

|| From the mighty pen of Sanjay ||

BHARAT: THE ETERNAL LAND OF PEACE AND BLISS

Bharat, i.e., India, the place of God's divine birth or descent, is imperishable or eternal. It is the holiest of the holy lands, most sacred among the world pilgrimages. It is the land of the deities. It was here that God had established the kingdom of Heaven or Paradise just 5000 years ago. It was here that the people of the ancient periods observed the highest code of conduct. It is the land of the highest love and affection, where even the lion and goat sipped water from the same pool. The culture and tradition of Bharat are as old as the World Drama itself. Bharat, due to her spiritual, moral and material perfection, was once the Lighthouse of the world. Even today, the entire world looks up to India for spiritual wisdom. God, the Sermonizer of Shrimad Bhagwad Gita, the highest scripture of the world, gave the Supreme Wisdom in this land of the deities and devotees.

Bharat, being the land of the Mother and Father of entire humanity, has always taken people of all religions or races in her lap. Even the

present set-up of India as a secular state is evidence of the fact that Bharat is the Motherland of all religions. In fact, the ancient-most Deity religion of Bharat, now known as 'Hinduism', is the mother religion of all the races of the world. How could a mother or a father ever attack or destroy his/her own children? This is the prime reason of India ever remaining non-offensive or non-aggressive. The entire history of mankind bears testimony to this fact. No one should be led away by the false belief that the people of Bharat are weak or less courageous. On the contrary, the history of the Indian soldier; be he of Sikh origin or Rajput, Gorkha, Bengal or Madras parentage, is full of the legends of valour and courage, sacrifice and loyalty, sincerity and above all, of the highest conduct in times of war or peace. Even in the face of the gravest situations, the Indian soldier has defended his Motherland by sacrificing upto the last drop of his blood and even today, the entire nation, nay, the whole world is proud of her armed forces. Each and every person of the land of Bharat is heart and soul
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CONQUEROR OF THE MIND CONQUERS THE WORLD...

Becoming Care-Free Emperors



We are living in a world of stress and strain all the time. In personal or family life, student or professional life, job or free lance, everyone faces many challenges all the time. People hardly find moments when they can really feel relaxed and free from any worries. Rather the young and the old have both started complaining of headaches and ailments due to stress which in turn cause indigestion, high blood pressure, high blood sugar resulting in heart problems, weakening of organs etc. The ever-increasing number of hospitals and private practitioners, who spend 12 hours a day in consulting clinics, bear witness to the large percentage of complicated health issues. The number of court cases from the Supreme Court down to High Courts, District and Taluka Courts are multiplying in lacs every year. Regular agitations and strikes keep demanding the demise of age-old ills like corruption, nepotism, violence, abductions for ransom etc. The present

means of mass media (TV, Newspapers etc), portray a very nasty overall scenario of the chaotic world we live in. At such a time of crisis of character, and helplessness on the part of authorities, the elite and common individuals are both searching for some way out, or in other words, some reasonable solution or panacea. Most people feel there is an urgent need of re-awakening and re-empowering society at all levels with values and ethics but they do not know 'how'?

Core values and inner power for self-disciplining would emerge automatically in everyone's life through the following:

- a) Appreciate a life of inner peace and lasting peace
- b) Understand the age-old wisdom of earning a living through honest hardwork and not greed-based means that sacrifice one's integrity and go against inner conscience. Easy money earned through wrong methods would always result in suffering and disease.
- c) Re-empower the self through regular learning and practice of spiritual and moral values. This should be given top priority in one's daily schedule.
- d) Learn spiritual teachings from the Supreme Source directly so that purity of thought and action becomes easy to inculcate and natural to practise.
- e) Have distinct understanding of the fact that we are in a time when all human souls have reached their 'tamopradhan' iron-aged stage after going through golden, silver and copper stages of consciousness and karma. Souls are too weak to restore that pristine purity and value-based, honest living on their own.
- f) Awaken to the realization that this is the opportune era when our most beloved Supreme Father God Shiva descends as the real and only potential source to re-awaken human souls from the deep slumber of ignorance (*agyanta*). Without inner

awakening, there will not be any motivation to bring about inner transformation.

g) Know fully well that the spiritual army of Shiv Shaktis (Brahma Kumaris) is now playing the essential role of instruments of essential change within, and in society at large. This movement is now a global phenomenon as was envisioned by the Founding Father, Brahma Baba, in 1936. Brahma Baba's personal example of self-transformation based on Supreme Father God Shiva's *shrimat* became the living model which inspired others to dedicate their lives for this noblest of noble deed of service unto humanity.

h) Explain the truth of eternity of 'Soul' and 'God', and the role played by Avyakt BapDada through their most accurate medium (Rajyogini Dadi Hirday Mohiniji). This understanding has been inspiring an ever-growing number of men and women all over the globe even after Brahma Baba became Avyakt in January 1969. This is evident from the fact that God's universal spiritual principles of self-transformation and meditations, based on God's wisdom, are essential for re-establishment of peace and happiness forever.

i) As the Father of all souls, God, lovingly and relentlessly

encourages us to spread the message faster so that the suffering society receives the spiritual inheritance of pure love, lasting peace and happiness as their Godly inheritance without delay.

We would like to share the latest Godly versions received on 3 April 2012 when over 23,000 aspirants were in person, and lacs of BKs in over 120 countries tuned in through the internet and other means of communication. May our dear readers experience the power of Godly wisdom, Godly love and Godly inspirations while reading these columns:

“Transform “mine” into “Yours” and become a carefree emperor. Make your mind so busy in love for God and His service that there is no margin for any waste to come.”

(Divine Message of 3 April 2012 in essence)

*“From the time of waking up in the morning, every child remains stable in the carefree stage while performing every action. Every child has the experience that this life of being a carefree emperor is one of sovereignty and also of being carefree. It feels so lovely because all of you have given your worries (*fikar*) to God (Father) and taken spiritual intoxication*

(fakhur). The spiritual intoxication you have taken is imperishable spiritual intoxication. You know that the Father has given you this life to remain carefree - not just for this one birth, but He has made you a carefree emperor for many births. If you have a carefree life, then a divine light is constantly sparkling on your forehead – and if you have worry, you

*then have a basket on your head that is filled with many types of sorrow. You have made all the limited “mines” into “Yours”. There is the difference of just this one letter in “mine” (*mera*) and “Yours” (*tera*). M and T. However, by changing “mine” into “Yours”, your life becomes so happy.*

“The basis of a life filled with worry is waste thoughts.

Therefore, not even a trace of waste thoughts should remain in any child because you have changed “mine” into “Yours”, so then, what do you become? You become carefree emperors and this life of a carefree emperor is so lovely. You don’t have any worry about ‘Why?’, ‘What?’, ‘How?’ or ‘Until when?’ All of those questions have now finished.

“In the next five to six months, through your powerful attitude, all of you have to give rays of happiness and peace to the unhappy souls of the world. You have to keep your mind busy in this. Every carefree emperor child should keep his mind, that is, his attitude so busy that there is no margin for any waste to come. You should not have to labour (mehnat), but should remain so busy in the Father’s love (mohabbat) and keep your mind so busy in serving through your attitude that you don’t even have to battle.

“So, now, have this determined thought: I will never allow any waste thoughts to come. It is their duty to come and what is your duty? To finish them. You were told earlier about the two things that you have to

pay attention to: One is thoughts, and the second is time. The time of the confluence age, every minute, has a connection with 21 births. You have to move along holding God’s hand in your hand, and so what is the hand? Shrimat. God’s shrimat is: Now become a carefree emperor. You definitely have to use your time and thoughts in a worthwhile way – they should not go to waste. Keep your mind constantly busy. Whether it is in churning the Murli or in service, remain busy at every moment.

