

|| From the mighty pen of Sanjay ||

## FORGETFULNESS AND REMEMBRANCE

In the world around us, we see a lot of trouble and turmoil. Here and there we do see some fun and frolic also, but the bloodshed, the loot, the lust and animosity mar the whole show and spoil the whole landscape. The innocence of a child does impress us but when we see that the child, after it has grown up into a man, drops bombs to destroy the huts and hamlets and the poor babies also living under the thatched roofs, or burns his Alma Mater, that which is barbarous in him appears clearly before our view. The question therefore comes up: "Why do we see sensible people go amuck and innocent turn wild"? "What is that sometimes which brings out the dumb lamb and sometimes the howling wolf in man"?

Leave aside the question whether this drama of tragedy and travail has been going on ever since this world was created and whether or not it will last till the doom's day, for this question, though important, brings many other ripples in the lake of mind. Presently, we want to confine our attention only to the question: "Is there any single and simple factor which is responsible for the divine as well as the devilish in man?"

### The important factor

From my observation of life I find that the main deciding factor that changes the behaviour-pattern of man is that he forgets some essential lessons of history or of the earlier period of his life which he should, in fact, never forget. Or, he remembers time and again certain things of the past which, in fact, he should forget once for all. This perverse use of the ability to remember and to forget makes the whole difference. This point will now be illustrated by means of some examples:

### Examples

Haven't we all heard of the story of the invasion of India by Alexander, the Great? It is said that before his death, he called the Generals of his Army by his side and told them that, when after his death, the hearse would carry the body, his hands should be kept out of the coffin so that the spectators might learn a lesson from his life that the plunder and massacre he had let loose in pursuit of wealth and dominations, had resulted ultimately

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# ***SPIRITUAL EMPOWERMENT*** **&** ***WORLD TRANSFORMATION***



An occasion to remember happens once in a blue moon and this was one such kind: The special get-together of 130 senior BK instruments, both sisters and brothers, from all over Bharat that took place on 27th and 28th November 2010 in Shantivan (Abu Road) was like a conclave of swans. Members of the Managing Committee, Zone-Incharges, Sub-Zone Incharges, and Chairpersons, National Coordinators, Headquarter Coordinators of the Service Wings were specially invited to focus on Avyakt BapDada's inspirations and emphasis on **'Inner Transformation and Enhancing the Power of Unity for God's Glorification'**. The Trimurti Dadis and Trimurti Senior Brothers shared insights, gave spiritual sustenance and encouraged new inspirations and enthusiasm. The atmosphere was highly charged throughout with powerful vibrations of spiritual love, feelings of nearness, positive

attitudes and determination to bring on new beginnings to fulfil BapDada's deepest wishes.

All the participants felt highly honoured to be part of the conclave. They assured the Dadis of playing their respective roles accurately to inspire and guide other Brahmin sisters and brothers in a way where everyone would feel: ***"Our Father is One – We are one Divine Family"***. This would result in strengthening unity for subtle transformation of the atmosphere, and guarantee liberation and liberation-in-life to the otherwise suffering society all over the world. The emphasis was mostly on personal empowerment with the realisation that the 'Leader' or 'Responsible Instrument' needs to lead by personal example.

***Revered Dadi Jankiji, with personal stories and Brahma Baba's words of wisdom, underlined the need to focus on the following four important aspects:***

▶ **1) Blockage:** A blockage in the heart (feelings, emotions and attitude) makes the head heavy.

Judgement is impaired when we accumulate old, meaningless issues in our hearts.

▶ **2) Bondage:** One is not free to act under bondage. To forget the past is the royal sanskar of God's children.

▶ **3) Barrier:** Spiritual progress cannot take place if there are barriers in life. Don't allow situations or sanskars to hamper you on your spiritual journey.

▶ **4) Bridge:** By acting as bridges, we can help others to cross over the ocean of life. If God is seated in your heart, then you will be able to overcome anything in life.

Her emphasis on having immense love for each other based on **'We are one – Follow one Shrimat'** was appreciated by all. Dadiji said, *"Whoever looks at us should get the vision of God, the Father. This would happen when we have deep respect for each other. We need to have as much love for each other as we do for God. Let there be sweetness in our words. A*

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*natural smile on the face based on deep spiritual consciousness would get things done automatically, nicely and lovingly. Be truthful and loving, and nothing will be difficult...”*

Revered Dadi Hirday Mohiniji shared her vision and emphasised the need to glorify the Father through one’s divine image and divine activities: “Just as the atmosphere of Madhuban attracts everyone, every centre should become just as attractive with powerful and divine vibrations. Visitors should get the feel of a unique atmosphere at the Centres. When there is attention on maintaining a life of tapasya and yogi routine, then sanskars would change. All are gyani and yogis but the atmosphere of each place needs to be unique and loving. Full attention needs to be given to complete transformation of sanskars.

“Everyone seems to have the inspiration and deep interest to bring about inner transformation in sanskars. This would help service companions, and other sisters and brothers, to become more introverted and help in charging the atmosphere with

*yoga-power. The responsible instruments need to become ever-ready and others will follow. At this time of extremity in the world, God’s advice is to become complete and perfect. This is definitely the aim of our lives. He wants to see likeness between aim and activity. Become the authority of experience now. Who else will change if we do not change? Have this firm thought now”.*

***The following are some more beautiful jewels of wisdom shared during the Meeting:***

- I have to be careful not to keep my vision on defects of others. If I merge someone else’s defects in my heart, then my own hidden weaknesses will come to the forefront. If I have to donate virtues, then I first need to accumulate them.
- Show your appreciation and joy at seeing others progress and grow in spiritual life.
- Quality souls will emerge on the path of spirituality when they see the honesty and depth of practical knowledge in our lives.
- Our aim is to see everyone attach his heart to the Supreme Beloved. . If my heart is attached to God,

then it can never be disheartened or feel any burden.

- Spend the early morning hours from 4:00 am to 8:00 am in as much silence and God’s remembrance as possible.

The senior sisters and brothers, most of whom have received personal sustenance from Sakar Baba, Mama, Dadis and Dadas, were highly motivated and shared their determination to follow BapDada’s shrimat firmly and without delay. This realisation from the heart is the greatest achievement of the meeting of minds and hearts of senior instruments for world-transformation.

Glorification of God is a must and will be achieved. We receive divine blessings constantly to nourish our hearts and minds, and so will become 100% accurate Right-Hands of God at the earliest.

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**“OH GOD! HELP US...”**

Adverse remarks by Allahabad High Court after Supreme Court states, **“Corruption at its worst – Danger of Country’s Disintegration”**.

The nation (Bharat) has been

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aspiring to join the most powerful Security Council at the United Nations for which America - and now France - is advocating our candidature. It will be a matter of great honour for every citizen of Bharat when the nation finally becomes a Member of the said Council. However, it is a shame when we find the so-called powerful people in corridors of authority camouflaging their worst weakness of accumulation of thousands of crores of rupees/dollars through corrupt means. Much before the current Parliament session, the Media reports about scams after scams have sickened the thought processes of a majority of Indians.

This has reference to the front page story in Rajasthan Patrika of Saturday, 4 December 2010 (Sirohi Edition) with headline: '**Hey Bhagwan, Madad Karo (Oh God, help us...)**' Justice Devi Prasad Singh and Justice Chaurasia of the Lucknow Bench of Allahabad High Court remarked, "*Corruption in the country is at its peak; this has not only shattered the dreams of Gandhiji and Nehruji of taking the nation ahead, but also those of Vallabhbhai Patel of keeping*

*Bharat united since this can lead to the disintegration of Bharat*" in relation to the Rs 35,000 crores Food-grains Scam in Uttar Pradesh, between 2001 and 2007.

Gone are the days when 'Honesty is the best policy' was practiced by the rulers and they ruled alike. Rather, corruption at every step has become the order of the day; it is the policy, it seems. This kind of policy from top to bottom had gnawed away at the backbone of the nation. God is not omnipresent but the five vices of lust, anger, greed, attachment and ego are undoubtedly at their worst and have seeped into every corner and crevice of human life. How can the nation be salvaged?

Honourable people like Sri Ravi Shankar, Swami Agnivesh, Kiran Bedi et al are raising their voices against corruption. For decades, the Brahma Kumaris have been carrying on a non-violent movement of spreading values and spirituality to awaken society. With the aim of enlightening the youth against all kinds of corruption and malpractices, a campaign for students (University, College and School students): **Green the Earth, Clean the Mind**

will continue all over India for two years. Education in Values and Spirituality is the need of the hour to save not only Bharat but the whole world from destruction due to corruption, violence, terrorism and even nuclear war. It is high time our leaders realise the immediate need of spreading values, both moral and spiritual, in order to strengthen the fabric of society and re-awaken the consciousness of love for the nation.

Nehruji's dream of National Integration can be realised only through the conscious and vigorous dissemination of spiritual Education. The combating force to corruption would be *real inner richness, inner satisfaction, inner happiness based on self-discovery, self-esteem and self-realisation. Creative Meditation focused on the spiritual identities of the Self and the Supreme help us experience these golden aspects of human consciousness.*

May our worthy Prime Minister and Chief Ministers kindly take note of this essential need before it becomes **Too Late...**

**- B.K. Nirwair**

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facts. This is now in many cases misused, misinterpreted or misapplied. It is not digested properly. There is no illumination either inside or outside. One does not know his relationship with himself, his family, the society in which he lives, his relationship with God – the Creator. With lot of information in his head, he is inebriated with the position he holds, the material possessions, the information that he has gained over the years and so on. Modern science has given man intellectual energy and the command of immense physical energy resources; both these energies are unfortunately digesting him and making him alienated, frustrated, bored, anxious, tense and cynical. ‘We are in the middle of a race between human skill and human folly as to end. ‘Unless men increase in wisdom as much as in knowledge, increase of knowledge will be increase of sorrow’, observed Bertrand Russell in his book ‘Impact of Science on society’.

### **Spiritual knowledge**

In the Chandogya Upanishad, there is a reference about the great sage Narada going to the great philosopher Sanathkumara to have the knowledge of the truth.

