

|| From the mighty pen of Sanjay ||

BRAHMA BABA – A UNIVERSAL MAN, AN ACCOMPLISHED YOGI AND FATHER OF A UNIQUE REVOLUTION

Brahma Baba was an overflowing fountain of pure love, bliss and goodness. He had a mind always at peace with himself and with others. He had an amazingly divinised intellect and was always in a relaxed mood, characterised by kindness, magnificence and happiness. Truth, goodness and love gained meaning as one came into contact with him and began to know him. **To see him at work was to see the process of a social revolution in progress. To hear him was to undergo an inner transformation in the deep layers of one's mind. To meet him was to have an enriching experience of the intellect and an uplifting experience of the soul.**

He was a man of cosmopolitan sympathies and of very broad vision and outlook. There was an urge in him for relieving man from sufferings. His passion for service knew no geographical, racial or religious boundaries. He was a 'universal man' or '*vishwa manava*' of Tagore's conception. So, with ease he could

play the role of world-father and world-teacher.

An Accomplished Yogi

The most fascinating aspect of his personality was that he was an accomplished yogi. He was one with the Supreme Soul. His personality was like the sun at one time, radiating light and might and destroying impurities of the minds which were touched by the beams of his light, and it was like moon at other times – his rays giving a soothing and comforting feeling to many. The rainbow colours had been fused in his personality.

So powerful were his yogic vibrations that when one sat near him, one experienced that the spiritual energy that came from him burnt out limitations of one's *sanskars*. One saw a flash or blaze of light, combined with might that was physically shattering. One's body became frozen into immobility, for one had mental concentration as one's mind became absorbed in drinking the nectar of knowledge or bliss. It was an experience, indescribably great.

(...Contd. on page no.32)

CONTENTS

- ▶ Brahma Baba - A Universal Man, An Accomplished Yogi and Father of a Unique Revolution 3
- ▶ Supreme Parents Shower Blessings (Editorial) 4
- ▶ Brahma Baba-Love and Respect Incarnate 7
- ▶ Rare Moments: with Brahma Baba 10
- ▶ Brahma Baba - A ... Vision . 12
- ▶ Understanding Detachment 13
- ▶ Truly pampered by Baba ... 15
- ▶ Creating Paradise on earth 16
- ▶ Importance of Confl. Age .. 17
- ▶ A True Yogi 18
- ▶ The Eternal Journey 19
- ▶ Overcoming Cancer with Blessings 23
- ▶ Being an instrument of the Almighty 25
- ▶ Mind Traffic Control 27
- ▶ Oneness and ..Spirituality . 29
- ▶ Being powerful 30
- ▶ Is corruption curable? 31
- ▶ Enlightening New Year 34

Rates of Subscription for The World Renewal

	<u>INDIA</u>	<u>FOREIGN</u>
Annual	Rs.80/-	Rs. 800/-
Life	Rs.2,000/-	Rs. 8,000/-

Subscriptions payable through Money Order/Cash or Demand Draft (*In the name of "The World Renewal"*) may be sent to: **Om Shanti Printing Press, Shantivan-307510, Abu Road, Rajasthan, INDIA.**

For further information regarding subscription, please contact:

Mobile: 09414006904, 09414154383

SUPREME PARENTS (Avyakt BapDada) SHOWER BLESSINGS: "May you be Angels!"

Members of the BK divine family are definitely very fortunate beings on earth. Everyone must have realized this fact on the eve of New Year 2012, when *Avyakt BapDada* bestowed New Year blessings and greetings through supremely valuable words of wisdom. There were over 22,000 BK sisters and brothers gathered in the Diamond Hall and the Conference Hall, Shantivan, while other BKs tuned in to watch the live telecast. It was beautiful to experience the vibrations of the Supreme Parents on one hand, and the Supreme Teacher-cum-*Satguru* on the other. It proved to be a great combination throughout the *Avyakt Murli*. The showering of choicest blessings was initiated with, **"BapDada has made the star of fortune sparkle on your foreheads from the time of your spiritual birth..."**

Very special sentiments were expressed about the departure of the old year and ushering in of 2012. But very soon the Supreme Teacher-cum-*Satguru* took over the reins and there came the supreme advice

(*shrimat*) about planning for the New Year to accomplish one's stage of complete perfection. The present time is supporting us in our effort-making; this fact urged us to focus our attention on transforming one's old, negative and habitual personality traits to that of purity, divinity and a virtuous life: **"Just as you have had the thought of not taking impure food for your body, and you are doing that practically, in the same way, you have to have this determined thought for your mind: You will never have any waste thoughts for anyone or anything under any circumstances and that you definitely must have constant good wishes and pure feelings for every soul."**

While everyone was fully absorbed in observing, listening to and inculcating these words of wisdom, BapDada transformed the whole atmosphere to a very light, humorous one by asking questions about the strategy to be practised in the New Year. In order to speed up subtle spiritual effort-making, one needs to observe one's own *sanskars* as they interfere in

spiritual efforts from time to time.

Our Supreme Parent knows that everyone is interested in intense spiritual effort-making, but what is needed is giving value to our 'thoughts' and 'time'. It's only through very subtle attention on our thought patterns and deep volcanic meditation that beneficial change can take place. Then on till the end of the *Murli*, attention was drawn repeatedly to 'practising volcanic meditation', which would enable us to finally reach complete perfection full of inner peace and happiness: **"Volcanic yoga means to be in a powerful form of light and might. According to the time, sorrow, peacelessness and upheaval are now going to increase. This is why you need to give powers to the unhappy and disturbed souls through special volcanic yoga. In return of their sorrow and peacelessness, give them some powers and peace through the service of your mind."**

In a way we understand that accomplishment of our chosen final goal of life would take place only through sincere, clear, and

deep efforts, or in other words, by rejoicing in the stage of being 'carefree kings and queens'. The food for thought has always been 'determination to practise volcanic yoga' i.e. our intense, focused, unwavering awareness of being the original form of light, and having yoga with the Supreme Divine Source of Light, Might, Purity and Love. This would help in spreading vibrations of power and peace through '*mansa seva*' as has been experienced during the Platinum Jubilee celebrations. The theme at these numerous events has been "One God, One World Family" which has worked wonders in conveying the eternal spiritual message.

The *Murli* firmly but sweetly reminded us that the days of world transformation are very close, and, therefore, service through our pure consciousness of volcanic meditation would help all souls, be it the divine family of BKs, contact souls or the global family of humanity. These pure thoughts will crystallize when our aim of becoming like the Supreme Parent, God, is translated into reality. Accordingly, BapDada blessed all by saying, "**May you be intense effort-makers! Congratulations for the new life! Congratulations for the New Year! Congratulations for becoming companions in the**

new world!"

God wishes all His spiritual children to become like their Supreme Father, and enable others to experience our angelic form and stage. Brahma Baba became an angel through intense spiritual endeavour and now we are to follow our Spiritual Father. The divine blessing and homework for the year 2012 is to become the image of an angel: '**May you remain in your angelic form and become intense effort-makers! May you constantly be jewels of contentment - remain content and make others content!**'

As we received these blessings, and experienced holy, empowering vibrations until midnight a deep feeling emerged in our hearts of how great our fortune is to be adorned with beautiful spiritual jewellery on New Year's Eve. Nothing can compare with the blessings from the Highest-of-High, Supreme Lord. We experience constant happiness when there is the giving and taking of jewels of knowledge. The more we churn on these infinite spiritual treasures received at the beginning of the New Year, and also what has been shared through the *Murlis* so far, there is a sense of rejuvenation and bliss at regaining this precious fortune for the new *kalpa*.

We wish our near and dear spiritual sisters and brothers multi-million fold greetings for an ever-healthy, ever-wealthy, ever-happy, ever-intoxicating, happy, happy, Happy New Year!

**WITNESSING
BRAHMA BABA –
BECOME AN ANGEL**

Sakar Baba's journey towards attaining the *karmateet* stage was very subtle. We could see from Baba's thinking, *drishti*, and words that he paid full attention to remain in the depths of remembrance at every moment. Yet his effort was totally natural. Not only did he make intense effort, but he shared his experiences with the children in order for them to benefit.

In the beginning, he used to draw our attention to the **chart**. He would tell us to get up early, to study the *Murli*, to pay attention to ourselves during the day, and to sit with Baba at night in order to check ourselves and write our charts. Each week we sent our charts to Baba and Baba corrected them. Baba placed a lot of importance on *Amrit Vela*. He would tell us to wake up in the morning no matter what happened. This was because it is through the practice of *Amrit Vela* that deep transformation of the *sanskars*

takes place; we can be liberated from old *sanskars* and we can experience our original, divine *sanskars*.

Baba placed great value on **time**. Each second of the Confluence Age is equal to a year. If you get caught in any type of waste for even a second, it means you have wasted a whole year! Baba always kept the aim of staying in the company of Shiv Baba. He did not want to be separated for even a second.

Whilst speaking the *Murli*, Baba paid a lot of attention on the children. He would know if someone's intellect was wandering and so they were not taking full benefit from the *Murli*. By realising that knowledge is so valuable, the soul develops love for knowledge and the giver of that knowledge. Baba appreciated Shiv Baba's knowledge a great deal. He would tell us to read the *Murli* three times... Always remember that it is God Himself who is giving this knowledge and He will not give it at any other time.

Even Brahma Baba had been searching for the truth before Shiv Baba came. He had a great deal of experience and this is why Shiv Baba chose him. So many things happened but Baba's face never changed. He had full faith in the task of

establishment. We have to remember Shiv Baba and follow Brahma. The more circumstances come in front, the more we are provided with the opportunity to remember Shiv Baba and receive co-operation.

Baba told us to learn to speak to the self. We have to learn to stay introverted, talk to Baba and to ourselves. Churn and go deep into the treasures. Only then will there be a great deal of internal happiness, lightness and the experience of being powerful. This is the method to stop wasteful thoughts.

Baba never spoke loudly to anyone. He never scolded anyone. No-one ever said that Baba was angry with Him. He may not have liked something we did and he knew the method to transform us. Normally, when he saw us, he would smile and sometimes hug us but if we had done something wrong, he would look at us for a second and then drop his gaze. He would not give *drishti*. Through this we used to realise our mistakes in a second. When we realise our mistakes, we receive Baba's love. Baba would not tell us about our mistakes directly but he would give teachings in the gathering.

