

|| From the mighty pen of Sanjay ||

# GRIEF - A MUTUAL PROCESS

It is a matter of common understanding that when we want happiness and peace for ourselves, we should keep others also happy and peaceful. "Live and let live" is a good principle in life. Every action has a reaction. If you make anyone unhappy, you will also be unhappy. This is a natural phenomenon working in the universe.

The method of retaliation has lately been invented in order to bring home to the opposite party, our view point. A little delay by a bus driver in arriving at a bus stop or any other mistake committed by him sends the passengers raging in anger and they start breaking window panes and they even go to the extent of setting fire to the whole bus on such trifling excuses. This is not done only to one bus but this mania spreads all over and millions of rupees worth of Government property is destroyed by passengers and other hooligans just to register their protest. Little do they know that they are destroying their own property and wasting their money? The feeling of agony spreads all over.

Mahatma Gandhi invented new methods of expressing his protest against the ill-actions of the British Government in India. He used non-cooperation, hunger strike, etc., as his passive, non-violent weapons, no doubt. But this created anger in the minds of the rulers and they used violent methods to suppress the opposition and in the process, tortured others who could not escape its reactions. Grief is a two-way process. It affects the party which gives grief before the opposite party. It is a mental process, but it also involves physical destruction.

It would, in these circumstances, be highly beneficial to draw people's attention to the instructions given to us by God Shiva, the Supreme Soul, who is the Benefactor of the whole world. His primary teaching is that we should not do anything which may cause pain to others or to ourselves. In view of this basic lesson we shall see which method, other than the methods mentioned above, will enable us to set right our spiritual condition. Keeping in view this great saying, which is full of wisdom, we have to see which method is to be adopted.

(...Contd. on page no.33)

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## **WELL DONE TEAM INDIA - IN CRICKET WE STAND UNITED...**

**F**or over six weeks, cricket fans all over the world have been enjoying 'Cricket World Cup 2011', played in Bharat, Bangladesh and Sri Lanka. This would remain the most memorable and invigorating event of recent times. Billions of people joined in spreading positive vibrations and stimulating the atmosphere to the extent that it helped Prime Ministers of Bharat and Pakistan to meet together at Mohali, Chandigarh, and further the Presidents of Bharat and Sri Lanka, at Mumbai. The teams of all participating nations were filled with positive attitude and vibrations throughout. The spectators felt highly honoured on seeing such dignified and royal playing of the game at each of the grounds. The spirit of friendly sportsmanship was very much in the air... By telecasting the event in over 128 countries, television and other forms of media encouraged the coming together of billions of people to experience the beauty of unity

of thought.

Hats off to the members of MS Dhoni's Team India who finally emerged Champions at Mumbai's Wankhede Stadium after beating Sri Lanka in the finals, witnessed by Presidents of the respective nations and billions of cricket fans! The beauty of Bharat's emotional integration, as dreamed by Pandit Nehru, was evident and widely reported by the electronic and print media. On winning the match, members of the Indian team: MS Dhoni, Virendra Sehwag, Sachin Tendulkar, Gautam Gambhir, Virat Kohli, Yuvraj Singh, Suresh Raina, Yusuf Pathan, Harbhajan Singh, Zaheer Khan, Ashish Nehra, Munaf Patel, Praveen Kumar, R. Ashwin, and Piyush Chawla were emotionally moved beyond words but remained very humble in dedicating the win to their individual faiths, that is, presiding deities or family gurus, but above all to God, the Highest on High.

In a befitting honour, the BCCI and State Governments or employers of the members of

the Winning Team showered the Team with crores of rupees, plots and awards. These acts of appreciation and rewards would go a long way in motivating the younger generation to focus on sports.

Sportspersons can become great Ambassadors of goodwill and create a peaceful atmosphere in the world, though temporary. However, this too is very much needed and should be applauded from the heart. Moreover, it has been seen that by learning the secrets of Rajyoga Meditation (enhancement of concentration power, positive outlook, mature perspective and mental stability) players and spectators alike can receive lot of spiritual benefit.

We wish all kinds of sport a better future in developing the much-coveted friendly and joyous world.

Each of the Team India members gave their best and proved that 'United we Stand'... Well Done! May Supreme Father God Shiva always shower His choicest blessings on all of you!

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## ADHYATMIK MAHAKUMBH: AVYAKT MEETING WITH 28,000 BKs

31 March 2011 would be defined as one of the most memorable days in Yagya history, being the last day of the season to experience Avyakt BapDada and witness the celebration of an *Adhyatmik Mahakumbh*.

28,000 BK sisters and brothers in whites assembled in Diamond Hall and Conference Hall, Shantivan, to be immersed in the Divine's blissful presence, perceive powerful, loving vibrations and learn the highest secrets of spiritual wisdom. Regular practitioners of BK spiritual philosophy Rajyoga meditation from Bharat and 50 other countries received God's Supreme Advice (Shrimat) through *avyakt* versions. Emphasis was placed on appreciating the importance of this auspicious time when the Supreme Almighty Father has descended to guide every one on the path of purity and divinity. Therefore, the spiritual effort-makers should be worthy to become heir-apparent to the thrones of God's heart and Golden Age.

While praising the fortune of those who have recognized the Supreme Being's power on earth, the need to be determined in one's resolves and enjoy a tension-free life to set examples, and become support for others,

was focused on: **"This is the most valuable time for every one to develop inner powers of the mind, alleviate sufferings and bestow the blessings of happiness unto suffering souls."**

Through the internet, over one million BK sisters and brothers received divine blessings and are motivated to do service through the mind, especially in the present times of natural calamities and political instability in several countries.

An essence of the recent divine words of wisdom is shared below for the benefit of our readers: **Serve the five elements and make them pure (*satoguni*) by serving through your mind. Have good wishes and pure feelings and perform the dance of harmonising your sanskars. Burn your old sanskars and colour yourself with the colour of God's company.**

"Which colour of Holi are you celebrating? You know that the most elevated colour is the colour of God's company. This colour makes you constantly the most elevated of all. Just as God the Father is the Highest on High, in the same way, God's company also makes you the highest on high. Throughout the whole cycle, the star of fortune

sparkling on the forehead of each child, is attained by no one except the fortunate children. It is the elevated fortune to become double pure, that is, holy. There are also religious souls in the world but their bodies are not pure. At the confluence age, by having the colour of God's company, you become double pure. God's colour of the Confluence Age makes you double pure.

"In order to belong to God, you first of all burn your old sanskars and then, because of being coloured with the colour of God's company, you celebrate all the time. You have God's direction that Holi means to let the past be the past. They also speak of "ho li" (it has happened already) but they do not put the meaning of it into a practical form. All of you let everything be "ho li", that is, you let the past be the past. When you remember the past, you have many waste thoughts and your time is also wasted. Every minute of this Confluence Age helps to create a reward for 21 births and so every thought and every minute are so valuable! If you are constantly coloured with God's colour, that is, if you constantly keep the Father as your Companion, you are then able to make every thought and every moment, that is, every

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minute of the Confluence Age, worthwhile.

"With pure *satoguni* thoughts of your mind, continue to make the elements *satoguni* (pure). Human souls have troubled the five elements a lot and so they will also begin to cause trouble. People are wondering about what will happen and they are afraid, whereas you all know that it is now the *Amrit Vela*, the Confluence Age, and what comes after *Amrit Vela*? Morning. You have this intoxication, do you not? You are not worried about what will happen.

"Test papers will definitely come, but you have to carry out double work. First, you have to face everything while being fearless. Second, who is going to serve the devotee souls and your unhappy spiritual brothers and sisters? You are coloured with the colour of God's company and, so, whatever you have attained by being coloured with the colour of God's company, you have to distribute that to your spiritual brothers, sisters and devotees with a lot of love. You, children of God, now have to become supports for those who are in sorrow. Become their support with your good wishes, pure feelings and the rays that you have received from the Father. Be merciful! Be benevolent!"

**With your determined**

**thought become an example of being tension-free and become an image of support for everyone.**

"Do all of you constantly experience all the attainments of the Confluence Age or only sometimes? God, the Father is, imperishable and so the attainments are also imperishable. God wishes for every child to be a self-sovereign king, to be a king and rule over the self, that is, over your physical senses and your mind, intellect and sanskars. All your physical senses should be under your control because you have received the treasure of all powers from the Father.

"When you keep God with you and you do not become alone, when you constantly keep the Father as your Companion, then neither your mind, nor intellect nor sanskars has the power not to be under your control. Which form of yours should you always remember so that you never forget God's company? That form is: I am a Shiv Shakti. Shiv and Shakti are combined. This awareness automatically makes you a conqueror of Maya and a conqueror of matter.

"The two special invaluable things of the Confluence Age are 1) the power of thoughts and 2) the time of the Confluence Age because in the one birth of the Confluence Age, you have to create a reward for many births.

According to the value of this one spiritual birth, waste thoughts should now be finished because one second gives you a right to so much invaluable time. Pay attention to both these things; use them in a worthwhile way and become an image of success.

"Can each of you make yourself tension-free from today? Have the determined thought that, from today, there will be attention, no tension. After all, where does tension come? It comes in the mind, does it not? You are masters of the self, are you not? Is the mind yours or is the mind the master? Throughout the day, you say "my mind", do you not? You will easily receive God's help and blessing, but you simply have to pay a little attention.

"When souls who have tension according to the circumstances see your experience of being tension-free and that your activity and face are tension-free, you will become an image of support for them. Today, when you tour around in the world or hear the news, what do you see? They continue to invent ways and means to make themselves happy temporarily. Show those who have tension an example of being tension-free, and they will be able to see some support. Where there is determination, success is guaranteed."

– *B.K. Nirwair*

(Contd. From March issue)

## DEEP SECRETS OF KARMA



– B.K. Prakash Talathi, Lagos

I had been working in Lagos when I came across the Brahma Kumaris for the first time. I had never heard such spiritual knowledge in the past. I found the knowledge intriguing and so took initiative to organise afternoon classes every Sunday, at my residence, by Sister Rewa, Centre-in-charge, Lagos Centre. After a few Sundays, the attendance at these sessions reduced - one Sunday there were only two people in class! Sister Rewa, however, was speaking as if 200 were present... I was unhappy at the attendance. I was restless and puzzled and didn't know what to do, for the sister had come all the way in the rain to be met by such a poor attendance. Thoughts such as "should I go out and invite someone or telephone them to come?" made me restless and I felt the urge to suddenly leave the house.