“God has lots and lots of love for every child and this is why every child should take the blessing: ‘May you be victorious!’ What is seen on the forehead of each child? A tilak of victory, because you have recognized the Father in His ordinary form. Even if it is the last child and he may be weak in effort, he still has the speciality of having recognized God the Father who came in an ordinary form and of saying “My Baba”. This is why every child has to maintain courage and attain victory. You are going to receive five to six months to transform the wasteful thoughts into powerful thoughts.

“As the time is now coming close, through you – whether it is the instrument teachers or any child – you now have to reveal the Father. The Brahma Kumaris are doing very good work. That has already happened. You have reached this far. However, now show that God Himself has incarnated in the body of Brahma and is making the Brahma Kumaris so worthy. Your faces, your images, your every word should reveal the Father. This is definitely going to happen. It has to happen and you simply now have to be instruments for it.

“Firstly, you will make yourselves equal to the Father. Whatever weaknesses remain, you will remove them. All knowledge of what waste is should disappear. Maintain pure and positive thoughts for the self and for others.”

As advised above, we are sure our readers would learn the art of remaining internally attuned to the highest Godly consciousness, and become Care-Free Kings by avoiding any waste thoughts and actions.

May you become valuable examples and leaders to first practise aspects of spiritual knowledge before sharing with others!

– B. K. Nirwair

BEING ONE WITH GOD

— Rajyogini Dadi Janki and Dadi Gulzar
(12th September 2011, Shantivan)

[Presented herewith is a spiritual class—cum- meaningful tete-tete of two spiritual giants—Rajyogini Dadi Janki and Dadi Hriday Mohini, who have been the founding members of the Brahmakumaris movement, originally known as Om Mandali, since its inception. They are presently Administrative Head and Additional Administrative Head, respectively, of the organisation. Dadi Hriday Mohini, lovingly called Dadi Gulzar, plays an additional role—that of the medium of BapDada (Almighty Incorporeal God Shivbaba and subtle medium Prajapita Brahma Baba). We hope esteemed readers shall be immensely benefitted by these spiritual sharings. — Editor]

Baba has highlighted the importance of churning Godly knowledge. When we churn, Baba's treasures become our own treasures. It is as if we become masters of the knowledge. Service through our mind is important, but it is also very essential to churn. **There are four levels of churning: manan – ruminating, chintan**

-thinking it over, manthan - really churning deeply and simran-contemplating. First comes *manan*; just holding the knowledge in one's mind. Then comes *chintan*-thinking it over. Your thoughts may sometimes stray towards waste and body-consciousness, but if our mind has accepted and continues to receive Baba's knowledge then it can become *Manmanabhav*,

i.e., engrossed in the remembrance of one Shiv Baba. As the mind receives knowledge, we feel the wonder of Baba's *gyan* – it strikes the heart and the soul starts to love it. We then realise that there is really not much need to think; we stop thinking too much about things. Waste thoughts then stop because the soul enjoys keeping the knowledge inside. So then the soul can go straight to *manthan* – churning the depth of the knowledge. Then *simran* starts to happen –knowledge starts to penetrate your inner being.

We get success in divine service through our good feelings, positive bent of mind, optimistic approach towards persons and events. Hope and faith in the self. Honestly, integrity and courage also help us advance in spiritual service. Baba's work can then move forward very easily without any feeling of burden. **Baba has advised that in the game of service, we should always work together and stay within the gathering. None of us does anything individually. In this way, we come into a rosary. A rosary is created through cooperation and working harmoniously in the gathering.**

Don't unnecessarily worry



Dadi Janki ji with Avyakt Bapdada

about tomorrow. Make best use of the present moment and do what we have to do now. **What benefit is there in thinking that you will do something next month or next year? There is an account of my action with God and I need to do everything right away in order to get the benefit of it. If you do something as soon as you have the idea then there will be a lot of power in the actions you perform.**

God's work is to create a new world and He has been doing this in a very splendid way since the beginning of the Confluence Age. We are celebrating the platinum jubilee. We have over 900,000 BKs. Many have adopted the Brahmin lifestyle and are present on service. All have created this life to prepare for the life of the Golden Age. So Brahma Kumar/Kumari is not just a title—it is a lifestyle. It's a matter of understanding. It is not a matter of being a follower. Each one has individually acquired the understanding of how to develop his/her lives and how to perform actions. So become wise—make this known to the world. We need people to understand everything deeply.

At the present time, God teaches us the art of giving

and receiving blessings and sakash. If I am cooperative, honest and trustworthy, then God would definitely be happy with me. I would be acting according to Baba's Shrimat and I would also be fulfilling the hopes Baba has in me. Because I am paying attention to this, I would be drawing secret blessings from Baba. When I perform tasks in Baba's remembrance, I will experience His power.

How can I receive sakash and how can someone receive sakash through me?

On becoming Baba's we experienced how much love He gave us in the form of the mother and father. It was so much love that it could not be compared to the love of our physical parents. It is even more than the love we receive in the Golden Age. As a teacher He teaches us so well. When we study well, the Mother and Father are very happy with us. If a child doesn't study well he will experience love but not as much as when he studies well. When a child performs good actions then the parents and the teacher give many blessings because they see that the child has recognised. It is because of this that we become number-wise.

Dadi Gulzar – How to receive sakash from Baba

All of us are well aware of the importance of karma. We now have to become *karma yogis*. What Baba has been telling us is that we need to be *karma yogis*, i.e., we have to stay in His remembrance and give *sakash* to the world even while performing actions. These are the two tasks He has given us. We see that the world has become full of sorrows. In the state of being a *karma yogi*, there are great feelings of contentment/satisfaction. So, while performing actions, check whether the remembrance of Baba is there constantly. In that state, you can do whatever you want to do and everything becomes easy for you. You will also get the result you set out to get. **If sometimes there is karma without yoga because your attention slips and your intellect wanders, the task you are doing will not be successful because of your lack of concentration.** We set ourselves an aim and then we carry out activity in order to achieve that aim. So check whether you are achieving the aims you set for yourself. **Because the final result is based on how much we maintain yoga while being engaged in activity.**

Method to please God with my Efforts

So I need to ask myself whether my *karma* and my yoga are progressing simultaneously. Does my yoga break in between? Sometimes obstacles come unexpectedly and I may have to deal with that issue for 10 or 15 minutes. However, I need to check myself even at that time. It is necessary to subtly check how my intellect is moving away from the task. Even at that time, check whether I am in God's remembrance naturally. Is it that I forget Him when an obstacle arises? If so, I will have to 're-establish' my *karma yoga* later.

Ask yourself: Am I contented with my *karma yogi* stage? You are aware that Baba is checking you. Baba has a record of everyone's efforts. When He sees that a child is attentively developing the self in this way then He will be happy with the child.

Showers of Blessings and Sakash through Yoga

When Baba is happy with your effort, then you will experience a difference in your internal stage. When someone is happy with you then you feel that, don't you? The vibration of that reaches you. **When two people work together on a**

task and both are happy with each other, then they feel the vibration. In the same way, if Baba is happy with me, then that vibration will definitely reach me. The sign of this is that there will be lightness in my work and there won't be any obstacles in the task. Your companions in that task will also feel contented. These are the signs that Baba is happy with me. Of course, Baba is not physically with us so we need to be aware of the subtle indicators. Baba definitely communicates to us through our relationships with others, i.e., whether easy, neutral or uneasy they are. When companions in a task stay in remembrance and thus remain satisfied with each other then the task gets accomplished easily and naturally. Even if you are doing 'light' *karma*, the first thing to look for is this state of satisfaction. **The sign of doing a task accurately as a *karma yogi* is that not only will the ones doing it feel satisfied with the result but others around will also feel satisfied.** If you are not a complete *karma yogi* whilst doing a task, then you may feel okay with the result but the general consensus will be that it did not turn out very well.

So, keep attention and see if

you are really leading the life of a *karma yogi*. It is important because most of the time we are performing actions. We don't get that much time to sit in yoga. Therefore, use the time when you are in activity to also be in yoga. Now, pay special attention to this subject.

