustenance from Dadi. With the blessings from BapDada, we jointly could design many new modes of service; with the result spiritual service took a broader spectrum and was appreciated by Baba. Then on 18th January 1969, Brahma Baba left his mortal coil. The last rites of the corporeal body were to be performed; Dadi Prakashmani had given that responsibility to me. Along with Usha, I could fulfil that responsibility. Dadi Prakashmani had lit the fire to the corporeal body of Brahma Baba.

Through the service of spiritual exhibition, we got an invitation from a foreign country for which five people, including me, proceeded in July 1971. B.K. Usha joined us there, after 10 days. Baba had given a

Shrimat (direction) to open the centres in Eastern as well as Western countries; hence in this tour itself we opened a centre at Hong Kong. Sheel Indra Dadi and B.K. Usha stayed there for about 7 months, which strengthened the foundation of service. They returned to Mumbai after staying at Singapore for a short time.

In the year 1974, when we were in London, we got an invitation from Ram Bhai of South Africa. Hence we proceeded for service to South Africa. Later, Dadi Jankiji was also invited there. Further, Usha went to Japan for four months to serve there. In the year 1977, I was with Dadiji on a foreign tour. At that time, B.K. Usha had spent four months in the service of Africa and Mauritius which resulted into extension of services over there.

Baba always used to inspire in the *murlis* that charity begins at home, which means that at home also we should do Godly service, So at our hometown Bhavnagar (in Gujarat) also, we did Godly service. She stayed there for about two months. Around the same time one house was available in Ahmedabad; so we jointly opened a centre in Ahmedabad. For about 21 months, she stayed there. When Sarlaben was called from Pune and delegated the responsibility of

Ahmedabad, Baba directed B.K. Usha to return to Mumbai.

In 1983, Avyakt BapDada deputed both of us to serve Europe, wherein a specific message was given that scientists should be served. Then I asked Avyakt BapDada what was the need of giving knowledge to the scientists as their role was related to destruction only. BapDada then explained that scientists too are having a very good role; they would be inventing many things in *Satyuga* (Golden Age) for comforts, like safe-aeroplane etc. Since we had been serving the scientists, Dadiji made us instrumental to handle SpARC (Spiritual Applications and Research Centre), which was started during the construction of Gyan Sarovar, for focusing on inculcation of spiritual knowledge in scientists. At the same time 'Rajyoga Education and Research Foundation' was established wherein various wings were formed. I got the responsibility of 'Jurists Wing' and she was made responsible for 'Art and Culture Wing'. In Abu often, there were celebrations and conferences; she was instrumental to add colours in those programmes by managing cultural programmes like Ballet Shows, Dance and Drama etc. Many new songs were

introduced which spread the services.

When Dadi Pushpa Shanta and Sheel Indra Dadi left their mortal coil, B.K. Usha was made the Centre-in-charge of Gamdevi centre by Dadi Prakashmaniji. During her tenure, she established 10 centres in south Mumbai. Responsibility of services of Dubai was also given to us; so both of us many times visited Dubai.

B.K. Usha's personal responsibilities further increased when my *laukik* mother passed away in the year 2006. She started handling services of *laukik*, *alaukik*, Gamdevi Centre and Art & Culture Wing. In 2008, she was struck with Cancer. After Biopsy, she underwent an operation. Due to chemotherapy she lost all the hair on the head, but still she used to carry on with her services as usual. In 2009 along with two other doctors, Dr. Ashok Mehta operated on her for 5-long hours, but still the disease kept on spreading internally. In August 2010, she was again hospitalised. At last, on September 12, 2010, doctors declared that whatever was possible had been done, therefore, she could be taken back home. This cancer caused her unbearable pain, but still she continued her

Godly services. During extreme pains, she used to remember Baba and would say to me, "See, how my Baba has taken away my pain".

On 21st of September, 2010, for the first time she said, "Let's have a dinner together; do not know when we could have it the next time". I had my dinner and she took her liquid diet. On 22nd September, in the morning hours she went in semi coma; in the evening she gained a little consciousness and said "I am leaving...I am leaving..." She repeated it four times and again went in coma stage. At ten minutes past ten hours in the night, she breathed her last. On September 24, the last rites were performed. Later, *Bhog* was offered. In Bapdada's message, we were told that she was not ready to leave her old chariot since she wanted to take care of me (this duty was delegated to her by Brahma Baba in 1963). "If Baba is ready to take care of Ramesh bhai, then it is OK", she said; "else, no matter however pain I have to suffer, I am ready to survive". So Baba had to promise her that he will be taking care of that.

In the message, Baba conveyed two things that she should be offered variety of *bhog* for all the 13 days, since she could not eat anything for

the last so many months, due to disease. She used to take only soup and juice. Secondly, she had a wish of becoming instrumental in opening a service point in memory of her, which would be serving many souls; by this she could earn blessings even after leaving her mortal coil. Baba said that she would be staying with Him in subtle world for 13 days and then Baba would send her to a very grand family. Baba had shown her the vision of her new family. On October 7, BapDada gave her a send-off, and accompanied her by holding her finger till she entered the womb. Baba showered her with many blessings, so that after having got decorated with so many blessings, she would be spending her new birth in Godly service. For 14 days in Mumbai and Abu, the *laukik* and *alaukik* family offered her homage and good wishes.

On 20th February 2010, we had a Golden Jubilee celebration of our 'Holy Godly Life', in the same Hall in which we had given her a final send-off by offering Brahma Bhojan programme on 13th Day. So by penning down the epic of my divine experiences with B.K. Usha, in this article, I hereby offer the homage to her on behalf of myself and my whole family. ●



–Rajyogini Dadi Janki,
Chief of Brahma Kumaris

Today is the day of silence, when we had the opportunity to know the self, to see the self and think about what transformation is possible. If I have the thought of transformation, Baba makes it possible. In English we say ‘past is past’, and in Hindi ‘don’t touch the things of the past’. This means to completely erase it so that there is no trace of it. How can this happen? This can surely happen through pure thoughts and good wishes. This is the *mantra* through which transformation can take place. It’s practical. Whatever has happened in terms of the self is cleaned out with pure thoughts and I say ‘Thank you Baba, You’ve made me worthy to sit with You.’ What should I do in terms of others? By having pure thoughts and good wishes for others, one’s nature will be filled with that and one will become a well-wisher. Let my

THE WILL OF GOD

nature be like this and let the good wishes for others do their work. Baba says: ‘Become equal to Father the (God)’; but I’ll only become that if, firstly, I’m doing what He wants me to do now. Let me just have the awareness of doing what He wants me to do. In devotion, the devotees chant the name of Ram internally; so they don’t speak out the name but one can see their vocal chords moving. Similarly, we don’t need to say ‘Shiv Baba’ in words but the forehead will begin to shine.

Just as Brahma Baba’s forehead used to shine, mine should do the same and Baba says: ‘Yes, child, this will happen’. This is the easy, royal way to make spiritual effort. One can just make effort and the next moment one will get the result. One doesn’t have to wait until *Satyuga* comes, because then one would already have started to come down; now is the time of ascent. One day Brahma Baba, Mamma and the trance-messenger were offering *Bhog* to our most beloved Shiv Baba. Baba and Mamma were giving *drishti* to each other. Later, Dadi asked Mamma if she had been in the consciousness of Lakshmi who belongs to Narayan at that time. She was very firm and said ‘Don’t even

think that’. The stage now is the highest of all, higher than *satyuga*.

If we look at Baba’s face with attention, we get four types of feelings from him. I can see Shiv Baba through this one. It’s his eyes but what I’m seeing is Shiv Baba. In the awareness of the soul, I’m looking at Brahma Baba and the next moment it’s as if he’s taken on his subtle angelic form. When Baba became *avyakt*, we started to use this expression ‘*Avyakt* BapDada’. Baba has been telling us that this was the one who was making such effort that he would become Narayan. He had the intoxication of becoming the little Krishna and then Narayan. This is the essence of the *Murlis*. One has to just keep looking at Baba like that. If we keep seeing Baba day and night in our thoughts and dreams, Baba will help us in all four forms. Where I have that feeling of love that brings me the experience and once I’ve had the experience, I can never forget it. People tell me that it’s the thought of love and devotion that’s giving me the experience and I say that it’s very real. One has to understand the word ‘pure feeling’ or ‘intention’. One should have such a feeling that if we stay in that stage, others get inspired and say ‘Yes we can do the same’. ●



WHO HAS A PLACE IN MY HEART?