Sanathkumara asked Narada to tell him what he already knew so that he would teach him further. Narada replied that he knew the Vedas, the Sciences, Arts, Music and so on and said that he was unhappy, sorrowful and peaceless. To this, Sanatkumara said ‘you have learnt all the Vedas, the Sciences and the Arts, but they are merely strings of names, words, mere transformations of sound. You must seek for the meaning behind all the sounds, behind even all thoughts, the supreme truth of being. This is where the true *vidya* – education comes into play. The knowledge of the self, ‘*Vidya ya amrutam asnutaye* – ‘*Vidya* – education is the nectar which cools down the senses what is called self-control. The higher self takes control of the lower self. The lower self is the organic outfit, the body. The higher self is the soul, the micro star of consciousness, with the mind, intellect and latencies as its faculties. Soul-consciousness or the consciousness of the real self releases the natural traits of peace, love and happiness. These are the natural virtues of the self. Thus the knowledge of the self is transferred into virtues throwing light within and without, enabling the self to see

the person in front and its neighbourhood. There is double light. The moment the knowledge of the self is realised, the real self flames forth radiating the rays to the surroundings in the form of peace, love and happiness. The inter-linking chord of relationship of man and man is seen to be believed. The brotherhood of man is understood and experienced, pointing to the fact that there is the father on High. The darkness within and without is driven away with the new light, the understanding of the self worth, the virtues of peace, love, compassion, happiness, contentment and maturity begin to manifest in inter human relationships, knowing fully well the type of relationship one has to have with oneself, with one’s family members, the members of the society and the Creator – God. Thus, the light of knowledge is converted into divine insight – wisdom. Regeneration of virtues in life is not an end in itself. Virtues improve the quality of life. Virtues will be automatically reshaped into values when one deals with other members of the family and the society. Values are applied wisdom. Peace is a virtue, but when applied in day

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to-day life situation, it becomes a value such as peace of mind or peaceful actions. When there are virtues and values in life, better wisdom prevails. Human concern, compassion, and imaginative sympathy come into play. Virtues and values help one to exercise the power of discrimination and judgement. In this situation, one is able to use properly the information—knowledge gained into the field of natural sciences for the betterment of oneself and others. God is the perennial source of all divine virtues and better wisdom. Virtue development, value applications and replenishing the power of judgement and discrimination will be a natural process if a super mundane relationship is established with the father on High, the God.

### **Stress-free living**

We become stressful when we do not have attention on our thoughts, words, deeds and also relationships. Sometime we become arrogant and negatively aggressive. We take decisions quickly without considering the consequences of our words and actions. We do not introspect over our thoughts, words and actions. We do not constantly maintain awareness of what we are thinking, speaking and doing.

In the absence of this kind of close watch over our thoughts, feelings, emotions, words and actions, we become stressful. Stress is a pressure which tries to communicate to us that there is need to accept, accommodate, change, transform or face certain situations and events. This is necessary at the thought level. First of all, knowledge empowers us to be free from stress in all kinds of stressful situations. Knowledgeable in the context of stress management is being in a combination of constant soul-consciousness, attention and awareness. Soul consciousness gives us the ability to understand our thoughts and feelings properly. It helps us to connect with others and also with God with a sense of belongingness and closeness. It empowers us to be flexible and mouldable. When we are soul-conscious we have a broader perspective on life and life situations. Everything in life is in the process of a regular and constant change. Knowledge is power, light and might. When we apply knowledge again and again, it becomes wisdom. A wise person will not become unhappy and get stressed. He knows how to handle all kinds

of situations and mental vagaries diligently and tactically without disturbing himself. Such person enjoys all situations in a state of equilibrium. Spiritual knowledge helps us to gain wisdom. Clarity of knowledge manifests itself as wisdom and it will become a natural trait in our life. Ultimately, there is no stress. Again, stress is always a wrong thinking or negative thinking or a wrong perception over a situation or event in life or about a person. In similar situations, one person will become stressful and another person will enjoy that situation. When the laboratory of Thomas Alva Edison caught fire, he asked his son, who was nearby, to bring his mother so that she would also see the fire and enjoy. His son was surprised and tense while Edison was at ease. It is said that the king Janak lived in a palace, but regarded nothing as his own. One day a recluse who outwardly had renounced the world and put on an ochre robe came to the King's palace. Seeing the king surrounded by pomp and grandeur, the recluse thought to himself, "How could this man, living as he does in the midst of luxury, have attained God?" Just then he heard a cry, 'The palace is on fire' immediately,

# **KNOWLEDGE AND STRESS-FREE LIVING**



– B.K. Surendran, Bangalore

**K**nowledge is required in all walks of life. We must have the knowledge of our own body and its nature, the environment, the food we eat, the cloth we wear, the people with whom we coexist and come in contact with and so on. In short, we have the knowledge of the physical sciences more than ever before. We have great scholars in physical sciences. We can, therefore, call ourselves as educated people. This achievement started with the vernacular education. The literacy missions started by the Governments at the Centre and the States have made some to boast themselves of having achieved hundred percent literacy rates. Others are also making lot of progress in this direction. Of course, this is very necessary so that people in general are able to at least read and write and also converse better. But one thing which baffles all right thinking people is the fact that as the educated mass increases, problems in the society are also increasing. If

we go into the terrorist and extremist groups, many of them are found to be the so-called educated mass that are on a sabotage mission as their aim is to create panic and destruction.

It is high time that we should seriously introspect as to how the educated people take to the destructive route. This route not only destroys them, but it also destroys many others. Education is the process of gaining knowledge which enlightens an individual to lead a better life. It is the process of de-learning and re-learning, deconstructing and reconstructing experiences which makes one mature. Humility, simplicity and tolerance are the hall-mark of an educated person. We all know that violence and war have never established peace on earth nor settled any problems. Education in physical sciences is a must because such an education has enabled us to enjoy the physical comforts and conveniences in life today. We have the flying vehicles, the super computers, facilities to

connect to all the people in the world in a second, and the software revolution which made our life miraculously comfortable and faster. These are all marvellous achievements which we can be proud of. This is the wealth of physical knowledge which gives us physical facilities and comforts.

There is physical and intellectual development. These are all necessary. But, there is no knowledge to nourish the real self. We study the sciences but remain innocent of the scientific spirit and temper, of love, of truth, intellectual detachment, passion and respect for facts and ignore its lessons and warnings in our attitudes and behaviour; we study law but behave lawlessly; and create law and order problems; we study sociology but easily become prone to anti-social activities; we study grammar but speak ungrammatically and we study logic but think illogically. We have no control over ourselves. Our control is outside of ourselves. Many of us are pundits and not practical persons. It is practical life that is needed, not doctrines, creeds or dogmas. Now, in majority of the so-called educated people, knowledge is only collection of information and

the recluse ran out to save his loincloth which he had washed and hung on a rope to dry. When he returned, he was astonished to find the king sitting there unconcerned. The recluse asked the king ‘O King, did you not hear that the

palace was on fire?’. How is it, then, that you sit here as though nothing has happened?’. The king replied ‘what is mine is with me; it cannot be burnt by fire’. The recluse found that the king Janak was a true spiritual leader who could

inspire others. Therefore, it is our thoughts, our approach, our attitude and our understanding towards a situation, event or about a person which make us stressful or at ease. Right knowledge plays an important role.

## THE CHAOTIC WORLD OF IMBECILES

– B.K. Neena, East Delhi

I came across a Website  
Wherein, Hindu-Muslims indulged in a  
petty Fight  
Hurling Abuses on each other  
Calling obnoxious names to their Deities  
bright  
For I couldn't bear such sight!  
I intervened asserting my view  
That the Blood within us was red not  
white!  
As Souls, we were all brothers  
The Children of the **Supreme Soul**  
Remember "I" as a soul, not a Body-  
Better grow  
Therefore, be a holy Swan –not a Crow!  
He is neither in temple, nor in mosque or  
church  
**Thee** is one shining point of light–not  
Omnipresent, folks!  
They in turn wondered who I was  
With raised eyebrows!

I quietly wrote on the site  
That I was a God's child, honest-upright  
Propagating the message of Godly Love  
and Peace  
Throughout the Globe-right  
So, why indulge in this ugly spat  
When God has descended to give you a  
gentle pat  
And to redeem you of your sins, rid you of  
your plight!  
**Baba** said – "My child, mercy these  
ignorant imbeciles  
Through the service of your Mind (*Mansa  
Seva*)  
Give them a divine intellect and a Mind  
Right"  
I whispered – "**Baba** grant them Liberation  
Which albeit, was their very prerogative –  
Every soul's legitimate right!"  
(As they too were your sweet children  
without mention!)



# **DEEP SECRETS OF KARMA**

– B.K. Prakash Talathi, Lagos

**W**e know that we are all actors playing different roles in this Eternal World Drama. The earth is the stage, and the sun, the moon and the stars are the light arrangements, and nature is the backdrop. This is the only place where we can come into physical action, and hence this world is known as the Field of Action (*Kararmkshetra/karmabhoomi*). So words like *karambandhan*, *karambhog*, *karmayogi*, *karmateet*, etc. are often used.

## **THE THREE SETS OF LAWS**

Every human being is governed by three sets of laws in this physical world simultaneously. They are:

**MAN-MADE LAWS:** These sets of laws are produced by religious leaders in order to maintain a high standard of morality, harmony, love and peace in the society. In good old days the respected, honorable, matured personalities from the society formed a “*Panchayat*” to implement these laws. Governmental laws are

formulated by the elected members from time to time according to the situation and the need for the well-being of the citizens. They are implemented by police force and judiciary. If one violates these laws and is not caught, he goes scot-free. However, if he is caught, then it has to be proved beyond doubt, then only he is punished. The witness is required. The criminals have become smart and corruption entered in the system to such an extent that in spite of violating the laws, one can be acquitted as innocent!

**NATURE’S LAWS:** These are laws of Nature and are based on physical sciences like Physics, Chemistry, Biology etc. e.g. gravity, Newton’s law, biological laws etc. If the laws are violated, no witness is required. No manipulation is possible. One has to pay for it. If a man and a woman are involved in illegitimate relationship, what they may do in dark, the nature will reveal it and expose them in broad daylight. If someone stands in

the balcony on 14th floor of his residence and thinks, “I am a free citizen of this nation and free to do whatever I want and starts walking in the space, he will learn a lesson on violation of Gravity, if he is still alive.