There are two forms of *sakash*: We give *sakash* and Baba also gives *sakash* through us to other souls. We do service through the mind in order to give *sakash*. Through our rays filled with power, we can enable souls to experience power.

***Dadi Janki*: What is the feeling you get when Baba gives *sakash* through you?**

Dadi Gulzar: I emerge Baba. Baba then remembers me. Baba is thinking that the daughter is good. He has good feelings for the daughter and He keeps those in His heart. He becomes aware of my specialities and bearing that in mind, He gives me *sakash*.

Dadi Janki: This is a very subtle thing.

Dadi Gulzar: Yes, this is a very subtle aspect, and so, if you want to be able to catch this and have this experience, you have to be in the bodiless stage.

Dadi Janki: You have to catch it and feel it.

Dadi Gulzar: Yes, it is a very, very subtle thing because

it means that Baba is remembering me. He definitely does remember His very special children. **There are many children who are surrendered. There are many living in their homes but only some have become very, very close to Baba through their true effort, and Baba remembers those children in order to give *sakash* to them. But for this, my intellect has to be absolutely free – not engaged or busy in any other thing. And in this state, as Baba remembers me, He will start to operate me. I may even be speaking but because I am speaking or doing some activity in Baba’s remembrance, it means I am already in connection with Baba. In that state of being connected to Baba, Baba especially gives *sakash* to me. It will reach me in a very powerful way.** For example, if someone is ill and the doctor gives an injection to relieve the pain or give him/her power, then the patient experiences something at that moment and they can feel the medicine flowing into their body and they feel the impact right away. The patient feels the strength of the medicine. **The subtle**

connection with Baba is such that if He remembers me at any particular moment, it is as if I get a lovely gift from someone I have a deep, loving connection with. It means a great deal. This is the feeling I get when Baba is giving *sakash*. Because of receiving this type of gift, there is a great deal of internal happiness. When Baba turns His attention to me, you can imagine what my state of mind would be! Yes, I would be strongly remembering Baba but there would also be the feeling that He is remembering me and this feeling increases my sense of happiness. I am so intoxicated with that feeling that it is as if I am no longer here – I am flying. There is the feeling that no one else exists except Baba and me and the merging of Baba and me together is all there is. We become one. This is a very subtle stage and it is a stage in which you can absolutely catch Baba’s inspirations. You get all experiences and there is lightness, an extraordinary type of happiness. You can really experience the things Baba tells us. You are with Baba, you are a detached observer; you can experience the power filling you.

Dadi Janki: This is the result of having yoga over a long period of time.

Dadi Gulzar: Yes, this is a very, very subtle thing.

Dadi Janki: This is because of the accumulation of being a *karma yogi*, a renunciate, someone who has been practising seriously over a long time. You have been a *tapaswi* ... one who has been making high-quality effort over a long period without any break in between. **The *Gita* also mentions one who is a constant yogi becomes the embodiment of all attainments. Such a soul gets subtle love and blessings from Baba. They have sustained their lives on the basis of *Shrimat*.** They would not have done things according to *manmat*.

Dadi Gulzar: Yes, Baba is giving, but if the field Baba plants the seed of *sakash* in is not right, then what can be expected? How can the seed germinate? If the earth is not right, then how can any fruit emerge? It means, if my life is not right and I am not close to Baba, how can Baba’s seed of *sakash* bear fruit?

Dadi Janki: Yes, I am a soul. But to receive *sakash* I need to stay in the awareness of which soul I am. I am a child of the Supreme Soul. I am the soul who is a renunciate, a *tapaswi*, and the one who is

close to Baba. I am that soul. And I am the one who does charitable action constantly and through that action I progress and become an extraordinary soul. Then whatever mistakes I may have made earlier finish. By doing charitable actions, we can finish not only the sins of previous lives but also the little sins we may have committed in this life. There are then no outstanding accounts remaining to be settled. I am that kind of soul. This is the awareness I need to keep. I am such an elevated soul... When I am stable in this awareness I can then turn my attention to Baba. **When I am aware of how elevated a soul I am, then I can sit with the Supreme Soul and communion can happen very naturally. By giving us these types of awareness Baba allows me to feel that I have been transformed into one who is worthy of sitting with Him. When I become present in this elevated consciousness then Baba can be present for me. When I am present and Baba is present, then I can receive and give *sakash*.** The remembrance of Baba is intensified by staying in the full awareness of who I really am and also by the presence of special souls such as Dadi Gulzar. We have loved God a great deal throughout time and we want to experience His love now. One who has been a yogi and followed His directions over a long period has certain rights over Baba. The result of having a high-quality and intimate relationship with Baba is that Baba gives *sakash* to the soul. Otherwise one can't expect to get *sakash*. By acting according to the advice of God, we have a right to receive the direct rays of light from the Sun of Knowledge Himself right now.

FREE FROM PRE-DETERMINED NOTIONS

A teacher teaching Maths to "five-year-old student asked him, "If I give you one apple and one apple and one apple, how many apples will you have?" Within a few seconds the student replied confidently, "Four!"

The dismayed teacher was expecting an effortless correct answer (three). She was disappointed. "Maybe the child did not listen properly," she thought. She repeated, "My boy, listen carefully. If I give you one apple and one apple and one apple, how many apples will you have?"

The student had seen the disappointment on his teacher's face. He calculated again on his fingers. But within him he was also searching for the answer that will make the teacher happy. His search for the answer was not for the correct one, but the one that will make his teacher happy. This time hesitatingly he replied, "Four"

The disappointment stayed on the teacher's face. She remembered that this student liked strawberries. She thought maybe he doesn't like apples and that is making him loose focus. This time with an exaggerated excitement and twinkling in her eyes she asked, "If I give you one strawberry and one strawberry and one strawberry, then how many you will have?"

Seeing the teacher happy, the boy calculated on his fingers again. There was no pressure on him, but a little on the teacher. She wanted her new approach to succeed. With a hesitating smile the student enquired, "Three?"

The teacher now had a victorious smile. Her approach had succeeded. She wanted to congratulate herself. But one last thing remained. Once again she asked him, "Now if I give you one apple and one apple and one more apple how many will you have?"

Promptly the student answered, "Four!"

The teacher was aghast. "How my boy, how?" she demanded in a little stern and irritated voice. In a voice that was low and hesitating, young student replied, "Because I already have one apple in my bag."

(Forwarded by B.K. Vijayanti, New Delhi)

LET'S KNOW GOD AS HE IS



– B.K. Dr. Nanubhai, Ghatkopar, Mumbai

If you ask anyone about God, he will say that God is one. Secondly, we all say that we are children of God and that He is our Father. If God is one and He is the Father, then all His children should describe Him the same way. But in reality, no one knows the correct identity of God and there are many concepts about God. Major religions of the world have their own concepts of God. Their followers have such strong faith in their respective concepts that they are unwilling to hear anything contrary to their belief. Let us look at the different concepts about God we come across.

▶ **God is one**, He is the Supreme Father, He has no name and form, He is present in every matter, He gives us happiness as well as suffering, He is above birth and death, His birth is divine and extraordinary, He is incorporeal etc.

▶ **One Reality**: To understand one reality is nothing but to have God-realisation. It is said that self-realization leads to God-

realisation. If you have not realised the self then you cannot realise God. First of all, we must try to realise the self. Let us try to understand what self-realisation is.

Self-Realisation

If you ask anyone to identify himself, he/she will tell you his/her name, qualifications, profession, gender, religion, nationality and residential address etc. This sort of understanding about the self is not self-realisation. All of us utter the two words “I” and “my” very often. If somebody says “this is my car”, it is clear that the car, a non-living thing, is possessed by the person, a human being. The term human being has two components: human and being. These two components represent two entities.

▶ **Human Body**—A non-living entity, a skeletal structure made of bones and muscles and covered by skin. Organs like the brain, heart, lungs, liver, kidneys etc. have their respective structures and are in

their right places.