— Rajyogini Dadi Gulzar,
Addl. Chief of Brahmakumaris

The mantra of ‘Om Shanti’ is very powerful. Baba tells us that there is now darkness in every soul. What can I do to remove the darkness that has accumulated inside? If *Maya*, i.e. five vices – Sex-Lust, Anger, Greed, Attachment and Ego, in the form of old *sanskars* comes in front of me, what I should do is just to move into the awareness of Om Shanti. Moving into the awareness of Om Shanti does not mean just to say ‘Om Shanti’ with my mouth – it means to become the embodiment of the awareness. With this, any darkness that may be inside is dispelled. When a challenging situation comes in front of us, many thoughts come in the mind and those thoughts make us disquiet. At that moment, I have to emerge the awareness of being a soul belonging to the incorporeal world. Emerge the awareness: ‘I am an embodiment of peace

– I have incarnated from Incorporeal World’.

The next question is how much love do I have for the Father? The proof of love for the Father is that I will not allow any situation to dominate my heart. If a situation is stuck in my heart, can the Father also be there? Therefore, I should ask myself, ‘What and who do I want in my heart?’ Let the situation in and the Father will move out. I should also ask myself: ‘Do I feel that God is always seated in my heart? Or do I just allow Him in sometimes?’ God is known as the Comforter of Hearts. If the Comforter of Hearts is available to sit in my heart then would I be called wise if I were to let a situation sit there instead of Him? Thus, I need to understand situations for what they are – situations. I should not let them occupy inside of me! The One I should accommodate in my heart is Baba.

I should also ask myself: ‘Throughout the day how many

situations do I allow in my heart?’ For many lives, we have had the habit of allowing situations into our hearts. This is why we need to check and change this habit and we have to do it now. Later, the situations will be such that one will not be able to check and there will not be time to change. Baba has told us that we need to understand situations but not to accommodate them. If I accommodate situations internally, they can cause serious damage. The first damage a situation will cause is to stop us remembering the Father. If I accommodate a situation inside myself, then can I become a detached observer and find a practical solution?

Baba has told us and we can see with our own eyes and understand with our own intellects that everything is reaching its extreme. Baba has told us that everything will reach its ‘critical’ stage and after it reaches that point, the end will come. We have heard this many

times and we know it. Baba has told us that this is a university and for the test-papers we are to be ever-ready. We don't have a date for the final paper – it can happen any moment. During the tests paper—I will need to apply the 'dot'. I will need to apply a full stop in a second. It is a matter of a second and in a second, I can either fail or pass. If I try making effort at that time, I will fail. The final moments are the time to apply a full stop. Or do I intend to apply a question mark, a comma or an exclamation mark at that time? Tests come even now and those tests get repeated themselves if I do not pass them.

Applying a full stop to situations requires power. At *Amritvela*, one needs to take power and use that power throughout the day. If we accumulate power in the morning, we will not find it difficult to apply a full stop during the day. If we allow our time and thoughts to be wasted, it is very difficult to remain stable in soul-consciousness. Now the time is very precious. At the Confluence Age, we receive the blessings of the Supreme. We will not be able to receive those throughout the

rest of the cycle. If we recognise the time, we will understand its significance and will pay a lot of attention on the self.

We must maintain interest in experiencing soul-consciousness. In *Paramdham*, i.e. Incorporeal World, we were very close to the Supreme and from that original state, we came down on earth.

Many say that they do not have time, but one can have this practice whilst walking, eating or performing other actions. It is simply a matter of instilling the habit of checking the self. Both checking and changing are essential at this time.

Baba has given us two slogans i.e. 1. I shouldn't check anyone but myself. I must remember that it is easy to see the mistakes of others but not so easy to see my own mistakes. 2. I must always follow the Father. If somebody insults me, I have to be innocent – that is, not react – not get involved. Baba underlines these things. I must always remember that I have to follow the Father.

Baba draws our attention to do service through mind. We have to check at *Amritvela* – am I really doing this service? To be able to do service through

mind, I need to stop battling with Maya. If we are alone, then Maya will come to fight with us. This is why Baba tells us to keep Him as our companion. Baba has come into this world for us children. Although Maya may come but all we need to do is to transform the situation! If we take love and power from Baba, the situation will be changed! We have now to be ever-ready. I must ask myself everyday: 'If destruction were to take place tomorrow, would I be ready'? And also, "If destruction were to happen tomorrow what stage would I be in?" We must pay attention to ourselves! The time is changing and destruction is evidently coming closer. Nature will continue to release more and more upheavals.

We must also ask ourselves what is the purpose of our Brahmin life? Baba has given us the title of world transformers but before I can do the task of World Transformation, I have to transform my own self. I have to leave all my old bad habits. 'Would Baba be happy to see our stage as it is now'?, we need to ask ourselves and then change. And, we will then experience the true happiness and make others happy as well. ●

Confidence never comes if we have all the answers. Be ready for all the questions.

FEATHER IN THE CAP



– BK Ramasubramanian,
Malkajgiri, Secunderabad

“Only souls reside in Incorporeal World; there is nothing in the Subtle Region. Human beings, animals, birds etc. are here (Corporeal World). They show peacocks etc. in the Golden Age. It is not as though (people) pluck the feathers of peacocks and wear them; why will (anyone) inflict suffering on peacocks? Neither is it that fallen feathers of peacocks will be used to decorate crowns, nor even in the crowns, false indication has been given. There (i.e. in Golden Age) everything is beautiful. There is no trace of dirt. There is nothing that evokes aversion. Things here (in this world) evoke aversion. In Golden Age, there is no suffering even for animals; everything will be first class.”

– Sakar Murli (Revised) – 3rd Sept. 2010.)

A person is known by and respected for his actions, not necessarily for what he thinks or speaks of himself. Most people think, speak and do ordinary things in their lives and are forgotten with the passage of time. Some think and act negatively and become notorious. Only very few people think and act with royalty, nobility and benevolence and they command respect not just in the immediate present but for generations down the line. When a person does something creditable, accomplishes some feat to be proud of, we say it is a feather in his cap or he

has added a feather to his cap. Deities lived and reigned in Bharat (India) during the halcyon days of Golden Age and Silver Age, and are praised as wearing double crown – the material crown made of gold and studded with diamonds and other precious stones, and the crown of light (halo) representing their purity. They are also praised as being completely viceless and as practising double non-violence, i.e. not indulging in sexual as well as physical assault both of which cause pain and suffering. Baba, therefore, points out to us the inconceivability of deities either picking up fallen

feathers or plucking feathers from peacocks to decorate their crowns.

Shri Krishna is the No.1 soul taking birth as the first Prince of Golden Aged Bharat. In Hindu mythology, he is shown playing a flute and dancing in the company of *gopikas*. On the one hand, he is described as *Mor Mukutdhari* (one wearing a crown decorated with feathers of peacock) and on the other hand, he is delineated as a cowboy. He is considered an *avatar* (incarnation) of God Himself and at the same time, he is believed to have advocated the use of violence to Arjuna against his relatives, in the battlefield at Kurukshetra, while acting as his charioteer.

Baba has explained to us that the subtle and spiritual phenomena of the present auspicious Confluence Age are remembered and represented in the ensuing Copper Age and Iron Age in myriad gross forms and rituals.

We now know that Brahma Baba is the corporeal medium of Incorporeal God Father Shiva (lovingly called Shiv Baba) to accomplish His role of World Benefactor in the Confluence Age. On receiving true spiritual knowledge imparted by God Shiva,

Brahma Baba, in turn, spreads it to the rest of humanity. This knowledge is like music to the fallen, suffering souls and elevates them to their original highest stage of deities. Hence, it is called “Shrimat Bhagwad Gita” (Elevated Song of God). It is the same knowledge which transforms the soul of Brahma Baba from its lowest stage at the end of Iron Age to its highest stage of being the first prince of Golden Age, i.e. Shri Krishna. Shiv Baba has explained to us that His role of Creator is not one of creating the whole universe from out of nothing, but of transforming the degraded souls to elevated souls, thus ushering in Golden Age once again. When the souls are transformed, the elements of nature also become *satopradhan* (most elevated) and life on earth becomes orderly, peaceful, harmonious, happy and blissful.

Since life is exalted and completely comfortable for 2,500 years during Golden Age and Silver Age, souls neither remember God nor have any need for devotion with all its paraphernalia of scriptures and rituals. Problems of humanity start with the advent of Copper Age and with that

starts *devotion*. The Gita is the first and the most important religious scripture to be written and is in fact considered as the mother of all scriptures. The Gita is nothing but the compilation of the teachings of God Shiva received by souls in Confluence Age, but remembered vaguely after a long period of time (2,500 years) and adulterated with human imagination. Also, the souls writing the Gita remember the medium (Brahma Baba, who later takes birth as Shri Krishna) through which God Shiva speaks, rather than God Himself, since He is incorporeal (without a physical body of His own, unlike other human beings), and hence surmise that it was sermonised by Shri Krishna. Baba explains to us that the gravest of all mistakes, leading to the fall of souls, is their belief that Creation rather than the Creator is the Lord of the Bhagwad Gita.