**Ageing** is also a law of nature. Everything has to go through the three stages of *Sato* (New) à *Rajo* (in between state) à *Tamo* (Old).

**Change** is also another law of nature. Nothing is permanent. Only thing that is permanent is Change. It is a Buddhist law of **impermanency**. Nothing is stagnant. Everything flows according to time. Dr. Deepak Chopra says no one can enter the same river twice. (**It is an old saying.**)

**LAWS OF KARMA:** Karma means “**Action**”. These are spiritual laws and are applicable to every soul.

Here too no witness is required; no evidence is required. One can’t deny whatever he has done in front of Dharmraj (Celestial Chief Justice). So, this law makes us responsible for whatever we do.

Every action, whether good or bad, depending on the quality of the action, is given the fruit. The soul is either rewarded or punished. No action goes unnoticed.

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The karmic account has to be settled separately and singularly or collectively.

The fruits of the actions mature at any random time. The time is unpredictable. This unpredictability creates suspense. The fruit of the action comes all of a sudden when we least expect it.

Every action is a **seed**. Performing an action is like sowing a seed. The time when it will mature to give the **fruit**, and the **quality** of the fruit, are both unknown and unpredictable. This makes this law quite complex, secretive and confusing; so it is said that course of the *Karma* is secretive (*Karm ki gati guhya hai*).

This spiritual law is expressed in Bible as – “As you sow, so shall you reap” or like Newton’s third law – “Action and Reaction are equal and opposite.” **Every action is like sowing a seed which produces a fruit which can be said as reaction or response.** In fact, action becomes the cause for another action or reaction. Hence, this theory is also known as the theory of **Cause and Effect**.

### **CAUSE AND EFFECT**

There is always a cause for any action we take. And the action that we perform in response produces an

effect. This effect in turn becomes the cause for another action. Hence it becomes a **chain reaction** that goes on and on, unless one of the actors stalls this chain by not reacting, by keeping their peace and their cool and by becoming tolerant. So this chain of cause and effect can only be stopped by using Power of Tolerance by one of the actors.

Suppose ‘B’ makes a determined thought that ‘Let “A” do whatever he wants and that he will not react.’ Then A will continue giving problems to B in a natural way as he is not aware of B’s position. But one day he will notice that in spite of his causing so many problems, “B” is not reacting, as if he has no bones! So there is no fun in continuing the game. With this realisation he will stop causing problems to B. This is how the chain of cause and effect will stop.

Here the fun is that when the karmic account between them finishes, that is the point A will get the realisation.

Only when souls understand and realise the ‘cause’ for their suffering, can they change their attitudes and behaviour. Otherwise, they will continue to commit sins because of their ignorance and would continue to experience sorrow. This is why understanding this

Philosophy of Karma is very essential.

### **FRUITION**

According to the time of fruition, the actions are classified as Instant **Fruition**, Short Term **Fruition**, and Long Term **Fruition**:

▶ **INSTANT Fruition:** X abuses Y and Y slaps him back on his face immediately: this is an example of Instant Action; quality of action being negative.

You help a blind person cross the road or give a glass of water to a thirsty man or direct a person who is looking for an address, etc.: these are all acts that will give you instant fruit, i.e. happiness and joy.

▶ **SHORT TERM Fruition:** These fruits refer to actions that are performed in the same life and rewarded accordingly later on, in some other time again in the same life. An employee is paid for his services on the last day after working for a month: this is an example of short term fruition. As the fruits are received in the same birth, there is total clarity as to what causes it. There is no confusion, no secret.

▶ **LONG TERM Fruition:** We receive the fruit of our actions performed in any of the past births in this life. We are totally unaware of the cause as to why we are getting what we are getting. This is why so

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called innocents start blaming but ‘Why me?’ This can give us great sorrow and pain or pleasant delight depending on the action that we performed in the past and had completely forgotten. This makes the philosophy of karma confusing, mysterious, complicated and full of suspense.

Once, during my days of college life, I was staying in ‘Siddharth College Hostels’ at Wadala, Mumbai. The hostel mess was serving us 3 meals a day except Sunday. Sundays we were served with breakfast and lunch only and no dinner. Being young, we felt hungry in the evening. We friends were going to Dadar TT, a neighbouring suburb for taking some snacks. One Sunday night, when we were returning after taking our food, we saw a double-decker bus coming from Wadala depot. Being 9 – 9.30 p.m., Sunday night, the road was practically clear (empty), the driver was driving at a full speed. Suddenly, one gentleman started crossing the road at a wrong spot where there was neither a traffic signal nor a zebra crossing. The driver noticed that unless he did take any preventive measure, the person was surely to be killed. So he turned the wheel towards the foot-path as the footpath was also deserted being Sunday night. The bus

went to an electricity pole and banged on it with heavy thud and stopped. The radiator water started dripping and steam from the radiator threw the lid a long distance away and registered its protest by loud noise. The pole got bent and broken in such a way that a person who was walking on the footpath got hit directly on his head and collapsed. We were the only witnesses at that odd time of night. Seeing the happening, we got shocked and confused. The person who violated the man-made laws survived, and the one who was following man-made laws and walking on the foot-path, lost his life for no reason! The bus driver indirectly kills one to save the other!! In present tense there is no justification! And that makes the Karma philosophy confusing and deep.

No one is required to tell us that there must be some karmic account between the driver and the man saved. The one who got killed was to be punished for his past deeds. But it is very much interesting to see the accuracy of the entire scene. The speed with which the bus was coming was sufficient to take the life of the person who was crossing abruptly and the impact was even very much sufficient to uproot the lamp-post. The distance was so

accurate where the man was placed from the pole to kill him. **So, it is said that the Drama is accurate! Such accurate planning is beyond human capacity.**

During my college days I saw a movie “The day of the Jackal”. It was based on the life of the then French President, Mr. Charles De Gaul. They planned to kill him seven times and every time he was miraculously saved. Once, after the public meeting, he was standing with some people and discussing. The assassinator was standing on the roof of a building with a loaded gun and the cross was set on the head of Charles and the assassinator’s index finger was on the trigger. It was a matter of pulling the trigger, and Charles De Gaul would be dead. He pulls the trigger, everyone holds his breath. The camera swang and we saw Charles bending to kiss a war veteran, and the bullet passed un-harming him. Everyone heaved a sigh of relief. This is human planning, it may or may not work!

I want to bring an important point to your attention. We, souls, the energy points have an eternal relationship—one with the Father of the Souls, Shiv Baba and secondly, with five elements of nature of this planet. During

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the Kalpa of 5000 years, almost all the time we stay in the casings of these five elements known as body. So we have got karmic account with nature as well. We are housed in these casings provided to us by the nature through our biological parents; so it is our duty to use these casings carefully, clean them, maintain them nicely and never misuse them. Those who misuse these casings are dealt with by the nature severely. Someone using his eyes for wrong purpose may become blind in some other birth. A chain smoker may get an asthmatic body.

Somewhere in 1980s in the KEM Hospital, Parel, Mumbai, an incident took place which shattered all Bombayites. In this hospital, one very young beautiful girl Karuna Shanbhag (name changed) was working as a nurse. One ward boy was deeply attracted to-wards her (I can't say mad in love with her). Naturally, she was not interested in him. Why would she take liking to a ward boy? She might take interest in a doctor for a secure future. So she was not responding to him. However, he was mad after her and was keeping eye on her. One day Karuna wanted some surgical tool for the attending doctor; so she went to the

stores. Incidentally, it was a lunch break and no one was there in the stores. Being acquainted to the place, she started searching for it. The ward boy noticed the situation and quietly entered the room and bolted it from inside. As she was not interested in him, she was not co-operating and that resulted in a struggle and a fight. Seeing her resistance, he was becoming more and more angry. The beast in him was fully aroused. He saw a bicycle chain lying in the corner. He picked it up and started lashing her everywhere on her body. She went into coma.

The ward boy came out of prison after a jail term; however even to-day she is lying in coma. As there is no mercy killing she is fed medications, food and being looked after for her general hygiene.

We can easily understand both the souls must have some karmic account between them. But what we can't understand is why the soul is trapped for years in the cage of the body? Why it can't fly like a free bird and enjoy the taste of freedom, i.e. liberation? So she must have a very severe karmic account with nature.

**So karmic account need not be always between the souls, but it can be with**

**nature as well.**

Let me share one more point by quoting another true story. Sister of my very close friend Ravi Fadnis (name changed) was staying in our neighbourhood. She was carrying. She delivered a baby boy prematurely. So doctor advised the nurse to keep the infant baby in the incubator. The nurse placed that child in the incubator in such a way that the powerful light was focused on the eyes of the child, and the child who was born healthy and free from any defect, closed his eyes forever and became blind. The nurse's negligence caused a severe punishment to the child that he couldn't see this beautiful world anymore. Now it is very much clear that a new born baby can't have any account with anyone in this life. There must have been some karmic account between them or she is instrumental to give him punishment for his misdeeds of past lives.

**This proves beyond doubt that there are more than one life for a soul. So rebirth is a fact.**

**It is interesting to note that 'Actions are under our control till we execute them. However once executed, we are controlled by it's reaction.'**  
*(...to be contd.)*

## **QUESTIONS AND CONSEQUENCES OF THE CYCLE OF TIME**

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

**H**ow do we explain “eternal recurrence” through the first and second law of thermodynamics? It is quite easy. Matter cannot be destroyed. It transforms. Therefore, “I” will exist forever in my current form. It is just a matter of time until my form appears again. Even though we observe that a person “dies”, matter and energy transform into something else and after “x” number of transformations, it must go back to its current form. (Poincare expressed this concept) Because there is a second law of thermodynamics, my body in this birth will degenerate, it will “get old” as time goes by. In Matter there are three processes that we can observe; there is “creation” in which the old gets transformed into something new. This is not “creation out of nothing,” which as we know is illogical. Once creation takes place, there is “maintenance” while entropy takes its toll and finally, there is “destruction.”

I was born. That is creation.

I wasn’t born out of nothing, but the union of my parents’ sperm and ovum formed my body. Then, as I begin to grow up, entropy makes my body old until my body meets death. Those three processes apply to everything existing. However, after “destruction”, there is “creation” again. It is a never-ending process; a cycle.