▶ **Being** – This entity is the life force of an individual. In spiritual parlance, it is called the soul. The wonder is that these two entities can function only when they are together. The human body functions only as long as there is a soul in it. Once the soul leaves the body, it is called a dead body and is disposed of quickly. The human body can be seen with physical eyes while the soul cannot be. A human body with a soul in it is a living person. The realization that “I am a soul”, is self-realization. Medical science has knowledge of the human body but not of the soul because the soul is not visible to our physical eyes. Only spiritual science can give us knowledge about the soul.

SOUL

The soul is a very minute, sentient point of light. It resides in the part of the brain called hypothalamus. Sitting on this seat, it controls the nervous system and, through it, various organs in the body. The soul has three faculties : (1) mind, (2) intellect, and (3) *sanskars* (traits, nature or habits).

▶ **Mind** –This faculty does thinking, planning and imagining. Before we perform any action, a thought to do so occurs in the mind.

▶ **Intellect**—This faculty takes

decision. After the mind thinks of doing anything, intellect decides, discriminates and discerns whether the thought is right or wrong and judges whether it should be brought in action or not. Only then is the action performed.

▶ **Sanskar**—Actions leave their impression on the soul, either good or bad. Repeated actions leave deep impressions, which we call the nature or habits of a person. A simple example is of a person who repeatedly smokes a cigarette; it becomes his habit and he comes to be known as a smoker. In other words, this becomes a *sanskar* of that person.

▶ **Feelings**—of pain, pleasure, praise, insult etc. — are experienced by the soul, which is a sentient and living entity. A non-living entity cannot experience feelings.

Every soul has seven original virtues: knowledge, peace, purity, love, happiness, bliss and power. Everybody in the world would like to have these virtues, which are gifted by God to every soul.

True self-realisation is to realize the self as a soul, a tiny point of light in the centre of the brain, not visible to our physical eyes, and to feel the above mentioned original qualities of

the soul.

GOD

Realization of the spiritual self is essential for realising God. When we say all humans are brothers and God is our Father, it is said in respect of our relation as a soul, because our biological fathers are different. God is also a soul, but He is the Supreme Soul. Wherein does His supremacy lie? Souls are recognized as peaceful, powerful, pure etc. based on their virtues. But the Supreme Soul is always called the ocean of these virtues.

Also, we souls take birth in physical bodies to play our roles on this world stage and we are subject to the cycle of rebirth and to the law of karma, whereby we get the fruit of our actions in the form of joy, sorrow, pleasure, pain etc. The Supreme Soul does not take birth like humans and does not come into the bondage of karma. That is why He is able to show humans how they can free themselves from this bondage by performing actions without being influenced by them.

Human souls also lose their powers and virtues over successive births whereas God does not undergo any such depletion. That is why souls turn

to God to regain their lost powers and virtues when they start suffering because of their depleted state.

Now let us try to understand God's unique qualities as recognized by various religions. Generally, a person is known by his name, form or appearance, qualifications and profession. A short explanation of the above aspects of God is as follows:

▶ **Name**—The original name of God is Shiva, meaning benevolent. The ancient names of God such as 'Shuin' in Babylon, 'Seva' or 'Sevajya' in Syria, Egypt and Fiji, 'Sibru' in the land occupied by the progeny of Abraham, Jehova to Moses and his followers and so on seem not so different and dissimilar from the Sanskrit word 'Shiva', which, according to some scholars, is the confluence of two phonetic parts, 'shi' and 'va', meaning redeemer and liberator from sins and sufferings.

▶ **Form or Appearance**—Generally the father and the offspring look similar in all creatures. Like souls, God is also a tiny, sentient point of light. In Shiva temples, an oval-shaped stone called Shivlingam or Jyotirlingam, meaning a symbol of Shiva or symbol of light, is worshipped.

Muslims do not believe in idol worship, but in Islam's holiest site in Mecca, an oval-shaped black stone called Sang-e-Aswad (holy stone) is placed in the Kaaba in the Grand Mosque, and it is an object of reverence for Muslims.

The founder of Christianity, Jesus Christ, said 'God is light'. The sanctuary lamp that burns before the altar in many Christian and Jewish places of worship symbolizes God's eternal presence.

In short, we see that many religions recognize God's form as one of light.

▶ **Abode or Residence**—We souls have our abode in the incorporeal soul world, which is beyond the sky, the Sun, the Moon and the stars. From there, we come on this world-stage and put on a costume in the form of the human body to play our role. Our Father, the Supreme Soul, also lives in the incorporeal soul-world. That is the reason everyone looks upwards while praying to God.

▶ **Profession or divine acts**—It is said of God that His name, abode and acts are high. What are His acts? God performs tasks which nobody else can do. He creates a

new world order and destroys the old order. The cycle of time has four equal periods: Golden Age, Silver Age, Copper Age and Iron Age, in that order. If we compare this cycle with the day and night cycle, the Golden and Silver Ages represent the day, when the world is new and there is happiness all around, and the Copper and Iron Ages make up the night, when there are spiritual darkness, sorrow and despair. Just as the darkness of the night is dispelled by the Sun, God appears at the end of the Iron Age to remove all evil from this world that is the cause of the spiritual darkness and sorrows, and He paves the way for the dawn of the Golden Age once again. The Golden Age is also called heaven or paradise. Therefore it is said that heavenly God Father establishes heaven on Earth. God, the Ocean of Knowledge, does this by

giving human souls spiritual knowledge and teaching them Rajyoga meditation, whereby they are able to overcome vices and imbibe divine qualities that make humans into deities. This divinization of humanity transforms the elements of nature, too, and triggers an upheaval in which all that is undesirable and evil is destroyed and the world is rejuvenated.

These highest divine acts of God Father Shiva, of liberating humanity from vices, unhappiness and disquiet and ushering in a virtuous world of happiness and peace, have been going on incognito for the last 75 years. This fact is being celebrated by the Brahma Kumaris as part of their platinum jubilee. We can be a part of God's work of world transformation instead of being mere spectators. The choice is ours. (For more details, contact your nearest Brahma Kumaris centre)

TRUE FRIENDSHIP

True friendship is to light someone's inner light. There are many ties that bind friends together. Some of them are pure love and some are bondages of familiarity, dependency etc. True spiritual friendship is to celebrate someone's light and to offer more light that they may shine as brightly as possible. Today let me celebrate the spiritual friendships in my life.

OUR BABA

– BK Ravi, Dwarka, Delhi)

Thirtieth November 2011 was a lucky day as it was BABA Milan day. Accompanied by my wife I was in Madhuban and we were extremely excited. It had taken me a year to reach there. Though I had heard a lot about the atmosphere in Shantivan but was experiencing it first hand while staying in the Manmohini complex, I was totally taken in by the atmosphere.

I had heard that BABA would take special interest in the 'new comers' and so I was doubly excited. I was sure He would notice me. The excitement grew day by day. My wife had earlier been in Madhuban and she kept telling me stories of how disciplined the life in Madhuban was, how they had enjoyed during their previous trip and the various places she would take me to.

I had been imagining how I would enjoy there, the places I would go, meeting with the Dadis etc. Since we used to see such previous BABA milans live on TV in our centre, one such 'dream' was the line of people I used to see, that used to walk up to the stage and seek BABA's blessings. Thus, I saw Baba blessing both of us with an apple. When I shared the dream with my wife,

she too was very happy and said, "You must be the chosen one." I knew that going on the stage was difficult in a crowd of around 25,000 people but somehow; the dream kept recurring on a number of times.

On reaching Madhuban on 26th November, I could witness the organized lifestyle, the easy camaraderie between various people, the cleanliness of the surroundings, the chance to meet the Dadis physically whom we had only seen on TV till then...the fruitful discussions and many more such incidents—in fact it was a totally different world during those five days.

On Baba's Milan day, in the afternoon I saw crowds surging in and occupying the Diamond Hall two to three hours in advance. Everyone had come to meet "his/her" BABA. I got space to sit near Gate no.15 and could see Baba through the giant screens placed in the Hall. The atmosphere was electrifying.