Baba has told us that we need to have the practice of constant remembrance of the Father so that we can shed the body

easily when we have to - without a struggle. On the 18th January 1969, he achieved the *karmateet* stage and shed his body through the power of yoga. He put his hand on Dadi Prakashmaniji's hand, gave *drishti* and became *avyakt*. From that time, he has been doing service through the *avyakt* form. He conquered the vices and became *karmateet*. This is what we children now have to do. Remove any confusion from your mind about this: I have to conquer the vices and become the conqueror of negative *karma*, and thereby move towards my *karmateet* stage.

Baba made many plans for service but he never moved away from his practice of *tapasya*. On one side, he kept the aim of becoming perfect, on the other, he had the aim of doing the highest service - that of wanting the message to reach every home. He kept the whole world in his vision. From this we learned the need to keep a balance of remembrance and service.

Baba maintained the intoxication of what he was to become in the future. We are very fortunate to have such a spiritual Father, who has given us the method for creating our fortune and the intoxication of what we are to become!

-B.K. Nirwair

Experience

BRAHMA BABA – LOVE AND RESPECT INCARNATE



– Rajyogini Dadi Hriday Mohini

{Rajyogini Dadi Hriday Mohini, affectionately called Dadi Gulzar, is one of the original 'jewels' of Brahma Kumaris organization. Presently Additional Chief of Brahma Kumaris, she is better known as the medium of Incorporeal God Shiva and Brahma Baba (combined name BapDada). Having started her spiritual life at the tender age of eight, in Om Mandali (erstwhile name of the organization), in 1937, Dadi Gulzar has seen it spreading its wings in over 130 countries in all the five continents of the world. Humble yet down-to-earth an epitome of simplicity and royalty, this Messenger of God shares her childhood experiences with particular reference to the elevating company and loving sustenance of Brahma Baba, founder of the organization. – Editor}

It was my fortune that I came to Baba when I was just a child. Baba looked after us as if we were princes and princesses. My *lokik* mother Dadi Allrounder had intense love for Baba. As my father did not have much knowledge of spirituality, he was unaware of the changes that were taking place in our lives. My mother was a devotee of God and she had knowledge of the Gita. Baba allowed little children to stay as they would in a *gurukul* and arranged for their studies. As I was eight years old, I was put in the boarding house in Om Niwas. Our family resided in Karachi and Baba had opened the boarding hostel in Hyderabad. My cousins and I

were sent to the hostel in a group. Amazingly, all others of that group left and I alone stayed on.

Baba used to call us Thakurs (idols)

In India, small idols of deities are kept at home on a *gaddi* (they make a *gaddi* especially to keep the idols on it). The idols those days were made of gold and silver and people worshipped them. They're called *thakurs* in Sindhi. Baba used to say, "These are my living *thakurs*." We were told "You all are *thakurs*, you were a deity and you will again become a deity." Baba always filled us with intoxication, and we used to move along with the intoxication that we are Baba's

thakurs. Dadis used to teach us and another group of mothers used to look after us. The care we received was really great. Baba provided us all amenities. Baba used to say that devotees offer the first fruits of the season to their favourite deity. "Those are non-living idols, but these are my living idols and so seasonal fruits should be offered to them first", Baba often emphasized.

Baba would come daily to wish us

Baba used to write lessons for us, which were taught to us by Dadis. He would write dialogue/short plays and we would enact them. He also used to write songs and poems which Dadi Mithu would teach us.

Dadi Chandramani used to teach us drill (physical exercise) every day. Before the drill, we never used to do meditation as we now-a-days do, but we'd sit on the bed and practise seeing the soul, sitting face-to-face and considering the self as a soul. Baba made the lesson of the soul firm. Every day after the drill, Baba and Mamma used to come to the drill ground, to wish us good morning.

We used to live in a big hall comprising 80 beds. It was the duty of a mother to make up the beds in the evening and ensure that we were fully covered inside the mosquito nets. She

would check with a torch to see if there were any mosquitoes inside the net. Then she'd tuck in the mosquito net, as a curtain is closed in front of the idol in a temple. Later on Baba and Mamma would come to wish each of us Good Night.

In this way, Baba and Mamma used to wish us Good Morning and Good Night every day. Are there any father and mother in the entire world who would go to their children both in the morning and night to wish them Good Morning and Good Night in such a way? Not even in the golden age!

Baba taught us to adopt three forms

Together with giving us the best care, Baba also gave us knowledge. Baba used to tell us to check our chart for three minutes after sitting inside the mosquito net on the bed. He taught us to check: what we did during the entire day. Baba would give us the knowledge that we children become Brahma, Vishnu, and Shankar as well: when you wake up in the morning, create the world and you become Brahma; you sustain this during the day and so you become Vishnu; at night you become Shankar and destroy, finish and let go of the entire day's errors and omissions. We had a regular

practise to check our chart like this, as the song was played. After that Baba and Mamma would come to wish us good night.

Another song would be played when we sat considering ourselves as a soul. Those days we didn't have much knowledge about God. We were told about soul-consciousness only and were guided to practise it. So, for three minutes we would sit face-to-face and give each other the *drishti* of soul-consciousness. After this we would go to sleep with the song 'Sleep O' princess...' being played. All of us used to go to sleep at once. That scene was worth seeing. We used to sleep in such a way as if we were Baba's *thakurs*, and princesses.

The faith and intoxication which Baba had given us – that you are a soul, you are a thakur, and you are becoming a deity – was very firm. The awareness that I am Brahma, Vishnu and Shankar was also very firm. We used to ask each other early in the morning, "Who are you now?" And we'd reply, "I'm Brahma." During the day when asked we would say to each other, "I'm Vishnu"; when asked at night the answer would be, "I'm Shankar." In this way we were trained and made to

practise: I'm a soul, I'm a *thakur*, and I'm Brahma, Vishnu and Shankar.

We were taken for a walk after drill in the morning. A guru held his satsang in the garden where we used to walk. Baba composed a song for those who used to go to the *satsang* and Mithu Dadi taught us to sing it. We would go into that garden and conveyed Godly message through songs. In this way Baba trained us to do Godly service even in our childhood.

Baba conveyed Godly Message through children

Once, some government officers visited Om Niwas. This building was very tall and was so well decorated with electric bulbs that it could be seen from quite far, even from the railway station. When those officials came, Baba inspired us to enact a short play. One child performed as Bhula bhai and another acted as a Brahma Kumari. In the play the Brahma Kumari asks Bhula bhai, "Bhula bhai, do you know who you are?" Bhula bhai says, "Can't you see? I'm a human being." The Brahma Kumari says, "Bhula bhai, you are *bhola* (innocent). You don't know about your own self. You don't even know who you are!" Those officers understood that

it was for them. Then the Brahma Kumari explained to Bhula Bhai who he was and what was his name. The officers listened and understood that the message was being given to them, though indirectly. Baba always used to say that if young children explain knowledge to adults, the latter won't take ill. So Baba used to prepare dialogue as per the situation and time and had it enacted by us.

Obstacles on the Divine Path

Some of our family members, who were habitual of vicious and *tamasik* way of life, didn't like our spiritual advancement and they, supported by their well wishers, created several hurdles in our path. One day we had gone for a walk in the garden. When we returned, we found them resorting to picketing there. People were camped on the steps up to Om Niwas. They said, "Children, all of you may go inside, but we won't let the adults in." Among the group were our maternal uncles, paternal uncles and other relatives. When they asked us to go inside we said, "No. We won't go in unless you allow the elders to go too. We'll stand here." Two hours passed. They began to feel sorry for us

as relatives of each child were in the group. They started offering us chocolates, sweets etc., but we didn't take anything from them and just stood there. They came to us repeatedly and said, "Eat this chocolate, eat that sweet, and eat toffee." But we had so much intoxication that we told them, "You people are like monkeys. We don't eat anything from monkeys." We threw the chocolates and everything away. Even though we were young in age, we had so much intoxication of being God's children, like God. We used to consider ourselves '*Shivohum*' (I am Shiva). We didn't have the knowledge of God, eternal World Cycle, Genealogical Tree (Kalpa Tree) etc. We just practised that 'I'm a soul and you are also a soul and we were told about *Shivohum*. Baba used to get us spiritually intoxicated in this way.

Loving Sustenance and Wonderful Training

Baba would inspire and uplift us by saying, "You are God's children; you are the master even of God, because children are both a child and a master." We forgot the entire world – our mother, father, maternal and paternal uncles and aunties, everybody –

because of this intoxication. We felt that Baba is our *lokik* and *alokik* mother and father. We never remembered our *lokik* mother or father.

Baba got us spiritually intoxicated to such an extent that we felt as if our feet didn't touch the ground. We always felt that we were up above, in the sky. Besides, there was the role of trance and visions then. As soon as Baba came and gave *drishti*, the entire class would go into trance. Someone would be dancing, someone else running around; some other calling out for Krishna— it was a very wonderful part, greater than that of a prince or princess. I always think that the sustenance we received, nobody else in the entire cycle would have received.

When I was eight years old, my part of divine visions began. Baba once came to conduct *satsang* at the house of my mother's aunt in Karachi. My mother was known as Dadi All Rounder. She took me with her to attend the *satsang* where I went into trance. Thus I grew up in the *yagya* under the direct supervision, love and care of Brahma Baba and the godly family.

RARE MOMENTS: WITH BRAHMA BABA

– B. K. R. S. Bhatnagar, Associate Editor

Life is a series of events. During our lifespan, myriad happenings and events take place but there are some extraordinary events which are permanently etched in our memory. Some of the most outstanding and historic events in our life took place from 13th to 16th January 1969.

Those days I was serving in the Indian Air Force in the department of aeronautical Inspection Service, I was posted at Amla in Madhya Pradesh and was living in service accommodation with my better half by name of B.K. Saroj. We had been following the teachings of Brahma Kumaris since February 1959.

We planned to visit Madhuban at Mount Abu. We used to pay a visit to Madhuban annually once to spiritually refresh and uplift ourselves.

We embarked the train at Amla Railway Station. On reaching Abu Road Railway station, we saw very few passengers, covered with headgear and shawls, as the weather was very foggy. One

of them was Rajyogini Dadi Prakashmani, accompanied by one of her associates, who had come from Bombay by another train. Besides, there was Dada Ram of Lagos along with his family. We all boarded the bus to Mount Abu, anticipating the unique moment when we would meet the Supreme Soul through Prajapita Brahma—face-to-face with the Supreme Soul in person.

