

|| From the mighty pen of Sanjay ||

THE PRESENT DAY AFFLICTIONS AND THEIR REMEDIES

The present state of our society, characterized by hundreds and thousands of big and small problems, is like an ailing or a sick society. Outwardly, it seems that there is lot of dynamism and progress, but, inwardly, it has become hollow, for the essence has been eaten away by the cancer of hatred, jealousy, anger and other negative traits. Now what is the cause of its afflictions?

A possible answer could be that the problems are not of one kind but are multi-dimensional. There are all sorts of problems – economic, political, social, ethnic, racial and communal etc. It is, therefore, difficult to name one or two causes of the present sufferings. The answer seems to be correct but if we make a comprehensive list of the major global or national problems and classify them under various heads, we will find that these problems are due, mainly, to five basic factors.

Five Factors responsible for all the things

Take, for example, the problems of eve-teasing, rape, abduction, wife-bashing or dowry-death; these are due to Sex-Lust. The problems of obscenity in art, literature, cine films, cultural shows etc. also are due to man's vulgar sex impulses, and the problem of over-population, which in turn, causes so many other problems, is also due to man's lack of control over his libido. Lot of debasement and immorality in private and public life, prostitution, promiscuity, estrangement of conjugal relations, even many cases of divorces and family break-ups are due to this single factor.

Likewise, anger is another factor that has led to a great social turmoil. Extremism, terrorism and violence of all kinds are offshoots of anger. The arms race, the huge expenditure on military hardware, communal riots, agitations that lead to destruction of public property – all these and many other kinds of crimes are due to Anger and Hatred.

Similarly, economic exploitation, political subjugation, imperialism, tax evasion, adulteration, smuggling, hoarding, black-marketing, corruption, over-charging, bribery, embezzlement, economic injustice and sufferings such as poverty are due to Greed, lust for money or obsession for possessions.

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Editorial:

BRAHMA KUMARIS INTERNATIONAL HEADQUARTERS CELEBRATE PLATINUM JUBILEE

For 75 long and glorious years, Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya has been on the service of reviving spiritual values for the upliftment of self and society. A number of special events will take place throughout the year in all parts of Bharat (*on the theme: One God, One World Family*), Nepal and over 130 countries where Brahma Kumaris and Kumars, and cooperative souls serve relentlessly. The fruits of sincere endeavours of 75 years were acknowledged and honoured by the divine presence of their Holinesses Jagatguru Shankaracharyas and 400 other religious and political dignitaries at a significant celebration from 4-8 November 2011, held at Shantivan Campus, Abu Road.

At the grand reception on 4th November evening, beloved and respected Rajyogini Dadi Jankiji welcomed the Swamis and Mahatmas, seated on the 200ft. long stage, by personally going up to each one, honouring them

with a saffron shawl and expressing deep gratitude for accepting the invitation.

The distinguished delegates were very appreciative of being part of these unique celebrations. Each speaker was aware of the services done by the Brahma Kumaris over the decades, and offered their good wishes and cooperation for continued progress and success.

At the Inaugural Session on 5th November, **Mr. Brij Kishore Sharma, Rajasthan Transport Minister**, presented the "Roll of Honour" on behalf of the State Government and people of Rajasthan to Dadi Jankiji. **Swami Chakrapaniji, National President, Hindu Maha Sabha**, was joined by **Jagadguru Sri Sri Sri Sidhhaling Swami of Panchamshali Muth Davangere; Jagadguru Shankaracharya Swami Onkaranand Saraswati Maharaj, President, Vishwa**

Kalyan Parishad; Sri Swami Samarpanand Giri, President, Prajnana Mission, Hariharananda Gurukulam, Puri and other eminent guests, to honour Dadi Jankiji for rendering untiring, dedicated, selfless services to humanity in over 130 countries. They described Dadiji as a wonder woman of mental stability, creativity, vision and affection.

The citations read on the dais acknowledged the Brahma Kumaris as the best spiritual organization governed by women to carry the flag of peace through a variety of campaigns aimed at social transformation. The inauguration was marked by a parade in which BKs from different countries carried their national flags, while the various Service Wings of the organization displayed their accomplishments.

The assembly of hundreds of veteran Swamis and Sages hailing from different states has kindled hope that India can regain the status of "Golden-

Aged Bharat” in a very short time.

Swami Chakrapaniji shared blessings on 5th November saying, “*Dada Lekhraj gave up his jewellery business in order to fulfill the aim of inspiring human beings to become like diamonds. So under the capable and enlightened leadership of Dadi Jankiji, this institution is heading towards accomplishment of this aim rapidly. Looking at the maturity and far-sightedness with which Dadiji is carrying out this task, one is very hopeful that this confluence between the saffron- and white-dressed individuals will catalyse the creation of a society free of inner pollution*”.

Swami Samarpananand Giriji, while sharing greetings on 5th November, said, “*It is essential that the principle of ‘One God, One World Family’ be taught to all if we wish to achieve world transformation. When the soul receives the nourishment of knowledge, transformation is easily attainable and knowledge is that which is being received from this*

place”.

On 6th November, **Jagadguru Shankracharya Swami Onkaranand Saraswatiji** open-heartedly requested all the religious heads to connect with the Brahma Kumaris institution and become cooperative allies in their campaign of ‘Self-Transformation for World Transformation’. “*Although the population of India is 1.3 billion at present, a very small percentage is receiving spiritual mercy. I have been experiencing the Golden Age during my stay here. This spiritual institution is truly rebuilding a virtuous character within human beings, which is highly needed now.*”

Dadi Jankiji expressed her immense joy at seeing the overwhelming response from veteran Saints and Swamis, who honoured the Brahma Kumaris by travelling far distances to attend the Conference. The religious heads acknowledged unanimously that the path to peace cannot be achieved unless spirituality is adopted in life.

Some other respectable

speakers who shared powerful insights and heart-felt good wishes at various sessions were as follows:

- ▶ Jagadguru Sri Chandrashekhara Shivayogi Rajendra Maha Swamiji, Jagadguru of Hosamath, Hubli
 - ▶ Swami Chanmayanand Saraswati, Chairperson, Parmarth Ashram, Haridwar
 - ▶ Mahant Darshan Singhji Tyagmurti, President, Shatdarshan Sadhu Samaj Trust, Haridwar
 - ▶ Swami Brahmadeo, Peetadhish of Brahma Vidya Peetham (International), Trinidad & Tobago
 - ▶ Shri Siddha Ram Mahaswami, Rudrakshi Math, Naganooru, Belgaum
 - ▶ Mr. Bhakta Charan Das, MP & Secretary, AICC, Kalahandi, Orissa
 - ▶ Mr. Devji Bhai Patel, MP, Jalore
 - ▶ Mr. Rao N. Singh, Health Minister, Haryana
 - ▶ Mr. Brij Kishore Sharma, Transport Minister, Rajasthan
- Every night, the delegates were exposed to the spell-binding talent of the following cultural groups:
- ▶ Sri Rama Nataka Niketan,

Secunderabad

▶ Nupura Kalamandir, Bidar, Karnataka

Earlier in October, the capital New Delhi celebrated the Platinum Jubilee by holding a series of conferences, workshops, seminars and cultural events with participation of delegates and guests from Bharat and many countries around the globe. The Global Launching Ceremony was held at Om Shanti Retreat Centre, Gurgaon, and graced by **H.E. Mrs. Pratibha Devi Singh Patil, President of India, on 16th September 2011**. The Governor and the Chief Minister of Haryana also joined as per protocol.

▶ **7th October 2011**: A Press Conference, attended by 50 print and electronic media participants, was addressed by Dadi Gulzarji, Sister Mohini (New York) and Brother Nizar (Kenya).

▶ **8th October**: The inaugural function was held at the prestigious Vigyan Bhawan. Mr. Hamid Ansari, Hon'ble Vice President of India and his wife, Mrs. Salma Ansari, were Chief Guests. This was followed by a Youth programme on the topic

“*Youth for Integration of Human Society*”, blessed by Rajyogini Dadi Ratan Mohini. The evening programme for women was on the topic “*Women’s Role in Preserving Family Culture*”, graced by Mrs. Gurusharan Kaur, wife of Prime Minister and Mrs. Rajni Abbi, Mayor of Delhi. BK artistes from overseas delighted the audience.

▶ **9th October**: A gathering of 30,000 was hosted at CPWD grounds in Chirag Dilli (South Delhi). The theme was “*Receiving God’s Powers and Blessings*”. Mrs. Sheila Dixit, Chief Minister of Delhi, spoke powerfully about the valuable services of the Brahma Kumaris. Mr. Shaan, famous singer, sang many of the Brahma Kumaris songs.

▶ **10th October**: Talkatora Stadium, New Delhi, was venue for an afternoon Interfaith programme on the topic, “*Building Bridges of Understanding*”. Swami Brahmdeo from Trinidad & Tobago and participants from Christian, Buddhist, Jain and Muslim faiths were present.

In the evening, Platinum Jubilee Celebrations was held on the topic “*From Darkness to Light*”. Distinguished guests were Mrs. Kiran Mehra Kerpelman, Director, UNIC, Mr. L.K. Advani, Chairman, BJP Parliamentary party, Mrs. Kamla Advani & Mr. Pawan Kumar Bansal, Union Minister for Parliamentary Affairs & Water Resources.

▶ **11th October**: In the morning, Mrs. Sonia Gandhi had a pleasant meeting with a delegation of 10 overseas BKs including Sister Jayanti & Brother Charlie. In the evening, an International Dialogue at ORC (Dadi Prakashmani Auditorium) was held for 2300 participants, on the topic: “*What is Maya? Overcoming Illusion for Self Realisation*”. Mr. Rakesh Mehta, Election Commissioner of Delhi, Sister Judy Rodgers, Brother Charlie, and Dr. Roger Cole were on the panel, while TV anchor Kanupriya facilitated the dialogue. This was followed by a public programme with Mr. Shivraj Patil, Hon’ble Governor of

Punjab & Rajasthan as Chief Guest.