Rulers in Copper and Iron Ages have a plethora of problems, prompting Shakespeare to pen in Henry IV (Part II – 1597) that “uneasy lies the head that wears a crown”. However, life in Golden and Silver Ages

is orderly and comfortable, free from natural calamities and manmade problems and so the Kings have no burden of responsibility. Therefore, reference to a crown of feathers is a poetic indication of lightness of the rulers and is not to be taken literally.

Shri Krishna enjoys the fruits of the spiritual efforts made by him in the garb of Brahma Baba during Confluence Age. Life being at its glorious best in Golden Age, does not pose any challenges for Shri Krishna to countenance and conquer. Thus the crown that he is wearing symbolises grace and royalty rather than a culmination of gruelling efforts and glorious achievements.

On the other hand, the same soul, while playing its part as Brahma Baba, faces trials and tribulations with fortitude, renders yeoman service to the whole of humanity and emerges victorious by following all the directions of God Shiva to become the No. 1 **bead** in the rosary of victorious souls. ***There are many feathers in the crown of Brahma Baba, some of which are enumerated below:***

▶ He is the fixed medium of Incorporeal God Shiva, in

every *kalpa* (cycle of world drama spanning 5,000 years).

▶ He spontaneously surrendered his body, mind, intellect and all his material possessions for Godly service, the moment he realised that God was acting through him.

▶ He formed a trust with all his wealth to carry on spiritual service of humanity throughout the world, but was detached from it and entrusted its administration to his adopted spiritual children.

▶ He did not merely churn the points of knowledge received from God, the Ocean of Knowledge, and disseminate the same to his children, but put them to practice in his personal life and became a role model for the spiritual children to follow.

▶ He was fearless in carrying out the instructions of God and serving humanity, unruffled

by the hurdles and wrath of those opposed to *Shrimat* given by God.

▶ He was ever-ready in Godly service despite his advanced age in his last birth (for 33 years from the age of 60 to 93) and spoke Godly versions to his children even on the day he left his mortal coil on 18th January, 1969.

▶ He inspires and expands spiritual service ceaselessly even now from the Subtle Region, robed in his perfect angelic stage.

▶ He never became egoistic, despite having the revelation that he was destined to be born as Shri Krishna and become the first emperor of Bharat in Golden Age with the title of Shri Narayan. In fact, God says through his very mouth in *Murli* after *Murli* that he will be Shri Narayan.

▶ He selflessly effaced himself and stayed in the background, while graciously and lovingly projecting his children on the world stage.

▶ He was an embodiment of simplicity and sacrifice. He stayed till the end in his small hut without any modern gadgets and conveniences in *Madhuban* though several new buildings were being constructed to facilitate the ever growing service.

▶ He epitomised equanimity.

One can go on listing many more such virtues and traits of Pitashri Brahma Baba. He richly deserved his cap (crown) of many feathers. He is the true *Mor Mukutdhari*. We children are most fortunate to know his life and times and play our part along with him in the Confluence Age.

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PRUDENCE: THE PROTECTOR OF SOUL



– B.K. Vinayak, Mount Abu

All awakening in the world is only manifestation of your supreme intellectual power.
– Yajurveda

The picture of a soldier is always shown with a sword and a shield. In a battle, sword is used to overpower the enemy or to make him unarmed, whereas shield is used for self-protection. Proper use of the sword as well as shield brings one the victory. If one is not so tactful to use the shield then in spite of having the mastery over the sword, one may lose the battle and become the prisoner of the enemy. So, victory in the battle depends upon both the power and tact of self-protection.

The same thing applies to the spiritual endeavour of a 'Rajyogi' who is on the way to establish victory against the five vices i.e. lust, anger, greed, attachment and ego, in order to claim the inheritance of 'Purity', 'Peace', 'Happiness' and 'Prosperity' in the forthcoming Golden Age or heaven. This endeavour that transforms one from human being to divine being consists of two types of effort-making. First one is to

overpower the 'vicious *sanskar*' i.e., to eradicate the burden of sins, which has been accumulating through many births as a result of vicious deeds. **The second effort, which is as much important as the first one is to protect ourselves from the attack of vices. It means to prevent ourselves from committing sins, i.e., along with the effort of eradicating the old account of sins, we should keep a very strict vigil on the actions of our sense organs so that there must not be any vicious action that again will create a new account of sin.**

The first type of effort-making that liberates the soul from the burden of sins is called 'Easy Rajyoga', i.e. to be in the remembrance of God by considering oneself to be a soul. It acts as the sword and removes the impurity of vices from the soul and also enables it to regain its original virtues and powers.

But as far as the second part of effort-making or self-protection is concerned, the shield that protects the soul from the attack of vices and carries us safely up to the destination is the 'prudence' or the 'Divine intellect'.

Prudence is like the minister of the king 'soul'. The minister would always be a well-wisher and thinks of welfare and safety of the king as well as the kingdom. His prime responsibility is to advise the king as well as subjects and make him convinced about the righteous and unrighteous matters. He has the authority to prevent the king from committing mistake and bring him back to the righteous way. Minister plays the 'key role', which maintains the peace, happiness and also harmony in the kingdom.

Prudence also plays the same role. It is a precious gift of God to the human being. It would always be well-wisher of soul and inspires it always to do good deeds. Before getting into the action, prudence predicts to us whether what we are going to do is right or wrong. If wrong, it warns about the horrible outcome of that action also.

The one, who listens to his prudence and then performs deeds, will never have to repent for his actions. People, who

listened to their prudence and led life according to its advice, have their names written in golden words on the pages of history. For those, who are giving a beautiful and magnificent shape to their lives by following God's direction or '*Shrimat*', prudence would be like an experienced navigator, who protects their lifeboat before it gets trapped into crisis.

Reason for contradiction

Now the question is: though the prudence acts as a subtle organ in every human being, why are there in this world, unrighteous happenings like violence, terrorism, atrocities on women, enmity, hatred, jealousy, etc.? The reason for this contradiction is, though the prudence tries to advise everyone before a wrong thing takes place, human being, in order to fulfil his vicious desires, doesn't listen to it; instead he is forcibly hammering his own prudence. When he again and again commits mistake against the advice of prudence, it gradually loses its power and finally gets locked. Due to this, one completely loses the ability to judge the right and the wrong.

Method of energising the prudence

The 'nectar' that makes the prudence not only sharp and healthy but transforms it from Iron-aged to Golden-aged is the

'Godly version' or '*Shrimat*' of our Most Beloved Supreme Father God Shiva, the ever-pure Supreme Soul and the Ocean of divine virtues, powers and knowledge. *Shrimat* means directions of The Supreme Soul to the soul. Every word of *Shrimat* guides us to keep our step in the righteous and elevated way. When we follow *Shrimat*, it strengthens the prudence in such a way that, it scans each and every thought that is created by mind and warns the soul about the quality of that thought. The prudence, which gets guided, developed and shaped according to the *Shrimat* is the foundation of elevated and charitable life.

Supporters of Prudence

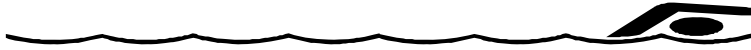
Sometimes, although the prudence says that something is wrong and it must not happen, yet knowingly or unknowingly within a moment the same thing will happen. For example, someone may be angry due to misunderstanding, although we are innocent. Then, our prudence clearly tells us about this situation on the basis of Godly knowledge that 'the person in front of us is also an actor of this Eternal World Drama and he is playing his own role. Furthermore, whatever I am facing now is certainly the outcome of my past sins. So, now, my duty is to

bestow the vibrations of silence to him as well as to atmosphere by maintaining my self-esteem and by being in the remembrance of God. In this situation, it will be the only righteous reaction from my side and I must do that. But sometimes what happens, to prove our innocence we react in such an unpleasant manner that, definitely our prudence never accepts. This type of situation arises due to the lack of controlling and ruling power of the soul over sense organs and subtle organs. The prudence always gives preference to sacrifice, to accept and to tolerate.

As the light is made up of seven colours, ruling and controlling powers comprise eight powers, viz. power to tolerate, to face, to co-operate, to withdraw, to pack up, to accommodate, to discriminate and power to judge. These eight powers are the supporters of prudence. Inculcation of these powers makes one brave enough to act upon the advice of prudence.