While I was walking on the road, I was determined to stop

the next car that passed by and invite those people home. A car came and I signalled it to stop. It stopped after a few meters. The driver got down in a hurry and came to me, leaving the car door open. I told him, "Brother, there is a spiritual class going on at my residence and an important person, a Rajyogini sister has come to share the wealth of spiritual knowledge. Will you come and listen to her, please?" The brother looked at his wrist watch and said - "I am going home. I have to take my wife to church and, therefore, I do not have the time". I requested him repeatedly to come for just two minutes. Seeing my state and desperation, he agreed. He came with me and sat down to listen to Didi's talk. After 5 minutes, he suddenly got up. My heart started beating rapidly as I was worried that he was going away. But he came to me and whispered in my ears, "I will go home and bring my wife

and family." I could not believe my ears! He actually did go home and brought his family. He later also brought the family of his in-laws and two other expatriates from his company to hear the sessions. My house was full and so was my heart.

This person's name is Brother Gamini Virsinghe. He is from Sri Lanka and till date has been co-operative in Baba's service. When we were looking for a new home for the BK Centre, the one we selected was recently built by a landlord who couldn't complete it as he had run out of funds. Brother Gamini himself offered to carry out the pending jobs to our taste.

Bro. Gamini once told me; "When you stopped me that day on the road, I felt a pull." I know it is not in my capacity to be pulled by anyone, so who was the one who gave him that experience? It is clear that God made me an instrument to draw him into spirituality.

I also appreciate the perfect timing of Drama when I came out of the house just when Brother Gamini's car came into sight! Drama enabled Brother Gamini to create his fortune by knowing and

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recognising God, the Father, and contributing in spiritual service.

I have often witnessed and experienced the power of elevated thoughts and deeds. God and Time (World Drama) have to co-operate with souls who engage in elevated thinking and doing. Nature also has to serve these souls. But why are Baba, Drama and Nature co-operative to yogi souls? A yogi wears a crown of responsibility on his or her head. They are responsible to themselves as well as to their fellow-beings. They believe in the principle: 'Whatever act I perform will be copied by others'. If I carry out an unrighteous act, it will be copied by all those who see me. Every yogi is one out of millions, and so is responsible for millions. Yogis are law-makers; they set the traditions, customs and systems of the family. Only those, who are lawful, can be Law Makers.

When I think of someone out of hatred, jealousy, or desire due to physical

attraction, then I am spreading 'bad odour', that is, bad vibrations in the atmosphere thereby spoiling it. It creates bad attitude and feelings between one another; it spoils my vision towards others. Even if these thoughts have not come into words or action, it does not mean that no harm has been done. Just as my thoughts create my attitude towards another person, in the same way they create a similar attitude in his mind towards me. That is, I have created a potential enemy for myself. It is similar with criticism, comparison, correction, jealousy, gossiping etc.

So, in fact, I am actually the one creating problems or obstacles for myself. **Whatever I send out into my surroundings will return to me forcefully at its own time. Whatever we give to world comes back to us...This is the undeniable spiritual law - a subtle but practical form of Karmic Law.**

Therefore, to be free of

obstacles, we would need to change:

- 1) **Our thought patterns from negative to positive by being a well-wisher to all.** Emerge our stage of being a Master World-benefactor and send vibrations of good wishes and pure feelings towards all human beings and elements of nature as well. Our thoughts of love, peace, purity and mercy will definitely reach them.
- 2) **Our words and our actions should be in harmony with our pure feelings and good wishes.**

The actions performed now along these lines will take care of my future, but what about the past? What can I do about the thoughts and attitudes I already hold about people I am related to or I came into contact with? What can I do about the words I've uttered and actions I have already performed? I require a lot of courage, determination and will-power to clear up the past.

(To be Contd.)



We will have to repent in this generation not merely for the hateful words and actions of the bad people but for the appalling silence of the good people. – Martin Luther King Jr.



## CONSTRUCTION PLAN OF GODLYWOOD STUDIOS

– B. K. Ramesh Shah, Gamdevi, Mumbai

This World Drama Cycle consists of four main eras and the fifth one is a very short one, called *Sangamyuga* (confluence age). It is in this very era that we get the chance to convey the message of Shiv Baba and also the opportunity to make our fortune.

Of late, Shiv Baba has given us the *Shrimat* to pass on the message of Supreme Father's incarnation at the earliest, so that whoever gets this message would strive hard in making his fortune. If that soul receives this message of incarnation of God at the fag end, then he may not have enough time to reap its benefits.

Changing times have brought changes in the nature of Godly service. To ensure that message of God's incarnation reaches every soul speedily requires planning and execution of innovative methods of Godly services. Television is one such medium through which this message can be given in the shortest time. BK Usha and I first experienced such quick service through TV in Lagos in the year 1974, where there used to be a weekly T.V. program

called 'Lagoscope' which would project all the VIPs arrival in that week in Lagos city and was viewed by about 2 to 2.5 crore Nigerian audience. In the midst of this program, we got a chance to introduce Shiv Baba and deliver God's message for about 20 minutes. The Lagos T.V. Director later informed us that the program was viewed by more than 2 crore people.

Similarly, when B.K. Sister Vedanti (from Nairobi) had been in Mauritius for the first time for establishing Godly services and was looking out for a Hall to organise our exhibition, she reached Vishnu hall. At that very moment, the closing ceremony of *Ram Katha* was going on and was also getting live coverage on T.V., with the entire country viewing that program. The moment sister Vedanti entered the Hall, the chief Priest welcomed her and requested her to introduce the Brahma Kumaris Organisation to apprise the people of Mauritius of its activities. So, we experienced that through T.V., we can reach the entire country in a very short time.

Similarly, Bro. Ravi from

Delhi and his colleagues constructed 'Om Shanti Studios' and we are all aware of the manifold Godly service taking place through the programs telecast on channels like Sanskar, Jagran, Aastha etc.

In our last year's annual meeting, I wanted to find out the centers where number of students had increased due to Baba's message on various TV channels. The representatives of the centres raised their hands from which I concluded that the number of students have increased in almost 95% of the centres as a result of message through such T.V. Programmes.

Now-a-days, our most beloved Shiv Baba also checks up about the first time arrivals. It is concluded that 60% of the brothers and sisters sitting in the Hall are first timers. Similarly when respected Bro. Nirwair enquired in his class about the first time arrivals, he also was informed that 65% of them got inspired by our TV programs.

Hence in India as well as abroad, all of us are collectively trying to give God's introduction to maximum number of people through TV. At present, our TV programs are broadcast in twelve languages through various channels in and outside India and around 1.5 crore viewers are daily getting the knowledge of Shiv Baba and amongst them there are many

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who used to run away on hearing the name of the Brahma Kumaris. Now they watch most of the programs of Shiv Baba with keen interest, in their quest of knowledge.

There was a meeting conducted by managing committee on the expansion of Godly services through electronic media and it was decided in April 2010 that open plot available at the Right hand side of the entrance gate of Manmohini complex should be utilised for construction of Studio. Sometime in April 2010, all Dadis and senior brothers jointly performed the *Bhoomi Shudhikaran* program and decided to start the construction work with great zeal and enthusiasm.

Today through this article, I wish to introduce you the studios proposed to be constructed. Often we have this question 'what is there in a name?' but it is our experience that half of the battle is won by a proper name and that is exactly why Shiv Baba has given selected names like Pandav Bhawan, Gyan Sarovar, Shantivan etc. to various buildings and complexes of our Headquarters. Similarly, the name of the studios has been finalised as per the *Shrimat* of Shiv Baba. It has been named 'Godlywood Studios'. The reason for this name is that people are well versed with

these terminologies, for instance Hollywood studios located in Los Angeles of U.S.A. is well known for the films of English and other languages and Mumbai's Bollywood studios produce more than 500 films every year. Therefore, the proposed studio, which is meant to give introduction of Shiv Baba, has been named Godlywood Studios.

Our beloved Dadi Prakashmani used to explain in Hindi that Cinema means Maa (mother) of Cin (Sins) and hence one should never waste one's time in watching films. Now we wish to transform the key role of these films. These films should no more be the mother of sins, instead, these should become embodiment of purity and people should lead an elevated life through the message delivered by these films projected in cinema halls, thus, bringing peace, prosperity, bliss, purity in everybody's life. In this world of cinema, these studios would definitely bring a divine revolution.

The total expanse of the structure will be 25,000 sq. ft. There will be three shooting cum recording studios – two on the Ground floor and one on the first floor. Second and third floor will be used for developing, editing and animation mixing depts., to give final shape to the films produced here. Fourth floor will

have mini-theatre for review and preview of our films and will have the facility to directly uplink our films to broadcasting studio.

The studios will also be utilised for holding interviews and dialogues and producing telefilms, documentaries, talk shows, dance dramas etc. Now we are covering 1.5 crore audience through daily TV programs. We aim to reach 15 crore viewers per day through this novel mode of service.

The External elevation of the studio premises is also being published herewith which may please be seen. The construction plan and the blue print of the construction are also given in which you can see the plans of ground floor and first floor of the studios. The height of ground floor is 15 feet and first floor is 20 feet and one can also note the adjacent side mezzanine floor to be equipped so that the staff can do their work comfortably.

Special type of glass will be utilised to construct this studio on which one brother commented, in a lighter vein, that this would be the first glass house of our institution.