► **12th October:** An Interfaith dialogue on “*Spirituality for Universal Brotherhood*” was held at Hotel Raddison Blu, Paschim Vihar, New Delhi. Leaders from different faiths participated in the dialogue attended by 800 persons. In the evening, a programme for 150 business people on the topic “*Experiencing God’s Love*” was organized in the Board Room of ORC.

► **13th October:** Platinum Jubilee Celebrations on the theme “*Dawn of the Golden Age*” was attended by 7500 people at Derawal Nagar, Delhi, and graced by Chief Guest, Mr. Sriprakash Jaiswal, Union Minister.

► **14th October:** A morning programme was held at Defence Research Development Organisation (DRDO), a department of Defence Ministry, Govt. of India for an audience of 800. The programme was live-telecast to other Defence Research Laboratories throughout India. Evening programme was held at Sirifort Auditorium for an audience of 2100. The Chief

Guest was Mr. Tejender Khanna, Hon’ble Lt. Governor of Delhi. Brother Neville from UK led a dialogue on “*Who am I, Why I am here? Awakening to the True Purpose of Life*”. Apart from main public programmes, several BK instruments of foreign lands were invited to give talks at State Bank of India, Rural Electrification Corporation, Hero Honda Motors, Delhi International Airport Ltd. etc.

15th October: 13,000 people attended Platinum Jubilee Celebrations in Dussehra Park, Janakpuri on the topic “*Understanding the Law of Karma*”. Chief Guest was Mr. Virbhadra Singh, Union Minister for Micro, Small and Medium Enterprises.

► **16th October:** In the morning, Dadi Jankiji and Dadi Gulzarji were felicitated at the very prestigious Manekshaw Military Auditorium. There was a gathering of around 250 businessmen and members of Manesar Industries Welfare Association (MIWA).

The finale of Delhi Platinum Jubilee Celebrations took place at Leisure valley, Gurgaon attended by 25,000 people. The

topic was “*Reconnecting with God Almighty for Happiness and Harmony*”. A magnificent 120 feet wide, 2-level stage, was graced by 30 dignitaries including the Chief Guest Hon’ble Bhupinder Singh Hooda, Chief Minister of Haryana. Candle-Lighting by the entire audience and releasing of balloons by dignitaries was a beautiful sight. Cultural performances by BKs from Russia, Japan, Canada and Argentina captivated the audience.

All the events were widely covered by print media and television channels. Rajyoga camps organized after the programmes are receiving good response.

On behalf of the huge spiritual family of the BKs in Bharat and foreign lands, we extend gratitude to our well-wishers and cooperative souls who unfailingly bestowed support, love and faith in the principles and services of the Brahma Kumaris. With the blessings of our Almighty Supreme Parents, we continue to serve the world with humility, love and wisdom!

– **B.K. Nirwair**

**AVYAKT BAPDADA'S BLESSINGS
FOR GLOBAL CELEBRATIONS OF PLATINUM JUBILEE
PRAJAPITA BRAHMA KUMARIS ISHWARIYA VISHWA VIDYALAYA**

The Platinum Jubilee Celebrations of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya was blessed by the Founding Fathers, Avyakt BapDada on 19th October 2011 in a gathering of 5000 BK sisters and brothers at Shantivan, Abu Road. The audience included 2400 sisters and brothers from 93 countries. This global get-together with the

Supreme Parents was indeed a beautiful scene glorifying God's reincarnation for world renewal or re-establishment of Golden Age (*Satyuga*). The new age of worship-worthy deities leading dignified, virtuous lives, rich in beauty, character and material wealth for the rulers and the ruled will be practically experienced in the form of Godly birthright or inheritance

from the Supreme Parents.

While the institution was celebrating its Platinum Jubilee, Avyakt BapDada's message inspired each BK sister and brother to celebrate one's own stage of par excellence. By sharing some of these invaluable jewels, we trust our esteemed readers will also enjoy celebrating the Platinum Jubilee:

EXCERPTS FROM DIVINE MESSAGE OF 19th OCTOBER 2011

Become victorious over wasting time and having waste thoughts. Become an instrument to open the gates to liberation. This Diwali, have the thought of having the dance of harmonising sanskars with each other.

"The sweetest and loveliest children have so much love for just the Father. This love from God is only received at this time. The Father is also giving every child the *response* of his or her love. Wah children! Wah! This soul-conscious love between the Father and children is such that it makes each child detached from the

body and loved by God the Father.

"There are three types of fortune on the forehead of each one. One is the fortune of the inheritance received from God in the form of the Father. The second is the fortune of elevated teachings from God in the form of the Teacher. The third is the fortune of blessings from God in the form of the Satguru. Now, people think that you Brahmin souls have found something. What you have received is continuing to become clear to them. There is a great impact of the *Platinum Jubilee* everywhere, and the children

have served from their hearts and also made *plans* for the future. For 75 years you have been doing everything according to your own effort. You have reached here by becoming free from obstacles and making others free from obstacles.

"Just as Father Brahma became victorious, in the same way, every child should always be victorious. While taking every step, all of you, first of all, have to *check*: Did Father Brahma do this? Even while knowing that a particular child was weak in his effort and in his service, Father Brahma had even

more feelings of mercy and benevolence for those who were weak. Similarly, have pure feelings and good wishes and, with the vision of mercy and benevolence, be co-operative to each brother and sister of your family.

“In terms of complete purity, even waste thoughts are the seed of impurity. One is waste thoughts and the other is wasting time. The basis of waste thoughts is your mind which doesn’t allow you to become *Manmanabhav*. Since Father Brahma became victorious over having waste thoughts and wasting his time and became *karmateet*, you have to *follow the Father*. The mind is your creation; you are the creator of your mind and so control the mind. You are masters with the *controlling power* and *ruling power* of the mind, but, nevertheless, your mind still deceives you. It is your creation, you say, “It is mine!” However, because of not having enough *controlling power*, it deceives you. The mind is also said to be a horse, but you have the reins of *shrimat*. If your mind ever

takes you to any *waste*, then, by *tightening* the reins, you can finish the slightest impurity of waste thoughts that still remains. Just as Father Brahma *checked* his mind everyday, in the same way, *check* your mind everyday and finish the waste thoughts.

“You children have the power to fulfil your thoughts. The birth of Father Brahma took place with the determined thought. I have to do this! Not that “I will think about it. Should I do it or not do it?” I have to do this. That one determined thought created the future of so many children. One Father Brahma maintained so much courage. He received half his share and he created a sacrificial fire. He created the Brahmins of the *yagya* and now souls from this land and abroad have reached here because of the one determined thought of Father Brahma. So, what can a determined thought not achieve? Determination is the key to success.

“Whatever task you begin, first of all, sow the seed of determined thoughts and that definitely has to bear fruit.

It was through the company of Father Brahma and the children, and their determined thoughts, that we have completed 75 years. They have continued to move forward and make others move forward with zeal and enthusiasm. Have this thought: Today, I definitely have to finish all wastage of time and waste thoughts. When the waste finishes, the treasure of constant, elevated thoughts will show wonders.

“You have to perform the dance of harmonising your *sanskars* with one another. God’s family means to have good wishes and feelings of benevolence for one another. Have the thought for one another: All of us together, with one another’s company, will move forward and open the *gates* to liberation and return home together. Now, each one of you has to have the thought in your mind for Diwali of performing the dance of harmonising your *sanskars*. Not a single soul should be distant from anyone; all should be united”.

OM SHANTI

GREEN AND CLEAN NATION

– **Tanmay Khullar**, Class 7-D, The Bishop's Co- Ed.
School, Kalyani Nagar, Pune



We inherited earth from the mighty lord and we should try our best to save it for the next generations. We have no right to destroy it. Let us try our best to keep our nation green and clean. Best of our efforts should be put to save earth from being destroyed.

Environment of our nation is nowadays seen polluted, basically because of mismanagement of recycling garbage. People should be educated how to recycle and not throw their garbage on the roads. Because of air pollution, many people are dying in the age of 50's and 60's. To stop air pollution, factories should be asked to treat the polluted air before letting it out into the atmosphere. Water pollution should also be controlled. The message of not throwing garbage in the rivers, seas and oceans should be followed around the world to control the water pollution and protect the

marine life.

Nowadays many trees are cut down for making roads, railways and buildings etc. which causes global warming because trees keep the environment cool and if they are cut down, the environment becomes very warm which causes the glaciers to melt. Due to global warming, sea level is increasing everyday which, after some years, will result in a big flood which can wipe out all the life on earth. It is time that now people should be told and alerted about it, so that pollution could be reduced. We should also plant trees so that we can protect our environment. We, as responsible citizens, should try to reduce pollution in all possible ways. These are some ways that I know but there might be many more ways that all of you might know to protect what is the most precious thing for humans – the Earth.

Our earth is the most

precious thing for us and we should try our best to preserve it. Thinking that we have lived our lives and there is no need to save the earth for the next generations is a very selfish thought. It is not the time to blame others. We have to transform ourselves and see what best thing we can do to contribute to protect the world. It need not be dazzling but it can definitely be of some worth for the coming generation. We can take care by conserving the environment. Others will observe this and change themselves. Instead of changing the world, let us change ourselves first and bring about a cumulative transformation. When we become selfish, we lose humanity. So please don't be selfish and contribute to save the earth.

Peace cannot be achieved through violence, it can only be attained through understanding.– Ralph Waldo Emerson



A GODLY TRUTH REVEALED



– B.K. Ranjit Fuliya, Associate Editor

Incorporeal God Father Shiva has been revealing several spiritual truths through the corporeal medium of Prajapita Brahma Baba, since 1936, when Prajapita Brahmakumaris Ishwariya Vishwa Vidyalaya was established. These revelations might seem a bit unbelievable to someone not acquainted with spiritualism but these are supported by ancient traditions and beliefs of Indian philosophy. One of these esoteric truths revealed at this Confluence Age is that history and geography of the world repeat identically after every 5000 years.

Esteemed readers, I would like to share a personal experience with you, which I am sure, will give you some spiritual insight in human behaviour and inner functioning of mind. May be it proves beneficial for all of us. With this conviction I urge you to ponder on this incident.