Those who have the mental capacity to follow this so far, may be asking themselves: “When I die, I will be gone. This explanation is saying that there is creation again, so what happens with me, how is that possible?” “The body changes into a newborn again. Welcome to the concept of “reincarnation.”

However, the body is not the same; it is definitely a new body from the old one I used to have. The question is: Where is me? Definitely, you are not the body because you have a new body. You, the eternal sentient light energy is known as soul. The first and second law of thermodynamics applies to this

spiritual energy as well. You will go into a new body.

But why don’t I remember anything of my previous body? Of course, most will not be able to remember, due to entropy. However, your tendencies, character and learned behaviors will be with you, the soul, but in a different body and under different circumstances and in a “lesser quality” due to entropy. Matter is eternal but it changes. Because time is a cycle, a soul can only take a predetermined amount of births in that cycle of time, before repetition kicks in. Our intellectual ability, consciousness, thoughts and behavioural patterns are all contained in the soul. Thoughts are non-material. It is illogical to think that thoughts are material or caused by the body or the physical brain.

So far, I am logically proving (showing/presenting/highlighting) that time is cyclical.

Scientifically, there are problems when using “linear time.” The most prevalent problems are the understanding

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of how systems start in low entropy and the problem of the arrow of time, and last but not least, the popular philosophical question, “who is first, the chicken or the egg?” cannot be answered in a logical, reasonable way by any western scientist defending time as being linear. I have written an article about that topic here: <http://www.helium.com/items/487172-philosophy-which-came-first-the-chicken-or-the-egg>.

This article has been consistently the number one article out of 67 articles for many weeks already. It is interesting to note that current western traditions are unwilling to accept something which is quite obvious. Scientists are paid to defend whatever the source of income for their research dictates. Their science many times is not for the sake of finding the truth but rather to defend a particular system. To accept cyclical time means to demolish traditional beliefs, even to challenge religious dogmas which are currently sustaining societies. That is a lot to ask a scientist to go against.

Many individuals will not bother about the significance of finding the logical answer of the “chicken and egg” problem; their minds are lost in earning

an income and spending that in material goods. That is the “normal” individual, the majority, the mass etc.

Most are unaware of the logical consequences of accepting cyclical time.

#### **WHAT ARE THE LOGICAL CONSEQUENCES OF ACCEPTING CYCLICAL TIME?**

▶ 1) There is predestination. Paradoxically, “free will” only exists while we are not aware of predestination. We have not chosen our parents, body, situation etc. Our thoughts come and go; we ‘think’ that we make a choice out of our own volition when in reality it is depending on the circumstances which we have not chosen.

▶ 2) Everything that exists is eternal. There is recurrence. Things repeat exactly the same at a fixed time. Astrology and astronomy have a reason to exist in predicting the future, because it has been the past at one point in time.

▶ 3) Fortune telling is a reality. It is like “fast forwarding” a movie which has already been playing for eternity. Likewise, it is possible to go to the past. (Regressions) The “arrow of time” is time reversal symmetric; it can go to the past as well as the future only in a cyclical view of time.

▶ 4) Human beings are eternal as well. We will come back again and again to represent the same acts, the same story for eternity. However, that which survives when the corporeal body transforms (i.e. death,) is what is commonly known as the soul.

▶ 5) There is no such thing as dualism between soul/body. They are not opposites but complement each other. Existence in the physical world is possible because of the body; there is time at every step. However, for a soul, time does not exist. Therefore, time is paradoxical. It is one of those “truths” which depend on our state of consciousness to be able to “see it.”

▶ 6) Since things are predestined, we don’t learn anything. The soul has a particular story to express and experience. We remember at every step. Physical life is about expressing and experiencing. That is the “purpose of life” when time is cyclical.

▶ 7) Entropy makes possible what we know as “opposites.” New and old are opposites, but at the same time they are complementary, because one cannot exist without the other.

This is “Yin/yang.” Creation and destruction are complementary and opposites,

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entropy manifests in between. There is creation because destruction has happened. This dualism allows a human being to experience the two opposite spectrum of experience, “good and evil,” which in reality do not exist as separate, but are necessary for the “self propellant machine of the universe” to move towards higher entropy. This story of necessary occurrences is enacted by all human and living beings. Every action has a consequence.

It is a world of cause and effect. There is no randomness, casualty, probability, chance, luck etc. Everything is “cause and effect.”

▶ 8) As explained, a complete picture of the “truth of life” cannot be painted just by going into the material world. Souls exist by necessity in this predestined model. There is no need to hope for the “after life,” when logically and reasonably I know that I will be that who I am right now. It is just a matter of time. The understanding of souls which is known as spirituality, is well beyond the understanding of science, logic and reason.

There is no human being who can teach that. There is a different quality that a person must possess to understand and

experience spirituality. This topic is beyond the scope of this writing, however.

▶ 9) The cycle of time expresses that there cannot be destruction of the world; however entropy dictates that as time goes by, destruction must happen for “new” low entropy things to appear again.

▶ 10) A practical and useful example of entropy applied into our world is our population. Low entropy means lower population because resources are plentiful. As population increases, so entropy increases. Once a point of “saturation” is reached, a lower number of population will exist again and the cycle will repeat.

Reality depends on consciousness. That consciousness is predestined according to the capacity of every soul. The term “equality” is non-existent, because no soul can ever experience exactly the same thing, because their consciousness is different. Reality cannot be explained by any human being. A fish cannot explain about the whole ocean unless the fish is out by the shore, experiencing the ocean, seeing it from a detached point of view. Here is where the concept of God is necessary to comprehend, as the source of “bonafide” knowledge for

spiritual matters (soul) but that is out of the scope of this writing.

Nothing expressed here is ‘new’. These ideas have existed for many centuries in one way or the other. I have not created this philosophy of cyclical time, but I have put the ideas together.

If anyone would like to read this concept with further logical and scientific depth, you can find additional information here:

[http://www.abia29.hemscott.net/riveros\\_time.htm](http://www.abia29.hemscott.net/riveros_time.htm)

If you are looking for something a lot simpler than this, there is an organization which is currently teaching these ideas; it is called “Brahma Kumaris.”(<http://www.bkwsu.org>)

As a matter of fact, it is here where I obtained the basic ideas exposed in this brief essay.

The Brahmakumaris consider themselves to be a “spiritual university” even though it could be viewed by others as a religious group. There is an Indian cultural background in this organisation. They offer this philosophy with a simpler language mixed with some Indian devotional elements as it came about 75 years ago. There is a wealth of knowledge and depth that could be obtained here to understand the “Truth.”

# EFFECTS OF MEDITATION ON STUDIES FOR EXAMINATION



– Prof. B.K. Ajit Singh Rana, Rohtak

Examinations have always been the testimony of the level of knowledge acquired for various degrees or for admission to different professional courses or for entry in different services. In modern times, due to growing competitions success becomes difficult. To achieve the desired success in examinations, we should practise meditation or spiritual yoga while preparing for them. What type and form of meditation or yoga is to be used? How does meditation help in studies? What are the different effects of meditation on studies for examinations? The present study is an attempt to probe answers to such questions.

While attending an international education conference at Gyan Sarovar, Mount Abu (2001-02), I listened attentively to an engineer who had turned into a saint. He pointed out that meditation increased the intelligence quotient (I.Q.) of the students. He quoted his experiments

conducted on students of 9th and 10th standards. After his speech, I personally contacted him and enquired further to which he affirmed that meditation helps in acquiring education. On this, I decided to carry out research at micro level to investigate how meditation helps in studies and in raising I.Q. of the students.

Bhagwat Gita advocates in this regard that one should be a Karma-Yogi while doing work. Gita's popular lines say:

*Karmanyevadhikaraste  
Maa Phaleshu Kadachan  
Maa Karma-Phal  
Heturbhoo, Maa  
Sangoustavkarmani*

It means that you have right to do work, without expecting its return. Thus, according to these lines, one should not desire for gaining the fruits of work, and one should not renounce work.

For this purpose, I decided to follow Rajyoga meditation which suggests of remembering God Shiva while doing work and be Karma-Yogi. This is also

advocated by Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Mount Abu. Even Goddess of Knowledge – Saraswati's picture also shows a garland of beads in one of her hands and books in the other.

I found it impracticable to remember God Father simultaneously with studies because of having multiple thoughts at same time. I came to know through Rajyoga that remembering God while walking, eating, cooking etc., is practicable because such activities are carried out automatically through legs and hands etc. These organs are in fact servants of soul, which is their master. But the activity of studying or learning requires entire attention and full concentration. Hence, to remember God Shiva simultaneously with studies being carried out for examinations seemed impracticable and impossible. But, it may be practicable and useful while doing research work because research is almost a 24 hours affair.

I had to find out a way to sit in Rajyoga meditation for some time just before the start of studies. This method is also corroborated by our traditional system of morning prayers which we offer before starting the classes in our schools. The



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following results have been discerned by the study:

### **Effects of Rajyoga Meditation on Preparation for Exams**

When I practised Rajyoga meditation just prior to the studies at my residence or in library for the purpose of preparation for exams, I experienced the following effects:

**1. Concentration:** During preparation for 2nd semester of MBA examination with Rajyoga meditation, I was able to study relatively with greater concentration. For this, I meditated for sometime before the commencement of studies as under:

<b>Period of Studies</b>	<b>Period of Prior Meditation</b>
<b>02 Hours</b>	<b>8-10 minutes</b>
<b>03 Hours</b>	<b>12-15 minutes</b>
<b>04 Hours</b>	<b>18-20 minutes</b>
<b>05 Hours</b>	<b>22-25 minutes</b>

I established this relationship as shown in the table above on the basis of my personal experience. After meditation, mind became cool and calm leading to greater concentration.

**2. Understanding of Difficult Problems:** During meditation, I would report to God Father not only the various mental pains and disturbances I suffered from at that time but also

enjoyed the company of the Ocean of peace (God), making my mind peaceful. Besides, the mind became powerful in the company of Almighty God Shiva during meditation. A peaceful and powerful mind becomes capable of handling difficult points and problems easily and quickly.