In our complexes such as Shantivan and Pandav Bhawan, many of our experienced brothers are silently and sincerely engaged in creating telefilms, animation films etc. All these highly talented and

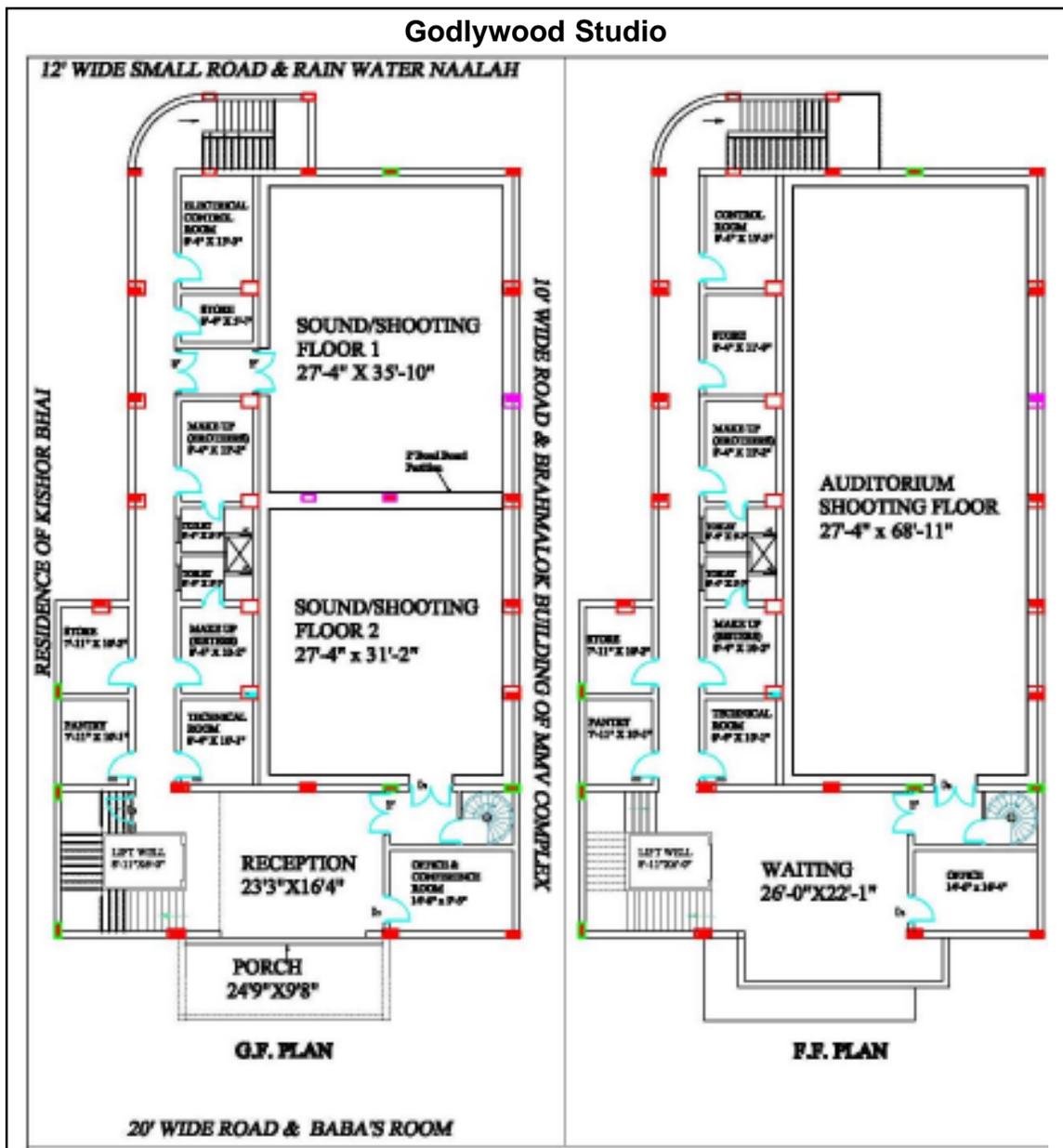
elevated brothers are sitting in different places and doing their jobs. But now they will have the convenience to sit under one roof and work. The collection of these 'diamonds' would form a diamond necklace which would become instrumental in

spreading the deep secrets and greatness of Shiv Baba's knowledge.

Management committee of B.K. Institution has already finalised the construction of the studios and the foundation ceremony of this studio

premises has also been carried out. Later something special cropped up which I feel is relevant to narrate here.

Brahma Kumari Usha, who was the vice-chairperson of our 'Art & Culture wing', left her mortal coil on 23rd September



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2010. After her final rites were performed, the first bhog was offered to Shiv Baba, wherein He told us about her last wish and said that sincere efforts should be made to fulfil that. Sister Usha was narrating to Shiv Baba, “since I have left my body, I cannot carry out Godly Services and hence my account of pious deeds will cease to grow. I can start doing service with my new body only when it grows, hence if a memorial service place is constructed, then my account of deeds will keep on growing and I will continue getting returns from it in my next birth”.

The brothers and sisters of Gamdevi sub-zone gave lot of thought on this message of Shiv Baba as to what can be done to fulfil her wish and finally in a meeting dated 12th December 2010, it was finalised that since the BK Institution has already initiated the construction of Godlywood studios, why not adopt this task of construction of Godlywood Studios as a memorial for BK Usha. It has been now decided that all the brothers and sisters of Gamdevi sub-zone, the relatives of BK Usha and all those souls who have received Shiv Baba’s introduction through BK Usha and also those who have been closely associated with her, may collectively contribute to the extent possible, in this project, as a ‘seed money’.

All the brothers and sisters of Gamdevi Sub-Zone will thus have a satisfaction that in return of the sustenance they got from Ushaben, they could fulfil her last wish and could extend their co-operation in this noble task. On December 14, the two senior sisters representing Gamdevi sub-zone met respected Dadi Janki and expressed their wish of contributing this type of ‘seed money’. Dadiji asked Dadi Gulzar to give this message to Bapdada. On December 15, 2010 after the *Avyakt Murlī* when I was presenting the bouquet to Bapdada, Shiv Baba gave a *Shrimat* about which you all are very well aware. Baba told that the plan we have made for contributing the seed money to the divine memorial of Ushaben is acceptable to Baba and we may further proceed with this task, so that along with the construction of Godlywood Studios, the subtle task of fulfilling the desire of Ushaben will also be accomplished.

In the near future, many new programs will be made and very shortly a TV Channel in the name of ‘peace of mind’ will also be launched by BK Institution and it will be helpful in broadcasting studio’s production. Other TV channels can also be provided with different programs made in this studio.

Thus our own channel can be used to telecast our own home

made programs. It is like saying that the cooking of food will be done by our studios and serving the same will be done by our channel.

Apart from studio’s productions, the programmes of other places and centres can also be broadcast throughout the world by uplinking through our proposed ‘Peace of Mind’ channel. Similarly we wish that through this studio, live news can also be telecast, so that all news of Godly services conducted all over India and abroad reach everyone instantly and they can then be published in their local newspapers. Similarly, there could be many other programs and plans about which you will be briefed in due course.

One more objective of writing this article is that in our divine family of India and abroad, there are many brothers and sisters who have expertise in the field of electronic media. They may have some innovative ideas about this project which they can very well share with us to be implemented so as to build an up-to-date modern and useful Studio.

All the transactions related to this project are being done by ‘World Renewal Spiritual Trust’. Those who want to contribute for this project can do so by contributing their funds and co-operation in the name of this Trust. ■

# THE PATH OF GODLY KNOWLEDGE AND RAJAYOGA

– B. K. Surendran, Bangalore

In all walks of life, there is a code of conduct for everyone to follow. When life is based on such a code of conduct, not only the life becomes pleasant and enjoyable, but it also gives happiness and peace to those around him. But, the element of vices in individuals force one to violate such a code of conduct. It is here that the path of life becomes thorny and cumbersome. There is a specific path for everyone to tread and there is a specific space for everybody to behave and interact. Sometime, that space is also over-stepped as one crosses the limit. Experience in life indicates that there was a time, at the beginning of life in Golden-Age, the life was self-disciplined and also each and everyone naturally adhered to the code of conduct. It was a natural process. In fact, soul-consciousness helped to hold on to the code of conduct. As the time passed by, code of conduct and aspect of self-discipline were violated. When a person violates the law of karma, he

loses his peace of mind and solace. He is frowned upon by the society. The reason is that one becomes body-conscious and consequently is overtaken by vices. In fact, all those involved must have convinced themselves that they did not like violating the code of conduct of life. But due to the pressure of vices, they committed the violations. It is good that some people realise their mistakes, but nothing tangible is done to avoid repetition of such acts. Again, when the heat of the problem subsides, they restart the same behaviour patterns which will again land them in problems.

## **Godly knowledge and Rajyoga**

This path is shown by Supreme Soul Himself. He has given full knowledge of life. One must live a life of enlightenment which comes from the base of Godly Knowledge. Specific knowledge of the self, the drama of life, the karma philosophy, independence of each and every actor - the souls in the field of karma and the role of God etc., give us precise and

detailed knowledge about life. Everyone has a freedom to choose their thoughts, words and actions. Each and every actor is important. Even if one actor does not participate, the drama is incomplete. The so-called knowledge one gets in the world is not applied on oneself because mostly it pertains to the world outside. It does not pertain to the world inside. In fact the inner world is the proper world. Godly knowledge is related to every day life. When one has got the Godly knowledge, one is supposed to apply this knowledge in every day life on oneself. The Godly knowledge is quite related to the inner world. Thus, as the application of the knowledge progresses, such knowledge matures into wisdom, which will manifest in words and actions in one's life, . This knowledge gives one a package of code of conduct based on the original existence level - the soul level, soul to soul relationships, the souls and the world, the relationship of soul to God and so on. This is an attempt by God to restore to souls its own self-sovereignty.

## **The tests**

It has been observed that some of those who pursue the path of Godly Knowledge and Yoga sometime forget the original teachings and message

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of God and get trapped in some self-created notions and illusions. When they are face to face with the bad *sanskars*, or indecent behaviour of co-conspirants or some godly instruments, they make mistake in that situation and try to find some escapades in the name of leaving such people alone. We normally hear such people telling that 'let them do whatever they want, we do not want to associate with such people, they are silly, money-driven and so on' and neglect the studies, avoid the place of study and also the responsible instruments and other co-aspirants. The reasons further put forth are that they are not being treated well, neglected, opposed, criticised, not being given chance, preference, consulted and so on and so forth. They forget the fact that such situations are part of the syllabus for the study of Godly knowledge. At that point of time they forget the fact that God Himself is teaching them that their relationship is with Him and Him alone and not with those who appear to be opposing them or ill-treating them. The people who appear to be opposing are not in fact opposing, but they are giving an opportunity to learn new lessons on Godly knowledge and Godly life, which ultimately is a lesson

on life. God has forewarned us that 'you are in the battle field and you are supposed to be in the battle-field always. Being in the battle-field means you should be well-armoured and should be ever-ready to wage a war with Maya - illusion'. When a person runs away from the battle-field he is called a coward. If the battle-field conditions are not in our favour, we must stand firm there and see that the battlefield situation is changed to our favour. Such a person is called a brave warrior. The knowledge that is being given by God is to be applied then and there. Application of the knowledge and the experiences gained there on are going to create greater maturity and understanding. Other people, events, situations, problems, environment etc., are the examiners. Examination is at every step. When a person keeps himself away from the field of study, which is also the field of battle, how can one gain experience without studies, fight out the battle and pass the examination.