So, in order to be safe from committing vicious actions and to keep ourselves alert at every step in our life, we must not suppress our prudence; instead we must sustain it, respect it and try honestly to act according to its advice. ●

MEDITATION, THE ZONE AND THE SUCCESS



– B.K. Dr. Dilip V. Kaundinya,
(Ex-professor and head, Dept. of Microbiology,
Sir J.J. Hospital, Mumbai)

These days students, especially from medical, engineering and I.T. streams, have an exceptionally high intellect (I.Q.). But the management Gurus uniformly tell us that more than I.Q., a man requires Spiritual Quotient (S.Q. – Donah Zoherer), a Happiness Quotient (H.Q. – Bhutan Concept), an Emotional Intelligence Quotient (E.I.Q.) and an Out of Box, lateral thinking (Twin Hemisphere Theory, Edward De Bono).

All of the above-mentioned Western concoctions and ingredients for the success and happiness in life are an integral part of the Ancient Indian Spiritual Wisdom. But unfortunately, we, the Indians, firmly believe that whatever is foreign and British is good and greater than our own, even after more than 6 decades of independence. We do not have faith, in the faith itself, that has an unsurpassable inheritance (tradition) of several thousand years. Faith consists of believing when it is beyond the

power of reason to believe. Scientist Mind in the dominant hemisphere is the reasoning mind that is responsible for doubts and queries. Spiritualist mind, in the other hemisphere, functions on belief and faith. It makes everything easy and effortless in our lives. This is lateral thinking which looks at a problem from so many different angles and, therefore, capable of providing innovative solutions to the problems. The faith tells us that we are not human beings but Spiritual beings that are undergoing a temporary human experience. As per Drama, we have to face the same person or event in our life until we have learnt a life-long lesson from it or him and become experienced.

Fast mind makes our children operate mobiles, computers and T.V. remotes with an effortless ease that is beyond the comprehension of adult minds. But this fast mind is a Curse in disguise when it is not accompanied by Wisdom. Conscience gives the power to

differentiate between what is right and what is wrong. Here, right and wrong is based on eternal Moral and Ethical Values. It gives an effortless S.W.O.T.-analysis of the inherent strengths and weaknesses of the self. Then the mind easily understands the difference between the threat that has come our way as a golden opportunity and the opportunity that has knocked our door as a threat. This easily avoids all the pitfalls on way to our success and happiness.

General lack of Wisdom in the generation Y is the cause of worry for the parents and the teachers who have the welfare and the wellness of the children uppermost in their minds. Our mind is like an agile monkey. It constantly jumps up and down on a spiritual scale of *Satvik*, *Rajasik* and *Tamasik* Consciousness. This tires the mind unless it is stabilised in Ontological (*Satvik*) Consciousness. Thoughts of enjoyment are the *Rajasik* and the violent thoughts are the *Tamasik consciousness*. These deplete the *Pranik Energy* whose existence has been proved by recently discovered *Ultradean Rythms* of the brain (2003).

The capacity for single-mindedness (*state of concentration*) becomes less

and less in a racing mind. A rapid formation of desires leads to a “Hurry Syndrome” and a “Quick Fix Syndrome” which work on twin principles –mind demands more and more and does not listen to the inner voice. This mindset soon translates into diseases of the body. The greatest living example of the bankruptcy of the wisdom may be Dr. Edward De Bono, the proponent of the Out of Box Thinking. He, at the age of 70 years, is proudly telling that before divorce he is to collect lands. Now he collects women.

The wisdom tells us that the instant success is never constant and the success before work comes only in the dictionary. Even then getting a degree by hook or crook, settling in life and reaching to the top in an instant becomes the life and death priority today for the parents. Using “Short-cuts” and participating in a ‘rat-race’ with ‘Cut-Throat Competition’ becomes a habit. Mind, then, tells, “Acquire all you desire whatever may be the cost. Selling your soul is immaterial”. Such mindsets forget that even if they win, they shall be known as the rats that have won and whatever they have acquired is a short-cut to pain and sufferings.

Racing minds demand a New

High every moment of the life. Otherwise, they get quickly bored. Gratification of the desire has to be immediate. This mindset leads to multiple partners, changing jobs, quick divorces, fatal racing with bikes or cars, indulgence in drugs and addictions and finally frustration and depression. This is because pleasure from a materialistic event soon leads to satiety and cannot last forever.

An aberrant mindset in the clutches of *Vikalpa* (greed, ego, stress, worry, fears and frustrations) has turned the once noble medical profession into an ignoble business where profit sheets have the utmost priority even at the cost of sacrificing the interests of the patient. Unnecessary surgeries, investigations and interventions become a rule rather than exception. No wonder the doctors have been brought under Consumer Protection Act and are assaulted. Belief and faith in the doctors have been lost. Patients have developed a mindset that the doctors always cheat and never treat to the best of their ability. Is this not a thought for introspection by the generation Y who are the future of India shining?

Two latest branches of medicine, Psycho-Neuro-Endocrino-Immunology

(P.N.E.I.) and Psycho-oncology, are **proving that the negative thoughts and toxic emotions are the powerful weapons for self-destruction and the positive thoughts are the magical instruments for healing. Belief and Faith are scientific as they activate hitherto unknown internal healing mechanisms. Negative thoughts sap the pranik energy, bringing about a tiredness that cannot be relieved by the drugs, anti-oxidants, energy drinks or micro-nutrients.** Now well-known Chronic Fatigue Syndrome (C.F.S.) in which several viruses have been implicated, in fact may be due to a tired mind or a sleep backlog from sleep disturbances. Higher setting of the thermostat of the mind brings about early ageing (Progeria), blood pressure, cataracts and heart attacks. Today, we are like Abhimanyu, trapped in the vicious cycle of *Maya* (Negativity) with only the death providing the emancipation (*Moksha*). Now euthanasia is demanded against the pre-ordained life span in the Divine Script. Wisdom tells that the unfinished *Karmic Burden* (spiritual genome) is carried to the next birth. Then the life begins with congenital

anomalies and extensive pain and suffering. Ignorant mind wonders what *Karma*, the new life has caused these sufferings.

If we wish to replace unfortunate Abhimanyu with Arjuna, the great warrior and the winner respectively, then we must listen to the wisdom we receive from time-to-time by the Supreme Soul through *Murlis*. Different messengers (Messiah) at preordained timeframes come in this world to initiate a religion which was necessary in that part of The World-Drama. *Kaliyuga* is the era of Mass-Confusion with impossibility of finding a real *guru*. Concepts taught by Brahma Kumaris are easy to understand, precise and infallible as they come directly from God. If one believes in this faith, and applies it in day-to-day life, then the life becomes happy and successful.

The Godly knowledge given by Brahma Kumaris institution is the essence from *Bhagavad Gita* and *Patanjali Kriya-yoga* in which meditation and application of knowledge in real life are easy and effortless. Today, 5000 years old *Bhagavad Gita* is known as the most powerful book on psycho-therapy by the western psychiatrists. Today, Dadi Janki, the present Chief Administrator of

Brahma Kumaris has been certified by American and Australian psychiatrists as the most stable mind. This is *Sshit-Pragnya State* or *Turia Consciousness* described in *Bhagavad Gita*. In this state, the mind is perpetually stabilised in a Soul-Conscious or ontological state of pure thoughts.

Two thousand five hundred years old *Patanjali Kriya Yoga* described the technique of stabilising the agile mind. God is called as Bestower probably because He tells us, "Do you know the technique?" This yoga involves a regular practice of 200 formulae to achieve a Single Point Focus of Pure Thoughts gradual transformation of Negative thoughts to Positive thoughts. Stabilisation of the mind in pure consciousness is known as Supra-conscious State. The mind, then, works under direct directions (*Shrimat*) of God.

Dr. Herbert Benson, the founder of The Institute of Mind-Body-Medicine baptised the Supra-conscious State of the mind as the Zone. In the Zone or the Tao, both the mind and body are completely relaxed. The mind is engrossed in the sweet sensation of the moment fully focused in the realisation of the goal. The opponents'

ribbing or the banter does not bother one. Waste thoughts like doubts, fear, anxiety, worry or tension of achieving the outcome just disappear. The desired result just happens with ease and effortlessness. The mind commands and the body works like a well-oiled machine. Out Of Box thinking may happen giving an innovative solution to a problem. A thought or inspiration just floats as if from the cosmos. The proof of this lies in the fact that all the inventions have come as a Divine Inspiration to a chosen soul, a scientist. The positive thought-vibrations in the mind send positive signals to the Universe. A Cosmic Google gets activated. The Cosmic Law of Attraction (L.O.A.) attracts more powerful positive forces from the cosmos empowering one's mind. Then the power of one's mind acts on the Universe to bring about the actual manifestation of one's morally right desires.

WHAT IS THE IMPORTANCE OF ACHIEVING THE ZONE?