During the previous three visits of Baba, nothing was mentioned about newcomers. In fact, the board had changed to "Too Late" already. Had I missed the bus? BABA spoke for about an hour. I was overjoyed with emotion. I saw

others too, hanging onto every word—some crying, some noting down speedily and yet others were listening to the translations in their respective languages and nodding in agreement. So, at the end of the Murli when Baba said "O.K., now what has to be done next?", I felt I had missed the moment and Baba was not going to address us. But then, when Baba was told that a lot of newcomers have come, Baba asked us all to get up! I jumped up in joy with tears in my eyes. Truly, it was My Baba. Even as He addressed us all newcomers, I felt as if this had been done purely for me! Baba had kept the emotion of even a small child like me in mind. That is why He is "Mera Baba".

And this was not all. Now you will ask me what about my second part? Well, on that particular meeting, Baba asked for a fruit, an apple, and even as I saw it on the giant screen, he threw it in front—presumably to all of us sitting in front. This too, I felt, had been done specially for me. Since it was not possible for everyone to go on stage, what better way to give it to the crowd? Otherwise why did Baba choose an apple only?

As I got a CD of Baba Milan, I now have photographic evidence of my dreams!!! Now I am firmly convinced that Baba does take care of all; He is not only my Baba, He is everyone's Baba!!!

THE ETERNAL JOURNEY



– B. K. Mukut Sarma, Nalbari, Assam



A Few days later, a few young men and women visited the centre. B.K. Sister Kamini came out to the veranda to attend them.

“Madam, we want to meet Brahma Kumari Jonali” One of them said very politely.

Sister Kamini arranged the visitor’s room while Sister B.K. Jonali arrived.

“Madam, we are representing an ‘**organization**’, the guy who appeared to be their leader started first. [It was well known that the word ‘**organization**’ indicated the local outfit or outlawed **organization**]

“Is it? O.K. Every child of God should come to His home.” B.K.sister Jonali assured them with a smile.

“Madam, we have come here with a specific purpose. Actually we want to take you to our organization. There is an urgent need of a person like you in our organization.” – One of them told her straightway.

B.K. sister Jonali - “It is fine. But there must be a lot of young,

energetic and courageous people who would like to join your organization. On what consideration have you selected me for your organization?”

“Madam, we have noticed that a good number of young boys and girls come here. We have also noticed that the lifestyle of all these people has totally changed. They are really disciplined. Perhaps they follow your advice and that is why they are able to overcome their bad habits. There are a lot of young boys and girls in our organization also. But now they do not properly follow the guidelines given by the leaders. Therefore some chaos and misunderstanding has developed amongst us. That is why, after a lot of discussion, we have arrived at the conclusion that we need you in our organization. You just need to guide us. We will execute our programme as per your guidance,” the leader again

said.

B.K. sister Jonali:- “Please note that I follow the principle of non-violence very strictly. Therefore, I cannot support or encourage violence”.

After a while, she again spoke, “What is your aim? What do you want to achieve through violence?”

One of the young people retorted: “And what do you want to achieve through non-violence? Madam, today nothing can be achieved through non-violence. Therefore we must take the shelter of violence.”

Then another one said– **“Gandhiji also advocated non-violence. While the innocent people were following his advice, the nasty politicians had already destroyed the country. Therefore to bring the country on to the right track, we must resort to guns.”**

B.K. sister Jonali:- “Gunning people down! What do you want?”

One of the young guys

replied: “We want a peaceful society.”

B.K. sister Jonali:- “How can you establish a peaceful society through destruction, killing and violence? Won’t it be like a burial ground?”

The young guys said: “Madam, we do not kill the innocent people. We target only corrupt and vicious persons. After complete abolition of such people, only the positive-minded people will be left in the society. Such positive-minded people will give birth to positive-minded children. Thus the future world will have only virtuous people. And no negativity would remain there.”

B.K. sister Jonali: - “But you have committed a great mistake here. When a person is killed, all his negative (or positive) habits, traits and behaviour remain dormant with his family members and especially with his children. When those children grow up, the negative (and the positive) force within them would get strengthened. Then you may like to eliminate them too. Thus this practice of killing will be continued generation after generation. Thus you will never be able to achieve what you want. That is why we have adopted this path of non-

violence.”

The young guys said: “How will you change the society through non-violence? What is your modus operandi?”

B.K. Sister Jonali:- “Our aim is not only to create a peaceful society, but to reconstruct a world where everyone will experience peace, prosperity and happiness. Every member of this society will be highly virtuous. Perhaps such a society has been described in the Vedas, the Upanishads, the Bhagawat Geeta, the Koran, the Bible as heaven, paradise, ‘Swarg’ or ‘Bahisht’ etc. **With this aim and object, the differences between the human nature and the devilish force acting on man are explained here. People are then trained to imbibe spiritual power through ‘Easy-Rajyoga’ meditation with a view to destroy the negative traits and behaviour that are deep rooted in their conscious and sub-conscious mind. At the same time, they are also trained to develop human values and virtues in their practical life. By practising this spiritual knowledge, people develop a positive outlook towards life. By practising Rajyoga**

meditation, the negative forces acting on them would get reduced automatically.

At the same time, the virtues dormant within them will start to emerge.

When even one person brings positive transformation in his life, the people around him will be influenced by him and will start to work on themselves too. Thus one day the whole world will become a virtuous, pure world. Though some time and patience is required to achieve this goal, it brings a lasting solution. If you kill a person, he will not be getting the opportunity to transform himself in this birth. We believe that the soul is immortal. The departed soul will carry his present personality traits and will take rebirth with all his bad traits. Thus, in his next birth also he will indulge in corrupt practices.

So, now you should be able to judge which method has to be adopted to transform this corrupt world.

The young guys said: “Madam your system is definitely superior. But it can’t bring quick results. We do not have so much patience. We need some speedy change.”

B.K. sister Jonali:- “O.K. If you wish, I will try to lead you to the ultimate goal through the

path of non-violence. But if you want my guidance on your violent path, then there will be no benefit as I can't give you such an advice. If you like to follow the path of non-violence, then there is no need for me to go with you. Then I can guide you from here too. Again, I have dedicated my life to this institution and now I am in charge of this Nalbari branch. Now if I go with you without informing my higher authority, what will they think of me? If a member leaves your organization without taking your consent, what action will you take? Will you be pleased with him? Therefore, I must first inform my higher authority. If they feel necessary, they may appoint some other person in my place. Till then and without handing over the charges to him or her, I cannot go to other organizations."

In the meantime, B.K. sister Kamini had offered tea and sweets to all.

The young guys said: "It is actually very nice experience for us to come here and listen to you."

B.K. sister Jonali said:- "Then you should come here often. The doors of Brahma Kumaris Ishwariya Vishwa-Vidyalaya are always open for all".

The young guys said: "But madam the problem is that the police station is very near to your branch! That is the main problem!"

"Then it is O.K. madam. We are saying good bye now. But madam, if any person ever disturbs you, please inform us. We will extend our help to you."

B.K. sister Jonali replied:- "Till today nobody has ever disturbed us and we hope there will be no disturbance in future also."

After a while, sister Jonali again spoke – "If you have any request, please let me know; I will place it before our commander."

All the young guys said in one voice: "Your commander! Where does he reside?"

Sister Jonali pointed her finger upwards. All eyes were concentrated at a point on the ceiling. Breaking one-minute silence, she continued – "The Supreme Soul, the Incorporeal God 'Shiv Baba' is our Commander-in-Chief. We all follow His directions. He

protects us. We have dedicated our life to Him."

One of the young guys said: "You have so much belief in that incorporeal power! Will he protect you in every situation?"

B.K. sister Jonali replied:- "Definitely! He is Omnipotent. You see, at present all of you definitely have carried some arms and ammunition with you. If you wish, you can forcefully take me out from here. But I know that you don't have such intention in your mind because He will never allow such thoughts in your mind."