Even in the worldly life, people face such situations. In all fields of life people come with lot of commitment and hard work where they face lot of problems. The eldest of the

famous Hinduja brothers has written a book 'Success story'. The preface of the book reads 'I dedicate this book to all those people who have pulled my legs and who had created lot of problems in my life, but for those people I have become the Hinduja of today'. One who is determined and has a specific vision and mission, never looks back. He races through the mist and fog and achieves greatness. We can take the case of political leaders. They are in a battle field of life for achieving something great and worthwhile in this world. They are subjected to severe criticisms, maligning, character assassinations, leg-pulling and life threats and so on. They never leave the battlefield. After years of efforts and struggle, they become a member of a local body, an MLA or MP or a Minister. There are many political leaders who, after years of struggle, could not get any post or position and still have been in the battlefield and never left the field. In fact, those who have left the field and their political parties could not get anywhere and their life-time efforts were a futile exercise. The situations obtaining in family life are also not different. If a wife or husband finds that the partner is not cooperative or

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not giving love and affection or not giving respect and regard etc., such partner may not necessarily opt to get out of the family. They remain in the family because they have got duties and responsibilities to be fulfilled and as time passes by situations change. Political life has a code of conduct, family life has a code of conduct and each and every member has to maintain self-discipline. Every member has to conduct himself/herself within the personal space he or she is supposed to use. Just like in a traffic flow every vehicle has to maintain its space and if the space is violated there is likelihood of an accident. In human life also, there is a specific space for everyone and if that space is violated it will result in a sin and thereby worries.

### **The focus light**

God-the Supreme is the ocean of light and might. His instructions, advice, orders and guidelines are part of the great study. The aspirants are bound to follow the path of knowledge step by step. His *shrimat* - divine directions are the benchmarks. The moment the aspirants start manipulating and interfering with the divine directions, and become careless in following the directions, they start losing the ground. Rajyoga

is loveful remembrance of God through which the aspirants get enthusiasm, zeal and passion to foster constant remembrance and also maintain close relationship with the Lord. Yoga is the spiritual effort which binds the aspirants with the God-Father. Those who practise yoga outlive the perennial lokik-human relationships which were in a way crude bondages. In fact, they were trapped in bodies of other human beings. The technique of yoga has helped them to get out of the traps and now they feel freedom to think, speak and move around.

### **The slow slip and need for introspection**

But this freedom is not safeguarded constantly due to the reason that they start manipulating, overlooking and disregarding the divine directions and advices. They also start forgetting the Lord who was their very life, who was everything for them when they started the journey. When they first started, they had set a great vision and that vision was being translated into practical terms and as their experience of super-sensuous joy, happiness and peace had increased by leaps and bounds. They were enriching in all fields of life. There were many transformations taking place in

their relationship with others, the way they had dealt with problems and also conducted their everyday life and so on. The moment they started looking at others, their life started moving to a different direction. They started picking up holes in others' coats, criticising others, branding them as bad and so on. In the process they gave up the morning *amritvela* meditation session, the morning spiritual discourse and the service programmes which had in fact enhanced their capacity to co-exist and live together in the context of diversity in the past. They started neglecting the Godly life-style practices – the do's and don'ts. Such aspirants get isolated when illusions play fiddle and they start dancing to its tunes. The battle starts. In fact this is an occasion for all of them to introspect and correct themselves instead of blaming and complaining. They must become constructive and creative thinkers. Such churning will enlighten them and guide them properly. They must recall those days when they first came to the abode of God, their experiences then, and their convictions of the relationship they had with the Lord. They had convinced themselves then that God and His mission was

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their life. They are bound to be thankful and grateful to the Lord for all that enlightenment He has bestowed on them. It is not that human beings matter in this case. It is the Lord and His great mission that should matter to them. They should review their value system and revalidate their stand on divine life.

### **Point of Realisation**

We all have a moral responsibility to see that God's mission on earth is fulfilled and we should stay with Him to the last moment. We should not be the drop-outs of the great school of study which God Himself has started. We are hand in hand with the Lord. We should not put forth lame excuses and side track. We should not become cheat and breach the trust of all those souls who believed us and who have kept faith on us. We should never leave the battlefield. We should be part of the game. We must be active players. Just because some of the co-aspirants appear to oppose us we should not become traitors. Some of us might have the impression that if we oppose and put obstacles in the *yagya* by creating a separate outfit and all that, then, co-aspirants and responsible instruments who opposed us will learn a lesson, instead of asserting our point of view and remaining in the battlefield. There are many alternative ways of dealing with a situation by remaining in the field. But, instead of that, we indirectly become the stumbling blocks in the *yagya*. In reality we oppose God and His great mission. We are committing a sin. We are the souls who should safeguard the Yagya and we must maintain this Yagya to the last moment by being the right hand of the Lord. We must identify that we ourselves created the blocks and weaknesses and now patch the leakages and remove the blocks. The Maya - illusion will force us to leave the hand of the Lord. Never leave the hand of the Lord. Tighten the grip by moving around with Him always. Postpone all the temptations, inflated ego syndromes and all false prestige issues for execution tomorrow. We will win the race. One thing we should remember that the Yagya of the Lord will grow and draw to its logical conclusion at the right time even in our absence because the Propitiator of the Yagya is the Lord. We must remember that He has given us a chance to create our fortune. Now or Never.

## **THINGS TO UNDERSTAND**

– B.K. Jithendra Kumar,  
Begur, Bangalore

You cannot bring about  
prosperity

By discouraging the quality of  
thrift.

You cannot strengthen the  
weak

By weakening the strong.

You cannot help the wage-  
earner

By crippling the wage-payer.

You cannot help the poor,

By destroying the rich.

You cannot escape trouble

By spending more than you  
earn.

You cannot build character  
and courage

By taking away a man's  
independence.

You cannot keep men  
permanently

By doing for them

What they could and should  
do for themselves.

## BRAVO, O' PHYSICALLY CHALLENGED CHILDREN OF GOD!



– B K Prem Prakash, Noida

Most of us have heard about a popular legendary story of Shiva's Baraat. The famous mythological Baraat / marriage party of Shiva consisted of people, most of whom were deaf, lame, blind, people with one or both arms amputated, people with bodily organs bent, twisted ankles etc. But still were dancing with joy in ecstasy and happiness. Now, who are these people? Has it got any spiritual significance? It is really a thought-provoking question.

Recently in the month of February 2011, I witnessed a similar scene at Shantivan, Abu Road, popularly known as MADHUBAN, a huge complex of Brahma Kumaris World Hqs., where national and international activities take place. The occasion was the divine descent of Incorporeal God Shiva and subtle angel (Avyakt) Brahma Baba in the body of Rajyogini Dadi Hriday Mohini Ji through whose medium, a powerful and highly inspiring spiritual discourse (called Avyakt Vani or Murli) is spoken. About twenty thousand spiritual aspirants from various parts of India and many foreign countries from all the five continents of the world through the

Shantivan complex to listen to this Avyakt Murli.

In this huge gathering, I saw that quite a large number of physically challenged people came to meet the most-beloved Shiv Baba and His corporeal medium Brahma Baba. This category consisted of men, women, children and young girls having deformity in their body parts. Some were walking with the help of stick or walker, some were having hunch in their backs. A young girl was having deformity in the legs making her unable to walk, yet zeal and enthusiasm within, made them walk faster than normal people. When they would walk to attend early morning Meditation at 4 a.m. or to attend Murli class at 7 a.m. or Gyan - yoga classes held at various times during the day, one could notice with awe a unique joy on their faces. They may be physically unfit but were definitely mentally and spiritually fit which made them forget their bodily deformities. Travelling from far-away places like Assam, Bengal, Bihar, Orissa and Nepal, did not deter them from undertaking the spiritual journey within.

What brought them here? It was really a sense of deep

intense love, dedication and their unflinching faith in God Shiva (Shiv Baba) Who descends on the world at the auspicious confluence of the end of Iron-Age and the beginning of the Golden-Age to transform the present hell into Paradise or Heaven known as Golden-Aged world. To have divine *drishti* and to listen to *Avyakt Murli* and to get spiritually refreshed, people of all faiths, irrespective of caste, colour, age, language and nationality, a large number of people from all parts of the world come to Madhuban, and the most important fact is that bodily deformed people in large numbers are also present. Their strong will-power, determination and firm belief in God Shiva and His divine acts being performed presently bring them here. They may be less fortunate in so far as bodily organs are concerned, but they are far more fortunate than lakhs and crores of people who are not spiritually healthy. They do not possess the third-eye or divine-eye with which to see the ongoing God's task of re-establishing the golden era. They may possess beautiful hands and feet but not such to do good *karmas* with. They may possess millions and billions of rupees but they do not have kind and compassionate heart to help the poor people of the society. They are, in fact, poorer in so far as the wealth of character and

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values is concerned. On the other hand, these physically handicapped people are far more richer since they possess the divine treasures of Godly knowledge, peace, purity and character bestowed upon them by God-Shiva Himself. That is why, God is called *GARIB NAWAZ*.

So, let us not lose heart, let us not get disheartened, come what may. We have examples about the people who lost one or more bodily organs due to one tragedy or the other. We have a very recent example of Prof. Stephen Hawkins, a world-renowned physicist who had a very serious attack of paralysis and lost strength of all bodily organs except fingers and brain. He lost vision in both eyes, the saliva in the mouth continues to flow constantly, he cannot walk, but due to his will-power and mental fitness he is still able to discharge his duties, like a normal person. He delivers lectures in the gathering of professors through computer using his fingers and brain. Presently he is professor in Hayward University, UK. There is another example of Mr Stone, who was the captain of his football team in Africa. While playing in a match, he fell down and got his leg fractured. Doctors told him that he would not be able to play football again in his life. He did not lose courage and became the coach of his team. Later, while narrating his experience, he said that perhaps he was born to be a coach and not as a player. Also we have heard a popular mythological story about Ashtavakra, who had eight bends in his body and who had come to Raja Janak's court to show him the path of *Jeevan Mukti*. This shows that positive attitude plays a great role in shaping the bright destiny of a person. It has rightly been said that we cannot change the events in our life but we certainly can change our attitude towards those events.

Coming again to our original topic, I have to say that my heart goes all out to those innocent men, women and children who in spite of many obstacles have strong determination to come to Madhuban to meet their spiritual Father Shiv Baba and get themselves mentally and spiritually recharged to make their soul pure, peaceful and viceless. Let us learn a lesson from them. My heart feels respect and obeisance to them all.