When we reached Mount Abu, we entered the premises of Madhuban with our gaze intently fixed on the entrance, from where we could go and meet our nearest and dearest Baba. After few minutes, Brahma Baba came to meet us. He heartily welcomed us with a pleasant smile. On meeting Baba, our heart's desires seemed to be fulfilled. After this preliminary meeting, we were asked to come at the class time after getting freshened up.

As directed, we came to the class and sat squatting in the front row, as it was customary for the people who visited Madhuban to sit in the front row, on the first day. During those days, no chairs and sofas were

placed in the room/hall. Everyone sat on the mattress-covered floor.

When Baba came to the class and sat on the *Sandali*, Baba gave us *drishti*, which contained love, bliss, peace, happiness and joy. It fulfilled the thirst which was within our hearts, ever-since our last meeting, which took place a year back. It was a wonderful time which we spent in Madhuban in the presence of Baba. Gleefully and joyfully, we spent the time from morning till night, availing every possible opportunity to see and be seen, to talk and to be talked to and to see all the activities pertaining to most beloved Baba. During this time, we were very fortunate to have our meals together with Baba, in his room at his dinner table. We also had a happy and unique time to have a game of badminton with Baba. You can imagine can there be any merrier moment other than these in the life of a person during his lifetime?

On the evening of 16th January, we went to Brahma Baba's room to take leave of him. We saw Baba sitting on his cot. On seeing us, Baba stood up to bid goodbye by his *drishti* and waving of the hand. Then we returned to Amla. On 19th January, we received a message from Madhuban,

intimating us that our most beloved Brahma Baba had left his mortal coil and ascended to the subtle world on 18th January 1969 at 9 P.M. We felt very sad and forsaken. Look at our fate and sad plight! We could have prolonged our stay for a few more days so as to be present up to the last moment.

***Kismat to Dekhye Kahan Ja
Ke Tooti Hai Kumand
Do Chaar Haath hi Jabke
Lab-e-Bam Reh Gaya***

(Look at the fate, where the rope, used for climbing the roof top of a building, has snapped, when it was just a few feet below the top)

(This Urdu couplet sums up my sentiments on my last meeting with corporeal Brahma Baba at Madhuban.)

Will we not be able to see anymore face-to-face, person-to-person, play and dine and listen to the Murli- the Godly Versions-with our most beloved Baba in the corporeal form? This thought continued to remain upper most in my mind.

We caught the next available train to Abu Road and reached Mount Abu in the morning of 21st January. The last rites were performed in Madhuban premises only. Ceremonial bhog was offered through Dadi Gulzar in the class in the History Hall. She went into trance and gave the divine message received from Almighty Shiv Baba, stating

the manner in which the yagya would function from then on, assigning the duties and other details about the yagya. We stayed in Madhuban for thirteen days, in which there was a Bhog conducted every day and the trance-messenger brought message of Shiv Baba from the subtle world.

The whole thing reminded me of one previous incident which took place in Delhi, some years back. We had gone to Delhi to see off our Mateshwari Jagdamba and Brahma Baba, who had come there and were staying at Rajjouri Garden. On the day of their departure for Mount Abu, we saw them at the Railway Station as we were also to leave for Amla. At the

appointed hour, the train whistled and steamed off. When the train had gone out of sight, a belated BK brother reached the platform. He looked greatly disappointed. At that particular time, a thought struck in my mind: 'What will be the last moment and how sad it will be when Baba would go and leave us forever,' I shuddered to think beyond this; I was dumb founded and wished that such an event should never take place, as Baba has promised that at the end we all will go together to Paramdham, come down to the New World, Heaven, and be a member of the Royal Family and become sovereign and rulers. ●



One of the many letters of BaapDada written to the author of this article.

BRAHMA BABA – A LIFE OF VISION

– Seema Mishra, H.R. Consultant, Kolkata

Brahma Baba was an exemplary leader of spirituality who transformed many lives and inspired people to join him in making the world a better place to live in. I can but try with my small hands and intellect to take a peep into the life and teachings of the founder of the Brahma Kumaris organisation, who is still seeking, guiding and encouraging his spiritual children and many other aspirants to carry on the work of imparting spiritual knowledge to the world in spite of leaving his mortal coil 43 years ago.

A wealthy merchant who gave up his jewellery business to carry God's mission forward, he was the chosen one. Perhaps his previous lives imparted him immense merit, which came to the fore after 60 years of being in the coil of Dada Lekhraj, the jeweller. A jeweller's work calls for precision and he transforms mere rocks to precious jewels – precisely what Dada Lekhraj or Brahma Baba as he is called by his followers, has been doing over the years—picking

up rocks and transforming them into spiritual jewels. This is the most wonderful story as to how he became the human medium of Incorporeal God Shiva for imparting esoteric knowledge for world transformation.

As we speak of Brahma Baba, what we need to do is try and imbibe the qualities he had so that we may also find our lives touched by his magic wand and blessings. This will enable us to lead better lives and come closer to his mission through the Dadis, Brahmakumars and Brahmakumaris who untiringly work to spread his vision and impart spiritual knowledge.

Baba has given special instructions for those willing to change and transform their lives from within. In the present Confluence Age, when we find our energy depleted and relationships becoming bitter, the qualities which we develop by following Baba's instructions come like a whiff of fresh air.

The quality which inspires me the most is, 'Be a Carefree Emperor'. Most of us act as

beggars, asking God to grant boons to keep us happy and safe from misfortunes. We do not realize that being the children of the Sustainer of the Universe, we should consider ourselves princes and not beggars. He is taking care of everything, so why worry? Give all your worries to Him and become carefree.

Baba also advises us to be generous to all, have positive thoughts towards others, maintain purity in thought, word and deed, maintain a sense of detachment from worldly objects and practise being bodiless in spite of living in the body. If we need help in knowing more about these practices and the tools which will help us in achieving the above qualities, there is always a BK centre located close to where we live, where we can know more about the BK philosophy, remain in touch with Baba through spiritual study and transform our lives from within. This will be the real tribute we can give Brahma Baba – living his teachings.

UNDERSTANDING DETACHMENT

– Luis Alberto Riveros

I feel detachment is one of those words which, if not properly understood, could make the spiritual seeker's life a real nightmare.

Detachment is needed to live free from duality, for the scenes of life as well as the persons acting in it, are not permanent fixtures but in a continuous change. There is nothing to "hold on to" for if we do, once that thing goes away, suffering certainly sets in.

The understanding of detachment will vary according to our consciousness. From a merely materialistic view of the self, known as "body-consciousness", detachment is quite different from a spiritual viewpoint.

It has been mentioned: "Do not make effort to be loved, but make effort to be detached and you will automatically be loved." Interesting words! As we are detached, love appears. It seems like an oxymoron, for "normal" individuals see love as being attached. What caught my attention, however, is the idea of "making-effort" to be detached.

How do you make effort to

be detached?

As life brings different situations, "our practice" cannot follow a method or a particular understanding, for life is dynamic and our thoughts and understanding tend to be static, just like a method, a formula, a recipe etc.

In the "normal" consciousness that we are a body and a role, we are perfectly happy with a definition of a word such as detachment, but very few of us will look into its real meaning, that is beyond a "static" dictionary definition of a word.

If we have walked the spiritual path, we will be able to see that "detachment" is not a "practice;" although in body consciousness, (identifying the self with the body and a role in life) we may "think" that we are practising detachment.

"I am detached from my wife" (could mean, I don't have any more empathy for her) "I forget everything else, including my job... it is just a donkey job.." (Could mean: Negligence. Being spiritual does not mean to "forget everything" but to "act" with acceptance of the

movie of life without the interference of ego.)

To understand fully Ego is the key to understand detachment.

The issue is when we have not understood ego. When we "try" to be detached while ego is there, then we will be negligent, we will lack empathy and care for anyone. That is the wrong interpretation of detachment. Because of that, many are starved for love. To make things worse, we "practise" this thing which we imagine being detached which obviously will yield the opposite result of what we "should get." We do not get love but we obtain isolation, and a bad reputation.

In soul-consciousness (consciousness that I am a soul, a metaphysical entity free from ego) detachment is natural awareness of the movie of life and natural acceptance of it as it plays, because there is nothing that can affect us. Nothing. We are eternal souls and we have been in this "thing" before. (Thanks to the understanding of predestination and the cycle of time.) We watch the movie and the actors but their roles do not affect us in any way. That is detachment. If we get affected, that is ego coming out.

"My aunt keeps calling me for help on her emotional issue, but I "must be detached" ... it is her own *karma* after all... so, I

decided not to answer her call..." That is not detachment at all. It is lack of empathy. No one will "obtain love" by acting in such uncaring manner.

The culprit is found when we interpret teachings from our intellectual understanding rather than the experience that we have gained through the practice of *gyan* through the compass of being loving and compassionate. We need to keep that compass handy, for Godly teachings are always about love.

That is why *gyan* is 100% practical. The understanding of ego is very important. By understanding ego, we can comprehend soul-consciousness, for soul-consciousness is basically the absence of ego.

The best explanation I have heard and experienced is that ego is separation. I separate from everything and everyone through my language and thoughts.

Separation is not detachment. In detachment we can be close but "objective" to what is happening.

"He is *tamopradhan*, a vicious person... I am a holy swan..."...Ego.

"This is my belief which is the truth. It is right because God is teaching me. You are wrong if

you do not belong to us..."... Ego.

"I don't have a job; I don't know how I will survive... I keep praying to God for help..."... Ego.

There are no "practices" here but just to observe, to be aware (which shouldn't be a practice but a way of living) how that "thing" which justifies, judges, suppresses, separates, represses, analyzes, struggles, overcomes and labels appears. That is plain Ego.

Ego interferes with the "role" (the way we are meant to be) coming from the "heart." That role is our "true" role because it "feels" right for us. That genuine role is not looking for someone else's acceptance or approval but it is "knocking at the door" of our mind to be let out free from the cage of our preconceptions. ***It requires tremendous courage to accept this role and welcome it.*** Most will suppress it for it could be out of our comfortable existence; the popular, "yes, sir" existence.