Those of you working in the Official Language Departments of governments must be aware of Nagar Rajbhasha Karyanvayan Samiti or Town Official Language

Implementation Committee (TOLIC) actively working in many cities of India. During September-October every year, when various programmes on Hindi implementation are held in government offices nationwide, these committees also organize separate examinations for various levels of employees.

This incident pertains to the year 1999 when I was working as Deputy Manager in National Insurance Co. Ltd., Delhi Regional Office-II situated at Jhandewalan. For the last three years, I had been nominated by Official Language Department of our company to participate in competitive examination on Noting and Drafting for senior officers. TOLIC office held all correspondence regarding these examinations with Delhi Regional Office-1 of our company.

That year also, like the previous years, management of both the regional offices consented to nominate me as representative of National Insurance Company, to participate in the said

examination. A letter was received from D.R.O.I, informing me about my nomination for the examination. In the Subject Matter column, the date of the exam was mentioned as 27th October, 1999. I read the subject matter and as usual, kept the letter in the drawer of my table.

On 26th October in the morning, I came to office and opened my drawer for marking attendance of the staff, as those days that duty was also assigned to me. Though the office used to open at 10 a.m. those days, due to traffic problems, staff was allowed relaxation of twenty minutes. On opening my drawer at 10.20 a.m., I noticed the letter, read it and found that in the body of the letter, the exam date was mentioned as 26th October, 1999. I realized that the exam had already started at 10 a.m. and it would take me another about forty minutes to reach India International Centre, Lodi Road, venue of the exam. I remained stable in mind; no negative or waste thought was entertained, and no questions like "how" or

"why" were raised. I didn't dither even a bit, as if nothing had happened, informed our Official Language Department and left for the examination centre, in an auto-rickshaw.

I reached the exam venue exactly at 11-05a.m. The examination was being held in circular conference hall. The examiners allowed me and handed over the question paper and the answer sheet. The time of the question paper was two hours. I noted that only 55 minutes were left. As I was gesturing to take my seat, the officer sitting next to me said, "**You will stand first**".

Esteemed readers, you can very well understand my position. Had you been in my place, what would have been your reaction to his comment? As far as I was concerned, I didn't have any reaction. As that officer was not known to me, I could also not think that he could be taunting in any way. With a clean state of my mind, I sat to take the examination. That was the time when I found myself in the state of an observer, i.e., just ready to perform my action ...not at all worried that "more than half of the time has already passed"....unperturbed about "what will happen?"

That was the time when I remembered the famous verse

of Srimad Bhagwad Gita:-

*Karmanyevadhikarsatey
ma phaleshu kadachan....*
you have the right to perform your actions, but not to be concerned about getting their results....

I remembered Shiv Baba for a few seconds and then glanced through the question paper for ascertaining my strategy. There were questions pertaining to Hindi and English vocabulary, translation, noting and drafting official correspondence etc. The simple and short questions were attempted first whereas the lengthy and descriptive ones were dealt later on. When all the answers had been written, five minutes were still left. The answers were revised and the answer sheet was handed over to the examiners.

Now, a few words about the organizers. This examination was conducted by Hindustan Petroleum Corporation Ltd., an important public sector enterprise of government of India, on behalf of Town Official Language Implementation Committee, New Delhi. The participants were nominated senior officers from over 70 public sector undertakings based in New Delhi.

After the examination was over, the organizers presented souvenirs to all the participants. Individual photographs were also taken. The photograph below, in which I am seen on the left side, was taken on the same occasion. Seen on the right side is a senior officer of the organizing public enterprise, presenting the souvenir.



An official Hindustan Petroleum Corporation Ltd. presenting a Memento to B.K. Ranjit Fuliya.

The results were declared after about a month. I stood first in entire Delhi. Strange are the ways of the Lord. Sometimes we are recipients of God's grace at a time when we expect it the least. Thereafter, Official Language Department of Govt. of India organized a special function wherein Secretary of the department gave away the prizes. I won prizes, including the first prize, in the above examination, for three years consecutively.

When I look back and think about this incident, with the hindsight, the divine truth of repetition of the incidents in exactly the same fashion, after every 5000 years, seems true and convincing. The main premise behind this belief is that the souls are immortal beings and their respective roles are ingrained therein. The roles the souls play open up exactly at the pre-fixed time; hence it seems natural for a soul to play some specific role at the pre-determined hour.

Had it not been so, I would not have taken the discrepancy in the letter so lightly, as if nothing had happened. Neither was anyone blamed, nor was the self cursed, for inconvenience caused due to this lapse in that letter. I myself was amazed at the confidence and perseverance displayed by me during the entire episode. Based on this experience and many other life experiences, I strongly believe and feel that what God Father Shiva has been teaching us through the corporeal medium of Prajapita Brahma Baba, is really true. ●

THE METHOD TO TRANSFORM THOUGHTS

Day by day, the service too has to increase and the problems too have to increase. And the speed of the thoughts too will increase day by day. You may be having some 10 thoughts in a second now and the speed of thoughts will become double or triple.

The way they calculate the increase in population in a day, here, the speed of thoughts would increase. On the one hand, there will be increase in the number of thoughts created and, on the other hand, there will be increase in the number of evil spirits/souls.

But, for this, you will have to pay special attention to one aspect by which you will be able to face all kinds of situations. That is, you have to remember two words in order to clearly understand any situation. One word is 'contrast' and the other word is 'mantra'.

Whatever situation you may be in, see whether your thoughts are correct or incorrect. See whether it is equivalent to BapDada's views or not. Check whether it is being equal to the Father or not. Every time, see the contrast between what (the situation is) your thoughts are, and what they should be (whether it is according to what Baba says) and then apply a 'not' or 'dot'. If that particular job should not be done, then apply a 'dot'; if the job has to be carried out, then get involved in that job. So, keep in your awareness the words 'not' and 'dot' too. (Then) both 'contrast' (antar) and 'mantra' will be practically there.

If you do not forget these two things, no problem or evil spirit can come in front of you. All problems will be burnt in a second. Evil spirits can not stay in front of you. So, you have to make this effort. Understand?

(Avyakt Vani dated 24-7-1970)

LOOSE THOUGHTS AND FEELINGS

– B. K. Luis Alberto Riveros

To live is to feel. Not feelings through touch but to feel with the 'heart', the 'soul'.

Thinking rationalises feelings; it allows us to behave and express in a proper way in the realm of matter, according to traditions, norms and man-made laws. However, thinking is not living but existing. It does not allow us to experience happiness and love, which are feelings. In emotions, there is the experience of duality; there will be happiness and sorrow in equal amount and intensity. Feelings from the soul are non-dual. To experience life through the language of the soul takes us away from the "normal" world, but at the same time gives a sense of fulfilment which cannot be found anywhere else.

Perhaps the easiest way to understand at the mental level what is soul consciousness, which is the aim of a spiritual aspirant, is to spend sometime in figuring out what is body-consciousness.

This mental understanding basically provides a guideline which gives a direction to the experience of it. Of course, an experience does not necessarily

follow our mental "figuring out" but without this "homework", we are pretty much "making up" soul-consciousness based on our own current *sanskars* or based on someone else's description of what it is.

The typical answer about body-consciousness is to "think that I am the body." That is the very basic understanding of it. More than thinking that "I am the body", there is the countless number of *sanskars* which come up dealing with our experience of being the body. Those *sanskars* create thoughts and emotions which preserve this circle of body-consciousness.

Even deeper than our consciousness of being a body, is the perception of being a "role." For a person without knowledge, the concept of a "role" doesn't make much sense, but for a Brahma Kumar or Brahma Kumari, the awareness of believing in being a role, should be completely understood.

"I am a teacher." "I am a father of four." "I am a householder", "I am important in society", "I am rich", "I am miserable." "I am ugly", "I am dull"— such labels represent our

own perception of our own value as people, based on a role. That role is attached to a form, a body. As the body changes, so is our perception of it and our role. Both come together. Since the body declines in time, so our perception of our roles changes as well.

Let us take a look at an example:

"Dadi Janki is important. I am nobody." This perception already creates a way of relationship between me and Dadi. It is a submissive relationship. That perception based on a role is body-consciousness.

In the Golden Age, there are no subjects thinking: "He is Narayan. I am just a subject"— that thought is not possible for someone who is not role-conscious.

Shiv Baba is pretty good about giving us "titles" for self respect. "I am a master almighty", "I am an elevated soul," etc. These thoughts are in balance with His teachings of being humble and easy. Those titles are solely related with one role among all of them, that role is of being a Brahma Kumari or a Brahma Kumar. That is the only role where Baba will have some influence in our lives. The other roles are not considered at this time, but it is for us to learn to live in balance with our divine roles.

Now we can see how Baba is changing our perception of who we are in relationships with others. The downside is that for many souls without inculcation, it could translate into being arrogant and pedant, that is why being humble becomes important.

The understanding of "I am not a body" does not bring detachment from it until the role is considered. In the absence of the role and the body from our thoughts, there could be the experience of the self. That experience in itself brings detachment. The minute I think about my particular role, needs and wants appear.

Then at this point, the concept of "reality" becomes clearer: reality is the experience of the "true" self, because that experience is the only thing which is real (unchanging), everything else changes.

The experience of the soul without roles made up of *sasnkars* and the "box" of the body which surrounds those *sanskars*, are removed little by little. That process is what I perceive as "Dying alive." Note that *sanskars* and the body are in itself "moving" entities, therefore; a "direction" for that movement is essentially needed. ●

POLISH YOURSELF....

There was a king who was a great admirer of art. He encouraged artists from all over his country and gave them valuable gifts. One day, an artist came and said to the king, "Oh King! Give me a blank wall in your palace and let me paint a picture on it. It will be more beautiful than anything you have ever seen before. I promise you shall not be disappointed." Now, the king happened to be constructing a big hall at the rear end of the palace. So he said, "All right, you may work on one of the walls in the new hall." So the artist was given the job and he was very pleased indeed. Just then, another young man said, "Oh King! Please allow me to work on the opposite wall. I am also an artist." The king said, "What would you like to make?"