## FOR THE SEEKER OF PEACE

**N**ot to offend any creature on earth, is the highest duty of man. All meritorious actions are in vain, if, even one person is offended thereby. Forgiveness is the highest strength. To conquer is the highest knowledge. But there is no religion higher than truth, because God Himself is Truth. To speak the truth, is the surest way to blessedness. But to utter only what adds to the real welfare of humanity, is indeed higher even than truth. What apparently is truth but not wholesome to the creatures of the world is merely a phantom of truth and not truth itself.

Those who are the seekers of truth, should cut off all attachment, should forsake all desires and hopes and should never waste a moment in acquiring and persevering worldly pleasures. He alone is a Gyani, who has renounced his all. To him people of the world, who are awfully enamoured of its luxuries and pleasures, are fools of the first water. A man can attain, in a very short time, the highest bliss and be released from the bondage of birth and death for ever, if he has conquered his self, maintains equanimity in all circumstances, and whose mind is not disturbed at all even to see the most beautiful celestial apsaras.

For a seeker of peace, it is essential that he should make the whole world his friend and should harbour envy for none. He should keep an attitude of indifference towards sinners. Having conquered his senses and self, he should give up all possessions. He should be all calm and contented. Once when he has discarded pride, arrogance and vanity with all their offshoots, what cares and worries should he have!

From the Diary of Late Mr. M.R. Bhatnagar  
(Dated 21/09/1971)

# THE LAKE OF TRUTH

CAN YOU ALWAYS BE FOUND SWIMMING IN THE LAKE OF TRUTH? OR IS IT ONLY SOMETIMES THAT YOU DIP JUST YOUR TOE IN IT? OR ARE YOU STILL LEARNING TO SWIM? OR MAYBE YOU ARE FRIGHTENED OF THE WATER? PERHAPS YOU ARE STILL THINKING ABOUT IT?

– B.K. David, Paignton, England

**W**e need to put on the sunscreen of God's knowledge everyday if we are to protect ourselves from the harmful rays of body-consciousness. People do not realise their deckchair of body-consciousness is one of self destruction. Swimming with God and bathing in His knowledge of self-awareness and striving for perfection is the meaning of life.

## **The Uncomfortable Deckchair Of Body-Consciousness**

For many people today, often the aim of their life is getting a tan and trying to look beautiful wherever they go . Their deckchair (way of thinking and seeing) is soon to collapse beneath them. When this happens, it will leave them entangled, trapped, hurt, cut and in danger of not being able to move in the face of the incoming tide of bad karma. This wave will wash over and drown anyone who sat in the deckchair of ignorance. It's now the time to get up from this

uncomfortable deckchair and free yourself from body consciousness so you can move out of the way of this wave

## **There Are Waves Of Sorrow And Waves Of God**

If you are caught up in the deckchair, you will find it hard to free yourself and swim to safety (change your thought patterns and ways). This approaching wave of sorrow is all-powerful and one needs to be on high (spiritual) ground if one is to survive it. Only this high chair of spirituality is high enough, strong enough and wise enough to withstand these waves and offer safety. Their deckchair is fragile and old. You can either ride God's inner wave of happiness or face having to swim for your life in the cold sea of sorrow and falsehood until you are drowned. There is nothing false about God or sorrow. One drowns all whilst the other exhilarates anyone brave enough to ride the sacred wave.

## **Some Are Happy To Just Keep Their Head Above The Water - So They Can Eat Ice Cream (Vice) All Day.**

Everyone is busy eating the ice cream of body-consciousness with its chocolate flake and sweet taste. Yet this too will melt in the heat of sorrow with its taste of intense regret. The tide has changed and now their sorrow is coming back in to meet them as what they gave out, must come back in. There is no escaping this wave and tide, from Sadhu to Shudra or film star, all will have to face this sea and try to deal with the consequences it brings for them. For many it will bring tears of untold misery. Whatever you've given out in life, be it in action or thought, be it good or bad, is coming back in for you on the next tide. I hope your return is not on the endless tide of sorrow but on the crest of a wave which carries God and His happiness.

## **What Is The Foundation Of Your Life? Do You Ride The Surf Board Of**

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**Extroversion And Showmanship Performing Tricks Of Beauty?**

Some foolishly think they can outrun or fool the tide of sorrow with their surf board of happy times (carefree but ignorant ways). Unknown to them, their surf board is still made out of an old deckchair and is prone to collapsing at any moment. It's quite a sight to see someone try and ride a deckchair in a surf, especially knowing they think they are so cool. The sharks of frivolity are anxiously waiting beneath them. The tide of sorrow can unbalance the most seasoned surfer and before he knows it, he's swimming for his life in a dangerous sea with powerful undercurrents. Only then, when drowning in their past, will they call out for God, the Lifeguard, to help them. "Too late", He will say. "You had your chance".

**The Saddle Of Ignorance Is Powerful, As It Can Take You Anywhere And Throw You Off At Any Time**

Those on the pier of instant pleasure cannot escape and will also be drowned, such is the size and power of this wave. You cannot escape this tide. Each day, you are either in the high chair of spirituality or at the height of ignorance riding the

donkey on the beach thinking you are a king and everyone should look at you and bow. Only the donkey would bow to you - to throw you off.

**A Diet Of Candy Floss And Instant Gratification Creates A Spotty Face**

People's mentality today is shallow and cannot see beyond their senses. This world is stuck fast in a way of living that dictates instant gratification. The farmer has insight and wisdom at his fingertips and sows seeds for the future. Yet those who are lucky enough to eat his fruit, have no wisdom and only live for what can be had right now in life. That is a life of swimming with sharks and inviting trouble by putting your head in its mouth everyday. Riding a deckchair in a sea of sorrow and putting your head in a shark's mouth everyday is going to get you noticed for all the wrong reasons.

I really would like to take a photograph of these unwise surfers, but they are already in the newspapers everyday on every page. Everyday you can see everyone in the newspapers for all the wrong reasons. From the front page headlines to sports' back page, you will find photos of these unhappy sun seekers riding deckchairs whilst

trying to fight sharks (themselves).

**Eating Glue Whilst Collecting Shells**

God has billions of mouths to feed everyday. We have only ourselves and a few others to feed and in doing so, are destroying the world with our greed, diet of meat, chemicals and polluting the atmosphere. One day the world's diet will fight back and start eating them from the inside and they wont be able to do anything to stop it. Our world is a world of total greed and soon will be a world of total disease, hate and suffering. You cannot eat the innocent and expect yourself to be innocent. If you work in a glue factory, eventually you get sticky fingers and cannot eat. Indirectly kill animals.....

**Are You Waiting For A Number 1 Bus?**

What footprints are on your beach? (life). Are they next to those of the donkey? A wise person would only walk next to God. A really wise person would follow in God's footsteps (ways and thoughts). When you can walk behind God in His shadow, then you are becoming ready to walk next to Him (equal). When you are equal to God, then you'll deserve to walk in heaven and swim in seas unimaginable in beauty. To walk behind God

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now, means you are in the front of the queue for heaven. Waiting to go to heaven is a bit like waiting for the number one bus which you know is due and about to arrive, as in this case, God is driving the bus.

**Fantastic Journey On An Open Top Bus (Soul Conscious)**

You do not need any change (money) to take a ride on God's bus. A change of attitude from body-consciousness to soul-awareness is enough to ensure a fantastic journey on the top deck of God's bus today. Man's tour bus takes in hell at every turn, is expensive and has the most uncomfortable seats. In heaven, you will not have to look down on people with walking sticks, there will be no ear plugs, aches and pains, limps, pills, athletes foot or loud deckchairs with striped nylon their length. Men's business suits have similar stripes down them to those of the deckchair. I think in the future they will collapse just as easy as an old deckchair.

**Baked Fish For Supper (Angel Or Fish?)**

The world's economy, along with its people, are very fragile. They are both like goldfish washed up on the shore and at the mercy of the sun which of course, has no mercy - just heat. The tide of world history, both recent and of long ago, is coming in. It really is up to you if you come in riding God's wave which is powerful enough to carry you all the way to heaven, or end up being washed ashore on the beach..

**Are You Worthy Of Walking Next To God? Does Your Ladder Reach All The Way To Heaven?**

Many are in the queue to ride the donkey of cheap fun. This ride is always at the expense of either themselves or others. The poor old donkey does not know the way to heaven, so where will they all go? Whose footprints will you follow? The donkey (man) or God's? Are you worthy of following God? Are you worthy of walking next to God? Are you balanced enough to ride God's wave? Can you see the people swimming with sharks (negative karma)? Do you toy with karma or are you busily building a ladder to heaven with it? Do you sing to yourself the song: Riding along on..... the crest of wave? Do you sing this whilst seeing everyone else drowning in sorrow? Will your business meeting today be with man or God?

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## SEEKING PERFECTION

– Gul Ojaswini, Delhi

I know it's been long  
I've wasted too much time  
I have been wrong  
But this time I am right

I won't settle for anything less  
Now I know what I want  
It'll lead me to my destination  
It's my turn this time

Because I am seeking perfection  
Only God knows since how long  
Tired of walking on the middle road  
It's just not my type

But only if you close your eyes  
That desire hidden somewhere  
Of just one perfect thing  
Always been crushed,  
Always been hushed  
But my friend not this time  
I'll reach my final destination  
Because I am no more alone  
Ever since you have come  
I am never alone  
And I know you'll be there  
Forever and always

Because that's the promise you  
made  
To hold my hand and take me home  
My own, my long lost land  
And so I raised my standards

And I'm aiming for that perfect being  
Hidden somewhere within me  
To be vice-less and pure  
Because I am seeking perfection  
And I'll be, that is for sure

# WHERE ARE WE HEADING TO?



– B.K. Dr. Kaberi Kakati, Guwahati

**T**oday, man is making progress at a faster pace in various fields of medicine, science & technology, agriculture, machineries, space research etc. A number of discoveries/inventions made in the last century have changed the very face of the society. All these were intended to give happiness and comfort to mankind, but the irony is that Peace and Happiness are the only things seen missing in people's lives today. The reason being that along with everything else, unfortunately, a rapid pace is also seen in degradation of social values and morality.

The root cause of all the unhappiness in the world today is ignorance of one's true identity and focusing all attention on the exterior. Body-consciousness is the seed of all vices. Man is involved in competition, corruption and other unfair means in quest of money which is thought to give comfort, peace and happiness. It is true that money is required for physical comfort but in the course of this money race, all our real treasures and mental peace are lost. Due to this illusion of body-consciousness,

we have sacrificed our inherent qualities of peace, love, tolerance, and have replaced them with anger, jealousy and greed. Now, we need to really ask ourselves----'Is this really worthy?' Today, topics like World Peace and Positive Thinking have become some sort of fashion with various conferences and books on these topics where the focus is always on the outside. But, how can there be peace in the world when there is peacelessness inside every human being?