**3. Anger and Relative Mind:** Sometimes due to external adverse environment, the mind becomes angry, restless and reactive or due to some quarrel with fellow friends or one may feel insulted due to rude behaviour of teachers or parents. All this does not allow one to concentrate on studies. Under such situations, if one sits in meditation and gives God Father the true account of all the incidents troubling one's mind, the mind becomes light and ready for studies.

**4. Happiness:** Studying after meditation becomes a pleasure. I found it easier to understand the intricate and difficult problems with a peaceful and energetic mind. Such achievements gave me happiness which made studies interesting and pleasure giving for me.

**5. Space Learning:** Normally, mind becomes fed up with studies after studying for 3 to 4 hours at a stretch and it requires

rest. A space for further learning is required to rejuvenate it. But in such a state, the mind can be refreshed if we meditate for about half an hour and it may get ready quickly for further studies as per my personal experience.

**6. Saving of Time:** Prior-meditation would increase speed of understanding and grasping the subject matter. It increased my efficiency and would save time, which is very important in the present tough competitive era.

### **Effect on I.Q.**

All the above factors increased my I.Q. in terms of increase in the percentage of marks which I obtained in my 2nd semester of MBA exam. My percentage of marks rose to 73% against 69.6% in the 1st Semester for which I did not practise meditation at all.

Thus, the study reveals that Rajyoga meditation is very significant and beneficial in preparations for examinations. It increases our concentration, efficiency, happiness in studies by making the mind peaceful and energetic. Rajyoga meditation may best be learnt at one's nearest centre of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya.



# HARMONY IN RELATIONS



Upasana, Class 9th,  
Gita Niketan Residential School, Kurukshetra

The dictionary meaning of 'Harmony' is amity, friendliness, rapport and togetherness. Relationship is the word that binds us to the earth. As soon as a child is born, his/her first relationship starts with mother. When the mobile bell rings, we pick it up with joy—that's what relationship is. Now-a-days, due to lack of understanding, the traditions and practices which created harmony in society and in personal relations, are dying. It is eroding our value system, making us more materialistic than a real modern personality. Bigger car, bigger house, bigger salary and then a bigger 'EGO' and in the process there go the values down the drain, suffocated and dying. Who has the time to help a poor man? Who has the time for elders? Who has the patience of Eklavya? Modernisation is good but to a limit.

## **Why is Harmony missing?**

The scenario is changing from bad to worse. The so called modernity is degenerating us beyond repair. As we have forgotten the importance of the positive traits of personality, we

are losing all we gathered from our ancestors. The acts of the elders also fail to give any inspiration to younger generation. On one hand, we meet at the 'Wagah Border' to shake hands and on the other hand, we plot to kill innocents in Kargil. We have a new, worst system of bargain—sincerity for hypocrisy, honesty for corruption, purity for pollution and respect of elders for discards. Our relationship with nature too is suffering between these tornadoes. Neither do we live, nor let others live in harmony. The human soul is dying, the mind is freezing and a social body moves on with no emotions and values in it. Let us bring a positive change, not only by picking up 'Gita' but by respecting it.

## **Pre-requisites of Harmony**

To understand the causes of lack of harmony, we must ponder on the pre-requisites of creating harmony in society. We are aware that when we work for the welfare of others and have love and sympathy towards them, we contribute a lot to create harmony in society. If we listen to other persons'

viewpoint patiently, we surely create rapport with them and win their respect and love. When selfless love and regard blossom in society, these foster compassion, peace, bliss and happiness. All our interactions and relations are then based on love, understanding and unity which ultimately create a harmonious society. Those who work for creating goodwill, cooperation and cohesion in society are true servers of society and of God. The assets of such personalities are their values and lofty beliefs, not physical possessions or material attainments. Mahatma Gandhi, Mother Teresa, Martin Luther King, Khan Abdul Gaffar Khan, Florence Nightingale and host of other such personalities even today inspire the people all over the world.

## **Let's create Harmony now**

We must understand that the most appropriate time to create harmony is now. Never before had there been such a steep decline in values. If we can stop this degradation and work hard to steer the society to a new direction of positivity, purity and prosperity, the future generations will surely remember us for our valuable contribution to a very noble cause. Let us save the treasure of our culture and moral values which were bestowed upon us

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by our ancestors and fill them in each and every human being which would enable them to become not only a symbol of inspiration but also a transformational leader.

Our valuable Indian traditions also find mention in *shlokas* contained in our ancient

literature, as in the following

**Shloka :-**

*Sarve bhavantu sukhinah,  
Sarve santu niramayah ,  
Sarve bhadrani pashyant,  
Ma kashchit dukhbhag  
bhavet.*

**It means:-**

May everyone be happy,

May all enjoy perfect health,  
May everyone be prosperous,  
No one should experience  
sorrow.

Let us practise these wishes for welfare of all, in our practical lives, and seek the blessings of God.

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## **TRUE FRIENDSHIP**

– B.K. Wicky, Matale, Sri Lanka

Everyone has a number of acquaintances, but very few have true friends, for true intimate friendship is not common, and there are many people who seem to be incapable of it. For a friendship to be intimate and lasting, both friends must have some special qualities.

Firstly, there comes **unselfish love**, which is the very essence of friendship. A man, who is engrossed in only his own interest and feelings, might like to have an unselfish friend who will admire him, serve him and always share his interests. But friendship is a two-way affair and it flourishes by give-and-take, and no friendship can last long if it is all give on one side, and all take on the other. A selfish person is incapable of true friendship. Love and service must be mutual. Constancy is another

important condition of friendship.

But some people are constitutionally fickle. They take up an interest with enthusiasm, but they soon get tired of it and feel the attraction of some new object. Such changeable and uncertain people with flimsy mind are constitutionally incapable of life-long-friendship with anyone. **Two friends must be loyal to each other**, and there can be no suspicion between them. We do not think much of a man that dares not stand up for his friend when he is criticised behind his back, nor of the man who readily believes in rumours and gossips against his friend. Those with suspicious nature and easily influenced by whispers can never make good friends. So, God Almighty is our best friend whom we could tell our intimate secrets without any fear of being

misunderstood or betrayed. There must be **trust and confidence** between friends. However, there are talkative and communicative people, who cannot keep a secret. To save their own lives, they would even betray the most sincere friend.

Lastly, there must be **perfect sympathy** between friends; sympathy towards each other's aims like joys, sorrows, pursuits and pleasure. And where such mutual sympathy does not exist, friendship is impossible. As the spiritual knowledge provides us selfless attitude and a unique capacity to understand others, we can create goodwill and have lasting friendship with many like-minded persons.

However, the truest and best friend from whom one gets solutions to all of his problems and who ensures ever-lasting friendship is God Almighty only. Rajyoga meditation is the medium through which we intensify and strengthen this friendship.

# LIVING BY OUR TRUE RELIGION: PEACE

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– B.K. Sukanya, Saket, Indore

**'Who am I'?** This is the first question that is answered during the 7-day Introductory Rajyoga Course taught at any of Brahma Kumaris centres all over the world. We are taught that 'I'm a soul, a tiny eternal point of light, distinct from the physical body and above this materialistic world'.

The Supreme Soul is our Father, Teacher and Preceptor who shows us the path to liberation and fruition. He helps us to absolve our sins through remembrance of one Supreme Soul, Incorporeal God Shiva and inculcation of divine virtues. But He also says, *“Spiritual children, while renouncing this old materialistic world with your mind, you have to still be a part of it and carry out all your duties by being a detached observer.”*

As we live in the present world and see the last scenes of this world, cosmic drama unfurls before us everyday with news of massacre, extortion, countries fighting over nuclear deals and cross-border terrorism. Therefore, the question that needs to be urgently answered is “who are we”?

I picked this question because

the very current issue of the Ayodhya verdict has been boggling most of the minds. The present generation doesn't even know the whole picture.

So, who are we – Hindus or Muslims? When there's *ALI in Diwali* and *RAM in Ramzan* ...isn't this something to contemplate over? The internal communal riots in India have been and would continue to lead to a state of dissonance. Every religion preaches the value of loving and respecting all, but there are many, who seem to forget that they are acting against those very principles!

One-day's curfew throughout the country, on these connected issues, doesn't perhaps even concern the common man, but surely deprives the daily wage-earner of his bread. The national leaders, who call the nation secular, should think about the welfare of its current society and progress of the youth and children, rather than appeasing any minority community in order to gain more votes. The disputed land, also known as the Ram Janmabhoomi in Ayodhya is an indication of its time, a symbol of religious divisions in

a despondent country! Is it not possible for a Mosque and Temple to co-exist? Will there come a time when the Bhagwad Gita and the Quran will be read side by side? It would certainly bear witness to India's unity in diversity and serve as an example to other nations. If one calls the Supreme 'Allah' and another calls Him 'Bhagwan', the fact remains that we are both praying and looking up to the same universal God.

In the long run, it should be perfect to create a sacred place in Ayodhya open to all, which will provide good spiritual and moral education, and teach humanity ways of leading a dignified, healthy and positive lifestyle. Wouldn't that be just great? Be it Hindu, Muslim, Sikh or Christian, people from all walks of life could receive the same unlimited knowledge, imbibe the divine virtues of love, peace, happiness and purity which will make them worthy of attaining unconditional love and inner powers from the Almighty directly.

**If there was ever an urgent call for peace, it has to be now! We, the sincere citizens of Bharat, have to take on the task of delineating a whole new picture for not only Bharat but the whole world, by spreading the message of pure love, peace, ethereal happiness and unity. ●**

# BABA CASTS A SPELL

– B.K. Raghbir Singh, Vikas Puri, New Delhi

Love, peace and joy are fundamentals of human existence. When a child is born, the first experience that he gets, even before getting his feed from his mother, is the touch of love from the caring hands of his nurse, also known as midwife. Love and peace are so basic to man that it is not possible to think of one in isolation from the other. To this, the most natural reaction of an average human being shall be:—“Then why do we have so much violence, and absence of love around us?” The reason is the five vices of the material world, that so cleverly interweave their web around us that we find ourselves trapped therein. Again someone will ask, “Where is help?”