When Sunil Gavaskar hit a double century in Port of Spain without helmet against the very fast West Indian attack, he was said to be in the zone. Our very own example in the medical field

is Padmashree Dr. T.P. Lahane, the charismatic Professor and head of Ophthalmology and the present Dean of Sir J.J. Hospital, Mumbai, with his name in Guinness' Book of World Record for highest number of cataract surgeries. He lost his kidneys a decade ago and presently surviving on the kidney donated by his mother. He works for 14 to 16-hours-a-day restoring vision to the blind. Absence of complications in more than 200 cataract surgeries in leprosy patients is a miracle. His mind is focused on a single pure thought of restoring vision. This ensures a cosmic flow of energy and the work par-excellence.

One can give a try to this BKs' meditation for attaining the Zone for all-round success and an innovative approach in life. Proof of the pudding lies in tasting yourself. Zone gives a "Blink Phenomenon" for the quick and correct decisions. A rare painting was to be purchased by British Museum. Committee of experts certified it as genuine. Next day, when the museum opened, a group of amateurs called it a fake no sooner they looked at it. Further steps decided that the amateurs were correct. Will this ability not help in The Spot and Correct Diagnosis of problems or the diseases? ●

STORIES FOR PERISHABLE WEALTH AND TOLERANCE

– B. K. Raji, Mount Abu

▶ A *Sadhu* used to go for his regular morning bath by the river side. One day, it so happened that after his bath, as he came out, a man confronted him and spat on him. Presumably this man did not like this *Sadhu*. Quietly without uttering a word or any reaction, the *Sadhu* went to the river again to have his bath. The man again spat on him. This went on and on for 21 times. Neither the man gave up his spitting, nor did the *Sadhu* react in any manner. He remained cool and calm. Ultimately on the 22nd time, the *Sadhu* had to go and had his bath again, and this time when he came out, the man fell on his feet and asked the *sadhu* to forgive him for spitting on him so many times. The *Sadhu* just smiled and picked him up and embraced him. Such a friendly behaviour by *Sadhu* had positive impact on the man, who, then, became an ardent disciple of this *Sadhu*.

The moral of this simple story is to have the virtue of **Tolerance**.

▶ There was a very wealthy young girl and she was looking for a suitable husband for herself. The entire town and nearby places too knew her for her charm, beauty and intelligence. She proclaimed publicly that there would be a race and whoever won the race would be her husband. Most of the suitors laughed, knowing they would definitely beat her in the race. But she was very clever. The day was set. The race was about to begin. The girl wore a beautiful dress, full of hidden real diamonds. As soon as the race began, she started running and so did the suitors who had come from far and wide. She dropped the diamonds one by one and when the men saw this, they stooped to pick them up. It was obvious that this was a trick by the girl; therefore, not a single man could win the race. All got tempted by just one diamond and they lost the game. The girl thought that just for one diamond they all stopped, got diverted and lost the race, though in fact they all were aware when they would marry her, all her treasures would belong to them. But due to greed, all of them lost everything. This shows their foolishness and lack of wisdom.

All were ashamed and could not face her. They all returned greatly disappointed. Here too Baba says, due to greed of accumulating few pennies, we lose the game of gaining multimillions at every step; Baba is giving us golden palaces, decorated with most precious jewels and yet we do not realise this and waste our time running after perishable wealth.

NIRVANA, THE MOST AUSPICIOUS PILGRIMAGE PLACE

– B.K. Hemlata Sanghi, Trinidad

A pilgrimage is a long journey or a search for great moral significance. A person who undertakes such a journey to demonstrate devotion is called a pilgrim. In all countries, there are pilgrimage places. For Hindus, there are literally hundreds of pilgrim places in India. Buddhism offers four pilgrim sites, the most significant being where Mahatma Buddha attained enlightenment at Bodhi Gaya. The Holy land acts as a focal point for the pilgrims of religions such as Judaism and Christianity. For Islam, Medina is where millions go to experience Hajj as having fulfilled a lifelong dream.

Spiritual Pilgrimage(s)

There is only one auspicious spiritual pilgrimage and this

occurs only at the confluence age, the last 100 years overlapping the Iron Age. This is the period of transformation of the old Iron-Aged world to the new Golden-Aged World and this occurs when God descends and once again imparts the knowledge of the Shrimat Bhagvad Gita. This is the ‘Pilgrimage of Remembrance’ where your thoughts are constantly linked to the Supreme Soul, God Shiva, in the land of Nirvana, the eternal residence of the Supreme soul and home of all souls.

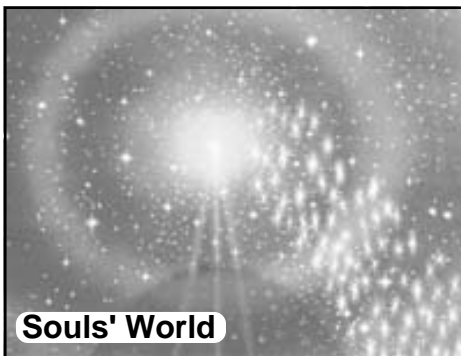
What and where is Nirvana?

Nirvana is the land of peace and silence. It is the highest of the three worlds, the middle being the Angelic world that consists of Brahmapuri, Vishnupuri and Shankarpuri and the third and lowest world is the planet earth. Nirvana is where all souls as well as the Supreme Soul Shiva reside in their eternal form as points of pure, sentient light. Nirvana

literally means a place beyond sound where ‘Nir’ means beyond and ‘Vana’ comes from the word ‘vani’ meaning sound. This is similar to the third stage in man’s corporeal existence that is called ‘*Vanaprasth*’, the others being *Brahmachari* (Celibate), *Grihasth* (Household) and *Sanyas* (Renunciation). *Vanaprasth* conveys the meaning of the stage of retirement but spiritually it means to be beyond the sound or the practice of the bodiless stage (incorporeal).

Planet Earth and the Angelic World

According to Chapter 8, Verse 16 of the Gita, God says: “Arjuna, all the worlds from *Brahmloka* downwards are subject to appearance and disappearance”. This means that both Angelic world (Subtle World) and planet earth appear and disappear meaning that their history and geography change during the cycle and get repeated identically at the end of the cycle. This is revealed in the essence of verses c8, v18-19 that says that all embodied beings emanate from the



Souls' World

invisible and this multitude of beings, being born, again and again, under compulsion and according to their prenatal *karmas*, for there is no escape from the cycle of birth and death. However, these deep secrets (c4v3, c9v2, c11v1 and c14v1) are revealed only when God descends and imparts the spiritual knowledge (c13v2) of the Gita to conquer the five elements, the five senses and the five vices. One deep secret revealed is that beyond planet earth and the angelic region of Subtle World exists the residence of all souls called Nirvana. Nirvana is also called the land of peace (*Muktidham*, *Shantidham*, *Paramdham* or souls' world) as revealed in c8v20 of Gita, "Beyond this invisible, there is yet another eternal invisible (Nirvana), that supremely divine substance, which does not perish even though all beings perish".

Nirvana – The Most Auspicious Pilgrimage Place

To settle all *karmic* bondages and to burn accumulated sins (bad *sanskars*), the method is to have the practice of becoming bodiless (incorporeal) or being in the stage of beyond sound (*Vanaprasth*) and with the mind and intellect concentrated on one thought of

being in the company of the Supreme Soul in the land of Nirvana. This is the method to become pure in order to go to the abode of liberation called Nirvana to achieve the eternal religion of the soul, i.e., peace and silence. This practice is necessary to regain the original seven virtues of the soul, i.e., spiritual power, purity, knowledge, love, peace, truth and bliss. This method is found in c9v34 (or c18 v65) of Gita, "Fix your mind on Me (*manmanabhav*); be devoted to me; sacrifice unto me. Having thus made yourself steadfast in Me, taking me as the Supreme Goal, you will come to me".

Knowledge, Devotion and Disinterest

The first six chapters of the Gita teach how to become a *karma* yogi and the essence of disinterest or detachment. The middle six chapters deal with devotion and the last six chapters deal with spiritual knowledge. In Gita c13v2: "True knowledge (*gyan*) is the knowledge of Matter and Spirit", whereas devotion is the worship and praise of God.