It is said that God has made Man in His own image and made him the most powerful and intelligent. But do we really deserve to be labelled next to God? Where are we heading to? Today, even the concept of God has become very confusing with different social and religious groups coming up with their own new theory of God. The so-called Religious Gurus have even started calling themselves as 'Godman'. As a result of all this confusion, today's 'modern' society has started discarding the very concept of God and Spirituality, which has, in turn, led to human degradation, negation of truth,

perfection sacrificed for personal pleasures. As a result, the human family has broken into shreds of selfishness.

We have also assaulted our Mother Nature and other beautiful, innocent creatures—killing and destroying them for our own selfish gains. We have broken all laws of Nature and now peril has arrived. When Mother Nature decides to show who's the Big Boss, we arrive at our wit's end and have nowhere to run. The latest example being the massive devastation caused by earthquake, Tsunami and nuclear crisis in Japan which is considered one of the most sophisticated and technologically advanced countries in the world.

Now, our Supreme Father has come to break all myths and illusion, to give us our true identity that we are all souls and children of The One, to teach us the deep knowledge of World Cycle and Law of Karma, so that we can undo some of the damage that we have done due to our ignorance and body consciousness. We have two choices now – either we clean up our act and become pure, or else drown in the whirlpool of destruction. Our future is in our hands, so let us take the decision fast and act upon it before the 'Too Late' board is put up.

# CONSCIOUSNESS SHAPES REALITY

— Nirakar Patnayak, Faculty of Economics, Bahrain

**"Man is the maker of his own fortune and the master of his own destiny."**

In Indian mythology, it is mentioned that Adi Dev (Brahma) created the new world by his thought. A thought came to his mind to create a new world and he created. There is a deep relationship between consciousness and reality. Consciousness is the inner world that has a hundred percent relationship with the outside world, that is reality.

Consciousness is the energy, and reality is the web of inter-related energies manifested in physical form. The field of quantum physics has clarified this with complete explanation. Through physics, we have come to know reality as nested layers of fields within fields. These fields are made up of many types of vibrations which intimately affect each other. There are total interdependence characteristics of this fluidly energetic universe. What happens in any part or aspect of the universe field reverberates throughout the whole. Therefore, any intention, thought, feeling or action has

wide effects. Repeated intentions, thoughts, feelings and actions by a group of people have more powerful effects.

In China, people have been using "chee", the universal force, to help heal pain and diseases for generations. The healing can be miraculous. B.K. Sister Jayanti, the European Director of Brahma Kumaris Centres, once met with an accident in San Francisco, USA. She got hurt and needed 14 stitches on her face. After 3 days, she gave a T.V. interview where the correspondents and interviewers thought she just had a bad cold! The healing was rapid as she had practised drawing in rays of God's love and using them to penetrate and heal the wounds.

Once I met with an accident and broke my right leg. The bone fracture recovered after treatment, but the ligament fracture was intense, so the doctor predicted that it would remain for 6 months to three years. I started to use the healing method and imagine my leg as

natural as before the accident. After two months, it did in fact become normal and healthy.

Jagdish Chander Bose (the Noble Prize winner) shared how plants are also responding to human behaviour and thought. Sounds and vibrations also shape the plants' productivity, shape and size. Scientific analysis also proves how our thoughts affect plant growth. Newton's Third Law of Action and the mirror effect also explain how our thoughts are related to actions and actions create reality.

Dr. Emoto, the Japanese scientist's phenomenal research clearly shows how water particles react to our thought and speech patterns.

It is said that King Gautam left his palace and returned after fourteen years. In the mean time, he had changed his consciousness from that of a prince to a monk and had become Buddha. His queen Yashodhara came with a heavy heart, filled with anger and grievances, to meet him. As the queen approached Buddha, he stood like a statue and remained silent. As she walked away, she told her assistant that this person was different from the Prince Gautam; he was Buddha, the preacher who could not possibly be her husband. Her mind became silent, and anger was

*.....contd. on page no. 34*

# HEALTHY BODY, HAPPY MIND

— B.K. Renu, New Delhi

**H**olistic Health connotes healthy body and happy mind, which can be attained completely through Rajyoga, which is for last 75 years being taught by Supreme Soul, incorporeal God Shiva through the medium of Prajapita Brahma. God Shiva through His daily spiritual discourses, not only keeps on telling us the ways to purify the soul, but also gives indications from time to time to keep our body healthy. Here, we'll discuss the various points to attain holistic health through Rajyoga:

Having a happy mind is very important to keep our body healthy. This is so because until our mind is healthy, we cannot remain healthy physically. It may be noted that happy mind means a completely pure mind which does not comprise any sort of vicious or negative thoughts. Such types of thoughts finish our happiness at that very moment and also cause miseries and despair. These miseries and disappointments, in turn, give birth to poisonous hormones and elements in our body. Such elements don't let the energy reach every part of our body in

a proper manner. Consequently, we are unable to work because that very part, where the energy of soul has not reached, is afflicted by some disease. In other words, every thought of our mind affects our body. As our thoughts get polluted, we become unhealthy and, on the other hand, when our thoughts get purified, we feel healthy. Thus, by making our thoughts positive and auspicious, we become successful in staying away from any disease. Shiv Baba has revealed in His Murli (Godly versions): "Thought is a very great power". When through the power of thought only, we can bring world transformation and establish the new world, then, how cannot we cure our diseases through this very power?

It is through our thought power only we meditate on God. We get all the powers from God through our thoughts only. Therefore, the unlimited powers which we get through meditation are directly influenced by our thought power. As our thoughts are, so the same type of power enters into us. When I think that I'm

supremely a pure soul, pure rays from God start entering into me. The next thought we think in this process is "I'm a peaceful soul". Then, the peaceful rays from Shiv Baba start entering into me and sooth me. Likewise, God's all virtues and powers keep entering us through thoughts only and keep on making me powerful. Besides, if we also think that through Godly power, my body is getting healthier and healthier, then, our thoughts will definitely have positive impact on our body and our body as well as we souls will be healthy.

The Confluence Age is the age of experiencing complete attainments, for this is the only period in the entire Kalpa of 5000 years when we are blessed with multi-million fortune to meet God Shiva and get Godly knowledge. In Golden Age, we'll have complete attainments, but we won't be able to experience them. Thus, all spiritual attainments have to be experienced in this Confluence Age only. That is why this present birth is called worth diamonds. For the present time only, there is a famous saying "We have attained all what we had to". And, that is possible only when we remain cheerful both physically and mentally. The body is my (soul's) chariot. On the basis of this

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chariot only, we have to do Godly service and pave the way for world welfare. After becoming God's child, this chariot has no longer remained mine as I've surrendered this body (mentally) to God for His Godly service.

In fact, keeping our bodies healthy is also a Godly service for those who want to make themselves the medium of Godly service. The soul and the body can be termed as driver and motor respectively. How will the driver, i.e., the soul, be able to reach the destination, if the motor, i.e. body is out of order? For instance, when we already are suffering from some physical ailment, i.e. we are dependent on others, then, how will we be able to give Godly message to the world? And, how will we be able to say that we have attained everything? It is clear that in that case, we will not be able to convince the world that we have attained God. Since we are being sustained directly by God, we must make our best efforts to keep our body healthy in order to give Godly message.

Even our ancient Rishis, Munis and Yogacharyas have also given us plenty of material in this regard. For physical health, velocity of breaths, yoga postures, and sound vibration

also play a crucial role.

Even today, many yoga gurus through the experimentation of yoga are not only living healthily themselves but they are also teaching people various methods to keep healthy. Many doctors, through the experimentation of Dhyana-Yoga are successfully curing various diseases. And, we are the ones, who are getting direct sustenance from Supreme Soul God Shiva. It is we only who reveal many deep secrets of this divine knowledge to the whole world at this Confluence Age. Shiv Baba Himself says: "All my virtues and powers are for you children". Thus, when God Himself is sustaining us and we ourselves don't feel healthy, then, it is obvious that we are missing something. God is definitely giving to us, but we are not receiving from Him. God is also called as Baidyanath. He says, "Use the Godly powers, by having the inner connection with me." But, quite often, we don't use the yoga power which is very important to keep our body healthy. Perhaps, we consider body which we have got for world service as ours.

We don't consider it as God's asset.

At present time, when every person is disturbed with one disease or the other, he wants to be healthy. To keep ourselves healthy, we just keep on taking medicines from the doctors; take nutritious food; have morning walk. But, we don't apply the Godly power. Hence, time has come when we must also experiment the Supreme Power for keeping our mind and body healthy. The sufferings, which are actually *karmic* account should not be suffered, but should be settled through *Karma Yoga*. Hence, only God's remembrance will liberate us from all these sufferings and enable us to have healthy and happy mind. ■

## BELIEVE IN YOURSELF

– **BK Radha Rani**, Srikakulam

How belief works...

In the span of life,

Little faith says you can do it,

Big faith says you will do it,

Great faith says it is done by you...

Nothing is Impossible

when you believe in yourself.

# THE REAL REMEDY OF TENSION - POSITIVE THINKING

– B K Sanjay Chalke, Abudhabi, U.A.E

**T**hinking is an integral part of our life. We cannot do anything without thinking and most of the time negative thinking brings tension which is the root of all diseases. Seeing a glass half-filled with water as half empty is a kind of negative thinking.

Thinking is a great art. If you let your thoughts run unconstrained, they may damage your present happiness by opening the past chapter of your life which may be bitter or getting into future which is unknown and uncertain. Thus it may turn your life into a miserable one.

The most important journey you can take is the journey within. This is a journey to the truth of who you really are. This is the place, just beyond everyday consciousness, to choose creative thinking rather than automated thinking, response rather than reaction, peace, love and harmony rather than stress, conflict and chaos.

There is a story of an engine driver who was always in cheerful mood and positive in thinking. He used to see the brighter side of every affair.

One day, he met with a serious accident. A car ran over him. One of his legs was seriously injured and it had to be amputated. His friends thought, "Now he will not see the bright side of life". They went to meet him in the hospital, but it was a great surprise to find him in the same cheerful mood. It was he who consoled the visitors rather than being consoled by them. He said smilingly, "Now I have to buy and clean only one boot. So it will save both my money and time".