It is very helpful to fully understand predestination (due to time being cyclical and repetitive, also known as "eternal return") for "detachment" means acceptance of a fact without trying to "fix it." The way "it

is" we understand as being beneficial for all.

Let us not swim against the current of the predestined movie of life, but allow ourselves to go with the current of life.

Therefore, the only practice is to be aware, awake and to observe the self. To be able to recognize those thoughts and patterns which we have been used to for many years and that come automatically in our awareness. To observe thoughts is a practice that it is not "new" for we can obtain the same ideas through "self-help books" and self-realized, self-proclaimed "experts," gurus, priests, etc.

What God and *gyan* bring is newness. None else knows that we need to "observe" our feelings primarily, for feelings alone drive our thoughts. We are souls after all, thus; feeling is our natural language. Knowing that we are souls requires the experience of it.

Detachment then means, to maintain those good wishes and pure feelings despite any scene observed in the movie of life. The movie is playing and I am observing it, while comfortably sitting in the awareness of being an eternal soul, i.e., being a detached observer.

A bitter tongue makes life bitter, a sweet tongue makes life better.

TRULY PAMPERED BY BABA

– BK Neha, Kapurthala, Punjab

It was a cold winter morning, when I got up from my bed at 3:30 and rushed towards Baba's room for Amritvela meditation. I was a participant of BK Youth Retreat organised in Om Shanti Retreat Centre, Manesar. I was very active and excited, unlike other mornings, as it was a very special occasion. Incidentally, it was my birthday and I was going to celebrate it with Baba in the *Vatan* (Subtle World) that morning. I knew Baba was waiting for me in the subtle world, with my favourite chocolate flavoured birthday cake and lots of gifts and surprises. But I couldn't even imagine what surprises were there in store for me that day. I had a very powerful and loveful experience that morning, without even the slightest trace of lethargy or laziness, unlike what happens usually.

I had a wonderful birthday celebration in the Subtle World with Bapdada. Then, came the turn of my birthday gifts. I asked Baba for three special gifts. My first wish was, "Baba, I want to have a special kind of

birthday celebration, without letting anyone know about it because I want to celebrate it just with You." Secondly, I said, "Baba, I want you to give some special blessings to me on my birthday. It should not come to me as any touching, but I want You to whisper it in my ears." And thirdly, "Baba, on this day I want you to elevate my fortune further. I want to be instrumental in any of your services". So, these were the three wishes, which I kept in front of Baba during *Amritvela*, i.e. Nectar Time. But it was just wishes, not desires to be fulfilled at any cost. Just to have fun with Baba on my birthday. But I never knew that I am such a pampered child of Baba!!

After Amritvela, I went back to my room and slept till *Murli* class. At 7 a.m., I went to the classroom. As soon as I entered the room, I couldn't believe my eyes. The room was all lit up with coloured lights and decorations. I was stunned, but surprisingly happy inside. Then, Shanti Didi came and she read the *Murli*. After *Murli*, a huge Birthday cake (yes, it was the

same chocolate-flavoured cake which I had in *Vatan* with Baba) was brought in the room. The tears started flowing from my eyes. I was having an out of-the-world-experience. I couldn't believe whether I was still in *vatan* or in this corporeal world. But yes, it was all happening for real. The date was 9th December, when ORC (Om Shanti Retreat Centre) was born ten years ago and they were all celebrating the occasion. But who knows what was happening between Baba and me? Then, we all went to *vatan* for *Bhog* and then came Baba's message through a trance-messenger, a senior B.K. sister. Baba congratulated ORC and all its family members for doing a lot of service in such a short span of time. Baba gave everyone the blessing to be Light-house and might-house. But there was something that my ears could not believe if it was actually a truth or my imagination. Baba sent a special message "Remain Flying High" for all His children who were celebrating their birthday on that day. Yes, it was for real. Baba had sent a special message for me!! Then, Asha Didi gave me the piece of my birthday cake. I kept smiling and tears kept flowing, I didn't know what to say and how to thank Baba for all his love and caring.

Yes, He cares for his each and every child. No matter whether you have been in *Gyan* for 40 years or for four years, you are now Baba's child.

After the murli class, I went to Baba's room and the time became static for me. I didn't know about time, space and matter. Yes, I was really flying high in Baba's love. I had an amazing experience during the youth retreat. I got the

opportunity to meet some very experienced senior souls and learn many new things, which certainly helped me develop a closer relationship with Baba. What I remembered at that time was just Baba and godly family. After nourishing us and filling us with so much love and care, He sent us back to our workplaces to act as His messengers, spreading His fragrance everywhere in the world.

And of course my third wish—how could Baba forget that. As I am a graphic designer, before leaving ORC, one of the sisters called me and asked me if I could design the flyers, banners, leaflets, and books etc. for such seminars and workshops that take place in ORC. And then I just smiled, remembered and thanked Baba and said, "Yes, I would love to do it."

CREATING PARADISE ON EARTH

– B.K.Yamini Luthra, New Delhi

The essence of divine knowledge
Gives identity of our soul form
Spiritual children of same father
Soul-World as our common home

Treading this journey of life
Stay steadfast, despite strife
Be a donor, meditate and pray
Vibrant and blissful all the way

Remember Shiva our Father Supreme
Creator and Saviour, sacred in extreme
Sweet and innocent, a source of might
Humble and benign, luminous and bright

Let's give this message to mankind
Proclaiming loud "God has arrived "
Obtain the right to be happy and joyous
By adopting God's attributes, on His
advice

Stay in remembrance of Almighty God
Highest of the high, our benevolent Lord
Let's contribute friends, enhancing self-
worth

Assist the Almighty in creating paradise
on Earth!

Natural abilities are like natural plants, that need pruning by study; and studies themselves do give forth directions too much at large, except they be bounded in by experience. — *Francis Bacon*

IMPORTANCE OF CONFLUENCE AGE



– B.K. Renu, New Delhi

The present time at the end of *Kaliyug* is known as *Sangamyug* or Confluence Age in spiritual parlance. Among all the *yugas*, *Sangamyug* is the most fortunate. This is the only time where the Lord Himself transforms people from vicious to viceless. He Himself becomes our friend, philosopher and guide. This opportunity becomes available to humankind only once in the entire world cycle of 5000 years.

We see people fall prey to the vices of a totally illusionary world; at the same time God Himself is taking care of His children by creating awareness about their original form.

There is a big fight going on within ourselves between our godly qualities and the acquired vices or traits of Maya. We are tied by the bondages of Maya because of which we are unable to leave everything instantly. Sometimes we fall into the pit of worldly attractions and sometimes wake up and experience eternal truth and bliss. But soon we lose focus

and get trapped in the mundane world. It is by consistent practice that we have to learn how to be stable at all times.

Whatever the reason of our deviation from the deep truth and the experience of bliss, we should always feel that the Almighty Lord is with us and we are not alone. This will help us gain victory over the situation. As we follow the words of the Lord, let us have firm belief that people will ultimately get convinced. Let us have faith that we will win the big test of life. The Lord works to preserve goodness. Our faith that the Lord is with us and He is removing all vices and negativities in us and establishing the world of righteousness will surely elevate us. Things may look to be going very slow. We expect quick results which won't show up. It is nothing but a test of our patience. It is all a drama and we are actors and actresses. We should keep following Baba's words and leave the result to drama. When the fruit ripens, it will really reach us as His blessing.

Tests of Maya

In the path of our search for the Lord, we have to face many tests. The more powerful we become spiritually, the more intense and varied are the tests of Maya. Keeping this in view, we have to be always vigilant and attentive on this spiritual journey.

Even the holy scriptures have the example of Sudama, the great devotee who was in utter poverty and suffered a lot in his life, even though he was the best friend of Lord Krishna. But, the quality to be admired in Sudama was that he never complained about anything in life. All he said was that he had to face the situations because of his own karmic accounts. Never for even a second did he lose firm faith in God. We should follow this quality of Sudama. We should keep God in our mind while performing our actions. Actually Sudama symbolizes someone with firm faith and utmost dedication in the Almighty even in the face of harsh adversities and stark poverty.

Firm Faith ensures Success

Baba always stresses on having firm faith and determination. He says that determination brings victory. Keep faith in the self that you are the ones who are going to

be the princes or princesses of the Golden Age. You are the same elevated souls. The more we believe in ourselves, the more we become firm in our determination and consequently we practise doing good to all. Trust completely in the *Murli*.

Faith in Drama and Divine Family

The drama, in which we are playing our part, always turns out good for us. We shouldn't ask questions like why, what, when etc. The *Gita* also advises – whatever has happened is for good, whatever is happening is also for good, whatever will happen is also for good. God Shiva i.e. Shiv Baba too gives us the same confidence to live. He takes all the responsibilities of His spiritual children and keeps them free of all miseries. Even though we have such a great friend, we always tend to worry. We grow spiritually and gain victory over the vices. All that we need to concentrate on in our life is just to do right and trust in Baba. Baba has asked us to always work upon ourselves and never think about others and waste time. To whatever extent I can perform benevolent actions with love for Baba, it is divine service. Perform actions in the state of an observer and free the self from the *karma's* result by offering it to Baba.

The director of this drama is Baba. But what really happens is that we never think of our future lives. We think of just this life and worldly enjoyment. We lack awareness of what is important for life. Is it bodily enjoyment only? Or spiritual growth?

Dear spiritual brothers, we are passing through a very important phase of time. It is high time for the elevation of all mankind. **Let's wake up; there is no time to waste.** This is the time when every moment is bliss. The earlier we realize it, the better it is for us. Let us make sincere efforts to remove all trace of vices in the self by constant practice and obtain the God Fatherly-birthright of sovereignty in the coming Golden Age.

A TRUE YOGI



– B.K. Ranjit Fuliya, Associate Editor

Moving in a magnificent mansion
Or pondering in a solitary cell
Free from turmoil and tension
In soul-consciousness he ever dwells.

Aims at liberation from vice
Positive thoughts his intake
Accompanies the noble and wise
Purity and patience his make.

Mentally united with the Lord
Thoughts attuned to Him alone
Unity of thought, deed and word
Has love for all, antagonizes none.

Fearless, firm and confident
Relaxed, radiant, relevant,
True, tranquil, transcendent
Peaceful, pure and pleasant.

Marvels at the mysteries of nature
Matchless feature, unique creature
Dispassionately plays a varied role
Welfare of souls is his life's goal.