Pilgrimage of Remembrance to Settle Karmas

Therefore, to settle all of one's *karmic* bondages

accumulated in the *sanskars* in this present birth, one must follow the path of a *karma* yogi as recommended in c18v6, quote "Therefore Arjuna, My considered and best opinion is that these acts of sacrifice, gift and penance and all other duties must be performed relinquishing attachment and fruit". All other *karmic* debts accumulated from previous births are burnt by the pilgrimage of remembrance with the Supreme Soul God Shiva in the Abode of Nirvana. This spiritual, incorporeal pilgrimage is called the "pilgrimage of remembrance", the most auspicious and elevated method taught by God Shiva to change devilish human beings of Iron Age into Golden-Aged deities. This is the reason that the Abode of Nirvana is the most important pilgrimage place and this is accomplished through the study of spiritual knowledge called elevated directions (*Shrimat*) and the practice of yoga and meditation as revealed in chapter 8 of the *Shrimat Bhagavad Gita*. This pilgrimage is strictly subtle and spiritual and there is nothing physical in this pilgrimage. ●

Forget what you have lost so that you can appreciate what still remains.

OVERCOMING THE TRAUMA OF CANCER

— B.K. Chandra Shekhar, Faridabad

It was the saddest day of my life. Lying on the operation table in semi-conscious state, I heard the team of doctors discussing the seriousness of the case. One of them suggested calling the classified surgeon who was on leave but locally available. After the doctors gave me general anaesthesia, I went into an unconscious state. The Classified surgeon arrived and advised that I should be maintained on the DIL (Dangerously ill List), and quickly referred to the oncologist for further treatment and management of the case. My wife was called and briefed about my condition. She gave her consent for further referral. When I regained consciousness, I was not told about the

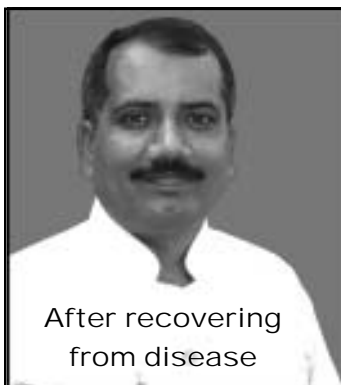
seriousness of the case, but simply informed that I would be transferred to 'Army Hospital (Research and Referral)' for better treatment and management.

Then, alongwith my wife and one medical assistant, I was transferred to the Research and Referral hospital, Delhi, where pathological and histopathological tests were carried out. I was re-operated after all reports had been examined. After two weeks, I was transferred to the malignant diseases treatment centre of Command Hospital, Pune. After a prolonged discussion, the medical oncologist decided to manage the disease by four cycles of chemotherapy, each cycle lasting for five days.

The nightmarish experience of treatment by chemotherapy put me in depression and fear. My appearance changed completely. The horrible appearance of premature old-age led me further into severe depression. A series of deaths in the MDTC also put me in constant fear. The end of my life cycle seemed imminent.

My kith and kin visited me but nobody could instil courage in my heart to face the painful treatment. I had a strong faith in God, but one of my close friends asked me one day, "Where is your God?" Hearing that, I started crying. With lots of fear and apprehension about survival in the mind, I tried to sleep, but could not sleep due to the extreme stress I was experiencing. Lots of mind agitating thoughts were putting me into a state of trauma. Despite being a strong believer in God, I lost faith in God and became motionless. When I was on the verge of collapsing due to extreme depression, a white luminous star appeared in front of me. It grew brighter and brighter. I found myself in a pool of powerful red coloured rays from the light piercing my body.

I experienced enlightenment of the mind with flashing of the most empowering words



After recovering from disease



During disease

coming from the divine: **“Your life is the most valuable treasure for me. You will survive to carry out divine service to enlighten the world.”**

With these words, the light disappeared. It just changed the course of my agitating mind. I was rejuvenated, my mind was filled with confidence, and my shaking faith in God turned into unshakable love for Him. I discovered the power of patience to bear the trauma of treatment. My purpose of life was defined by God. My consciousness moved to the higher self. I felt the existence of my immortal self in a mortal coil. I realised the eternity of my soul. **I believed that every adversity contains within it the seeds of an equivalent or greater benefit. Everything happens for a reason, and a purpose that it serves.** The winter of sorrow will yield to the spring of joy just as the brilliant rays of the morning always follow the darkest part of the night. The circumstances or situations that cause us sorrow are the same as those which introduce us to the strength, power and wisdom that we truly have.

Soon, I felt sorry for myself. So, divine power also returned

to me that day. I discovered the fortune on the other side of the fear I had of malignant diseases.

After that, I experienced massive and wonderful changes in my life. Physically I recreated myself (**you can compare my two photographs**) exuding an exceptional vitality. Intellectually, I had access to the most universal truths, as revealed by God Himself, upon which a spiritually enriched and meaningful life is built, and integrated them into the way I viewed the world, finding inner peace in the process. Emotionally, I became aware of many of the wounds and inflictions that I had suffered. I realised that these wounds were merely blockages which prohibit experiencing the joys that all human beings deserve to experience on a daily basis. I was empowered to clear the blockages affecting me physically and psychologically. Spiritually, I got access to the deepest core values and reconnected with the highest self. I identified and learnt the art of happy and healthy living making my life energetic and congruent with the highest values and according to the dictates of my conscience. I discovered my destiny by discovering the most valuable treasure hidden inside. I

understood that diseases in mind only cause diseases in the body.

But my sufferings did not end here. I sustained the other cycles of chemotherapy with great power of patience. Due to this power of patience, I recovered well. After three months of completion of the chemo cycle, I was diagnosed with another disease, Hepatitis ‘C’, causing fibrosis of the liver, with a rise in sugar levels in the blood. But I realised that I could get rid of these diseases with the power of inbuilt patience of my Invisible doctor. A sick person is called a patient because of presence of patience in him. Patient does not mean being sick. I quickly learnt the most ancient techniques of Neurobics. I had already been a practitioner of Rajyoga taught by Brahma Kumaris World Spiritual Organisation, which also helped a lot. I nurtured the basic values in my life to heal myself completely and remain happy forever. I understood that to remain healthy, I should heal the mind first by removing all blockages completely.

Another ordeal of treatment started. I received 300 injections of interferon of 4.5 mm in ten months and drugs responded well due to the positive support

of invisible doctor and regular Rajyoga and Neurobic exercises. Blood reports became normal. Now, all my diseases are in the state of remission.

I realised that my life was gifted by God for service to mankind. After spiritual awakening by regular Rajyoga practice, I wrote five books related to mind, memory, Neurobics and Rajyoga. Despite my busy working schedule in the armed forces, I started sharing my wisdom and experience with my colleagues, friends and relatives. Soon I became a folk hero of sorts. With great patience, confidence and authority, I motivated others and instilled the confidence in the weakest. Through God's grace I started showing the right path to the seekers.

I now realise that cancer and hepatitis-C were the best thing that ever happened to me. These diseases led to an increase in wisdom and understanding, and held lessons that paradoxically made my life better. The illness was something that was part of a hidden divine plan.

Now, after taking voluntary retirement from Indian Air Force, I have started serving mankind with the **mission of "Health and Happiness for all" and a vision of "peaceful, healthy and prosperous world"**. ●

**The more you appreciate
your own qualities the
stronger they will become.**

BODY-CONSCIOUSNESS VS. SOUL CONSCIOUSNESS

In Body-Consciousness

I'm in bondage
I have many questions and few answers
I'm afraid of dying (losing the body)
I have no control over the sense organs
I become bored and get depressed easily
The wings of the soul are clipped
The intellect is dull
I'm limited to the perception of this world.
I see a distorted past and have no clear aim for the future.
I'm disturbed by feelings of attraction and lust for bodies.
I give sorrow, like a thorn hurting everyone.
I see everyone relative to my identity, my life revolving around 'me' This is arrogance.
I am tense and tired.

In Soul-Consciousness

There are no bondages; I am free.
I understand everything that I do.
I know I'm eternal and there is no fear of death.
I'm able to practise self-control.
I understand situations and overcome them easily.
I'm able to maintain enthusiasm.
I have wings of thought to fly beyond the body.
The intellect is sharp.
I can travel to the other regions beyond this world.
The past, present and future of my part are seen clearly.
I'm attracted by the qualities of the Supreme Soul only.
I spread the fragrance of virtues like a flower.
I respect each individual and am related to them with humility.
I'm alert and relaxed.

(From the book 'New Beginnings')

“STHITA PRAJNAH”

(True essence of Shrimad Bhagwat Gita)

– B.K. Prema, Pune

The Beloved God said: “O Arjuna, when a man gives up all varieties of sensual desires which arise from dictates of his own mind, and when he finds satisfaction in the true Self – the Soul alone, then he is said to be in the pure state of ‘STHITA PRAJNAH’, i.e. transcendental consciousness, or the most stable intellect. One who has strong focus, stable attention on the one Supreme God alone; always remaining satisfied in self realising as being the eternal server of God, remains happy naturally. Such a soul with steady mind is neither disturbed in sorrow, nor elated in happiness; remains free from fear, attachment, worry, sorrow and anger.