Thus, we can solve our problems just by maintaining a healthy and positive approach to life thereby keeping our mind balanced. Nowadays, we invite tensions as a result of which many chronic diseases, such as diabetes, depression, frustration, heart disease, hypertension, etc. have erupted. Under tension which has become almost traumatic nowadays, we cannot take proper decision and are unable to distinguish between right and wrong. If we think positive, we can do good deeds and our outlook becomes positive. Peace, happiness and contentment are eternal gifts. A

poor man also may be happy and he may lead a tension-free life if he has developed contentment in life.

Hence, the answer to the question - 'What is the solution for removing our tension?' is very simple. If we begin our journey within and realize that in this world, we have nothing to lose but we are sure to receive 'what is allotted to us' in terms of our actions that we take – this frame of mind will help us to overcome our tension.

Meditation enables you to embark on this inward journey. Meditation gives you a clear spiritual understanding of yourself, helps you re-discover and use the positive qualities already latent within you, enables you to develop your strengths of character and create new attitudes and responses to life.

A spiritually healthy person enjoys sound sleep as he feels no tension. Though he is not a king of any kingdom yet by his own personal realization, satisfaction and ratification he is king of his own mind. In contrast, a person lost in the material web of this world will find himself anxiously turning and twisting without getting a small wink of peaceful and blissful sleep.

Meditation also helps you disconnect from damaging

habits of thought, feeling and reaction. This results in a conscious, positive release of energy which improves the quality of your attitude, actions, and interactions. The process of going within, disconnecting from harmful habits, connecting to your innate spiritual resources, and reconnecting with your external life, is personally empowering in a lasting way.

Meditation is a method of raising self-awareness leading to self-realization and realization of Almighty Authority. Meditation stills the mind and empowers the intellect to achieve insight and understanding of the spiritual laws and principles which sustain harmony and can bring natural renewal at all levels of life on earth. We are able to accept life as it unfolds, and remain contented and face all sorts of situations as part of an eternal drama, we will feel no tension. Then we are able to make best use of the present, which will ultimately influence our future in a most productive way.

Meditation helps us in channelizing all efforts and energies in positive way and enables us to lead a happy life, thereby showing us the real path to everlasting peace and tranquility.

## IMPORTANT INFORMATION

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1. As you may be aware that from the month of July, new year is starting for 'Gyanamrit' and 'The World Renewal'. From this new year 2011-12 the annual subscription of the magazines will be Rs. 80/- and Rs. 2000/- in India and overseas respectively. Due to the increased posting rates for overseas, with effect from the new year the annual charges and the life membership subscription will be Rs. 800/- and Rs. 8,000/- respectively.
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# HAVE YOU FOUND YOUR SILENCE?



– Mike George

Most of us are brought up in the world with a clear association between silence and sadness. A moment of silence normally correlates with some traumatic loss, usually of a significant other. One consequence is we may never realise the true nature and power of silence in our life. Within consciousness silence is not an emptiness or nothingness. It is the very ground of our being. The word 'silence' is an inadequate description (all words describing aspects of consciousness tend to be inadequate!) of what is our power and potential to create, to manifest, to bring our life...to life.

## **From Surround Sound to Surround Silence**

If you can stop occasionally, and fine tune your perception a little, you will find silence is all around you everywhere. It's in the soundless valley in the early morning mists. It's in the stillness of the evening after a long hot summer day. It's in the calm of the ocean before the coming of the storm. It's in the café conversation in the

pause between opinions. It's in the deafening noiseless vastness of the desert. And it's in that awesome panorama from the mountain peak.

Most of us have been touched by such moments when the noise of thought ends and the 'silence of awe' begins.

There is the remembered silence of the past in childhood memories of hide and seek, and the utter silence required lest we be discovered. There is the projected silence of the future in the possibility of ending the noise of our emotional sufferings. There is the silence of the present moment when the history of yesterday and the mystery of tomorrow are dissolved in the practice of being fully present in the here and now. There is the silence of a city overcome by sleep. And there is the silence of the countryside, when only vines and foxes creep. And if you can rest your attention on the last peel of the village bell, you can ride the sound as it fades... into silence and you may come to know the deepest inner peace, of which all meditators do tell!

Sweet silence, peaceful

silence, the silence that is our inner peace, is the ignored companion of a busy life.

Here is the dead silence in the passing of the soul from yet another body. There is the muffled silence at the heart of every forest as trees stand tall and thick in a conspiracy to absorb the slightest sound. There is a joyful silence when the mind takes a break from its illusions called 'I know' and sees everything exactly as it is, and not by its label. Look behind the form and colour in a painting and you may 'see' the silence of the canvas that holds the artists creative noise together. Listen closely to the symphony and you will hear pure silence between the notes without which the beauty of such music would be lost. Then become aware of the space between your thoughts. Go into and through that space, and you will emerge into the silence of your being, and be reunited with your power as a master creator.

All creation emerging from silence, is shaped by the power of silence and is moved by the silent power of 'being'.

Why do all the mystics and yogis talk so much about silence? Why do they make so much sound about the soundless state? Because they discover that only in silence can everything that has true and

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eternal value be known. In silence they see the original and singular cause of all actions, and how the seed and roots of all things arise from 'no thing'. In silence they are reunited with the awareness of the unity of all that is, in all time, and in all space. In silence they know that they can 'float' any question out into the ocean of their inner silent space that we call consciousness and know, with absolute unwavering faith, that the answer will return to find them, no matter what may preoccupy their mind. And they remind us that only when our whole being is 'in silence' can our spiritual heart receive and absorb the light and love of 'the source' – a source that is far beyond beliefs, concepts and names. In that same profoundly silent state, they tell us, we may rediscover and be moved once again by our own dormant benevolence towards all creatures – great and small.

Do you know silence? Do you know your own silent self beyond those noisy thinking patterns, beyond the crashing waves of emotion, way beyond the invading, distracting forces of a world that is addicted to sound? It is not another self, this silent self. It is not a separate part of the self, this silent self. It is the self in its

original and most natural state of being, they say!

It seems only a few can consciously enter and be in their silent state at will. Their presence is 'felt' as they bring their subtle, vibrant fragrance and the hush of their silent being to a noisy world. They say that it is in such an inner space that all is available to the searching soul, where all that we yearn for can be found in full, in an instant? In the silence of our heart everything that we are, and everything that we have that is 'permanently' ours, is known and felt to be pure and incorruptible. That 'everything' is often known as love, it takes the form of light and it is 'felt' as power. All that we have been taught to identify with and pursue in the world is then seen for what it is - filled with illusions and delusions that only serve to sustain our confusions.

And so it is those 'few' who encourage us to step away from the world 'out there' for a few moments at least, step away from the world that is 'on our mind', step away from the world that has shaped the story of our life, step away from our story, step away and take a break from all our worldly desires, relax our day-to-day cleverness, release our every urge to judge another and step into that silent

state. It is only there, they promise, that we will find and know our deepest peace. It is only there, they say, that we will see and know that what we call the past, the present and the future are always only ONE.

There are many practices to induce and reintroduce yourself to your silence, some easier than others. Here are a few to experiment with.

### **Find the Space**

Day-to-day life can be like perpetual motion, which always has its origins in our thoughts. For many of us we don't only have occasional 'trains of thought' it's as if our consciousness, and, therefore, our mind, is an 'international hub' with constant arrivals and departures of trains and boats and planes full of thoughts! Stop for a few moments. Observe your thoughts. Notice the space between your thoughts. Rest your awareness within the space and it will open. In those spaces and behind your thoughts is ...silence. It is the very power out of which thoughts are created in almost the same way as waves arise out of the ocean.

### **Symphony of Silence**

If you find it hard to find and be aware of the space between your thoughts, practise first with sound. Buy a symphony that is

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not continuous sound. Listen for and to the spaces between the notes. Concentrate gently. If you lose your concentration, come back and start again. Notice how you start to resonate with the soundless moment in the music as it touches a deeper level of your consciousness.

### **Being a Blank**

Gently gaze at a blank canvas or sheet of paper. Imagine it is symbolic of your consciousness, your self. Allow all thoughts to fall off the page of your mind. Allow all feelings to dissolve and slip off the pages of memory. Allow all concerns to disappear from the pages of your imagination. And there you are, blank and yet silent, still and yet profoundly peaceful, fully aware of being fully present without noise.

### **Ride the Sound**

Ring a largish bell once. Allow the sound to fade. Ride the sound with your awareness until it fades into silence. When you arrive, notice your awareness of silence is within you. Notice that in that moment you are the silence itself.

### **Float in Space**

Stare up into the night sky. See and feel the stillness of outer space. Vast and unlimited the silence of 'out there' is almost deafening. Allow your self to be 'out there' and yet be aware that 'out there' is 'in here' where the inner space of your being is also vast and unlimited, also still and silent...still and silent. Be in space.

### **Silence the Buzz**

Sit comfortably and close your eyes. Imagine that you are walking down a path in a serene forest. Soon you come across a clearing. Walk slowly to centre of the glade and sit down. As if from nowhere, animals surround you. They mean no harm. The larger the animal, the greater the noise of your anxiety. For example, a fleet-footed gazelle may represent a work deadline, a roaring lion, trouble within a relationship. On one part of the glade is a beehive. Bees swarm near by, making the humming noise of free floating worry. Gently touch each of the animals. As you do so, they quieten and disappear into the forest. The only sound left is the buzz of the bees. Imagine all your tiny worries one by one entering the hive, until the glade is silent. Your worries are still; your concerns will be dealt with another day. All around you is peace. You are still. You are silent.

**SELF MASTERY:** It is much easier to believe that it's snowing, than to experience the snow. If you just believe, you can stay inside, stay warm and avoid the cold. That's why people are led up the garden path by others' beliefs. It's easier and warmer. And all this 'believing stuff' starts in kindergarten. In the context of your spiritual or personal growth, believe nothing, experiment and test everything, in the laboratory of your own experience. Only then will you be able to separate truth from falsehood, reality from illusion, and lead others with integrity. Challenge and check at least one belief everyday. And if it's found wanting, chuck it or change it. Challenge, check, then chuck or change, now that's a master at work.

**TRANSFORMATION:** Never believe anyone who says we cannot change. Vision is one of the secrets of personal transformation. We are all artists, our mind is the arena of creation and vision is what we are constantly creating. What is your vision of yourself today - patient, relaxed, positive or tense, tight and negative? What do you prefer? So be creative - what does patience look like, feel like, what are you doing that is different when you are patient and you are expressing your power to ...wait? Always start with vision not action. See it and you will be it. Be it and you will do it. We don't 'get a life' as some would cynically tell us - we create our life.