The man said, "My Lord, I shall make exactly what that man will make on the opposite wall. Moreover, I shall do so, without looking at his work. I would even request you to have a thick curtain put up between the two walls so that either of us cannot see the other." Now, that was a tall statement. Everyone in the king's court, including the king and the first artist were intrigued. But the King loved surprises and he decided to give the young fellow a chance. The following day, a thick curtain was put into place and both the artists got to work. The first artist brought in a regular supply of paint, oil, water etc. The second one would come with a cloth and a bucket of water everyday. After a month, the first artist told the king that his work was complete and he would like to show it to the king. The king went to the second artist and asked him, "Young man, when would your work be ready? I am coming to see the first wall this evening." The man said, "My Lord, my wall is ready too!" The king went to see the first artist's wall. He was very, very impressed with the painting and gave a hefty sum as a reward to the artist. He then asked for the curtain to be opened up. The same painting was to be seen on the opposite wall too! Amazing! But true! Each line, each minor detail was exactly as it was on the first wall. But this man had not been seeing what was going on, on the other side of the curtain. So how had he done it? The king wanted to know the secret. He gave a double reward to the fellow. Then he said, "Young man, I am indeed very happy with your work. But you must tell me; how did you do it?" The man said simply, "It's very easy! I just polished the wall everyday! It was a wall made of white marble! I polished it till it shone like a mirror. The reflection of the painting across the room, showed up in it!" That is what it means to polish yourself. For when we polish our hearts and souls, we see God's reflection within.

It is said that the world is a reflection of you.

Whatever you are, the world will seem to be that too.

If you are sad, jealous, dejected, angry, restless ...

That is what the world will seem to be!

If you are happy, the world will seem to be paradise.

You decide how you want your world to look.

An Experience

BEING WITH BABA AT MADHUBAN

— Amrit Lal Madaan, Principal (Retd.), Kaithal

(5th SIR (Spirituality In Researchers) Conference And Meditation Retreat organised by SpARC (Spiritual Applications Research Centre) wing from 23rd to 26th September 2011. Bro. Amrit Lal Madaan was one of the participants in the Conference. — Editor)

During a flying visit to the Shantivan premises about two and a half years ago, I had a dream to be a part of this strikingly beautiful landscape sometime. The dream came true this year, when I got invitation to participate in the 4-day Conference on the theme of Empowering Researchers through Applied Spirituality. First of all, theme itself struck me as something wonderful and novel too. I spoke volumes of the high level of thinking on the part of SpARC organizers under Rajyoga Education & Research Foundation. To link up the subject of Spirituality with scientific research was, for me at least, previously unthought-of. I always thought that Spirituality deals with the insights and practices concerning soul and divinity whereas scientific research deals with various aspects of matter. Yet to effect a blend or

synthesis between the two unlike phenomena was really a research in itself, a great spectacle to watch and a treat to listen during various sessions, as a part of Platinum Jubilee Celebrations of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, and as I write down my experiences on the concluding day, the Seminars at the Conference were truly thought provoking, causing deeper understanding of both the spiritual and the scientific truths. The discourses presented during the sessions, whether focused on the various themes or on the Meditation Retreat, made the programme not only a process of self-discovery but also of empowerment for a positive change in the self at the initial stage. Both of us (my wife) who was also a participant and I resolved to continue to bring about this change in the self.

But, all this apart, there are

certain other aspects of our five day stay, which will remain enshrined in our memory for a long time. The very first look of the Manmohini complex fascinated us. The names of the various residential blocks: Vaikunth, Trilok, Divyalok, Brahmlok, Swarnim Prabhat suggested to us that we are no more the ordinary residents of the worldly houses. Rather, we are divine beings enjoying the most modern facilities in the cleanest ever environment and the greenest even, too.

The vast scale and magnitude of these residential blocks, set among the scenic vistas of high hills around, are really astonishing. So providing an accommodation for about 4500 guests is not a child's play. Standing in the balcony of Vaikunth complex, where we stayed, we marvelled at the man-made beauty as well as nature-made beauty both at dusk and dawn. The rocks seemingly sitting or standing perilously reminded me of the abstract work of art or sculpture. The invocation 'Om Shanti' written boldly on one of the high huge rocks dominates the whole scene, as it is visible from all the nooks and corners of Shantivan. The newest and freshest trees side-lining wide pavements, the parks and the swings, the domes and the gates of various shapes,

the light-house, and the enlightening Baba's Rooms, the framed pictures of Dadis along with the words of wisdom – all these and various other items of brick and spirit add to the magical divinity of the place. We really began to feel as if we had been transported in another world. Was it real or a dream? We often asked each other and pinched each other for the answer.

Now let me take up the human aspect of the situation. The white-clad B.K. Brothers and Sisters swimming like swans so gracefully assure you that still all is not lost, still there is beauty – both inner and outer – left in mankind and still there is serenity and calmness touched with grace. We found smile on every face and everyone eager to serve and help anyone anytime, despite the fatigue and enormity of dealing with thousands of people, for there was another programme also running simultaneously—that of social workers. Meeting fellow Indians from almost all the corners of the country and some foreigners, too, widens this scope of human interaction. It fosters the feeling that we all are the children of one and that same God, Shiv Baba, whatever our region or language is and it is to be ensured that this feeling empowers us no less, as it leads to connectivity and universal brotherhood.

And then the cultural programmes, the touch of human and poetry here and there, the celestial music being played in muted tones on the sound-system—all this made the programme an unforgettable experience.

And one last word—about the food and transport arrangements. It was wonderful, indeed. I must say hats off to all the untiring workers and to those who worked behind the lighted curtains. ●

NATURE AND HUMANITY

– Paramjeet S. Bhatia,
Mangan, Sikkim

Look at the flowing river
Mountain to valley; it is a giver

Look at the floating cloud
Pouring rain makes life sprout

Nature ever protects and
provides
Even through thunder or a tide

Look at the trees and wood
To humans forever good

Oh human! Be like the nature
Give and serve like the creator

Praise God for gifting you nature
Always ready to brighten your
future

So let us respect His creation
Preserve it for the next generation

FREEDOM: Freedom is a state of mind. Understanding the self is the key to freedom. The more one understands the self, the easier is it to be liberated from the chains of waste and negativity. It is to be uninfluenced and unaffected, to be at peace with the self. Real freedom is to experience the true essence of one's being.

A CHANGE OF HEART

– BK [Prof.] Ved Guliani. Hisar

All forms of moral, ethical and spiritual teachings, aim at improving human conduct through a change of heart. The propagation of positive thinking and social service are but other ways to achieve a change of heart. But the desired change is very difficult and complex. People do realise the significance of inducing a positive change in their manner of thinking and performing, yet they often find themselves helpless in the face of ground reality. Why is it so?

Knowledge and realisation are the two prominent motivators of human behaviour. Often man is conditioned by the circumstances and thus makes no attempt to analyse them or his own behaviour, which to him can be the only response to those specific circumstances. One's learning and acquired experiences help him to analyse and interpret his circumstances and his sensibilities or the so-called nature moves him to make a response to the given situation.

It is also a fact that while knowledge can be imparted and

acquired, sensibilities are either inborn or are acquired effortlessly and by habit. In this way, one's consciousness functions at two levels i.e. at the level of knowledge and that of one's consciousness of sensibilities. Hence if the aim is a change of heart, it is essential that the consciousness at both the levels should be aroused.

Let us take the fundamental goal of the Brahma Kumaris 'Changing the World through Self-Change'. While on the surface, it may seem simple and easy to change one's self, in reality, it is much difficult and rarely attained. People are impressed by lectures, others' life histories and incidents taking place around them and in their own lives. Often they find a quality or two desirable in their own lives also and some people do make a resolve to inculcate those qualities in their own characters as well. But often the story comes to an abrupt ending at this stage when the person either gets busy in his/her mundane life or finds his circumstances too inimical to overcome.

In short, one may say that

while most of us know the significance of change and its importance in their individual and social life, yet they fail to find courage and spiritual power in themselves to practically adopt the quality and features of that conduct. And in this way all theory, so well proved and realised, turns out to be a futile exercise in that particular case.

Another reason of one's failure to achieve a true change of heart is that one often fails to rise above one's likes and dislikes. In simple words, one does not rise above one's prejudices and as such cannot attain the state of equanimity even in the limited circumstances. It is relevant to point out that people fail to attain the conducive state for meditation simply for the reason that their interests and likings remain prominent in their thinking. That is why the meditation guides advise one to 'feel the breath' or in other words focus one's attention on the 'inhaling and exhaling' of the breath and not on anything else related to their individual, social or professional life.

Another fundamental principle of ensuring a change of heart is the 'alert awareness', which means that we should not only be mindful of our surroundings and our response to them but at the

same time, we must be conscious of our own inner-self and its gradual improvement by the process which Shiv Baba often calls 'Check and Change'. It is a fact that all fears in one's life come from ignorance caused by negligence. One fears death only because he does not know about this process of discarding one mortal body and taking another. The moment one is conscious and convinced of the 'effect of death' on one's soul and body, the fear vanishes in no time. So the alert awareness leads one to understand one's capabilities and the resources vis-à-vis the desired goal. An alert mind will assess one's resources and capabilities to finally tackle a situation and gain the desired results.

Inner purification is something that brings in enlightenment and equanimity to one's character. It is a state of selflessness rooted in the fertile soil of charity, tolerance and compassion to grow the eternal fruit of peace and contentment. It is a quality that may not be expressed in one's material and external behaviour but it is the one that motivates all actions and intentions. A change in one's true self is permanent and soothing when it is based on one's inner purity.

Despite all these fundamentals of internal change, it still remains true that the change has to be initiated from within since the Godly vision and knowledge are one's hidden and internal qualities, the strength of which determines not only one's being good or otherwise but also whether one is useful to the society where he belongs. There is a small incident to depict the significance of one's internal powers of enlightenment. A man lit a lantern to dispel the darkness, when another person came there, stumbled against the lantern and broke its chimney. But the man did not realise the damage by extinguishing the lantern since he was blind and the lantern was of no use to him.