The young guys said: "Your commander is really great! We generally move in Jungles. Please pray to Him to keep His eyes on us also."

B.K. sister Jonali said: "We generally pray for everybody. I will specially pray for you too. Though He does not like violence, but I will pray for your noble purpose."

The storm had fizzled out. The reddish Sun decided to call it a day and started to disappear in the horizon.

(To be continued)

INSANITY

Doing the same thing over and over again and expecting different results.

– Albert Einstein

GOD'S (ALLAH'S) CREATION OF FARISHTA ON THE EARTH

– BK Tazer Ali, Nalbari, Assam

In the religious belief of all the communities of the world, there is the concept of angel or *farishta*. It is said that the *farishta* is a very subtle being in the form of light that man cannot see with his physical eyes. *Farishta* remains detached from the material world and the human sight. But often the saints or the holy souls experience it. It appears before them, gives message of God and then it disappears.

In the Muslim community, there is the belief of countless *farishtas*. Muslims believe that Allah, the creator first created them for His service only. Therefore these *farishtas* are engaged in different services of Allah to administrate the Universe in different ways. Some such names of *farishtas* are Zibril (Gabriel), Mekali, Ishrafil, Azazil etc. Even it is believed that there are two permanent *farishtas* in every human being to keep the account of his *Karma* (action). Thus the concept of *farishta* is there in the legendary beliefs of Islam, Christianity and Judaism and so on.

But what are these *farishtas* in reality, when and in which circumstances had God created them? People believe that *farishtas* or angels live outside the human world only. They are not related to the human beings. They live in a separate world being free from the worldly bondages. It is right to say that *farishtas* remain detached from the physical world. They even exist in double light – in the form of light and free from the load of actions. But it is not correct to say that they live in a separate world only which is far beyond the human world. *Farishta* lives in the physical world too and in the physical or human body, but remains unattached to the action it performs. Through mind and intellect, a *farishta* remains free from its bodily bondages of the physical world at every moment.

During the last period of the Iron Age of the world, God (Allah) reincarnates on the globe. This reincarnation of God is mentioned in the Holy Quran too. It is said that Allah incarnates in the Field of Hasar at the time of *Kayamat*

(destruction) and takes account of actions of everyone. Then He sends them to *Bahisht* (heaven) or *Dozakh* (hell) on the basis of his good action or sins.

There in the Holy Gita too it is mentioned that God, the supreme soul reincarnates when *Adharma* (unrighteous) prevails and destroying the old form of His creation establishes a new world of truth.

Also in *Kalki Purana* the same mention is made. Here it is said that God incarnates riding on a horse of white colour with sword and cuts off all the evil beings to create a new world order.

Thus God, the supreme being, incarnates in the world, no doubt is true in reality as it is mentioned in the scriptures and also believed in all the religions traditionally. But how and in which form He incarnates in the world is a great mystery as there is no clear mention in religion, tradition, history and mythological beliefs about it. It is a matter of contradiction whether God incarnates in the form of Krishna, to give the wisdom of Gita in the battle field of the Mahabharata or in the form of the Kalki Avtar riding on the horse back and starts to keep the creation of His own, or incarnates only in the form of His light directly at the time of *Qayamat* (Doomsday). As

the real form of God is an incorporeal light only, it is not possible for Him to perform physical activities (light giving knowledge in physical tone) without a physical medium. So, He meets a human body when He incarnates during the last period of the world-cycle. Entering into that human body, God makes the soul of that body clear that it is the time of destruction of the old form of the world and creation of the new. After several divine visions the soul of that ordinary human body gets a mental confirmation to realize the plan of the new creation of God, the creator. He can realize clearly that the present time is the time of destruction and God Himself has come to the world as mentioned in the scriptures, to establish a new Golden World. Then God teaches him the knowledge of soul. He teaches the man that he is really a soul, not body as soul is eternal and the body is a mortal one. Likewise all men and women are also souls coming into the human body. God, the supreme soul teaches that a soul is a point of light with its

seat in the centre of forehead of the human body.

Thus, after incarnation, God teaches the man the lesson of Rajyoga which is taught to the other followers of Him too. Later on God, the divine one, bestows on the man the title of Brahma, the Adi Deva or Adam as he is the first man for the new creation of God to help Him. Then the other followers are known as the Brahmakumars or Brahmakumaris in course of time.

The Rajyoga meditation taught by the Almighty has such a divine power that one can become totally soul-conscious after a long period of deep meditation with God in silence. The highest stage of a human soul in the form of light remaining free from the human body and the physical world is called a *farishta*.

Therefore, these *farishtas* can visit the subtle world (Subtle world is a world of light only. Here physical activity is absent and only movie stage is possible. The *Farishtas* exist here in the form of light). They experience God in the form of a Divine

Light in His abode – *Paramdham, Shantidham* or the *Ars-E-Ajam*.

It is mentionable that when visitors come to Madhuban (the International Headquarters of the Brahmakumaris at Mt. Abu, Rajasthan) they express heartily that the society of the Brahmakumars / Brahmakumaris is quite an uncommon one. Though they are busy in actions of their own, they seem free from this bodily world, being detached from it. They even say that BKs are like *farishta* and Madhuban is the world of the *farishtas* only. There is no tension, no load of action, no sorrow, no worry. Only contentment, happiness, cheerfulness, love, respect and lightness prevail there. Smiling faces and shining appearances are seen everywhere.

Really, these are the *farishtas* and this is the world of *farishtas* that human beings make possible on the earth. It is because of the consequence of practising soul-consciousness and God-consciousness by a group of human beings dedicated to world welfare. ●

The power of silence can bring peace to any situation. The foundations for the power of silence are pure thoughts and pure feelings. We can give others an experience with the power of our silence. When we understand and experience the power of silence we will become more powerful. We will then be able to experience peace that will naturally spread to others too. When we have to correct someone in any situation we first need to remind ourselves that words will not work but silence based on pure feelings and love will surely work. When we accept the person as he is with love we will be able to bring about a change in him.

THE SEARCH ENDS NOW

(Shakti-Niketan- Indore Girls' Hostel)

The place we live in affects us and vice-versa with energy exchange. The more positive we are, the surroundings becomes positive and again vice-versa. 'When I become good, I see everything around me becomes good.' When we start to learn Rajyoga, it is a bonus point if we live in a positive place. The sole aim of Brahma Baba was to create the golden age where everyone on earth is positive and the whole earth is heaven.

In general, we are surrounded by all sorts of vibrations. Most importantly for the growing youth, life in hostel is very common these days where we encounter people of diverse behaviors. Here is a play about how good a hostel can be and how well it can reflect on each personality. Renowned as the cultural and industrial capital of Madhya Pradesh, Indore boasts of a wonderful girls' hostel named 'Shakti Niketan'. Established by Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalyaya,

in this city of Devi Ahilya Bai, this girls' hostel is complete with all amenities. **This short play throws ample light on the activities of Shakti-Niketan:**

Characters Introduction –

Mother–Jyoti, **Father**–Prakash, **Daughter**–Ruhi, **Ruhi's friends**–Saumya and Mannat, Sudha – Mannat's acquaintance. (Prakash has got a bonus of Rs. 20,000 from the office. He wants to take his wife Jyoti to a trip, but Jyoti wants to listen to the discourse by a famous saint who had arrived in the city. Prakash strictly forbids Jyoti from going to Satsang. On this, Jyoti becomes very sad. Such quarrels often take place between the two. Ruhi, their daughter, is watching this entire episode.)

Ruhi (to herself) – My mother has turned a mere servant of this house; despite being so educated, she cannot take decisions on her own, even in the matters that are good for all. Will the same thing happen to me too when I complete the formal education? The same traditional things,

marriage, then children, the same taunts, the same old routine; will my life also be spent in such a manner? But what else is there for me? I don't know what to do.