Detached from person, power or pelf
Physical possessions, perishable wealth
Divine virtues are yogi's pride
Righteousness his only guide.

Such a person is nobility incarnate
From judicious action he'll never deviate
Karmas will bind him no more
He'll surely enter heaven's door.

THE ETERNAL JOURNEY



– B. K. Mukut Sarma,
Nalbari, Assam



Sukumar still remembers his first visit to the Brahma Kumaris centre at Jorhat.

On that particular day, Sukumar and Diganta went to Jorhat town situated about four kilometres away from their hostel.

After completing their job there, Diganta suddenly told Sukumar that he wanted to go to the Brahma Kumaris Centre. He also asked Sukumar whether he would like to accompany him.

Instead of waiting for Diganta, Sukumar thought it better to accompany him to the Brahma Kumaris centre with him. After walking a short distance from ASTC bus stand and leaning slightly from AT Road, they reached the B.K. centre situated near Bharati Press, Jorhat.

Opening the wooden gate, both Sukumar and Diganta entered into the campus of the centre. As soon as he stepped inside the campus, Sukumar had a unique experience! He had a feeling as if he had returned to

the Vedic age! In the midst of hustle and bustle of Jorhat, he saw an environment of Vedic or pre Vedic age. Within the big campus there were a lot of small and big trees and bushes. Lots of flowers were also blooming there. In the corner of the campus, there was a small Assam type and old model wooden house. Cleanliness and discipline could be seen everywhere there. Overall, a silent, peaceful and spiritual atmosphere prevailed there.

There he met Brahma Kumari sister Lata, the in-charge of Jorhat branch of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. Actually it was first time that he was meeting a Brahma Kumari sister! She appeared to him as a creature from the outer space! **Without wearing any ornaments or cosmetics, her face glittered with a pleasant smile. Her personality taught him a lot about the Brahma Kumaris organization. He had at least understood that this might be a separate and special kind of spiritual**

institution. One day it would definitely attract a lot of people and will do something special! Of course Sukumar would have no role to play there as he would always remain away from it.

B.K. sister Lata was giving him introduction of the organization. But Sukumar was not paying much attention to her words. He was just looking at the different pictures and objects placed in the surroundings.

Sister Lata also explained to him about the seven days course. Sukumar did not understand much about what she told. He was just shaking his head. After completion of her lecture, she asked Sukumar whether he would like to start the seven- day course from the very next day.

“No madam, I am not at all interested to undergo the course”- Sukumar straightway told her. After taking some sweets, they came out of the centre. As soon as they stepped outside the Brahma Kumaris campus, Diganta scolded

Sukumar with anger in his eyes –**“Is it decency to refuse any one’s request so flatly in such straight words? If you do not want to undergo the course, it is o.k. But you could have at least told her, “madam I am busy now or I have no time now, or I will undergo it later on”.... or so. Without using such decent words why you have told her like a**”

Digesting the red hot words, Sukumar spoke to Diganta very softly–“Actually I did not want to tell a lie to her”

After that incident, Sukumar had to accompany Diganta once again to Brahma Kumaris centre under the same circumstances. On that day, Diganta suddenly told Brahma Kumari Kunti that Sukumar wanted to undergo the seven-day course. **Remembering the previous experience, Sukumar did not dare to refuse Diganta’s proposal.**

It was evening time. The electricity was cut off. B.K. sister Kunti asked him to sit in a small room and kept a kerosene lamp in his front. Opening the book, she started the very first lesson. Sukumar did not pay any attention to her lecture. He was casually listening to her words without any interest at all! After

completion of her lecture, she asked him whether he had any question.

“No, no.”- He had no question to ask.

After that day he did not go to Brahma Kumaris branch at Jorhat.

After some months, Sukumar’s final examinations were over. Now it was the time to leave the college hostel for ever and return to his home at Nalbari. At the time of leaving college hostel, Diganta had told Sukumar – **If you do not want to undergo the seven-day course at Brahma Kumaris centre, then there is a scope to undergo the same through postal correspondence also.**

Sukumar could not refuse Diganta’s request at such an emotional moment.

“O.K., O.K. I will undergo the correspondence course.”- Sukumar had promised ..

Actually he thought that without going to the Brahma Kumaris branch, he will just read the correspondence course material at once and will see what speciality was there!

On returning home, Sukumar noticed that a Brahma Kumaris branch had already been established at his home town Nalbari also. He usually had to

cross the Brahma Kumaris branch on his way to the market etc. But he did not go there. Of course, as promised to Diganta, he sent a money order for Rs 18/- to “The Director, Correspondence Course, 25 New Rohtak Road, New Delhi-5” with request to send the correspondence course to him. After some days, the course material started to come one after another.

Sukumar read the first lesson very lightly, without paying much attention. But after reading three or four lessons, he could not proceed further. Therefore, he came back to the first lesson and started again. Thus he repeated the lessons again and again. Perhaps he had repeated the lessons for twenty or thirty times or even more!

“What are these? Are these true or false? Or are some mighty imaginations? Lots of questions had arisen in his mind. In an attempt to seek **answers to the questions, he repeated the lessons again and again. After having read the same lessons repeatedly so many times, he could then understand the views of the Brahma Kumaris very well, but he still could not determine whether these were fact or fictions! Of course, he could not deny**

the logics behind them. He again reviewed the lessons in his mind –“It is ok, that the soul can not be seen! And so the Supreme Soul also! The soul world and the subtle world are far and far away from his perception! But on what strength and with what courage Brahma Kumaris have claimed that there was golden age in this Earth only 5000 years before? ‘Existence of a golden aged world and that too only 5000 years before now’- this must be a material question. Therefore, science should have some answers to it. Whereas scientists have calculated the various stages of human civilization in terms of lacs of years, there must be some material and concrete proof before them. “Without concrete proof scientists never make any statement”- Sukumar strongly believed so. Then before such scientific proof, won’t the declaration of Brahma Kumaris that the world cycle is only of 5000 years duration definitely prove to be wrong?”

Sukumar had then reversed his logic and thought that, “Had the Brahma Kumaris stated that the world cycle is lacs of years old, then they would have no contradiction with science and Hindu religion as well, as in Hindu mythology also,

everywhere it is stated about lacs of years old. Even so, leaving such an easy path why did they contradict both science and religion as well?”

In the seven-day correspondence course, it was stated that Darwin’s theory of evolution was wrong and man had not evolved from monkey or lower creatures. Rather man has deviated from some highly virtuous and holy deities who lived on this earth in the golden age and silver age. Though Sukumar was very glad to know this new concept, but he had doubts on its material truth.

On the other hand, had the Brahma Kumaris told that the duration of the world cycle is of lacs of years, then he would have thrown their whole concept as mere imagination! But the problem was that they had told it was about 5000 years only. He therefore had thought that it would be illogical to reject the Brahma Kumaris view without making any analysis or review. But how an ordinary person like him could do this job?

Being unable to decide anything, he wrote to his B.K. friend Diganta,

“Was there really a golden aged world 5000 years before?

Is Darwin’s theory of evolution wrong?”

Diganta replied very promptly, –“**If you want a practical proof of Darwin’s theory, then you will have to return lacs of years back from now, whereas to get the practical proof of this theory, you will have to return only 5000 or 2500 years ago only.**”

After some study on this topic, Sukumar understood that, though science can give some very clear descriptions about man’s history or history of the globe in terms of lacs of years, but it remains very silent about the period from 600 BC to 3000 BC. **That means like a myopia patient science can see from long distances only!**

Before reading the Brahma Kumaris lessons, Sukumar had never read history seriously. But now leaving science, he had turned the pages of history book to know what history says about that period. He then understood that there is almost similarity between history and the Brahma Kumaris views up to the period 500 BC. But he had strangely noticed that about the period from 500 BC to 3000 BC, History also does not speak a lot. History had just named this period as pre-historic. Of course from the study of the History book, he realized that during that

period there existed some high civilization in the world.

Sukumar could slowly understand the Brahma Kumaris knowledge about soul. He himself had analyzed different questions that arose in his mind regarding soul. In this regard he made an experiment also. Of course, his experiment was totally an imaginary experiment!

On that day, in his imagination, he had cut one of his fingers and was feeling severe pain in that finger. He then tried to understand- "actually the pain is coming from which part of his finger? The cut portion of his finger which is stitched to his hand is definitely feeling the severe pain. But whether the remaining part of the finger that is fallen on the ground is also experiencing the same pain? How can he decide?"

In the science book, he found that, if a mosquito bites our hand, then the sense perception is carried by the external nervous system to the central nervous system, the core of which is our brain. The whole thing is then analysed at the hypothalamus inside the brain. After that only the nature of action to be taken is conveyed to the hand.

Sukumar had begun to think,

"Why can only brain perceive sense perception? Why do other parts of human body have no sensitivity at all? Is it due to the reason that the soul reside at the brain, as stated by the Brahma Kumaris?"

Of course, Sukumar could easily believe the Brahma Kumaris declaration that the third world war was very near. Few days ago he had read an essay "The Future of Mankind" by Burtrand Russell. There it was clearly explained by the sage philosopher as to why third world war was very sure. **Criticizing human nature to fight, Russell had forecast that the third world war was very sure. Of course, according to him, if the third world war took place within a short span, then there will be a fourth world war also in the human history. But if it (the third world war) happed late, then this will be the last war in human history! After that only some peaceful rock will revolve round the sun! There would be no living creature to fight here on the earth!**

Of course the Brahma Kumaris have given a good hope that a golden aged civilization will be re-established after this third world

war.

Sukumar questioned himself- "Will it so happen?"

Sukumar's brain was thus saturated with the knowledge imparted by the Brahma Kumaris. At any free time he used to think and re-think about this new knowledge only! He could not understand what was happening to him.

"Has something gone wrong in my brain?"- He suspected himself! To get rid of these doubts, he must understand the whole knowledge and for this he must have to go to any Brahma Kumaris branch and at least undergo the seven-day course. But he had already refused Diganta's several requests for the same saying "there is no need of spirituality for me." How could then he come down from the mountain peak of his ego?

One day the mountain peak on which he was sitting fell down and he had to keep his feet at Hajo Road, Nalbari. He had then forwarded his footsteps towards the Brahma Kumaris branch at Nalbari. He will undergo the seven-day course there.