In other words the external

source of light, be it a lantern, a fire, a lamp, an electric bulb or even the sun and the moon, is of no use so long as there is no light within. The greatest light is that of our own eyes or our internal self, with which other lights are taken to be meaningful and relevant. One would fail to see anything even with the help of hundreds and thousands of lamps and lights if one's eyes have no light within. Similarly without a sincere consciousness and its awakening, all theories and preachings would be useless.

Hence, for any change of heart, let us start with the self – the inner self, the soul. Only the enlightenment of one's soul and its purification can lead to one's change and the welfare of the whole human world. ●

THINKING OF YOU, BABA!

– **Chitra Sharma**, Hisar

Baba, I'm thinking of you	Thoughts of you cheer me up
With joy and pleasure	Whenever I'm blue:
Remembering times	I'm always happy
I'll always treasure	When I think of you
When I think of you	I think of you often
My heart is light:	In the fondest way:
You're so special	I cherish you more
A sheer delight	Than I ever could say



CREATING HEAVEN ON EARTH

Kiran: Om Shanti dear Ravi. I have taken the basic course in Rajyoga meditation taught by the Brahma Kumaris. I want to know a few points in detail. Can you please explain them to me?

Ravi: Om Shanti brother. OK, go ahead and ask questions.

Kiran: All of us want the world to become pure, peaceful, and happy. How can this old and impure world be transformed into a pure and fresh world?

Ravi: All of us, all the seven billion and odd souls; not just the BKs, will contribute to the transformation of this old and impure world. All of us are involved in one way or the other in the establishment of a pure world. Those who follow the directions (*shrimat*) given by the Supreme Father, the Supreme Soul (*Param Pita, Paramatma*) will become pure in a numberwise way. And because of the law of *karma*, those souls will usher in the new era, *Satyuga*.

Those souls who are unaware of the need for self transformation will go more and

more into degradation and will commit more and more sins, consequently invoking destruction. Thus, we all work collectively in our own way in establishing the new world order, in other words; we establish heaven on earth some by destroying the “old” world and some by “building” the new era.

Kiran: Well, then, those who commit such sins and cause destruction should be ashamed of themselves, shouldn't they?

Ravi: No. We need the night so that we can have the day again the next day. Day and night are inter-dependant; *Kaliyug* and *Kaliyugi* souls are also a must for *Satyuga* to start. The cycle of Time keeps moving and no era (age/epoch) and no soul can be missed. So, all souls take part in this World Drama in their own way to make the world pure, *satopradhan*.

Kiran: And you are saying that a new era, *Satyuga* would start after *Kaliyuga*. Would the world not end after the

destruction?

Ravi: No brother. Time moves in a cyclic pattern; not in a linear way. There is never annihilation. So, once a Cycle of Time gets completed, another cycle would start; there would not be any pauses in time.

Kiran: I learnt that the duration of each cycle of time is 5,000 years and that the incidents, that is, the history and geography of the world would repeat identically every *Kalpa*. Is that true? Does God order the incidents to take place?

Ravi: This is a predestined world drama; God does not order the events, He too is an actor and His role is also fixed in this drama. He comes almost at the fag end of *Kaliyuga*/the Iron Age, where irreligiosity and unrighteousness become the order of the day. He comes and teaches how human beings should behave in order to be happy, healthy, wealthy, and wise.

The time God comes to teach us is called the Confluence age, that is a very short period between the present Iron/old age and the upcoming Golden/new age, the pure age, *Satyuga*. Yes, every Cycle of Time will be exactly the same with the same actors playing their parts and entering the

'stage' at exactly the same time as they do in every cycle.

Kiran: What do you mean by 'entering the Stage'?

Ravi: In a drama, not all actors enter the stage from the start; they come at their own time to play their own role. In the same way, we souls, the actors, stay in the Soul-World till our turn comes and enter this physical world to play our part at a time that is suitable for us. The Soul World is something like a 'Green room' and this world is our 'Stage'.

Kiran: Can you explain about these worlds? And what would we be doing in the Soul World?

Ravi: Kiran, you know this physical world consists of the Earth, the Sun, the Moon, and other planets. Human beings live here. Each human being is made up of a soul and a body; 'human' is the body, and 'being' is the soul.

The souls stay in the Soul World which is the Home for all souls and the Supreme Soul, God. We souls would be in a state of complete silence, purity, and bliss in the soul world. When the time is suitable for us to enter the Drama, the Stage, we come down from there and take up a body and are 'born'.

Kiran: So, all of us are going back together to the Soul World

soon when destruction takes place? I hear from various sources that the third world war is just round the corner and that this world would be totally destroyed.

Ravi: Not to worry brother; there will not be total annihilation at any time in the cycle of time/ Drama. There will be a considerable number of human beings who would stay back on this stage and life will go on. Having seen all the disasters that unrighteousness could bring, having learnt their lessons, those who remain in this world would live in great harmony. And those who will be born to them, that is, the new generation born after the destruction will be very pure souls. They too would have learnt and practised a life filled with purity, love, peace, and happiness in their previous birth when God, the Supreme Soul, came and taught them in the Confluence Age.

The end of Confluence Age would be the beginning of the New era, the Golden Age, *Satyuga*.

Kiran: I would like to know more about why and how the human beings go into degradation, that is, from being so pure in *Satyuga* to so impure in *Kaliyuga*.

Ravi: - You can learn all of these things in detail when you attend the Rajyoga classes regularly. In brief, the soul becomes degraded with time because of 'using up its energy' by taking birth after birth. (The Law of Entropy.) Finally, the 'battery' of the soul gets almost totally discharged and that is the time God enters the Stage and teaches Rajyoga.

By linking one's intellect with the 'Power House', God, the soul gets 'charged' once again; it becomes pure, and goes back to Home. Another way to look at this is by realizing that everything "new" must become "old." This is the range of duality. A "pure" soul becomes "impure" as re-birth is taken for the soul "forgets" about its own purity as time goes by. God's task is then to make us "remember" again who we were.

Kiran: - That means all of us would become completely pure and perfect by learning and practising Rajyoga?

Ravi: We are souls with different personality traits. We imbibe God's teachings on the basis of our interest and capacity and would become elevated accordingly. That is how this world drama starts and finishes with human beings with

different mental make up and calibre. It is this variety that makes the drama interesting and entertaining.

Kiran: God, the Supreme Father, is so great! No wonder He is the Ocean of Knowledge, the Ocean of Love, the World Almighty Authority and the Purifier. All religions attribute these qualities to God.

Ravi: Dear Kiran, yes, God comes and teaches us in the Confluence age, but it is the children (we) who follow His teachings and transform the world.:- So, tell me who is great?

Kiran: Both are great! :-

Ravi: Yes. God is the Coach/Director/Teacher. We students imbibe His teachings numberwise and play our own roles. A teacher is respected when his students do well in their studies. A humble student always gives credit to his teacher. But who did the 'real' work here, the students, or the teacher? It all depends on how we see it.

Yes, our roles are fixed. Even the effort that we make is predestined. At the same time, no one forces us to make effort.. it is our own will and desire that inspires us to make effort... and ..the desire is also pre destined.

God as a Coach: It can be compared with Cricket. – The match is on; the coach teaches all techniques to face the ball and also encourages all players to play well. But it is the destiny of a player how he takes these instructions and applies them in his own game. It is the destiny of a player whether to hit a century or get out for a duck.

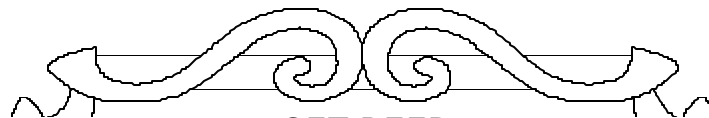
God, The Director gives us the directions (*shrimat*) as to how to become a divine being, a pure soul. We can see that there is no actor who “does” anything, but a particular role is being played through that actor. All roles are fixed and they are intertwined, meshed together to interpret the parts of creation, sustenance and destruction (which on the path of devotion has been labeled as the “Three

acts of God”) which is what this Drama plays eternally. Without this “fixation”, things wouldn’t happen eternally the same.

Now, someone may ask: what do I “do”? You do what you think, you want to do even though through knowledge, we understand that it is fixed. The “I do” is EGO. Therefore, there is no actor to blame, no part to belittle, no one better than anyone else...Just watch the movie. That is, be a detached observer... that is soul consciousness.

Kiran: I am amazed! I will be a regular student and will study Rajyoga in depth. I want to take the maximum benefit from the Teachings of God in this Confluence age. Thanks brother Ravi for all the explanations you gave me.

[Courtesy: Victorious Jewels]



GET DEEP

Deep inside our consciousness is an oasis of peace. This is the molten core of the soul, but it is not hot; it is cool. Not passive, but a source of inner power to fuel our mind and intellect, so that we can create powerful thoughts and make accurate decisions. If you can learn to go to this centre, peace will be your companion, positivity your partner, and you will be able to chill out in one second, anywhere, anytime. Returning to the centre of your self is the journey of one second. It is the regular destination of clever souls. And it is the source of your power and peace.



FEED YOUR MIND WITH HEALTHY THOUGHTS

– B.K. Neha, Kapurthala

Thoughts are the life of the soul.. human is a perfect machine. The only difference between the machines and humans is that we produce thoughts, and as a result of thoughts we generate different feelings and emotions. The number of thoughts in a human can vary, but no living being can attain a thoughtless stage; only dead people have no thoughts. Different kinds of thoughts release different kinds of emotions and feelings. It is these feelings that make us happy or sad. Therefore, one's state of being is not so much dependent on outer situation, but on the kind of thoughts we create. For instance, a good machine would always produce good products, and only from the quality of its products, that we are able to judge the reliability of machine. Similarly, the feelings and actions are the by-products of our thoughts. If we generate healthy and peaceful thoughts, we are going to have good and peaceful feelings, which would automatically affect whatever actions we are performing. Thus, our thoughts

directly affect our actions.