Answer again is not far from us because we have all help within—and the task of getting help is perhaps the easiest upon earth, because there are no difficult exercises to be mastered for that. What we have to do is to get down to our simplest best and remind ourselves that each one of us is a soul—peaceful, loving and happy—and that all of us are

children of one God and therefore, spiritual brothers and sisters. We have to remind ourselves that, between spiritual brothers and sisters, there exists no room for animosity which, in fact, is foreign to the very nature and character of we souls.

We have to understand love without any negativity attached to it. ‘Peace, love and happiness of we souls, is, of necessity, infallible. That is why, after every brief period of disturbance or anger, each one of us wants to get back to the normal self and realises that the angry self was not his own, but a negative alien force. We go to the extent of saying about our angry self, “I am sorry for that. I never meant what I said. I never had any intention to say what I said. Please excuse me for all the wrong done by me”. Anger, being a negative force and foreign to the basic nature and character of soul, results into temporary insanity which robs us of our sense and makes us say and do what we simply hate to say and do. That temporary insanity, born out of negative alien forces of animosity and anger, makes us

do all the wrongs that we neither want nor intend to do.

The creation or establishment of U.N. Security Council is the biggest proof of man’s acceptance of the basic reality that fundamentally man is peace, love and joy personified and that there is great need to keep man secure from the threat of all that is not peace, love and joy. Any disturbance to man’s peace is like an attack of Asthma on an Asthma patient and the need of peace for man, at that hour, is as immediate and as urgent as that of an inhaler for the Asthma patient.

We have the biggest Security Council of the universe within us wherein we also have the largest Universal Table for the entire humanity to sit around to restore peace, love and joy to itself and thus regain its lost paradise. The biggest tragic irony that I have experienced in my lifetime thus far is as to why it takes us decades trying to understand things as easy and as simple as mentioned earlier.

The ball is in our court. Let us bow our heads to Incorporeal God Shiva, whom we lovingly call Shiv Baba, for showering His blessings upon us. We should also be extremely grateful to Brahma Baba, who became the human medium of

(...Contd. on page no. 23)

# **GOD —AS PROTECTOR AND SAVIOUR**

— BK Vijay Bhasker, Bhubaneswar

Every religion in the World says GOD is one. He is Incorporeal, a Point of Light, and the Supreme Soul. He is Supreme Father of all Souls. We call Him 'Paramrita Shiva Paramatma'. He is the real Sermoniser of 'Shrimat Bhagawat Gita', and not Shri Krishna as believed by the people in the World. 'Shrimat Bhagawat Gita' is the teachings of GOD SHIVA to the mankind. He is the Ocean of Knowledge. So whatever He teaches must be nothing but Truth.

In 'Gita' at one stage He stated, "*Ananyas Chintayantomam Yejana Paryupasate Tesham Nityabhi Yuktanam Yogakshemam Vahamyaham*". It means, "Those who keep me in their memory constantly with complete faith, I shall look after their welfare and provide them everything they need in life". In other words, it is the Promise given by God to each and every Human Being. It is like becoming an Obedient Servant of His Devotees, who completely surrender to Him. The only condition He laid is,

"*Ananya Chintana*, Constant Contemplation, *Manmana Bhava*. It means every moment, one must remember only Him but none else.

In this process if we think or speak ill of others, even for a second, the chain of Divine memory gets snapped and God's given condition does not get fulfilled. Evidently we are not entitled to receive His help. God never fails to keep up His Promise. We simply deprive ourselves from gaining His benign Grace. So when we check for the cause of our hardships, sorrows, ill health etc., in life, we find that we always keep God at bay, at a distance of one single good thought in our mind. We can also understand that we do not have true Love at heart for God and for the mankind. We are involved too much in our feelings of "Mine and Thine". Our Love is not Universal and Pure. Therefore, how can we expect God to take care of us? We always keep blaming Him that He is not Merciful to us. It is like shutting the doors and windows and complaining, that

the room is dark and the ventilation is very poor. Actually, the Sun is shining brightly at our doorstep; we only need to keep them open. Instantly, the room gets filled with light and warmth. In such cases who are at fault? We or the Sun?

'Shrimat Bhagawat Geeta' is nothing but the 'Rules and Regulations' teaching us how to live in this World as Human Beings. It tells us to mould our character full of Virtues—Truth, Righteousness, Peace, Love and Non-violence. Instead of Virtues, today, we are full of Vices – Lust, Anger, Greed, Attachment and Ego. We are not obedient and loyal children of God Father Shiva, but are very disobedient and unlawful. God is always Kind, Compassionate and ever-ready to take care of His children but we are unmindful in our thoughts, speech and deeds. We deceive ourselves.

Presently, the whole World has become vicious. The time is passing out of hands unnoticed. Every second is ticking away, warning us that the doomsday of this unrighteous, hellish world is approaching at a great speed. Nature has also become the enemy of the ungrateful human society. Anything may happen all of a sudden at any moment.

As per the declaration in

‘Shrimat Bhagawat Gita’, God Trinity Shiva, comes to save the mankind and to re-establish *Dharma* in this world, only once at the end of the Kalpa, - the Time Cycle of 5000 years. Accordingly He has already descended on Earth in the year 1936, in the Body of an ordinary Person, known as ‘Dada Lekhraj Kripalani’. He renamed him as ‘Prajapita Brahma’ through whom He established the ‘Godly University’ – ‘Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya’. The Body of the person is the ‘Chariot’; the Soul in it is ‘Arjuna’. ‘Trinity Shiva, the Almighty, took hold of the reigns of this Chariot as the Charioteer and taught the Divine Wisdom to Mankind. The people who took this Knowledge are called Brahma Kumaris and Brahma Kumars. They are said, by God to be the true Brahmins. They are known as ‘*Brahma Mukh Vanshawali*’. The race of Brahmins, born through the Mouth of Brahma (formed by listening to the Knowledge), are the Adopted Children of Brahma. They truthfully follow the Teachings of God in their lives. They are His real Obedient Children. Only for such Children, God has promised, “*Yogakshemam*

*Vahamyaham*”. He is our Father, Teacher, Guide and the Liberator. This Divine Promise is not applicable to the lazy, unmindful and disobedient children.

Through Prajapita Brahma, God instructed us that in order to come under the canopy of His Love, Care and Protection, we must change our behaviour and follow His Dictums truthfully. We must become introvert and connect ourselves heartily with our Supreme Father – Shiva. This is called YOGA – connecting or tuning the Mind and Intellect with God. At our Godly University of Prajapita Brahma, it is termed as ‘Sahaj Rajyoga’ – Sahaj means Easy, Raj means Royal and Yoga means Union. There are no difficult *Asanas* or Exercises involved in this Yoga. It is practised in Silence with Mind and Intellect in any comfortable posture of body. Rather Shiv Baba says one must be always in the state of Yoga, while thinking, talking, walking, working or sleeping. That is why this is called ‘Easy Raja Yoga’.

Incorporeal God Shiva descends only once in 5000 years at the end of *Kaliyug* – Iron Age, when irreligiousness is rampant in the world. At this stage, He re-establishes virtues

in the Human Society to bring back Satyuga - the Golden Age. This transition period is known as “Auspicious Confluence Age”, and is of very short duration of about a hundred years. So it is high time that we awaken ourselves and get benefitted by this Knowledge being given by Shiv Baba Himself for the last 74 years. There are more than 8500 centres affiliated to this Godly University all over the World in more than 130 countries. It will be a wise step for all brother Souls of the World over, to learn this Knowledge from any of these centres, before it is too late and become worthy to take birth as *Devta* (Deity) in *Satyuga* (Golden Age).

(... Contd. from Page No. 21)

God Shiva for disseminating this divine knowledge. Brahma Baba spent a lifetime in this Confluence Age, making us learn the biggest and the simplest lesson of ours.

Brahma Baba casts a spell. Learning to feel the cast of that spell and to live life under the spell of that cast is the homage we owe to our Baba. Let us practise, imbibe, absorb and digest Brahma Baba’s lesson so that peace, love and happiness become our way of life; and our planet, a paradise.

## FEAR....APPREHENSIONS

– Manasi, Indore

**W**hat is fear? What do we mean by fear? Fear is of various types and analysing each is not required here. Fear, I feel, is an impurity; yes, an impurity. Why is one afraid? Perhaps because he is egoistic; it can be an excessive concern about one's own security. J. Krishnamurti rightly says....“Fear can come when we are not able to comprehend relationships; relationships are not always between people but between ourselves and nature, ourselves and property, ourselves and ideas and as long as these relationships are not understood fear remains”.

To be related is life and without relationship there is no life. Nothing exists in isolation; fear is not an abstraction—says J. Krishnamurti. Fear exists only in relation to something. And apart from these reasons, the ultimate is... not having the habit of spontaneous trust in the Divine. Looking deeply into things makes us realise – yes this is the true reason. The root of the matter is lack of trust. If we have faith in God above, it would be easy for us to understand that whatever He

does and makes happen for us is for our best—we would not be afraid. We fear of not advancing, of not becoming, there is a fear of the unknown, of death, the fear of suffering, the pain. But again, trust—trust in the Divine and His creation—is what we lack and this alone can help us conquer fear. Fear emanates from our mind—where our thoughts are processed. But one cannot think without words, without the mind creating images—words, images, symbols which are prejudices, the past knowledge projection of certain facts, and these apprehensions create our fear.

How can one conquer fear? One remedy is to face boldly what one fears. When one is put to face the danger one fears, the fear disappears. In fact true courage, in its deepest sense, is to face everything in life from the smallest to the greatest, from the material to those of the spirit without a shudder, without the heartbeats going faster, without trembling. It can be done only when one knows that he is an immortal entity called soul, and that we are not mere bodies through which we are

playing our roles in the unlimited drama on this earth. There can be freedom from the fear only when the minds look at a particular fact without giving it a name, a label. But this is very, very difficult. The feelings, the reactions and the anxieties that we have are immediately given a word by the mind. The moment a name is given to a fear, it gains strength. But if we are able to look at the fear without a name, it disappears, it goes away. We no longer resist it; the more resistance, the more pain, the more stress. Therefore, the wisest attitude then is not to escape, run away but to transform the fear, put the light of consciousness, knowledge upon it, convert the fear to cure it altogether.