Sukumar's "Eternal Journey" thus started.

(To be Continued)

(Contd. from December issue)

OVERCOMING CANCER WITH BLESSINGS

– **B.K. Subhash** (Gyan Sarovar, Mt Abu)

In order to utilise my time according to Baba's *Shrimat*, I made a timetable covering all the things I needed to do. Whenever I felt very weak, I would practise yoga in different ways. After 10 days of Chemotherapy, I started feeling better. I then began reading books written by our esteemed Bro. B.K. Jagdish Chander. I also used to watch Avyakt Bap Dada's videos and serials like Mahabharat, Ramayan etc. After morning meditation and *pranayam*, I would listen to the Murli on the FM and take short walk in the evenings. Thus I used to appropriately utilise my time.

ENTHUSIASM

After completing one cycle of 6 Chemos, the stomach was scanned again but the reports were still not satisfactory. Therefore, I had to undergo another 6 Chemos for the 2nd cycle. This fight was tougher because the chemo was previously of one day but now each one lasted 4 days. My veins had begun to shrink, so it used to be difficult to inject the needle for the saline drip

properly.

I remember being at BSES Hospital on the occasion of Raksha Bandhan.

B.K. Sisters Yogini, Shirin and Madhavi came especially to tie the sacred thread of Rakhi for me. They said, "Don't worry as we are here for you just as Baba is here for you. You have done so much service for Baba and so nothing will happen to you. Let us know if you need anything". These words recharged me and motivated me to valiantly fight the battle.

One day, Bro. B.K. Nirwair came to see me in BSES Hospital. He hugged me and showered me with lot of love. My eyes got moist, and my heart was content. He gave me so much courage and asked me to return quickly to the field of service.

If anyone asked me, "How are you?" my answer would be, "I am absolutely fine". Baba made me fine by repeating the word 'fine'. I became even finer. I never shed tears in front of anyone, but happily settled my account.



Many times people would ask me, "Is it painful during the treatment?" and I would reply, "Sure. It is painful but if we share our painful stories with others it's not going to get any less. Moreover, those who listen to those stories will feel nothing but sadness. If this is what we end up doing, what's the use of learning Rajyoga for so many years?" In fact, I learned to merge the pain happily in Baba's remembrance. This was Baba's unlimited help and protection.

MOTHER IS MOTHER

**To whom no one can adorn
with an appropriate title,**

You are that one, Mother

**One who is actually
limitless,**

You are that one, Mother

**One whose love is
untouched by mortality,**

You are that one, Mother

**The first rung of the
ladder towards God,**

That is you, my lovely Mother a Mother's love is infinitely great! At the age of 96, Dadi Janki used to climb the stairs to meet me in my room. I would request her not to come so many times but she would insist. It was as though she made me active with the touch of her loving hands. She would remember Baba especially for me and say to Him, "Baba, he is your child so make him well quickly..."

SPECIAL EXPERIENCE

During Avyakt Bap Dada's meeting once, I was sitting in front of Baba's trance-light in my room. A brother had arranged for me to be able to listen to the Murli. Songs of invocation started to play and tears were flowing from my eyes. I was feeling a bit low as I was missing the meeting. As the Murli started, I felt as if Baba had emerged from the trance light and was conducting Murli for me alone. My entire tiredness was washed away! I felt as if I was flying, and was feeling light. I experienced myself becoming the embodiment of His words. There were only Baba and me in that space and time. It was the nicest experience of my life. I was on top of the world!

Truly if you remember Shiv

Baba, He will reach out for you anywhere. On the path of devotion, we used to listen to tales of how God helps the worshippers, but here God is sustaining us so beautifully in the form of our Father.

CURRENT ROUTINE

To bid this disease good-bye forever, I meditate everyday at AmritVela, and in the evenings I practise colour therapy, by taking violet-coloured rays from the Supreme. After bath, I perform *Pranayam*. I drink wheatgrass juice at breakfast. I avoid sour, sweet, spicy or fried food. I eat green vegetables, chapatti and fruits. I walk for about 3-4 kilometres daily. A doctor sends me Homeopathic and Ayurvedic medicines, which I take accurately. I try to keep myself fit because our life is not ordinary. When I shared my experience with sister B.K.Shivani, she encouraged me to write it down as it would do lot of service.

HUMBLE MESSAGE OF GRATITUDE TO ALL

Dadi Jankiji tells me Baba has made me an example for everyone. Therefore, I wish to share a few words with everyone: This car, called the body, is very, very valuable. It's our responsibility to take care of it at every moment. Apart

from remembering Baba, we should take exercise, practise pranayam, and take care of our diet as this will make us fit and available for Baba's service. Every second of the Confluence Age is very valuable. Baba has gifted us with a lovely chariot, and in return I do not know how many times we should thank Him from the core of our hearts...

I express my hearty thanks and gratitude to our loving Dadis, elders and companions who have contributed in practical or subtle forms in restoring my health. They all gave me so much love which enabled me to overcome cancer happily.

**My heart says thank you
Baba**

**You have created my
fortune**

**Every moment I sing your
praise**

**In every breath I belong to
you**

**Thank You Baba, Thank You
Multi Million fold Thank You**

(Concluded)

**It's how you deal
with failure that
determines how you
achieve success.**

– David Feherty

(An Interview)

BEING AN INSTRUMENT OF THE ALMIGHTY

(Contd. From December issue)

[B.K.Prakash Talathi gave up his flourishing job as General Manager in textile industry to listen to the call of his inner self and started to tread solely on the spiritual path. Presently he conducts seminars and workshops for business, industry and social organizations under the aegis of the Brahmakumaris organization. We shared some spiritual insights from his life in December issue. In this issue, we share with our esteemed readers some more churning on 'How to become an instrument of the Almighty'. Bro. Prakash was interviewed by Amisha Nair, an I.T. professional based in Mumbai. —Editor]

Amisha: Bro. Prakash ji, you decided to go for Self-Progress and World Service. How do you define self-progress?

B.K. Prakash: Sister Amisha, to define Self-Progress in simple terms—See your destination, find out probable obstacles you may have to face, do the SWOT (strengths, weaknesses, opportunities and threats) analysis, decide the strategy and march on your journey. Check whether your today's stage is higher than that of yesterday. Maintain the chart of progress. Compete with yourself and not with others as competing with others can be frustrating if your progress is slow or negative. Check and if required change, maintain the chart, and develop inner strength by meditation.

Amisha: How were you prompted to give courses, seminars and workshops on

Positive Thinking, Stress Management, Self-Management, Plus Behaviour, Rajyoga Meditation etc.?

B.K. Prakash: Some of my acquaintances and friends associated with business and industry invited me to explain to them the benefits of Rajyoga meditation in stress-management and self management through positive thinking somewhere in 2004. All of them responded very well and this further motivated me to continue for betterment of all concerned through seminars, workshops and other related courses. The programmes I conduct are based on Baba's teachings, so knowledge and yoga are involved and that solves problems.

Amisha: How do you define the term positive thinking as each and every person has a

different outlook and thinking about the same topic/issue?

B.K. Prakash: As I understand, positive thinking is closely associated with optimism as Hope is positive. According to me 'whatever God has' is positive. God's praise (*Mahima*) which we sing is: He is Ocean of all virtues, All Powerful (Almighty), Ocean of Knowledge. So Virtues, Knowledge and Powers are positive. We never say He is Ocean of Anger or Arrogance i.e. negative. God's property is positive, devil's property is negative.

Amisha: What do you mean by Plus Behaviour, Change Management and Self Transformation?

B.K. Prakash: Plus Behaviour is another name for Positive Thinking! Change Management clarifies the difference between change and transformation. Self Transformation is painful but essential to progress. Self transformation brings world transformation! It uses a change game and 7 laws are learned to bring around a change/Transformation. This game removes the barrier of status and position, every participant of the organisation comes close, family feeling is developed.

Amisha: You write in spiritual magazines: The World Renewal, Amrit Kumbh

(Marathi), Gyanamrit (Hindi) etc. How did you get inspiration to write?

B.K. Prakash: Yes, I write mainly on Spirituality. When applied in daily life, you get vivid experiences through spirituality. These experiences make you an ‘Authority of Experience’ and you then share the words of wisdom for the benefit of other co-travellers. These experiences are interesting, entertaining and educative. So, it is not boring stuff as presumed. I wrote on ‘problem solving’ in November 2010 issue of ‘The World Renewal’. The title is ‘Attention Please!’ The principle of Spirituality is explained in quite an entertaining way with exemplary stories and educative guidance. The Principle is—

“Where your attention goes, energy flows,

Where your energy goes, life grows”

So, do not give the energy of your attention to problems and make them big mountains, but divert the same energy to the solution of the problem. This will help you to get the solution of the problem. Many times you will wonder the seed of the solution is in the problem itself. I started sharing due to the encouragement by my senior (spiritual) brother BK Ranjit Fuliya. He is a wonderful (holy)

swan who observes only goodness in others and encourages them.

Amisha: What preparation do you make before going for the seminars? What is the main object of the seminars you conduct? I mean if you go as a speaker, when do you feel contented?

B.K. Prakash: When I started, I would make preparations before conducting these seminars; it was more a labour. Sometimes I was enjoying, sometimes the participants enjoyed and sometimes both. The relation between the participants and me was that of a student and teacher. However, I learnt from my experience that it is not me who is teaching. It is God who is giving to His children—souls seated on the throne of their respective bodies,

I am just a medium. I am providing Him the body. He does His service and I am enjoying, seeing how He does it so wonderfully. Since then I stopped making preparations. I keep myself (my mind) plain (and do not make plans), sit on the seat, connect to Him, invite Him to come and give His children what He wants.

This is a wonderful method. No preparation, no planning, no labour, and still success! When someone appreciates, I can’t take the credit as truthfully I haven’t done anything; so I channelize the praise to Him. (No ego is my benefit.) Baba says – ‘Love, not labour!’ Use Him; He will do everything for those who become an embodiment of love! Company, companion and combined!!

(Concluded)

BECOMING ‘INTROVERTED’

The ability to go within, to understand and experience our inner self is called ‘introversion’. Introversion is healthy and healing. On the other hand, extroversion is the habit of losing ourselves in the outer world. Our thoughts race everywhere, wanting to know what is going on with everyone else.