Thoughts need to be checked. When thoughts are produced in bulk, the speed of thoughts is so fast that at times its quality automatically deteriorates. While producing goods mechanically, it is very important to keep a check on the quality of products, not the quantity. Similar is the case with we humans; we need to keep a check on our thoughts, because even a single unhealthy or negative thought can effect the by-product of feelings and actions. Also, by keeping a check on the thoughts, the speed or frequency of thoughts get reduced, which helps in maintaining peace and calm and living our lives more attentively. Thoughts keep on popping-up on the screen of our mind. There is not even a second when our mind is free from thoughts. All our actions are the end result of our thoughts. That is why it is said, "As you sow, so shall you reap". Therefore, thoughts are like seeds of actions.

If we generate high quality

thoughts, our actions would also be elevated. At times, we ourselves limit our capabilities by saying, "I cannot do it!" As soon as we create such thoughts, we limit our capacity and capabilities. **We need to generate powerful and positive thoughts, so that our actions are elevated and productive.** If we need success in our life, we should believe in the self and create a positive thought that I am a successful being. Always think good and high of the self. But unfortunately, today we lack such positive thinking. **The thoughts of doubt, mistrust, worry, and sorrow generate painful feelings and emotions.** If one continually thinks and feels negative about the self, we develop feelings of hopelessness and depression, which become a pattern in the soul. If we continually think and feel negative about others, we will develop feelings of comparison, blame, criticism and hatred. These feelings will arise again and again. Therefore, to get rid of such low or depressing feelings, we need to change our thoughts from negative to positive.

Waste thoughts are the enemy of our happiness. We must stop thinking about past and the past of others. It is also important to stop seeing

the defects of others. We should focus our mind on creating positive and happy thoughts, which will automatically generate the feeling of happiness and comfort. We need to develop such thinking as our habit. We need to keep

creating such healthy thoughts to keep our mind healthy. Thoughts are food for our mind. Therefore, it is very important to always check what kind of food are we putting into our minds.

Is the food (thoughts) pure and healthy? Our mental health is as important as our physical health. Therefore, keep feeding your mind with positive and pure thoughts. ■

THE CARPENTER

Once upon a time, two brothers who lived on adjoining farms fell into conflict. It was the first serious rift in 40 years of farming side-by-side, sharing machinery and trading labour and goods as needed without a hitch.

Then the long collaboration fell apart. It began with a small misunderstanding and it grew into a major difference and finally, it exploded into an exchange of bitter words followed by weeks of silence.

One morning, there was a knock on John's door. He opened it to find a man with a carpenter's toolbox. "I'm looking for a few days' work," he said. "Perhaps you would have a few small jobs here and there I could help with? Could I help you?"

"Yes," said the elder brother. "I do have a job for you. Look across the creek at that farm. That's my neighbour. In fact, he's my younger brother! Last week, there was a meadow between us. He recently took his bulldozer to the river level and now there is a creek between us. Well, he may have done this to spite me, but I'll do him one better. See that pile of lumber by the barn. I want you to build me a fence, an 8-foot fence so that I won't need to see his place or his face anymore."

The carpenter said, "I think I understand

the situation. Show me the nails and the post-hole digger and I'll be able to do a job that pleases you."

The elder brother had to go to town, so he helped the carpenter get the materials ready and then he was off for the day. The carpenter worked hard all that day - measuring, sawing and nailing. About sunset when the farmer returned, the carpenter had just finished his job.

The farmer's eyes opened wide, his jaw dropped. There was no fence there at all. It was a bridge.. A bridge that stretched from one side of the creek to the other! A fine piece of work, handrails and all! And the neighbour, his younger brother, was coming toward them, his hand outstretched..

"You are quite a fellow to build this bridge after all I've said and done." The two brothers stood at each end of the bridge, and then they met in middle, taking each other's hand. They turned to see the carpenter hoist his toolbox onto his shoulder.

"No, wait! Stay a few days. I've a lot of other projects for you," said the elder brother.

"I'd love to stay on," the carpenter said, "but I have many more bridges to build."

SPIRITUALITY FOR PEACE AND HAPPINESS

—B.K. Sandesh Sarvade, Solapur

The profound knowledge being given by the Supreme Soul, whom we lovingly call Shiv Baba, through the medium of Prajapita Brahma Baba, is so beautiful and easy to understand but difficult to act upon. We say ‘Difficult to act’; difficult is a state of mind we create, because we listen to discourses again and again but don’t implement them into our lives, which shows that we get caught up in some wrong belief system and to cut any belief system, faith and patience are a must. Try and work out what God Shiva, i.e. Shiv Baba says. Baba’s *murlis* is so touching and it can really transform everyone’s life; it gives you clarity in life.

This is the time when the whole world is crying for peace, love, happiness, bliss etc. Baba says in His *Murlis*, “You are not the body but a soul.” Soul in its original state has the qualities of Supreme Soul such as purity, peace, love, bliss, happiness etc. These qualities have been in the hidden state due to body-consciousness. To evolve these

qualities in us, the first and the most important thing is to fill this consciousness with purity in thoughts and divine virtues such as unconditional love, compassion, forgiveness, peace, purity etc. Then life becomes meaningful and beautiful. Purity of thoughts is lost due to confusion, attachment to wrong belief system, negative thoughts, rubbish and waste thoughts etc. by which we are not able to really enjoy the beautiful combination of ‘Soul and Body’. Purity in thoughts is enhanced by unconditional love, forgiveness, helping others without expectations, acts which give a meaning to life, just doing good things wholeheartedly, to make this bitter world to a better world. We are caught up in the pleasures of body-consciousness which are temporary and get changed with time. By being in a pure and positive state of mind, check and change things which lead you to feel low, sad, dull, egoistic, tense etc. and be in communion with the Supreme Soul Shiv Baba, who is changeless with

respect to time and space. Create a vibrant atmosphere in your life which gives you a feeling of power, peace, caring, bliss and love. By the feeling of a detached observer and trusteeship, you realize that everything is perfect and in harmony.

Tips to remain in pure consciousness

► **Purity:** Purity is the basis of spiritual path. When negative thoughts come on the screen of the mind, give them a full stop by having divine knowledge, i.e., you are not a body but a pure soul, a being with qualities of love, peace, bliss, joy etc. for creating a positive and powerful thoughts. Increase the creativity of the positive thoughts, check and change. Don’t give up, then you will find yourself changed with this practice and you start feeling good to yourself. By being free from all selfishness, greed, fear, jealousy, arrogance etc., you will become energetic.

► **Happiness:** A material thing gives you comfort, not happiness. Happiness is a subtle thing which is deep in your consciousness. Awake and ask yourself the question—what makes you happy? Achieving success, goals, material property etc. is good; it is a ‘feel good’ factor but it is not happiness because a single negative information can shatter your

understanding of happiness. Happiness means being internally full. Remain contented in spite of any external ups and downs in life. "Happiness is a conscious choice, not an automatic response" said Wildred Brethel. Our happiness is fixed to our imagination. If this happens in my life, I'll be happy and that day never comes because I imagine the future and not ready to be happy in present moment. So, happiness is not a destination; it is a journey in life yet we constantly keep postponing happiness. So, choose to be happy; this choice is yours at any point of time.

► **Love:** Love in the true sense must be unconditional. Unconditional love is truth; we say 'love is caring' and 'not to be judgmental', 'Love is God' etc. Love is in giving to others, empowering and helping them. Unless you really love yourself, love doesn't flow outside. Love means unconditional acceptance in relationship by which there is possibility of growth in it, harmony in what you think and what you do is a key to get the atmosphere energetic, vibrant and love-full.

► **Peace:** Peace is the fundamental quality of the soul. Peace is the natural state of this soul. It means silence, being calm and stable. Peace is being without any impurity. In this peaceful state of mind, you feel full, joyful, contented and you start overflowing this divine qualities of love, happiness, purity etc. All confusing questions get solved in peaceful state of mind and you can clearly understand life, you find the right path. You understand how to act and respond and not react. You get clarity in life by which all problems get a solution. Peace is a golden weapon to wipe out negativities, use it in a right way. Complete eradication of slightest irritation of mind is peace.

So we should keep these characteristics of soul in mind while performing all actions. Let us keep our pure consciousness emerged. Let us sketch our life and give a meaning to it by being awake in our pure consciousness. ●

I AM THE TREE OF LIFE

– Kruti Suchak, Mumbai

I am the tree of life
I am the tree of the Universe
Upon which lay a thousand lives
Under my branches lived Buddha the great
who entered path of the golden gate

Let the storm begin, let the wind sway
Let the rain thunder
But I lay strong, undamaged and safe
'Cause I've branches of faith, leaves of love
Which shower upon me the treasure of
hope

I am the tree of lights within which
Lay the path of a thousand lights
On my branches lay nests of beautiful
birds
Which come from all over the world
They spread the message of peace
And gleefully play the music of love

Under my shade have slept a thousand
souls
Who were awakened with a mysterious
force
which has led them to their original source
To all the human souls I say
They have something to learn
From branches of hope and optimism
And leaves of self-esteem and self-love
From the flowers that radiate pure joy
And the flight of the birds
Which despite the flowing wind
Have the power to rise again
I don't have a past, I don't have a future
But what I have is the present – the now
I am the tree of all the seasons, day and
night.

SUPERCHARGING THE SOUL FOR EXAMINATION SYNDROME



– Dr. Dilip V. Kaundinya MD. Path. & Bact.
Ex-Professor & Head, Dept.
of Microbiology, Sir JJ Hospital, Mumbai

Five thousand years old **Bhagavad Gita** has become the most powerful book on psychotherapy today. **Arjuna** was probably the first case of sordid depression, with hands and legs shaking, dryness of mouth, and a dejected, dispirited and depressed feeling. Psychotherapy or **the mind-empowerment** by God revived him to such a great extent that he not only fought the great battle but also won it. Even after giving **Virat-Darshan** and showing Arjuna that all the people in front of him were already dead, **God** gave Arjuna two choices – **to fight or to have a flight**. Arjuna made the right choice and thereby immortalised his name as well as that of Lord.