(Enter Soumya)

Saumya – Hello Ruhi. Am I looking pretty in this dress?

Ruhi – Saumya, now we've grown up; it is not appropriate to wear such dresses. It's better if we maintain safe dress code.

Saumya – What ? It seems you are not in a pleasant mood today. If we don't follow the contemporary fashion, won't we be called backward?

Ruhi – As you wish. I wouldn't interfere in your way. But, I'm looking forward to lead a different life where I can pave the way for self-progress and character development, with some aim great.

Saumya – Oh.....ho.....It seems that you want to become a complete recluse or a hermit.

Ruhi – I knew that you would make fun of me.

Saumya – Ha...Ha...Ha...Because you are talking like that.

(Enter Mannat)

Mannat – What discussion is going on ? Do you know that Meena auntie's daughter Sudha has come from a spiritual hostel in Indore yesterday ? I was really surprised when I saw her.

I wonder how such a mischievous, fashionable girl looked so serene and gentle. Wow! What a glow on her face! I couldn't even recognise her.

Ruhi – What are you saying?

Mannat – Yes, it is true. She has changed completely. For a moment, I doubted if it was the same Sudha or someone else.

Ruhi – Well Mannat, shall we meet her?

Mannat – Why not! Let's go just now .

(Ruhi, Mannat and Saumya go to meet Sudha)

Sudha – Om Shanti!

Mannat – O Sudha, you have changed so much in just one year. How has such an advanced and fashionable girl become so simple? It's unbelievable!

Sudha – Mannat, frankly speaking, in our hostel, enhancing inner beauty is given priority. External beauty is not a big deal; everyone can adopt it, but in our hostel, we are taught that grandeur of thoughts and inculcation of divine virtues is the real beauty of our life. And only this can help us attain the real aim of our life.

Saumya – Interesting indeed! What is the main specialty of your hostel?

Sudha – Our hostel is completely different from other

hostels; it is exclusive. The main specialty of this hostel is that here we attain the power and means to eradicate even the worst habit. Mannat, you must remember what an angry person I was and how badly others were affected by my rage. But now I've learnt to be polite ; I can control my rage so easily. Earlier I was like a fire. You must be amazed how I have been transformed into a fire brigade. (All start laughing)

Ruhi – But how is it possible?

Sudha – With daily practice of Rajyoga and listening to spiritual knowledge, I got the understanding gradually. And, my attitude towards self and others became more and more positive.

Ruhi – O.K. Sudha, what else did you learn there?

Sudha – In very pure, serene and spiritual atmosphere of hostel, my wavering mind became peaceful, matured, sincere, disciplined and sensible. The intellect got stability, the conscience woke up and I learnt the art of making effort with consistency. I attained the inner powers and understood their value.

Mannat – So nice, what a transformation!

Sudha – And through this self transformation, I became successful in holding a solid aim.

Now I have only one good wish that the transformation which I have attained and the way of life which I have got, I should also be able to make others' life elevated and become instrumental in giving a new direction to their lives; then only my life would be useful.

Ruhi – So beautiful! Please tell something more about the daily routine in the hostel. What else is taught there?

Sudha – We wake up early. All the girls practise Rajyoga and listen to spiritual knowledge. Thereafter, we go to attend our respective schools, colleges and other educational institutions . We also get trained in various arts such as singing, playing music, writing, elocution, sewing, knitting, embroidery, cleanliness, home decoration, cooking etc.

Ruhi – Well Sudha, can we too get admission in the hostel?

Sudha – Yes, why not, but for this you will have to undergo 7-Day Rajyoga course taught by Brahmakumari s Organisation and also have to start imbibing the practices followed there.

Ruhi – Then I will start taking Rajyoga course, today itself. Thanks Sudha, you are really an angel for me. You have told me such a nice thing which I couldn't even dream. I was in

(Contd. on page no. 26)

A RIDE TO A NEW PLANET

Once upon a time, there lived a race of species that belonged to a different planet. They were much more intelligent and knowledgeable than us. Their world was of a very different nature than ours; it was a world of light. They were not made up of flesh and bones as we are, but were composed completely of light and would appear to us as tiny point of stars filled with immense peace and power. They lived there as one whole family, united as one and being sustained by their father, who was the most incredibly powerful and beautiful being of all. He was so radiant and constant, that all the others wanted only to remain near him.

All went smoothly and in perfect order in that world of light, until a time came when one of the beings, named as 'Nemo' thought of experiencing a new planet beyond their world of light. He and then a few others wanted to go on a ride and have some entertainment and enjoyment, which was lacking in their world. So, Nemo, along with some of his brothers, having sought permission of their father, planned their travel to such a

planet, which had all the beauty and happiness they could ever ask for. They immediately organized a party of travellers, nine hundred thousand beings, to colonize the far-off planet.

They flew on, and from above searched for the most appropriate planet for them. One of the planets attracted them the most. It had seas of deep blue colour and islands lush with greenery and unimaginably gorgeous flowers. Gold seemed to be the most common mineral present there. Rivers ran gracefully through the heart of the land. They realised it was much more wonderful and delightful than what they saw even in their wildest dreams. But, as beings of light, they couldn't express, experience and share all those elements of matter as their powers of telepathic communication would not work there. To function down there, they needed special space suits. So, the leader of the expedition went down first and arranged those space suits for him and then for his other brothers. The suit was robot-like, but it was far more beautiful and life-like. The suit

was in the form of a body very similar to ours, except it was made of the purest elements. So, like this, their journey started and they had a lot of fun and entertainment in their new land. They played a lot of games, had beautiful rides and experienced the most pleasant weather. They started calling their brothers who were still back home, to enjoy and experience such a world of peace and happiness.

All went well, for many years, until they all got tired and bored of the same games and rides again and again. It was pleasant, but not new anymore, and so they were no longer as enthusiastic about it as in the beginning. One day, an event took place that was to rock the entire order of peace and happiness of their journey. One of the beings of that time named as Vikmo, called one of his brothers over and said, "This is a very beautiful space suit you are wearing. I want to play with it." The brother laughed, "How can you do that? Will you come out of your own space suit to do so?"

Vikmo smiled and said, "Of course not, but let me play it with the hand of my space-suit." The brother was becoming increasingly unhappy on this turn of events because now Vikmo was no longer paying

him any attention. Vikmo was not the only one who was getting such new and terrible thoughts. His many brothers seemed suddenly tired; they did not have fun in games anymore. They were more interested in playing with each other's space suits. Slowly, their space suits started getting more and more dirty and torn-out. Now, they started fighting with each other's space suits and completely forgot that they were indeed wearing these space suits and were not these in reality.

It was quite funny really, all these little point of light, thinking they were big space suits of matter, and devoting all their time to keeping the suits gratified and content. They were getting more and more addicted to those sense pleasures, and so more and more angry when such pleasures were threatened and greedy for wealth. And so their societies became increasingly corrupt.

Those from the world of light came now in vastly growing numbers to see what kind of play was going on in other planet and were much disappointed to see the scenario there. Soon, the world of light was emptied, except for their Supreme Father, who knew everything that was going on, but he didn't intervene. But as the things got worse and worse, He knew that at last now was the time to go there. The travellers had had enough. They all wanted to come home, but they were badly trapped inside their costumes. So, the father decided to go and get them all, to teach them how to fly again and to tuck them all safely back into their world of light.

Their fun-ride had now reached the climax, and a planet wide war had begun. All the inhabitants had recognized that their father had indeed arrived. Floods, earthquakes and other natural disasters took care of the rest of the planet. And the points of light were finally released from their prisons at last. They followed their father, and flew back to the home. Free at last!!

They once again lived in their unmoving world of peace and light. They shone very brightly, and all circled around the father, who was glad to have them all back home again.