Extroversion has to be balanced by introversion to remain healthy. We become extroverted because we have got used to satisfying our needs and desires through material means.

However, most of these needs reflect a spiritual emptiness, and nothing physical can fulfil the needs of the spirit. Yet we continue the habit of looking outside ourselves to find satisfaction.

People, possessions and our own habits consistently distract and trap the mind. We remain mentally attached. Even if we wish to, we find we cannot remain independent of them. This is the reason why many people embark on a spiritual search. There is a feeling that something within is being overlooked. Introversion removes all such mental attachments and leads us towards self transformation. (From the Book – Spiritual Greatness by **Dadi Janki ji**)

MIND TRAFFIC CONTROL – A PERFECT WAY TO BECOME ‘SIN PROOF’

– B.K. Vinayak, Mount Abu

It is a great challenge to those, who, as per the *Shrimat* of God Shiv, have taken the pledge of not committing sin or perform a vicious deed i.e. an action influenced by the vices like lust, anger, greed, attachment and ego. In order to fulfil this pledge, effort makers maintain the chart of their effort so that one would realize about vicious things hidden in one's actions and make effort to avoid them. But, sometimes effort makers get disappointed when any of their weaknesses or mistakes appears repeatedly on the chart. They feel it as an obstacle on their path and even a minute thing looks like a mountain which results in loss of zeal and enthusiasm of making effort.

The progress chart of majority of the effort-makers shows two types of failures. One is due to forgetfulness or lack of attention i.e. one commits mistake unknowingly but as soon as it takes place one comes to realize it. And, the second one is due to lack of power to rule and control the sense organs i.e. even though

one knows that whatever he is going to do is wrong, one feels unable to stop himself from committing it because of being under the influence of vices like lust, anger, greed, attachment and ego.

Every effort-maker wishes to eliminate these two problems from his path of achievement so that no mistake takes place through sense organs and he remains sin-proof. So, a common question, often being asked is, what tact should belong to us so that there should not be any traces of vicious deeds on our chart.

Here is good news for effort makers... Surprisingly the remedy we are searching for is already adapted in our life style! In order to make us completely victorious over vices ‘The Ocean of knowledge God Shiv’, who is the most beloved father of all souls too, has taught us a beautiful tact which can always keep us free from coming under the influence of vices. That tact is ‘Mind Traffic Control’.

What is Mind Traffic Control?

The policeman in a circle allows the flow of vehicles in only one direction and holds rest of the traffic for a particular period to keep the traffic flow accident free. Likewise, mind traffic control too is a method of meditation in which the flow of thoughts is directed towards the remembrance of God and rest of all the physical as well as intellectual activities get stopped for a particular period so that the whole day mind and intellect work untroubled and remain free from the influence of evil things. One minute of powerful meditation is practised for every one hour right from morning (amritvela) till the end of the day.

How to do it?

Stop all the physical and intellectual activities. Consider yourself to be a soul, a point of light twinkling like star in the forehead. Through your intellect take a high jump to the incorporeal world of souls called the ‘*Paramdham* (the supreme abode). Meet there the most beloved supreme father God

Shiv, another divine point of light, but the ocean of knowledge, virtues and powers. Be in front of Him with stability and concentration for a minute. Go on experiencing the bliss of attaining His unlimited treasures of peace, love and power and then return to the corporeal world.

How does this practice prevent us from committing sins?

▶ The main reason behind mistakes is forgetfulness, whereas the practice of hourly meditation never lets the attention disappear. Attention to remain away from the attraction of vices becomes natural.

▶ Body-consciousness is the seed of sin and soul consciousness is the seed of divinity. Meditation at hourly interval helps to maintain the soul-consciousness stage constantly.

▶ ‘*Sanskar*’ (imprints of past deeds) is the origin of thoughts. If the *sanskar* is impure, then the thoughts created too, would definitely be impure that instigate one to perform unrighteous actions. Therefore, in order to have divine thoughts, words and deeds, one has to give prime importance to that effort by which the vicious *sanskar* gets vanished. The method of purifying the *sanskar*

is known as Easy Rajyoga in which one has to be in remembrance of God considering oneself to be a soul. But, the process of purification takes place only when there is ‘continuity’ and ‘deep concentration’ in the effort of remembrance. **As both of these two factors depend upon the regular practice, hourly traffic control is the best supportive method to develop them. This practice gradually enables one to maintain perpetual remembrance.**

▶ Divine action springs from the inculcation of virtues and powers. The method of attaining virtues and powers is again the remembrance of the almighty authority God Shiv. When we are in remembrance of Him, He would bestow upon us all His divine virtues and powers that empower us to become victorious over all the desires which are the cause of sin. **Traffic control would increase the moments of sweet union between the soul and the supreme soul which results in rapid dissolution of vicious *sanskars* and inculcation of divine virtues as well as powers.**

A miserable fact!

But...sorry to say...such an important thing is practically being ignored! Generally, it is

noted that most of the effort makers give importance only to morning meditation but not to the practice of traffic control which is as much important as *Amritvela*. Though, effort in *Amritvela* is the seed of whole day’s elevated stage, practice of traffic control is the water that makes the seed grow into a tree.

Another misconception!

Some effort-makers think that, to practise hourly traffic control is bonded to only dedicated brothers and sisters who are living in Madhuban or in local branches of Brahma Kumaris Ishwariya Vishwa Vidyalaya. So, the effort-makers living with their families don’t even think about practising traffic control. **But, it is a misconception! It neither is a restriction nor is limited to any particular group of effort makers. It is a method of meditation taught by ‘The Supreme Surgeon God Shiv’ in order to develop our powers to discriminate, to judge and to face the influence of vices so that one should not commit any sin.**

While treating a patient, doctors not only just mention the medication but they suggest to have the medicine through a course like, thrice or twice a day

(Contd. on page no. 31)

ONENESS AND UNCONDITIONAL LOVE- THE SUBTLE ASPECTS OF SPIRITUALITY

– Manasi Taneja, Indore

What is spirituality? What are the various subtle aspects of spirituality? If we go by the conventional meaning of being spiritual, it is simply being attached to religious values or matters of the spirit rather than material or worldly interests. And if we talk about it in modern terms, it has taken the meaning of reaching higher levels of consciousness using meditation, yoga, and other methods.

We come across so many people claiming to be walking on the path of God, and just see the expression they have, as if they are different from the rest. How can you be on the path of God if you alienate yourself from others? Spirituality is, in the first place, a feeling of oneness with all beings. It does not lie in doing something special. I had mentioned in my article titled 'Spirituality — an Urge from Within' that spirituality is — as far as I understand — simply a state where we are connected to God, nature, each other and the deepest part of ourselves. How can we connect to others without the feeling of oneness? Everything is so interlinked and

connected; we cannot say we are really on the path of God if the very foundation of it is estrangement.

It is pathetic to see people who declare themselves to be God's men or spiritual men indulging in inappropriate acts. Discourses, lectures and mass prayers apart, just observe the way they behave with their fellow men at times. I have come across such people who have made me think, are these lectures, discourses, and prayer gatherings of any use when they actually can't leave an impression on people? Spirituality is growing in divine consciousness and its result is to purify, intensify, glorify and perfect what already exists in us. It raises the character of each person to its full potential and brings it to maximum expression. It is revealing the one essence in all despite the outer diversity and working for perfection in that diversity. How can all this happen? We live in a world of illusions: a world which is formed by others and their opinions about us. A world where, when things go wrong, we keep trying to prove they

are right. We have seen people manipulate things and prove themselves right, even by pulling others down and using abusive language. This is our false ego, which takes us away from our own kin, our clan, our own brothers and sisters. There is something amiss; what is that which alienates one from others? Which is the force that alone can bind us?

Love, genuine love, is the base of all the qualities required to reach God. For if one knows how to love, one will never cheat, lie, manipulate, hide, and pull others down for one's own benefit. For such a person, there would be no barrier of caste, creed, race or gender. A man who understands the world is nothing and yet everything, will have pure, unconditional love for everything and everyone, seeing the souls in all beings. This is the sole requirement to go the Godly way. For when you walk with love in your heart, you will never fall for all the negativities, you will never cheat or hate others. You will be forgiving and you will not manipulate things your way to get the benefits of

worldly life, for nothing in this world will be able to lead you to any sort of temptation or greed. Humility in its true sense springs from love for God and His creation. When one realizes that one is just an instrument in the hands of God and the real doer is God himself, one will never look down upon others or have malice, ill-will or disrespect for others. He would treat others the way God wants as he has surrendered himself to God and His will. He will have purity, sincerity and truthfulness in his life and in all relationships. I have heard people say, 'I am trying to be good; everybody still seems to be bad to me!' Here, it's the intention that a seeker of God should have in mind. Be good for the sake of goodness. Expecting a reward for a good action or being good because one thinks it would make life easier takes away all value from the good action. But we all do this.

So with love which doesn't expect anything in return, one needs to be just good for the love of goodness, just for the love of justice, pure for the love of purity and disinterested for the love of disinterestedness; then one is sure to advance on this path.

BEING POWERFUL

– BK Jasween (London, UK)

To be **POWERFUL** one first needs the power to discern

P is for **Purity**, the mother of virtues and the power of positive thinking

O is for being an **Observer** and not being offset by external vibrations

W is for **Winning over Maya**

E is for **Eliminating waste** and weaknesses, using the power of elevated thoughts

R is for **Remembrance of Shiv Baba** through yoga power

F is for **Flying Stage** by following the footsteps of Brahma Baba

U is for **Understanding** and using the Murli by starting with the power to churn

L is for being a **Lighthouse** and lighting up the lives of others through the power of concentration

The power of Baba's love and firm determination eliminate all obstacles.

GLOBAL NURSING COLLEGE, ABU ROAD

Affiliated to Rajasthan University of Health Sciences, Jaipur and recognized by INC, New Delhi

- ▶ Invites 10+2 (PCBE) students with 45% marks for four years B. Sc. Nursing courses from 1st Nov. 2011
- ▶ **Upper Age Limit:** 25 years for male and 28 yrs. for female candidate
- ▶ **Number of Seats:** 30, hostel facility available
- ▶ **Total Fee Structure:** around 1,22,000 p.a.

For more details, please contact:

Dr. Nita Pokharel (Principal), Mob: 07597325288

Bro. Mohinder Paul, Mgr., Admin. Mob: 9414006969

IS CORRUPTION CURABLE?