Keeping his senses always in the service of God is the example set by the analogy of the tortoise (who draws his limbs within the shell), who is able to withdraw his senses from sense objects. A person with such a stable intellect alone can actually experience the highest taste of ‘super-sensuous joy’. The senses are so strong

and impetuous that they forcibly carry away the mind, even who is endeavouring to control them with severe types of penance. Accurate *yoga* (link or union) with one true God incinerates all kinds of impurities. God says, ‘One who stabilises his mind upon Me alone, is known as a man of ‘steady intellect’. To consciously devote to the true Personality of God is the aim of a real *yogi*.

Whilst contemplating on the objects of the senses, a person develops attachment for them, which in turn leads him towards lust, anger, delusion, and from delusion – bewilderment of memory! Eventually losing intelligence pulls him down into the pool of material; one who is not in transcendental consciousness can neither have a controlled mind nor a steady intelligence, without which there is no possibility of peace! And how can there be happiness without peace? Such a being cannot have a final goal. Frustration is due to want of an ultimate aim or goal in life. One who is without a relationship with the Supreme is

certainly in distress! God-consciousness is a self-manifested peaceful condition which can be achieved only in constant, accurate relationship with Him.

Therefore, God says, “O mighty-armed Arjuna, one whose senses are restrained from objects is certainly STHITA PRAJNAH”. A person who is not disturbed by the incessant flow of worldly desires can alone achieve peace.

As long as one has the consciousness of the body, the demands of the body for sense gratification will continue. **But the true aspirant, who has the awareness of being a Soul and not the body, is not disturbed by such desires because of his fullness and his deep connection with God, the Almighty Authority.** In fact, he will not even desire liberation, remains totally free from desire and gives up all sense of position, possessions, greed for name and fame, and is devoid of false ego. The quality of his desires is transformed naturally to the selfless desire of serving and satisfying God. This is a spiritual and Godly life, after attaining which man is not bewildered. This Divine life can be attained within a second – it is a matter of understanding, accepting and following with full faith. ●

ENRICH YOUR POWERS



– B.K. Urvashi, Mt. Abu

The divine vision, the royal clothes, the weapons, the unique chariot (*vahan*), the blessing hand that gives indiscriminately, the face of dignity, love and law – Maa Shakti. In a country where we call gods and goddesses as our ancestors, the time of festivals such as Navratri, Dusshera and Diwali is a journey of reverence, penance, attaining of blessings and leading to the victory over evil.

Each of the nine days, we invoke the spirit of a goddess; we sing praises of her life; we aspire to imbibe her qualities in order to defeat Ravan – the physical manifestation of vices. In fact, we individually fight this battle everyday. Has the festival become just a ritual or another social event or will we finally eliminate this overwhelming enemy? The powerful characteristics of the female entity have been known for ages – it would be wise for all of us to learn from our goddesses.

In most families, preparations for the festival

involve creating the sacred space for the idol, laying seeds of wheat etc. on banana leaves, above which a pot is placed from where droplets of water constantly fall. Garlands of flowers are placed in this pot. An earthen lamp or light is constantly lit. Prayers and fasting take place for the nine-day period that culminates in a *havan* or *yagya*. The tenth day is spent in creating and burning the effigy of Ravan. Looking at the spiritual meaning, these rituals speak volumes on how one's life becomes divine.

When we allow the waters of spiritual knowledge to fall from the earthen pot (representing our intellect) on our thoughts (seeds placed on the mud representing the physical body), our thinking becomes clear, positive and powerful. The seeds germinate meaning our efforts bear fruit. The flowers symbolise the emergence of divine virtues through this process. The Hindi word *Upvas* (starvation or fasting) is the combination of 'up' (to

be near) and 'vaas' (place), meaning to be close to God. The earthen lamp represents lighting the inner light or awareness of being a soul. This consciousness makes us concentrate on the Almighty Power, from whom we absorb divine powers, symbolised by the weapons in the hands of deities. The spiritual power gained during intense prayers and meditation is incomparable to any power seen in today's world. The power bestowed gives us the will to eliminate the vices and bad qualities; just as objects are placed in the fire during a *havan*, we too surrender our weaknesses.

The characteristics of goddesses are extraordinary – they are shown as young *Kumaris*, yet are called 'Mother' (respect gained through purity). They are shown with four or eight arms (possession of divine powers), each arm holding an *Alankaar* (signifying weapons of knowledge wielded at negative vices); a devil is shown at their feet (victory over evil tendencies) and many more. In the Ramayana, it is mentioned how Ravan and his ten heads (five vices each of man and woman) could not be defeated individually – each time when Lord Ram severed one head, another sprang up

again. Ravan could be killed only when he was shot in the navel. Taking a spiritual perspective, we cannot overcome our vices by removing them individually; we need to find the source—body-consciousness—the parent of all vices. When we forget our true form of a soul and true nature of peace, love, knowledge, happiness, it allows Ravan to harm us. True knowledge and Rajyoga help us hit on the target.

We often fail to ask how these Shaktis— the scriptures speak of these goddesses as being Shiv Shaktis or the powers of God Shiva—achieved such status. They were created by the Supreme Soul in His image. When we learn the method of tapping this Supreme energy, we can truly be children of the goddesses. Only then will we celebrate Dusshera permanently and, thus, become entitled to Godly birthright of Golden-Aged World called Heaven/Paradise for 21 births, in memorial of which Diwali, the festival of lights, is celebrated. So, let us empower ourselves with these divine powers directly from Supreme Soul God Shiva and inherit the God Fatherly birthright of Heaven.

ONE DAY I WAS LISTENING TO MY INNER VOICE

My inner voice says, “I am truthful, I am great and I have to do some extraordinary work”. My inner voice always restrains me from doing some mischief. We have to be honest with ourselves. Conflicting with self on normal, ‘ethical issues’ means wasting valuable thoughts in inner conflict. Nothing is more painful than the fighting of our own thoughts among themselves. When I become indecisive, confused and get depressed, I ask myself, “What to do”? Although I can listen to my inner voice, yet I am helpless, under the slavery of short-term excitements, joys, funs and amusements; I am deviating from and disobeying what my inner voice says. I want to rise again and again, but I am weeping; I cannot, as if my past *Karmic* influence is holding me back; I want to fly, relieve from past mistakes, but still cannot. “Is there anyone who can help me at this state”? Many mistakes in my life have been committed knowingly or unknowingly, consciously or unconsciously. My inner voice losing its pitches gets thinner and thinner within the noise of disobedience. Still, when I am alone, it is louder than ever before; now I am afraid of something dangerous going to happen with my life.

My inner voice is much more precious and wiser than any intelligent and wise man talk. But I am helpless as to how I can obey it. My inner voice is not getting tired of guiding me; it is sleepless and is emerging within dream to warn and correct me. But I am ignoring my own inner voice. Beyond my faith, the words of the inner voice are as valuable as the words of any great man or preceptors. I need to acquire moral courage to listen to my inner voice to transform myself. I understand that self-transformation is difficult but to keep harmony with my wise friend the “inner voice”, I have to. It is the force which wants to make my life worthwhile, ever-happy and invaluable. My inner voice is not only helpful but also best friend of my life which I cannot afford to ignore any longer.

Inner voice is our moral teacher and moral force to guide our life towards higher destiny; a life where there are goodness, tolerance and cooperation for all. Oh inner voice, “I love you and I respect you and I will comply with you all the time”!

(Through net)

GOD'S BIG SECRET – AND HE'S READY TO TELL THE WORLD ALL ABOUT IT

(We should All Take A Long Holiday Away From Sorrow. Even A Monkey Would Have Learnt To Jump Over Life's Wall. Do You Walk 10 Steps Forward And 11 Back? Or Maybe You Walk Round In Circles? Nothing But The Truth. God's www.Automatic Shoe Company)



– B.K David, Paignton, England

Oh' to get away from it all! Yet in reality, all one does is leave one set of problems and walk into another different lot. This is the world of problems, and so from the remote corners of Alaska to a tropical island, you will find a community of problems ready to greet you on your arrival. Problems and life today are as connected, as you are to your shadow. Only the person clever enough to escape his shadow can escape problems.

Wherever you go in life, take your God with you. God may have no feet but He does have an endless heart that's as big as the ocean. He may not be able to swim but He can rescue anyone from drowning in poison. All they have to do is call out to Him with honesty: "Help. Help me God", and He will come.

Life: 10 Steps Forward And 11 Back (In The Shoes Of Ignorance and Body-Consciousness)

I feel most people live their lives unable to move forward no

matter how fast or long they walk for. Why can't they? They have the wrong shoes on. They have the shoes of **Ignorance and Body-Consciousness** on either foot. Wearing these shoes you are never going to move forward in life as they will always drag you back time and again. These shoes first make you walk round in circles and then when you are giddy and confused, make you go backwards. Both of man's shoes are 3 sizes too small for you; pinch you, make you cry and tired. When worn, they boost you up, making you think you are much taller than what you are. The result, you walk round in a false world that requires much effort to get about and eventually, you just go backwards all the time, regardless of how hard they try.