# TRANSFORMING THE NATURE AND ATTITUDE OF THE SOUL

– B.K. Khem Jokhoo, Trinidad

**T**he nature of a person first emerges in the soul's attitude and is reflected through the eyes and face. Simply stated, nature is engrained in our inherent attitude and behaviour. Our "nature" however, is not permanent; it is transient and changes to reflect the world's conduct, attitude and outlook with the cycle of time. This is the reason it is said that our inner world of thoughts is the mirror of our outer world of events.

Attitude, however, is the "feelings" generated by the soul when in relationships with people or when faced with different situations or when one's vision falls on physical facilities or material things. These "feelings" are generally good, bad or indifferent based on the experiences of past relationships, attainments, expectations or unfulfilled desires. "Feelings" generate emotions and experiences that form our habits, character and personality and oftentimes it is said that "this is my nature".

## Nature is the Fruit of Our Attitude

Attitude is the basis of our happiness or sorrow as well as our success or failure. This is because attitude is a subtle twin of our nature or personality. If our attitude is nurtured on the original virtues of the soul, also called the original religion of the soul, then this attitude exudes vibrations of peace and purity creating an atmosphere of prosperity and happiness. If however, our attitude is nurtured on the "tenanted" vices of anger, greed, ego, lust and attachment, then our attitude releases the vibrations of hate, animosity, envy and jealousy creating an atmosphere of disenchantment, despondency and hurt followed by a mountain or deluge of sorrow.

Attitude is a very deep subtle spiritual power and it is supported by its own eight powers as follows: 1. Power to discern (aptitude), 2. Balance in respect and self-respect (rectitude), 3. Faith in God and the self (certitude), 4. Unshakable in will-power and determination (fortitude), 5. Easy in nature but silently alert

(solitude), 6. A constant donor and bestower (gratitude), 7. To be a flower and angel (pulchritude), 8. The stage of being selflessly merciful and forgiving (beatitude) is the final stage in spiritual growth of attitude. Beatitude is the stage before sainthood or deification.

## In His same Image

Man's original and true nature is divine spiritual love that manifests itself into relationships of mercy, compassion and forgiveness generating peace, happiness and prosperity. This is the experience of man in the soul-conscious stage. It is the period when man had "civil eyes" and was considered "civilized". This is what is meant by "God created man in His own image and likeness" and sent him to earth with the seven(7) built-in divine virtues of spiritual power, purity, happiness, love, peace, truth and bliss.

Then came the age of ignorance and darkness in the cycle of time when man gave "tenancy" to the seven (7) deadly sins (vices) of anger, greed, ego, lust, attachment, carelessness and laziness. These seven (7) tenanted vices overpowered the divine virtues by depositing themselves like rust on the soul thus hiding the light of the virtues and creating darkness to the soul. This is

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when man forgot his true divine nature and started to say, "O! this is my nature" when overpowered by anger, greed or lust. Because of the long "occupancy" as tenants of the soul, the vices then claimed the right of ownership of the soul as it happens in secular property law.

### **Loving or Spiteful Nature**

The 'nature' of the soul could either be merciful, compassionate and forgiving or it can be merciless, cruel or revengeful similar to karmic rewards or retribution while performing actions. It depends on the "feelings" or "attitude" of the soul. Feelings, nature, attitude, vision, awareness and activities are interrelated and are inseparable. A loving spiritual attitude comes from an unlimited benevolent nature. Therefore, when your nature emerges from a pure spiritual attitude of soul conscious love, it said to have a nature full of kindness. When your nature is full of good wishes and pure feelings for all, both friends and enemies, it is remarked that that one has a merciful nature. When you recognize peoples virtues instead of their weaknesses, you are said to be one with a compassionate nature. When your nature is to

bless and uplift everyone, you are one with a forgiving nature. When your nature is to tolerate even when not appreciated, you are deemed to have a humble nature.

### **Transform Nature and Attitude**

Attitude and nature have a symbiotic relationship and appear inseparable. However, nature is rooted in the virtues (sanskars) whereas attitude is rooted in the intellect and is nurtured by the powers to discriminate and to discern. A pure elevated attitude is able to discern the vibrations of other's people thoughts even when they are not visible in front of you. In essence, one's vision(drishti) is the product of one's nature(swabhav) to have good wishes for all and one's attitude to have constantly pure feelings and this stage is related to one's awareness and remembrance of God the Supreme Soul.

Therefore, always have good wishes and pure thoughts of benefit for everyone. Even if someone tries to shake your stage, your action should give them the "vision of benefit" while being merciful. If you cannot transform "harmful thoughts" to one of benefit, you should at least forgive that person because you are the ocean of mercy and compassion. Your

forgiveness will be a lesson as well as correction to the person who is trying to harm you. To face means to transform. To forgive means to bless that person with good wishes and to be cooperative. To treat other people's weaknesses as your own without spreading them, such is the strength and greatness of a merciful compassionate person. Uplift, bless and forgive all even while they insult you. These are the original qualities of the soul and the saying "in His own image and likeness".

### **Attitude and Vision Transform the World**

**An elevated attitude will transform a weak attitude. When your attitude is elevated, the world will also be seen as elevated. This is because your attitude has a connection with your vision, awareness and actions. Your spiritual service of world transformation is brought about by a pure elevated attitude. Therefore, the easiest method for service is to create powerful vibrations through your attitude and to create a powerful spiritual atmosphere through your vibrations, because attitude is the most powerful method of all service.**

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We have first of all to remember that whichever method we adopt, we do not take it up with any feeling of compulsion or despair. Because the government or a certain political party or a certain individual has done something that is wrong in principle, it would be wrong on our part to allow any feeling of pain or sorrow enters our minds. We should, instead, maintain our equipoise and our principles of good conduct. If anyone has committed a wrong or bad action, should be on that account commit a wrong action, in other words, take to badness as our weapon? Has ever evil been wiped out by another evil? If while observing the evil ways of a person we, so to say, allow evil to enter us by way of our eye (sight), we have given in thereby to vice which is our enemy. If anger, displeasure, hatred, or violence colour the means we adopt to wipe out evil from anyone's mind to divert him from evil to the right path, the means employed will naturally display these various colours of vice and taint our actions. Men of this type will never allow good conduct, peace and goodwill to thrive. Thus, it is clear that if we wish well to ourselves and to all mankind and desire to do good to all, we

should never let ourselves, even in the gravest situation, receive pain or sorrow by transmission, as otherwise, all our actions will simply be a negation; an agent of destruction and sorrow and will bring in unrest in ourselves. This is indisputably true because when one is sad, mental balance, dispassionate thinking and clear decision/judgment flee. Want of these, it is that which surely causes troubles.

### **Prime Duty**

Our prime duty is to have peace of mind and goodwill. The next thing to do is to remember that we should not take the law in our own hands. If we ourselves violate laws, spread disaster in whatever we do or wherever we are, encourage discordant elements, we lose the right to restrain others from actions of this type. Hence, we should adopt lawful means only. The method that we follow to make others understand our point of view in a calm atmosphere should be the method adopted by our own selves for purposes nearest our heart. Never, in an angry tone or with hate and sense of offence at heart, should we, in anyway, at meetings with others, say anything by way of rebuke, otherwise, if our speech or actions wound others' feelings, we only set in motion, chain of 'cause and effect' without end.

The proper course to take to wean anyone from the wrong path and then lead him to the right one is to win him over by having really his good at heart and in all friendliness towards him by talking to him with dispassion, and wisdom and thus to mould his power of discrimination. Any other course would suppress him but for sometime only or induce in him the desire for revenge, thus changing the situation from bad to worse. Does not history tell us that war cannot be stopped by engaging in war? Display of anger cannot bring peace, hate cannot beget love, nor does animosity make friends. In short, taking to the wrong course by anyone will never lead others to the right path. In this world of ours, people will derive incentive from our overt actions, and that leads us to the great truth that we cannot bring about lasting change in anyone's ways by our talks, our orations, or by advertisement, but only by means of our actions.

### **Present Time and Peaceful Methods**

Anyone might retort by saying that the present time is not favourable to using peaceful methods to make people realise their mistakes. In this connection, we would ask them whether strikes, gheraos, agitations and other allied methods have at all improved

their standing or made friends of them. On the contrary, it is these very methods that have brought us to this present plight. Even if after a war neither side wins, it is said by both that a war shall have to be waged again. This illustrates correctly our present position. Having failed to bring any improvement by means of the methods in question, they are obstinate like him who is wroth with his own defect and declares that there are no methods but the ones that have been employed. If man were calm, he would never utter any ungainly word as to say that cruelty means and that it is necessary to fight injustice with the weapons of anger and hate. We shall have been proved very wrong if we hoped to bring in good by fighting bad ways by means of equally bad methods.

If an animal is nettled by his master's treatments or feels hurt owing to any other cause, it tries to strike him with his horns if he has these, or simply kicks him. When the elephant is angry with Mahout, it drags him down and tramples upon him. Crows protest by crowing; bees sting. They act in this manner because they do not know how to speak our language, nor are they so intelligent as to make us realise

what our actions are like. But man has intelligence and can make others understand, can speak or engage, if necessary, another person to argue on his behalf. But if he takes to raising a hue and cry because he has been wronged, he is very near an animal. He, thus, renders void the qualities that are man's prized possessions, his ability to be thoughtful, righteous and, therefore, the best of all things.

### **Satyagraha in Real Sense**

That is why God, the Supreme Father vouchsafes to us invaluable advice that we should rest on truth and divine virtues. That is Satyagraha in the real sense. Truth is not merely bare truth; it is propitious like God Shiva, and always beautiful and therefore, most propitious for the world. On the contrary, if we say that we are on the path of Truth and yet subject ourselves to inward pain and cause pain to others, we have not at all modelled our lives on the profound maxim that what is true is good for all and hence beautiful (Satyam Shivam Sundram). If we, therefore, take pledge that we shall work to establish in our life beauty and goodness with truth, we shall be truly fortunate.

Causing grief to others, and

receiving from others feelings of sorrow and despair, are hereby forbidden. In the end, one might quote the poet who says that when all vicious thoughts and impressions are vanished, what remains is Satyam, Shivam and Sundram, i.e. truth, goodness and beauty. ■

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replaced with peace.

One psychological experiment was conducted wherein all the thin children were given fat dolls, and all fat children were given thin dolls to play with. After sixty days, it was observed that eighty percent of the children were changing physically to match the structure of their doll! Our mental state of mind does affect and shape our physical structure to a large extent.

It all goes to show that a beautiful world is the outcome of beautiful thoughts. So when more and more people begin to appreciate, refine and use the power of positive and elevated thoughts, transformation of the world for the better is inevitable.

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