– Shweta, Panipat

Corruption has become a way of life in India. It has entrenched itself deeply in the social, political, economic and religious life of the nation. Right from the Prime Minister down to the ordinary clerk in the office, no one is free from the suspicion of being corrupt. The reality bites everyone but it's true. Simple living and high thinking used to be the ideal of leaders during the time of independence struggle. But now priorities have changed. In fact it is corruption in our inner world of mind which causes corruption in our outer world. So, what's the solution? ... spirituality or something else?

Majority of the politicians, government officers, businessmen and other professionals are busy in corrupt practices due to which the rich become richer and the poor become poorer. When the law makers become law breakers with impunity, then who will save the country? The factors responsible for corruption are many, like casteism, nepotism, etc. which form the basis for patronage. In India, a parallel economy of black money operates which is controlled and regulated by unscrupulous elements. The need of the hour is an inspiring leadership to fight against corruption and root out the growing cancer of corruption. Guess, who will do

it– a social leader, a spiritual leader, or God Himself?

If each one of us refuses to offer bribe and receive bribe, however small, corrupt officials will have to back down eventually and this vicious circle can be broken. Virtues like contentment, honesty, integrity and simplicity need to be imbibed and practised by each one of us. It is possible through spiritual practice based on Godly teachings only. What we see in society today is merely a reflection of our collective minds. We need to root out the darkness of vices like greed and dishonesty from our minds. Only then can we truly hope to create a world without negativities like corruption etc.

Now, overall responsibility lies on spiritual organizations. They have to guide the people on the path of righteousness. If their members are men of character, free from the clutches of vices, it can provide immense inspiration to society. When people adopt the original principles of spirituality – love, truth, transparency, kindness, sympathy, non-violence etc., the stigma of corruption can surely be wiped out from society.

(Contd. from page no. 28)

for some particular period. Because, only medicine is not the remedy, but the regular and punctual medication up to an appropriate period only can enable the body to cure the ailment and get victory over it. In the same manner, **mind traffic control too is a course of spiritual medication in which regular and punctual practice of meditation removes the negativity and defects from the mind as well as intellect and makes them healthy.**

— (... Contd. from Page No. 3) —

Unparalleled Simplicity

The simplicity of his lifestyle shames for all time the pomp and pedantry of pontiffs and pundits. He never sat on a silver throne with bodyguards, having maces, at hand for any emergency or for show, nor did he ever like or encourage any flower-bedecked and highly decorated seat with canopies. These were anathema to him. He even said that he would not like to sit on a raised seat so that all in the congregation could see him. When he sat in his room, he sat on a simple white cushion on the floor and even shared this cushion with others. He said that instead of garlanding him, the money should be spent on the spiritual service of mankind. “You are all flowers to me; you have fragrance of purity; you are garlands to me,” he said. He, no doubt, loved botanical flowers also but not flowers offered as a mark of devotion. He said: “I am a servant. Every father wishes to serve his children; so do I wish to serve you, and you know well that servants are not offered flowers, garlands or decorated seats.” “I am your most obedient servant,” he would say at other times. He also said: “Every father wishes to see his children attain a higher status than he himself had and so do I wish too. I would be happier if you rise higher in purity and

spirituality....”

So simple he was that he would not accept even personal gifts. He lived in a simple room and his daily needs cost little because his eating habits were very simple indeed. He even asked that no one should approach him to touch his feet because he was not a *guru* nor did he feel happy to see human beings (children) falling to touch the feet. “Your guru”, he said, “is Shiv Baba or God, not me, and Shiv Baba has no feet.”

Purity and Freshness Personified

Brahma Baba kept the light of soul-consciousness always burning in his mind. Thereby he maintained the freshness of his spirit and purity of his mind without allowing it to be warped by anxiety, fear, hate, sloth, torpor or negativity. The sparkling quality of his intellect and the radiance of his intuition and insight were undiminished, for he maintained the five purities: (i) purity of body and dress, (ii) purity of food for the body and the mind, (iii) purity of thought, feeling and will, (iv) purity of the oral and written word, and (v) purity of vision, outlook and deed so that he was purity personified. He was, therefore, the great example and the ideal a seeker

needs to keep before him for his own progress and perfection. Because of his purity and peace, one could always experience from him a calming, soothing and comforting touch and peace and solace-giving quality. He was, thus, a great giver and a great benefactor of mankind.

His Style

Baba’s way of teaching was unique and unparalleled. It cannot be imitated by anyone. The classes he held had an atmosphere of unequalled serenity and calmness and everyone felt totally relaxed and felt as if a father was telling stories to a child in a family-like environment. Baba gave revelations through intimate talks in a homely style and yet with authority and experience, coupled with love. Shiva Baba spoke through him with a very high spiritual candour and at a very high level and yet in a natural, spontaneous and elemental style which, because of the father-child rapport it established and also because of its simple and easy style, went straight into one’s mind like an arrow hits its target. His was a divine prose-lyric. His forceful words broke open the pomegranate of the mind into the shining red seeds. It broke open the rusty lock of the

intellect into which it put jewels and diamonds of knowledge and, yet he taught without appearing to teach. In his chamber, after the class, he transmitted his experience and gave his observations through intimate conversations, full of wit and humour. He also used pun; these conversations in his chamber were the distillation of the profoundest aspects of Divine Knowledge but their power and appeal lay in the homeliness of the idiom and the informal environment.

In order to bring about inner transformation and to mentally prepare a person for his commitment, his purity, he even slipped a jewel ring on the person's finger and asked him never to touch, in future, anyone with his hand with the thought of sex-lust or doing violence nor to serve anyone alcohol or meat with this hand. Many were his *yuktis* or stratagems for bringing souls closer to God.

Revolutionary Change in Women

One of his major concerns was the spiritual awakening of women and their rise to a high pedestal of spiritual attainments. At that time, the political, legal, economic and religious powers were with men. Women led the life of second-class citizens. In Sind, women had to cover their

face when they went out of the house. They would leave only one eye uncovered so that they could see their path; the rest of the body had to be covered. They were kept within the confines of the house. They had no independent source of income and had great limitations imposed on their rights by religion.

Baba said that the world could not be transformed if women, who constitute half the population of the world, did not receive the spiritual message. Not only that but he said that women were the best custodians and teachers of religion. He, therefore, wanted to give a higher place to women in the scheme of things. So, he called them to rally round the flag of Shiva Baba, to organise themselves into a spiritual force and, as a non-violent army of Shakti mothers, lead this new spiritual revolution. Thus, in the task of world-transformation, he gave a major role to women and girls.

A great revolution

At a point of time when most women lived in *purdah* and were illiterate and were deprived of many human rights, it was Baba who first raised his voice for their being given an equal social status or a place of due honour in society and a

worthy role. He himself wrote songs that inspired women to break the age-old shackles of abject slavery to the whims and fancies of males. Nowhere in the world – not even in Europe or America had women been given such a social or spiritual status as Baba thought rightly belonged to them. The attention given to the state of women in the West and the East only decades later. No doubt, Mahatma Gandhi's efforts brought some women into the freedom struggle but these women belonged to the educated-social elite and were few in number. No one has, even until now, been able to stir the spiritual conscience of women as a class and, the efforts of the U.N. to draw the attention of mankind to the problems of women started only half a century later.

Baba, through his verbal teachings, his practical life, his personal contact and his various psychological and divine ways, greatly influenced the lives of many who, today, are instrumental in inspiring and guiding others.

By any standard it is not a small achievement, for out of small boys and girls, he made great spiritual leaders, who are now holding great responsibilities and are doing the

work of spiritual transformation on a scale and in a manner which is a wonder to many who see it. He breathed new life into many.

It would be no exaggeration to say that it is literally true that he breathed new life into many dying souls; he transformed the satanic gracelessness of many into heavenly virtues. He has left a very great spiritual legacy. He worked ceaselessly day after day, wanting nothing for himself. His life was a saga of selfless service and he still continues to work in the angelic form and with infinite efficiency. He has not only kindled knowledge in many faithless and seeking souls but has fostered a great, noble tradition, enriching it profoundly with divine knowledge, wisdom, *yoga tapasya*, self-sacrificing tendencies and religious piety. His immense humanity, his tender compassion, his faith in human potentialities, his reverential and intimate love for all human beings, whom he called 'sweet, sweet children' cannot be erased from our minds. Even today, Madhuban is vibrant with his angelic presence and with his work for anyone to see, to feel and to benefit from.

All categories of human beings, all classes and castes, all professions and all parts of the globe, all races and all types of mind, are now represented here. There is spiritual affection, ideological cohesion, conviction in ethical principles and a common goal to transform the world that joins and binds the group of motley composition into a fraternity or family. Shiv Baba and Brahma Baba appeal to the innermost soul of them all because of the invaluable spiritual heritage, help, guidance and treasure of knowledge and love they have blessed on them. ●

ENLIGHTENING NEW YEAR



– BK Yogesh, Yogi Nagar, Shantivan

Forgetting yesterday's bitter memories
Evoke the new dawn's splendid glories
Let mutual hatred and enmity be set aside
Let's celebrate New Year 2012 worldwide

The past being old history not at par
The coming tomorrow like a rising star
With feel of mutual love and confidence
Make this World full of divine fragrance
Giving up the hatred and enmity from inside
Let's celebrate New Year 2012 worldwide

What will happen this year
Hidden in the womb of future
Let life be full of peace and happiness
As many stars there in the Universe
Taking the light of all the stars in the sky
Give the souls, wings of Godly knowledge to fly
Then self and world transformation will coincide
Let's celebrate New Year 2012 worldwide

By being the support to distressed and weak
Let's do something matchless and unique
Create an atmosphere of love and zest
And each day be a day of happiness and fest
Like Diwali's illumination or Holi's colour
Bring the spring of joy and splendour
Expressing our thoughts, with nothing to hide
Let's celebrate New Year 2012 worldwide

Edited and published by B.K. Atam Prakash for Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Mount Abu and printed at **Om Shanti Printing Press, Gyanamrit Bhawan, Shantivan - 307 510, Abu Road (Rajasthan).**

Chief Editor: B.K. Nirwair, Pandav Bhawan, Mount Abu.

Associate Editors: B.K. R.S. Bhatnagar, Shantivan and B.K. Ranjit Fuliya, Delhi.

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