In life, we come across so many people, fearless, some to the extent of being a foolhardy...some very cautious, too cautious to think and see the positive of anything...they would simply not trust anything. Can you say that is normal? No, in both the situations the excess is wrong. I would say excess of anything is bad, something, what we all understand. Well, a very close friend of mine was facing problems in her life... with her relations and that was sheer fear, apprehensions...anticipating anything, without trying to understand the truth. The result—she was left alone, she



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could not behave normally. And I had real pity for her because I knew she had some Trust issues in the past and they were lurking in her sub-conscious mind. It was a real task for me to try bringing her to her normal self, for she would never be able to talk to a man. To justify herself, she would give wanton excuses, which seemed abnormal to people. And our colleagues would say, "Is she a psycho; does she have some personality disorder?" Since I knew the truth, I tried to pull her and tell her that it is wrong to judge people the way she was doing; being cautious is not wrong but biased thoughts take us away from the positive energies, from God Himself. I asked her to meditate, be a good, kind and helpful human being without any fear and feel the Supreme Power walk with her and never feel alone. Anyway, this is a long story, which if God willing, I will write, for I myself learnt a lot from this friend of mine. Today, by God's grace, she has overcome her apprehensions and is living a happy life and has learnt to maintain healthy relations, and I see her spreading positive vibes and His love through her smiles, through her deeds.

Friends, it is not that easy I know; it is difficult to recoup the unfortunate past, but not that difficult. One needs to put in sincere efforts to remove the apprehensions of the mind and the prejudiced thoughts. Sincere efforts with complete trust in the Divine definitely pay, and bring joy.

## SELF-CONFIDENCE

Self-confidence is to know one's way round oneself, knowing the ins and outs so instinctively that one always has strength to draw on. Somewhere inside, from the stillness, one can find something. Even areas of weakness don't shake the mind, because they're already under demolition; they're empty houses that one's thoughts don't even bother to enter anymore. And if one doesn't bump into such a part of one, confidence brings the power to walk gently away. Where there is no confidence, one thinks that he ought to stay and make a display of what is bad, a celebration of the weak.

Self-confidence makes one move more slowly, speak more quietly, stop to look at whom one is communicating with, instead of flattening life by rushing heavily on. It enables one to stand happily and quietly in a gap of ignorance and let everyone wait until one is ready. Then in the quietness, to fill the moment with strength before a word has been said. And when nerves persist in shaking one's pose, it enables one to administer softness and silence and make the whole matching calm down. Self-confidence runs deeper, much deeper than nerves.

It works gently, but it can also cut sharply the web of false connections that make one think that people are criticising. And at its strongest, it makes it possible to disintegrate a thought in someone's mind before it's even been realised by the thinker. So they were going to shoot, but they veer off into passivity. Confidence is the power.

What is the method to gain self-confidence? One way is talk to the self. At moments of insecurity, it's warning to talk to someone else, but it is safety to talk to oneself, because inside there is a reserve of love that will see one through anything. Friendship isn't so consistent or eternal. After talking to oneself, giving nerves a niche to quietly panic in, then it's best to 'do'. Action together with quiet love kills nerves, create a reserve of courage that, store, can be drawn on later. The more one loves, the deeper the store of courage, and the less one has to prime oneself. Ultimately the love he needed can be given to someone else – complete and untouched. And not only love; peace, serenity, loyalty ... can all be given, without one touching them. Life may be asking one to be determined, but one can still find a drop of serenity for someone else's use. Then one is not just giving on the basis of mood, but one is filling a need. Where confidence is deep, there is the foundation for real giving.

# CHRISTMAS WITH GERONIMO

(Will Your Christmas Dinner This Year Be Bread and Water? Do You Own Shares In A Three-legged Horse; Many Poisonous Snakes and Just A Few Slippery Ladders? Paradise Does Not Lie In Your Future Shoes Or Photo Albums. A Godly Hammer to Build a Divine Life)



– B.K. David. Paignton, England

## **Who will you be inviting round for christmas dinner this year?**

We all can have Christmas everyday, or at least we could do if we got wise as to what's really important in life. We need to learn to be generous to ourselves, after all, it's Christmas, and Christmas is a time of giving. We need to realise it's important to give to ourselves at certain times, which is not being selfish, but wise.

Giving peace to yourself should be a priority in your life, as a life without peace is a life sustained only on bread and water. What is a life if you only eat bread and water? How bland, dull and devoid of vibrancy and goodness your life would be. A diet (life) with fruit, vegetables, colour, grains, milk, nutrition, spice, herbs and filled with energy is a world away from a lifetime of bread and water. Only the poor and

prisoners eat bread and water. **Watch only what is in front of you**

If you are driving and more concerned about what's behind you than what is in front of you, it won't be long before you crash. If in life you're always thinking and focusing on what happened in your past, of what could have happened, or on what you think should have happened, then you shall be missing out on the pleasures that only the present can offer. There is a big difference in watching someone eat a bar of chocolate on a TV ad, from actually eating it yourself. If you do not live in the present, then your life is just a big TV ad with everything always out of your grasp. You are shown the potential but you can never have it in your hand as you are not in the present to enjoy it. The past and future are just advertisements and you'll need to be in the present time to buy

and enjoy anything you want.

## **The swings of hit and miss**

Memories are limited and subject to your mood swings on whether you cry or enjoy them. The future is never guaranteed and can often disappoint when it rings your bell and you find out it's the electric meter reader and not your best friend with flowers for you. Focus on either your past or future and you are playing snakes and ladders with your life. There are 22 snakes to only one ladder in life. Life holds far more downs than ups if you do not play the game correctly and interact with much wisdom. Delve into your past or get lost in your future dreams and possibilities too often, and you could find yourself playing Russian roulette.

## **It's freezing without wisdom**

The one is a wise soul who has learnt to live and focus in the present and have this as the sole source of pleasure. The present really does belong to you, with your past and future being like a beautiful and attractive snowman which can mesmerise you into a false state of existence. This snowman can just as easily melt away in the heat of circumstances way beyond your control, or freeze so hard that it's impossible for you to shape or make your own. A snowman made out of

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concrete is impossible to shape (people's negative attitudes and lives today), and it's impossible to make a life out of boiling water, and the same is true out of ice cubes. One needs the 'snow of the present' to create a worthwhile life. The past is an old scratched record not worth listening to and the future song has not yet been written and will never be played. You've got today, this minute; so learn to enjoy it as it will be all you are ever going to get. The paradise of the future, which most seek and desire, is full of snakes and pits. There is a real paradise which can be had, and it can only be found and explored today, right now. If you cannot see it, it's because you are standing on it.

**Do you have the skill to only open books on the pages that only have happiness? Can you ignore unhappy photographs?**

Are you clever enough to look at the past and not be disturbed by it? Are you able to catch three rain drops (good memories) from a passing storm with 100mph winds (our past lives)? If so, you then have the qualifications and skill to look at your past and enjoy those good imprints, whilst ignoring the negative photo albums (memories) that keep falling off

the bookshelves of your mind trying to grab your attention.

**You need a big coat (A Broad Mind) to wear 1,000 medals**

The bookcase of your mind holds many books, and if you're selective enough and clever enough to pick out and read those books that give pleasure – and not pain, then you'll truly have a stable mind. Those, who have such a selective and stable mind, deserve a medal, God's medal. But He cannot give you a medal if on just one day out the year you get fed up and upset over your past. In order to qualify for God's medal, you must also not get upset in the present or over the future. If you can remain stable in the living moment regardless of what situation or circumstance comes in front of you, then step forward wearing a big coat, as God has something for you – 1,000 medals.

Geronimo (bad memories and thoughts) may invite himself and possibly his war party, round to your house (mind) for Christmas dinner. Yet you do not have to let him in your house. He's used to fighting and that's what he'll do if you let him in. You can look through the keyhole or window and smile, wish him happy Christmas and close the curtains. You are then

free to enjoy your Christmas (life) with family and friends.

**Whilst thinking of your past, mind your step**

If you must open the front door, smoke the peace pipe of the present with your visitor and then quietly but firmly close it. Always make sure that the backdoor of your past is securely locked and so too is the cellar door of the future. You can easily fall down these dangerous stairs as they have no light (poor judgement) to see where you are going, and who knows what you may find down there after all these years. God's wisdom is a torch, but we need to switch it on.

**God's draft excluders – knowledge and wisdom (Hammer and Nails)**

Thieves can easily come through your backdoor (past) if not careful and take everything valuable you own. Either of these doors if left open will let a very cold draft into your house (mind) and make it uncomfortable to live there. Knowledge and wisdom really can make an incredible difference in your life, keeping you warm and safe. But like a hammer, it is only of use when you use it. We should use the hammer (knowledge) and nails (wisdom) at every opportunity in our lives because these two

can fix many a problem. From a leaking roof (awkward relationships) to addictions and a bad temper, all can be solved with Godly nails.

**Can you not beat a three-legged horse?**

Life is a three-horse race of

the past, present and future. Each is vying for your constant attention. You shall win this race only when you can completely ignore the other two horses. Focus on yourself in the saddle of the present and concentrate and prepare yourself to jump the

fences (problems, challenges) ahead of you. The blinkers of happiness are a good way of ignoring the other horses. These blinkers will help you keep your nose in front all the way to the finishing post.

## JOURNEY'S END

— Indal Singh, Texas, USA

The shadow of night's ignorance recedes  
And heralds the new dawn of knowledge  
Jewels of Divine songs echo from my  
Baba  
The Creator of the New World of Heaven  
And our hearts feel His Love and presence

My Beloved now comes to the foreign land  
Bearing treasures for enlightenment and  
joy  
We hear the drums of liberation and  
fruition  
From afar and near, Oh Sweetest Father  
You purify and decorate us with Divine  
ornaments

You oil our lamps with jewels of knowledge  
And light the wicks to show the only path  
A flame that expands and calls the moths  
To sacrifice the old for the new world of  
Heaven  
Oh Beloved! True Guide in this world of  
darkness

As the Gardener, You change thorns into  
flowers  
As the Washer, You cleanse the impure

souls  
As the Jeweller, you decorate the children  
With Divine ornaments of virtues and powers  
With the magic you make souls dance with  
joy

You make us leave the Graveyard behind  
And see the shores of The Golden Age  
The auspicious confluence of death and  
immortality  
The Boats are near and ready floating high  
As sails flutter in the crisp wind of freedom

The glow and celestial songs fill the air  
From yonder shores barely seen yet  
Beckons the children with pure fragrance  
And visions of trees, palaces and life divine  
Beloved Baba, hails the children, be ever  
ready!