First chapter shows Arjuna strutting, just like all of us when we get admission to a medical college. Bulging with pride and ego as the greatest warrior, he tells Lord the charioteer. "Take me to the centre of the

battlefield so that I can see my enemies clearly." Lord merely smiles because he knows what shall happen next. Mere sight of Bhishma Pitamah having the boon of deathlessness (**Fear**), Dronacharya, the guru, who taught him archery, pummeled him into depression. The negative memories always strike exactly when one wishes to forget them.

The story of the students getting admission, even to a rural medical college, is not different from this Arjuna. They start behaving in such a pompous fashion as if they already have won **medals for their class-apart-performance**. The **EGO or "Erasing God Out"** is at its worst, when even the guys in private medical colleges also behave swollen-headedly, totally forgetting that their getting a seat in a medical college was because of **A Class Apart Performance by their very rich parents**. First terminal or even a "Part completion test" bursts the

balloon. Subsequently affliction of **EGO or I-ness** reappears on passing Final M.B.B.S. and MD examinations like a chronic recurrent itching – pleasurable in the beginning but painful on subsequent repeated scratching. Patients start telling him, "Doctor, you are God." When hundreds of patients tell him the same thing, the doctor then starts believing "Well, these guys have some great truth in what they are saying." The **balance and wisdom** are lost. Wisdom, the inner voice that says "**NO**" to a **wrong thing is absent**. This right and wrong is in accordance with the eternal and **universal virtues and values**. The soul then falls in the trap of the Devil, Satan or Ravana. No wonder now that the God-like doctors are **getting assaulted**. Once a noble profession has become so ignoble that it has been brought under **Consumer Protection Act** just like any other ordinary business. Instead of using **healing placebo effect**, doctors now tend to use "**Nosebo**" to create a "Fear psychosis" so that patients have no choice but to submit to a costly, financially devastating intervention, a scenario full of hopelessness and helplessness for the patient. Magical interventions become a tool for the paid foreign tours.

Let us now see what happens to this God-like Doctor just before the University Examination for First M.B.B.S. He or she becomes a classical case of Arjuna Syndrome. Chronic failures and chronic stress can get him An Abhimanyu Syndrome, in which he is trapped in a vicious cycle of failures. Professor of Anatomy appears like unassailable Bhishma Pitamah and Professor of Biochemistry like **Dronacharya**, especially at the time of Viva-Voce. Mahabharata is recreated in frightening proportions. A supercharging surge of stress-hormones of **Eustress**, healthy, short-lived and performance-enhancing, takes care of "THE FIGHT instead of a "Flight Response." This used to happen in older and comfortable times.

These fear-evoking serial examinations with serial failures soon become killer-examinations, by the time of Final Examination, for many students, especially for those from backward states. Chronic stress creates a Tsunami in mid-brain. The coping and adaptation to the stress becomes less and less. The stress hormone, epinephrine merely hands over the guns. But nor-epinephrine prepares a blueprint for brand new bomber

aircraft. This distress becomes the greatest RISK-FACTOR for health and performance in examination for the generation Y. Obesity, early Diabetes, Hypertension, Heart attacks or early cataracts, i.e. PREMATURE AGEING, Progenia, become a common occurrence. Chronic stress destroys neurons in Hippocampus and thereby explicit memory. This memory is involved in the recollection of the facts, faces, events and figures. Reduction of nor-epinephrine from Locus Coeruleus reduces the focus, concentration, attentiveness and registration, a part in the process of developing memory. A gross disinterest, Anhedonia, develops.

Repeated Examinations or a Deadline after a Deadline syndrome demand repeated bursts of vigilance. At some point, the vigilance becomes over-generalized. The victim concludes that he must always be on guard. This situation sends repeated impulses to Hippocampus. Repeated traumatic experiences of failure get established as a long term Implicit Memory or Procedural Memory like that is involved in remembering swimming or cycling. Experiences become indelible and cannot be easily

blotted out. Repeated inputs activate certain sets of neurons which repeatedly communicate with each other. This process strengthens the communications between the synapses of the neurons and is known as Long Term Potentiation (L.T.P.).

The L.T.P. in Amygdala, principle mediator of the stress-response, releases excess of stress hormone – Cortisol, which brings about the atrophy of the neurons in hippocampus, setting up a vicious cycle of memory-depletion (Explicit Memory). But the implicit memory of the fear-evoking situation remains unaffected. This is responsible for panic-attack on exposure to even a small or insignificant part of fear-evoking situation viz. even the sight of an Examination Time-table. The victim becomes a nervous wreck. Life is really very simple. But our mind makes it complicated.

What can turn around this situation? Two thousand five hundred years old Patanjali Kriya Yoga is a technique for getting concentration, a focus characterized by a laser-beam single point focus of positive thoughts. So the Veda in ancient India i.e. Bharat, were taught by word of Mouth and not by written texts. The people called Ek-Pathy, Dwipathy and

Tripathy existed who, today could have memorised bulky Gray's Anatomy or Physiology by Guyton by reading just once, twice or thrice. Dr. Richard Davidson, Professor of Psychiatry, Wisconsin University, U.S.A. baptized Dhyana of Patanjali as Mindfulness meditation in 2003. Basamati became newly patented CALIMATI OF CALIFORNIA. A recent book by Indian Psychiatry Society, "Spirituality and mental Health", tells that out of 200 types of meditations only 4 are evidence-based.

Brahma Kumaris' Rajyoga, (in contrast to Preksha Dhyana of Jainism, Vipassana and commercial Art of Living by Sri Sri Ravi Shankar), has many unique points. B.K. Rajyoga is easy, quick, most effective and tailor-made for the modern Extremely Busy persons, (E.B.P.) who soon fall prey to B.P., heart-attacks etc. It is taught free of cost through more than 8500 centres in 130 countries and is under continuous medical research by the Medical Wing of Brahma Kumaris. An ongoing Coronary Artery Disease regression programme has shown complete disappearance of the heart vessel blocks by just three months of regular meditation along with drugs. Concentrated state is obtained within 5-10 minutes. The performance of medical and dental students is increased by 30% to 40% by regular meditation of just half an hour for three months. A Novel Thought-Graph Machine at the B.K.'s Medical Wing shows this development of the zone or concentrated state graphically as well as pictorially. When Sunil Gavaskar hit a double century in Port of Spain under a lethal West Indian attack without helmet, he was said to be in that Zone. E.E.G. shows supercharging Delta waves of deep sleep in this open-eyed meditation, which is unique. This is known as powerful and rejuvenating ontological state of consciousness by ancient Indian scriptures.

Let your meditation be regular. All of your doubts, tensions, fears, frustrations and diseases of chronic stress shall disappear miraculously. A wonderful journey of life shall begin with your single step. Take it towards the B.K. Centres worldwide, and Meditation Hut in Sir JJ Hospital Campus, Mumbai. ●

BIRTH -LIFE-DEATH- REBIRTH

The realisation of the self as a soul, an eternal entity, naturally leads to the questions:

Where is the soul before it comes into a physical body?

Where does the soul go after it leaves it?

What is the purpose of eternity?

These are questions that deeply concern human beings, yet until now proof of life before birth or after death has been inconclusive.

The images conjuring up the 'fires or hell' and a heavenly world beyond the clouds have figured greatly in the world's religions. Yet to the rationally-minded, the states of living forever tormented in sulphurous pits, or conversely lounging in perpetual bliss in a fairy-tale kingdom see far removed from the reality of the present.

Most accept that there is some order to the creation, but viewing our drama through spectacles of body-consciousness it is impossible to see it, as the soul is imprisoned by bodily needs and sensual desires. In body-consciousness the soul is unable to see anything

THE ETERNAL JOURNEY

– B. K. Mukut Sarma,
Nalbari, Assam



A cold and cloudy morning it was. Dense and thick fog made his sight almost invisible. Sukumar geared up his scooter. He wanted to reach the local Brahma Kumaris branch as early as possible.

“The newly constructed building of the local Brahma Kumaris branch is being inaugurated today. The inauguration ceremony is being attended by Brahma Kumari Rajyogini Dadi Janki – The Chief Administrative Head of this great International Organisation.

Brahma Kumari Rajyogini Dadi Janki has been declared as the most stable mind amongst the world personalities. With the aid of EEG test, scientists have arrived at this conclusion; “**A delta woman**” – At every situation and environment, only delta waves emerge out of her brain!

A long time dream of the brothers and sisters of this local branch has awakened up

today. After passing through a lot of obstructions and hindrances, the newly constructed beautiful building is completed and now it is just to be inaugurated by the lotus hand of Dadiji!”

Recalling all those past events, Sukumar became slightly emotional. “Yellow and red colours with pointed white at the middle” – the surroundings of the Brahma Kumaris branch had been decorated with garlands of small flags. There was a ‘Hindi’ song played from the sound box – floating in the air these colourful flags were calling Sukumar “Come! Come! You are so late today!”

Looking towards those decorated flags, Sukumar entered into the new campus of the Brahma Kumaris branch. Everyone was running very busily there.

“Dadiji has arrived! Dadiji has arrived!” – the wave of love and joy had touched everyone’s heart. Various kinds of modern, classical and folk musical instruments along

with clapping of the brothers and sisters made a wonderful chorus at that moment. Brahma Kumari Sister Sheela and Brahma Kumari Sister Jonali were welcoming Dadiji.

Sukumar went to the top of the new building. From there, he started to take snap shots of the inaugural function from different angles with his new digital camera. Lots of photographs were also stored in his mind’s digital camera. The lens of his mind’s digital camera started a backward journey in the time machine.

“Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya Rajyoga Education Centre, Hajo Road, Nalbari International HQ: Mount Abu (Raj.)” (No Entry Fee)

Before entering the campus of the local Brahma Kumaris branch, **Sukumar took a brief look on the sign board. He had then thought something for a while and made a firm decision in his mind that first he would check logically each and every corner of this new**

[All the characters in this novel are purely imaginary. Any resemblance to reality may be co-incidence only]

knowledge and then only would accept or reject it. He thought himself to be a very logical minded person.