Man's Web Fight Is: www.sorefeetsore-headsore-life.com

Now God's shoes have rockets built into the heel which every time you think of Him or

do something good in life for Him or try and benefit yourself or mankind, these rockets automatically ignite propelling you forward at such a speed that no one would ever see you or realise that you are travelling at incredible speed. These **Godly Speed Shoes** come in all sizes, colours and shapes, from boots, sandals through to His luxury slippers range and come with a lifetime guarantee to never wear out and always work when remembering Him. These shoes are made in India in God's special Shoes factory. These shoes if you wish to order a pair online are called **God's Automatic Flying Shoes**. God's official company website is: [www. magicsoul-shoes-madeoutofloveby-god.brahma-baba-check.com](http://www.magicsoul-shoes-madeoutofloveby-god.brahma-baba-check.com).

Ring of Confidence

There is no need to go all the way to India to pick up a pair of God's flying shoes, though you do get a few extras with the shoes if you do. I know someone who meet the

maker and although everyone online gets a personal fitting, a personal fitting in the factory (University Hall) is rather special. You even get a ring of confidence to show where you got them and who measured and fitted them for you. God's shoes are bullet proof and shock proof (death proof and unshakeable proof) as the sole is made by God from love. You need to tread carefully in these shoes as they do not like to go just anywhere. Take a wrong turning in them, and they will soon let you know. Treated well, you can fly very fast in them . They can give automatic pleasure when you take good care of them and avoid puddles (laziness) and mud (vice).

Do You Live In A House Without A Roof?

To live without wisdom or care in one's life, is to live in a house without a roof. The less care and wisdom we act with in our lives, the more the rain (sorrow) comes in. Some have so little wisdom and care, they have no roof to shelter and protect them. Living with wisdom protects you for the future (seeds) and the care you show today protects you now. Better and safer to be a builder of houses (acting wisely) than

have to be a roofer (forever in danger patching up your life). Warm and comfortable are the wise and caring. Cold and uncomfortable are the careless.

Monkey Business

Some folk just never seem to learn how to act with wisdom and care in their lives. Like if a monkey was our ancestor and had another 10,000 years to develop, it still would not be able to order a Chinese takeaway at the end of it. People keep on banging their heads on life's wall and still cannot figure out it's best to walk around the wall, and not try and walk through it everyday. The difference between ignorance and having wisdom, is a headache. It's easy to understand why so many walk round unhappy all the time never getting anywhere. Even monkeys can be trained to live a better life, but for humans, it takes more time and effort. A monkey can be trained to play the piano and go into space, whilst a human cannot even stop smoking.

Everything Comes, And Everything Goes

Everything in life moves in circles and comes into our vision and attention, and then disappears and slides away.

Man's sadness will soon slide away and be forgotten, to be replaced by happiness. All will be well then, until that same sadness reappears to sit on his shoulder and follow him as a shadow. Soon everything will be forgotten and we shall only have the beautiful day at hand. Very soon, God shall go and so will our sorrows. Happiness will come back, but not God.

Shiva's Truth Pills To Cure All Diseases. Only £2.99 A Bottle.

Many secrets remain untold and it's now the time in history for God to step forward and explain the hidden secrets of life, its mysteries, its solutions and wonders. All is to be finally revealed by God Shiva. At last, the mysteries of creation have been revealed. We get to know the great story of life in full vivid Technicolor. We are truly waiting to hear your wonders. We wait to hear the truth, the whole truth, and nothing but the truth; so help us God.

Six essential qualities that are the key to success: Sincerity, personal integrity, humility, courtesy, wisdom and charity.

— (... Contd. from Page No. 1) —

‘a mere hypothesis’ and that the doctrine of earth’s movement round the Sun was ‘not a fact’! Copernicus was given a printed copy of this book on his deathbed. At Nuremberg, people ridiculed Copernicus for his theory. Professors were forbidden to make known to their students the fact revealed by the telescope. This condition lasted for a number of generations!

Galileo was asked to make false Statement under threat of death

Similarly, Bruno also died at the Stakes. And when Galileo told people certain astronomical truths, he too was arrested and brought before authorities. He was plainly told that he would be given the penalty of death if he did not make confession of having told falsehood. He had to make the following statement:

“I, Galileo, being in my seventieth year, being a prisoner on my knees and before your Eminence, having before my eyes the Holy Gospels, which I touch with my hands... I abjure, curse and detest the said errors and heresies of the movement of the earth and the stationary sun etc.”

After extorting the above false statement from Galileo, the authorities forbade the publication of new editions of Galileo’s works. Refutations of the Copernican theory also were published. It was not until 1835 A.D. that people in general were allowed to read works affirming the motion of earth.

Likewise, there was a time when people believed that stars were the homes of angels who moved the stars from one place to the others. They also believed that under the earth was the abode of Lucifer, the Satan, and his followers and that spirits of bad men lived there in Nether World. It was not very long ago that, after a great resistance, and after persecuting those who contradicted these beliefs, people gave up this wrong faith. Earlier, whoever tried to tell them the truth, they hardly listened to him and even persecuted him.

One learns from a study of the history that many great masters in the past were forced to observe silence due to the general prejudice of the masses or they concealed the deep, inner truth in symbols, parables, allegories or proverbs so that only those who really sought new knowledge might

labour to understand it.

Prejudice built up by the educated class and educational institutions

The prejudice towards new thought is built, not merely by people’s ignorance or attachment to old beliefs, but also by established schools or institutions of learning. They have been resisting any such thing from reaching the hand of the masses, that contradicted what is stated in the course books or the authorised versions. They moved on to crush anyone who dared to be so bold as to contradict the old and impart the new.

A little change in the environment

This prejudice continues even till today though to a lesser degree. One now has the freedom of expression and of belief and one may, therefore, bring out in print new ideas which contradict the old beliefs. One does not now generally fear such persecution as one used to fear a century or more ago. The educated people also are now more open to new ideas and the educational institutions also now encourage research. There is thus some change in the environment as compared to what it was even hundred or fifty years ago. But the in-built prejudice to new

thought and resistance to new beliefs has not yet comparatively vanished. Also there are religious fanatics around who still threaten those who vehemently state their opposite beliefs with death. Though the invention of the printing press, the radio and the T.V. and the right of expression have made some difference yet even these also sometimes put a pressure on those whose beliefs can have the effect of unsettling the age-old beliefs. People put pressure on a thinker and ask him not to say or print a thought that may have the possibility of causing a violent reaction. And, there can always be 'a violent reaction', if a totally different idea or interpretation is given, from the one to which a large number of people are either emotionally attached or blindly committed. So, this again means a great barrier in the path of impartation of the truth.

The wrong argument of 'violent reaction'

It should be remembered that false knowledge or ignorance builds up deep prejudice, hatred and emotional attachment which lead people to violent reaction. In order to remove prejudice and

hatred, its base, namely, false knowledge will have to be removed. And, in order to remove the latter, truth will have to be told. When Truth is told, false knowledge will feel threatened; will generate hatred and violent reaction. So, we should try to devise methods which can stop false knowledge from putting up violent reaction.

God's arrival on World Scene at proper time

People of all theistic faiths believe that God is Truth personified. Therefore, they also believe that God alone can reveal the final, the perfect, the unadulterated Truth. In order to do this, God has to take a human medium. But, if He took a human medium in an environment of virulent hatred, prejudice and resistance, He would not be able to tell the truth. He, therefore, takes a human medium when the environment shows signs of slight change and when it starts changing gradually. Seventy four years ago, when God took a human medium, there was a response of hatred, prejudice and even slight violence. Gradually, people's bias went on building up. There was a strong resistance against and

opposition to God's new knowledge. Gradually, this started tottering unto the power of truth. The climate built by movements of human rights and religious tolerance also was a bit helpful. This, therefore, is the opportune time when God can reveal the truth, for at least some people will listen to it. But, people, who see the resistance to or opposition against this new knowledge and who see small number of people at Brahma Kumaris centres, should bear in mind that this has always been the case with preachers of new ideas and that, initially only small number of people accept new knowledge. However, as time goes by, more and more people accept the truth. The truth of the knowledge should not be judged by the small number of people who accept it but by the change it brings about in their lives. People should, therefore, now rise up from their slumber, give up their resistance and opposition and should learn a lesson from history and should recognise God's knowledge from the process of great transformation it has started worldwide at the opportune moment. ●

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