Time, now my friend, come closer as we  
meet  
The elements start to dance as never before  
We hear the drums of victory beating and  
calling  
The children rejoice with The Beloved Father  
As the souls prepare for Journey's end

# THE ONE THAT FOLLOWS US



There was a rich merchant who had four associates. He loved the fourth one the most and adorned him with rich robes and treated him to delicacies. He took great care of him and gave him nothing but the best.

He also loved the third associate very much. He was very proud of him and always believed that the latter would continue to work for him and help him in accumulation of more wealth. However, the merchant was always in great fear that the third associate might change his loyalty towards him and disassociate himself from him for his competitor.

He loved his second associate too, who was a very considerate person, always patient and in fact was the merchant's confidant. Whenever the merchant faced some problem, he always turned to this associate, who would always help him out and guide him during difficult times.

However, merchant's first and oldest associate was a very loyal partner and had made great contributions in

maintaining his wealth and business as well as taking care of the household. However, the merchant did not love the first associate and although the latter loved him deeply, the merchant hardly took notice of him.

One day, the merchant fell ill. Before long, he knew that he was going to die soon. He thought of his luxurious life and told himself, "Now I have a good family and also have four associates to take care of my business. But when I die, I'll be alone. How lonely I'll be!"

Thus, he asked the fourth associate, "I have reposed utmost faith in you; endowed you with all the facilities. Now that I'm dying, will you follow me and keep me company?" "No way!" replied the fourth associate and he walked away without another word.

The answer cut like a sharp knife right into the merchant's heart. The sad merchant then asked the third associate, "For my business decisions, I have been dependent on you so much for all my life. Now that I'm dying, will you follow me and keep me company?" "No!" replied the third associate. "Life

is so good over here! After your death, I'll join another merchant better than you who can pay me more!" The merchant's heart sank and turned cold.

He then asked the second associate, "I always turned to you for help and you've always helped me out. Now I need your help again. When I die, will you follow and accompany me?" "I'm sorry, I can't help you out this time!" replied the second associate. "At the most, I can only accompany you to the graveyard." The answer came like a bolt from the blue and the merchant felt greatly exhausted.

Then a voice called out: "I'll live with you. I'll follow you no matter where you go." The merchant looked up and there was his first associate. Because of his old age, he was so skinny, as if he had suffered from malnutrition. Greatly relieved, the merchant said, "I should have taken better care of you!"

## **Actually, every person has four associates in life**

- ▶ a. The fourth associate is the **body**. No matter how much time and effort a person lavishes in making it look good, it'll leave when the person dies.
- ▶ b. The third associate is the **possessions, status and wealth**. When the person dies, they all go to others.

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▶ c. The second associate is the **family and friends**. No matter how close they had been there for him when he was alive, the farthest they

can stay by him is only up to the graveyard.

▶ d. The first associate is in fact his **deeds**, often neglected in his pursuit of material wealth and sensual pleasure.

Guess what? It is actually the

only thing that follows the human soul wherever he goes.

Perhaps it's a good idea to cultivate and strengthen it now rather than to wait until one is on his deathbed to lament. ●

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## **ANGER MANAGEMENT – AN UNDERSTANDING**



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The other day when I was entering into premises of my workplace, I was asked by security personnel at the gate to produce my Identity Card. I normally keep my I-card in my purse and for showing it, I had to get down from my two wheeler. This was a rush hour and the process of showing the pass would delay further the movement of vehicle. I was infuriated but still I produced the I-Card. The person was satisfied and allowed me to pass through with an apologetic smile for putting me into this hardship. This made me ashamed of myself for being rash in behaviour and tickled me for a considerable portion of the day.

Late in the evening while taking stock of the day's proceedings, I thought over the whole episode and noted the learning points which I am going to share with the readers. First, the man was right in asking me to produce I-Card at the gate and I was totally unjustified being angry. I should have carried the card in such a way that I need not get down from vehicle to show it. Secondly, I could not precisely detect the moment when I was taken over by anger which till that moment was different from me. This was puzzling for me and, therefore, became

a subject of further examination.

The interesting observation clouded my mind for a few days and, thereafter, disappeared completely, as it happens with most of us. After a couple of months, the thought popped up again with much clarity (perhaps because of incubation period in sub-conscious level) and I decided to apply the second learning point in reality to manage anger. Now I started to look for those situations which I normally don't like, to generate anger by design. It was amazing to note that even such undesirable situation was failing to induce anger within me.

Thereafter, I started looking for the precise moments when I was taken over by anger in undesirable situation but to my dismay, I was far from getting angry. I practised this and could bring down my anger to some extent. I was very happy that I could invent for myself such a wonderful application of mind in anger management.

The science behind this is perhaps diversion of awareness to spot that precise moment of getting angry rather than fanning the ripples within the mind that strengthen the state of being angry.

*(Through Internet)*

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— (... Contd. from Page No. 1) —

in the fact that he was leaving the world empty-handed and that his pride was all reduced to dust and he was dying as a sad man.

*“Sceptre and Crown  
Must tumble down  
And in the dust be equal  
made  
With the poor Scythe and  
Spade”*

This golden lesson of history is repeated time and again in discourses – verbal – as well as written, but the pity is that it is as easily forgotten in one’s day-to-day dealings as often it is recounted. Similarly, the touching account of Ashoka’s war of Kalinga, the enlightening narrative of prince Gautama of Kapilvastu seeing the infirm, the aged, the plagued and the dead in the city when his charioteer, Channa, drove him in a chariot out of his palace-gates, and the tale of personal feud and political disunity between Jai Chand and Prithvi Raj ultimately leading to India’s slavery under the yoke of foreign rule for centuries – all these and many others slip away easily from one’s memory!

History is full of valuable lessons, provided one cares for. The tragedy is that man does

not remember them, when the practical situation for applying them comes. If at all one remembers them, one does not bear them in mind; one permits the self to forget and overlook them. So, this trait of man’s character made a well-known historian to remark: “All I learn from history is that man does not learn from history.”

### **The lessons: one should not forget to remember**

This wide world is a big field for training and also a vast ground for test; it is a laboratory where we are always performing experiments and observing things. But it is also a pity that we do not care for the inferences we so painfully arrived at. We meet one accident after another, still we act as though we can afford to forget the costly conclusions: We do not learn from the experience of others and easily put out of our mind our own: Man’s memory is wonderful; it can store facts for a pretty long time, but it is an irony that it lets slip the gems of experience gained over years, sometimes at a very high cost. So, one does not grow wiser as one could, and the world does not become a happier place to live in, as it should. Time and again, one loses one’s temper and lets the relationship with his dear

friends, neighbours and kin be spoiled; one lets oneself to amorous, erotic and incest behaviour and loses one’s honour, vigour, health and holiness; and one does so many other odd things though one had known earlier from the examples of others, through written history and oral tradition that such acts on the part of a man led him to a sad end. There are the lessons one should not forget to remember but...!

### **Let us learn to forget certain things**

Just as man forgets certain invaluable lessons so has he another defect – the opposite of what we have already mentioned; he remembers again and again those things which he ought to forget once for all. He recounts ad nauseum past sad happenings. During the course of recounting the past, he imports into his mind hatred for others and becomes uneasy to think of those who misbehaved with him, did not help him or insulted him. If anyone told him anything disagreeable and dealt with him in a manner which in his eyes was improper, he, even after long number of years, recapitulates these thorny events, describes these to many persons, causing annoyance to others, engendering friction and leaving a bitter taste in his own

mind and mouth.

Many communal troubles owe their origin to the fact that the members of both the communities cannot and do not forget what silly or barbarous acts a particular individual, belonging to one or the other community did centuries ago. Many families are broken, many men and women commit suicide and many hearts feel saddened because they find it difficult to forget certain things not liked by them. If man could learn to use properly the switch of memory and of forgetfulness, he would be a much happier person; he would be able to absorb even the severest shocks of life with a smile on his face and would do so discarding the use of the tranquillisers and the sleeping pills. But it is a pity that man does not know what important part remembrance or memory plays in life and how it is associated with one's feeling happy or miserable.

All this leads us to the conclusion that man needs to learn better use of his ability to remember. As we can see, continual remembrance of his being a high-class orator, a great social worker, an able advocate, a great judge or a renowned

mill-owner gives to him some little arrogance; his constant consciousness of his being a male person in youth, drags him into the ditch of sex-lust; his memory of his being the head of a family and a father of sons and daughters yokes him to physical attachment and his eternal thoughts of being a wise and experienced person brings him into conflict with others who disagree with him and, as a result, he not only loses temper but also friends. In other words, his physical memories or what is called 'body-consciousness' leads him to misery and to loss of peace. It can be said that his forgetfulness brings the vile uppermost in his mind while the soul-consciousness awakens in him the divine, the sublime and noble thoughts, feelings and sentiments.

### **Remembrance of God serves as the shock- absorber**

This is the cream of all spiritual teaching. This is what leads to long-link with God, Who is our Father on high. Man has forgotten God, his most beloved Guide, and remembers the mundane world as he has fostered over bonds with the earthly. Now, we need to undo

this wrong by being soul-conscious and by forging a love-born link with God through His remembrance. This will definitely make us holy and happy and make the world an ideal place. ●

### **MY BABA**

— **B.K. Monica, Ooty.**

God has given me one more  
day – one more chance

For all I prayed; the gift is  
you

A Beautiful thunder flash  
sent from above

There were times that I could  
remember

Searching for you in every  
way

Your smiles took me miles  
away

Your eyes won't let my  
thoughts go back to sleep

Your words made me forget  
the world

Your hug made me feel  
comfortable

Like a mother you protect  
me

I felt the warmth of mother's  
womb

For all this you gave

I can just say – "I love you  
Baba"

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Ph. 0091 (02974) 228125 e-mail : [omshantipress@bkivv.org](mailto:omshantipress@bkivv.org) [worldrenewal@bkivv.org](http://worldrenewal@bkivv.org)