Opening the iron-gate, Sukumar kept his feet on the Brahma Kumaris campus. A lot of colourful seasonal flowers like Dahlia and Cosmos were blooming there. Sukumar's poetic mind imagined that—fluttering and dancing in the air the flowers were welcoming him with great joy and happiness.

Keeping the shoes outside, Sukumar pressed the Call bell. After some silent moments, a Brahma Kumari sister had arrived at the verandah where he was standing.

“Om Shanti”, Sukumar himself first greeted her. He learnt this custom of saying ‘Om Shanti’ from his B.K. friend Diganta.

“Om Shanti”, she responded.

“Do you want to listen to the ‘Murli’?”—without making any references she had asked him. Actually she thought him to be some old B.K. brother. Later this Brahma Kumari sister Nilima told him so.

“Murli?” He questioned himself – “What is it?” Sukumar tried to refresh his memories. Already he had gone through the “Seven

Days' Course” by postal correspondence. Perhaps he did not find the word “Murli” there. “Yes, one day when he went to the Jorhat branch of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, with his B.K. friend Diganta, then Diganta had told Brahma Kumari sister Lata that he wanted to listen to Murli”—Sukumar could recall it from his memory.

“Madam, I am actually a new comer. I just want to undergo the Seven days' course”.

“Is it? O.K. O.K.” B.K. sister Nilima responded with a sweet smile.

Sister Nilima had opened the visiting room and asked him to sit there. Then another Brahma Kumari sister came into the visiting room. She asked Sukumar to fill up an introduction form.

Your name: Sukumar Sarma.

Father's name: Late Abhay Ch. Sarma.

Home address: Nalbari Satra, Nalbari.

Sukumar also took her introduction.

She was Brahma Kumari Kamini and hailed from an interior village Magurchila near Sonapur. She was a dedicated member of this Institution.

B.K. sister Kamini was

giving him an introduction about the Brahma Kumaris organisation. “This is an International Institution. With its Headquarters at Mount Abu (Rajasthan), it has more than 8500 branches spread all over the World. The basic aim of this Institution is to.....”

Sukumar's attention was diverted towards another direction. At that moment, he had a feeling that some hot air or say some hot rays or something like that were coming out from the floor of the visiting room. It was a cold evening in the month of January and he was coughing with a sound ‘Kuhur-Kuhur’. But the sacred rays were giving him a warm and pleasant experience.

“Madam, is there any instrument kept below the floor to radiate hot rays?”—Sukumar restricted his tongue from asking the question. He consoled his mind that no such instrument had yet been discovered! Had he asked her such an illogical question, she might think that there must be some crack in his brain!

Having a discussion with B.K. Sister Kamini, he decided to start the seven days' course from the very next evening. Thus, from the next day

Sukumar started his Eternal Journey.

Sukumar was recalling his preparation for the eternal journey. On that particular day he was cleaning a rack, bearing some old college text books. Suddenly a small but beautiful and laminated book fell down in his front. He lifted the book and stared on it for a moment! Actually, it was an autograph book. At the time of leaving the college hostel, Sukumar took autographs from his hostel mates. But after that, Sukumar could not trace it out again.

After passing through some nostalgic moment, Sukumar lifted few pages of the autograph book. At the very outset, his attention was directed towards the fine handwritings of poet Apurba Bhuyan. Apurba addressed him in a poetic style-

“Sukumar,

I could not remember whether you went for that movie or not...

The train was running very fast.... The heroine, inside the passenger compartment was

dancing with great joy....

There was a song on her lip...

‘Life is a dream..., a fantastic dream only....’

Her long hair was floating in the air and her song was mixed with the outside running world.

Our life is also perhaps like that. Forwarding our footstep with the running world, we advance in our life's long journey.

We met here and became very close friend. Today we have here a lot of sweet and colourful memories. Perhaps you are also over-burdened with those memories.

At this time of departure, what can I say? I will just say that our memories are really very soft - as soon as they get any chances, come out like some colourful butterflies.”

Sukumar wanted to close the door of his old memories. But already some of them had leaked out and begun to move around him.

Looking the autograph of his friend Sanjeeb, Sukumar was really astonished! Giving the date 30-11-1990, he wrote to

him,

“.....I can never forget you Sukumar..... , especially I can never forget your logical explanation about Soul and Supreme Soul.....”

Another hostel mate Anil Goswami wrote in his autography ”.... **I will always remember you and will ever remember about your concepts and knowledge on Soul and Supreme Soul.....”**

“His knowledge (!), concepts (!), logical explanation (!)” about soul and Supreme Soul (!) and that was too in the year 1990! At that time, he did not have the slightest idea or belief about the soul and the Supreme Soul at all!

“But even then why they had commented like that?”- Recalling over and above those past memories, Sukumar’s mind had travelled at the speed of light overcoming the barrier of time and space and arrived at Jorhat Engineering College, Hostel No. 1, Room No. 17 in the year 1990.

(..... *to be contd.*)

Your Vision: When someone’s feeling low, you can help them restore their self-belief by keeping a firm, clear vision of their goodness and what makes them special. Increase their self-value by letting your vision be drawn to the diamonds (their specialities), rather than any stones (their defects). Take a gentle encouraging approach and never give up on anyone.

— (... Contd. from Page No. 3) —

Much of favouritism, nepotism, extreme forms of nationalism etc., are due to attachment to one's own relatives, country etc.

Lastly, ego/pride is the factor that leads to disagreement, confrontation, hostility, domination by some people, prestige postures etc. and that again leads to rivalry, leg-pulling, litigation, revengeful attitude, honour killings and the like.

Degeneration of Love gives rise to the above five factors

Further deep thought will, however, reveal that these five are the results of the degeneration of love. Love is the inherent quality of every human soul but it may exist either in its pure or perverted form. If it exists in its pure form, as it was in the Golden Age, or what is called Satyuga, then there are no problems and everything is fine. In fact, love is the basis of the family, polity, economy and culture of the society in the Golden Age. If there were no pure love in Satyuga, it would not be different from Kaliyuga.

This element of love is in a bit lesser degree in Tretayuga, i.e. Silver Age, and it starts getting degenerated at the start of Dwapur Yuga or Copper Age. In Kaliyuga, i.e., the Iron Age, it has been defiled to its extreme.

Hence, there are all these problems at the end of Kaliyuga! Let us make it clearer what is meant by 'degeneration of love'.

Degeneration of Love

When love, which is inherent in every soul, gets directed to physical appearance and sex, it takes the form of Sex-lust. When it takes the form of desire for physical proximity or dependence or emotional bonds, based on physical relationships, it is called Attachment. If, on the other hand, it manifests in the form of desires for objects of sensual pleasures and comforts or for objects of delight, for money, or for property and possessions, then, it is known as Greed. If, instead, love becomes self-centred, i.e., if the person loves himself rather than anyone else, then, it comes up as Selfishness. The rest of the vices, such as jealousy, hatred, rivalry, anger, ego etc. are the results of perverted forms of love. Let's understand how:

If one's desires for sex, one's greed for money or objects, and one's attachment to certain physical relatives or one's selfish motives are not fulfilled, one becomes angry.

Thus, Anger does not have an independent existence of its own. It is caused by the non-fulfilment of sex-lust, greed, attachment or selfish aims. Similarly, jealous, rivalry and hatred also do not have an independent existence, for these are caused towards that person who stands in the way of another person's fulfilment of sex-lust, greed, attachment or selfish aims. If, on the other hand, one is able to fulfil one's greed etc., one becomes egoist or arrogant.

The Seed of all causes of sufferings

These vices – sex-lust, greed, attachment and selfishness and also anger, hatred, jealousy and pride which are born from the first four, are the roots of all problems as has been explained earlier. The seed of these roots, however, is 'perverted love'.

What do we mean by perverted love? When love is directed towards body or relationship or towards material objects, then it is called 'perverted love'. The quality of love then gets debased or defied because such kind of love gives rise to divisiveness, injustice and all sorts of negative traits. In other words, when a person forgets

that he is a soul and, instead, considers himself a body and looks on all others also as physical entities, then his love becomes of a low quality based as it is on wrong notions, misunderstanding of the realities, and ignorance about the true relationship. If the person is, instead, aware of his true identity as a soul and looks on others also as souls, then, his love is pure and has no negative element in it.

Remedy for all ills

In the final analysis, therefore, we arrive at the truth that 'pure love' is the only solution to all the problems of the world, for these problems are born from either the absence of love (i.e. from selfishness) or from the debased forms of love such as sex-lust, greed and attachment, or from the emotions that arise from the non-fulfilment of these four and are called jealousy, hatred, anger etc.; or from the fulfilment of these negative forms of love and emotions (such as ego).

The remedy for getting rid of all the problems in the world, therefore, lies in purification of love. This is what is called as 'self-purification' or self-change. It is for this that one requires Godly Knowledge, practice of Meditation and Inculcation of Divine Virtues. In fact, Godly Knowledge gives one the understanding that we are souls and that our love should be based on soul-consciousness. Meditation is a practice that enables one to stabilize in the love-consciousness of God, and the inculcation of Divine Virtues means taking due care so that love doesn't take the form of sex-lust, greed or attachment but takes the form of Celibacy, Contentment and Detachment which are the basic virtues.

It is, therefore, time that we should understand this diagnosis of the ailments from which mankind presently suffers, and cure it by purifying its emotion

of love by means of Godly Knowledge, Easy Rajyoga and inculcation of Divine Virtues.



FOLLOW FATHER

– BK Sapna, (ORC Delhi)

My dear Father really a wonder
Follow Him truly, heartily
remember
God gives powers and the
courage
So we grow virtuous, in His image
He is Almighty and world
Benefactor
Sharpens our mind, builds
character
He makes me deity--lord of
paradise
But only when I follow His advice
He loves and likes me in this life
But this takes time for me to realise
His love encompasses one and all
He inspires me to be bold and tall
He is the highest of the high
Stays beyond the limits of sky
Neither He has hands, nor feet
My dear Baba, sacred and Sweet

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