LEARN TO BE VIRTUOUS

—B.K. Yamini Luthra,

New Delhi

Every morning gives us a sense of
clarity

Live each moment of life in its
entirety

Illuminate your life with spark of
civility

And inculcate the self—light of
divinity

Attain your goals through harmony
and unity

Maintain peace and stability
through sagacity

Honour others' views, have wisdom
and brevity

Pour affection and love through
equanimity

Transform consciousness to serve
humanity

Free the self from vices, enjoy self-
sovereignty

Emerge positive emotions to
enhance personality

Discard all waste, attain perfection
and purity

To acquire excellence, perform acts
with sincerity

Pay attention to Time, don't lose
this opportunity

Sustain virtues within, to have
Golden-Aged priority

Soul-consciousness gives us
splendid solidarity!

SPIRITUAL KNOWLEDGE: CATALYST OF POSITIVE CHANGE

– **B.K. Aastha**, Ahmedabad

I have always thought myself fortunate for having been born in Banaras, the holy city of mythological and historical importance situated on the shores of the Ganges. As many of my elders remark, being in Varanasi is the result of the accumulated blessings of many births. Ours was a modest family. My father was a man of principles. Because of his virtues, I revere him as a great man and he still remains a constant source of inspiration to me. Instead of giving physical punishment, he always made me aware of the mistakes I had committed, which ensured that I did not repeat any of them. My mother was a great support for him. In short, ours was a happy and contented family which ran on love, morals, unity and, very importantly, peace. By God's blessings I was able to study without a break at Banaras Hindu University until I did my PhD. I was fortunate to get good teachers and guides and the most important thing for me was that I was at home and part of one of the best education systems in the country.

I was not very spiritually

inclined as a youngster. But I was curious to know the truth behind what I saw. Idol worship never convinced me. I was an avid reader, inclined to know and experiment with truth, though I did not follow any cult or religion from the heart. I was a vegetarian and did not acquire negative habits as a matter of principle. I am convinced that these principles help us live without disturbing most other living beings.

I visited temples and performed rituals as a routine, without understanding why we had to do such things and how effective they really were. Being a part of the system, and also because of my non-rebellious nature, I observed things from afar, gathering more and more questions in my mind and hoping to find answers to all of them one day.

Life later turned out to be full of a lot more struggle than I had expected. Under the safe shelter of my parents, I hardly knew what sorrow was. I was fortunate enough to become a part of a decent family following my marriage. My husband cared for me. We

were blessed with two sons and were happy and contented with our family life. Also, the place where I worked as a teacher was like a second family for me. I was a satisfied person leading a comfortable life and there was no need to think of God! At this juncture, there were some mishaps due to which I became quite depressed in life. I lost my father and subsequently another important family member. Following these blows, life began to seem dull and empty.

As time passed on, I settled down in a small city in Western India with my two sons, who mean everything to me. A few years later, my mother also passed away. She had been a big support for me and was exemplary as to how helpful one can be to others. I never saw any trace of laziness in her. She was, in short, a lady with tremendous will power. A lot of water has flown down the Ganges since then. Now I see myself as a responsible being, playing my part in this world. This is in sharp contrast to my life as an immature girl who played with no tension in her mind, having complete faith that her parents would support her all her life.

I used to think who God is after all – some unknown mystery who gives all that we

ask for? If I had to pray to God to give me money, would He immediately do so? If so, why is there so much misery on Earth? God cannot be a magician. God cannot be someone who says yes to everything and to everybody. God cannot be someone who does things immediately, like a miracle. So who is God? I had all these questions. No concept of religion had convinced me. My father would always say: "There are no accidents and coincidences". Everything on Earth has a purpose; everything that happens has some reason which we do not know; we have to accept it – such thoughts lingered in my head whenever I was free.

My sister once paid me a casual visit. As we chatted, trying to soothe each other's worries, she asked me to watch the programme 'Awakening with Brahma Kumaris' on the Aastha television channel. In fact, she insisted that I watch it. Fortunately, I did. I was very much impressed by Sister Shivani's words when she said that our destiny is in our hands. But I was not convinced. How could it be? I was surprised to see the confidence with which she said: "You are the generator of your thoughts, everything depends on our thoughts, and

that just by changing our thoughts we can be better people." I felt there was no harm in thinking the way she suggested, and decided to try it out.

When I made a conscious effort to be positive every moment, I found myself in a better state after a few days. I am now able to handle situations better. The concept of the Supreme Soul being a point of light convinces me a lot. Being an educated person, I go a lot by logic. Baba's *gyan* is very simple and scientific. I am now convinced and many of my questions are being answered.

I think that if everything in life is going very smoothly and there is no hurdle, we need to check our way; probably it is not the right way. The right way is to be an observer, detached from the obstacles we face. Instead of asking God to keep

us free of problems we should prepare ourselves to face challenges, seeking His help, holding His hands. Life is a sinusoidal curve. We have to face troubles and there is no better way than to positively come out of it, transforming ourselves every time into a better person.

I had a chance to share my thoughts with a student friend who is now completely into this *gyan*. She experiences things and shares her knowledge with me. I find myself fortunate that I could influence her and bring her under Baba's canopy. In fact, it's all Baba who did it, with me as an instrument. I look forward to growing spiritually and further experiencing God's blessings. My heartfelt regards to all the pure souls on the path of *gyan*. Let us all help each other grow and reach our ultimate goal.

(Contd. from page no. 22)

search of such a path for quite long time. It seems God has sent you specially for me. But Sudha, what is the procedure of getting admission there?

Sudha – The parents can contact the hostel from January to April. The process of admission starts from April. For more information, take paper and pen and note down the address:

B.K. Sis. Karuna, Shakti Niketan, Omshanti Bhawan, Gyan Shikhar, Gate No. 3, 33/4, New Palasia, Indore (M.P.) 452001

Phone No.: 0731-2531631, **Mob.:** 9425316843, 8989600088

Fax: 0731-2430444, E-mail: shaktiniketan@gmail.com

MY FINAL THOUGHTS WILL LEAD ME TO MY DESTINATION



– B.K. Jayanti, London



We can describe the ‘destination’ in many ways....’ going home’, becoming karmateet’, ‘becoming an angel’, ‘becoming complete’, ‘becoming like Father’, ‘becoming a deity’.... expressions conveying something significant and different. When I think that there should be *only Baba and no one else*, it is a very beautiful inspiration for effort and includes many of these ‘destinations’ I have mentioned.

At the end of the day, before you fall asleep, there is a whole film that passes in front of the mind. If the day has been too intense and you haven’t been able to resolve things, it takes a long time to fall asleep and there is internal disturbance. Even if the day has been intense, if you have been able to resolve things in a natural way, there is then an easy sweet sleep that happens. For us it is not just the end of the day; nor the end of one life that everything need to be settled so that departure can be easy, but for Baba’s children, it is the whole cycle. We want to settle accounts for 63 births

so that in the final moments, it is Baba and Baba alone and I will be able to fly.

Brahma Baba shared about his departure through Dadi Gulzar. Before departure, he shared his experiences and preparations for the final moments in the *Sakar murlis*. Shiv Baba came to meet us on 21.1.1969 and through that period of 13 days, everyday *Bhog* was offered. Sometimes there would be long and detailed trance messages. It was all very new and Baba realised we needed a lot of sustenance and support. At one point Dadi Gulzar asked Baba what was Baba’s experience at the time of departure and Baba replied “*You could never ask your lokik father about this!*”. Baba shared how initially there was a tug of war between the pain of the body and yoga power and yoga power won. Then Baba remembered the whole family with a lot of love, not just a few individuals. Then Brahma Baba said to Shiv Baba, “*If you want me to come I am ready, if You want*

me to stay I am ready”. So this is the mirror; whether we are able to overcome pain and the *karmic* accounts of the body, as these are one of the last things to be settled. Secondly is it one human being, or a few individuals I remember at the end, or is it the loving family as a whole as an eternal bond? Then thirdly, is the soul absolutely ready and able to say to Baba, “I am ready”, not with a desire to come to get away from something here, but with the attitude to be able to come and obey whatever it is that Baba wants.

There are various factors here. 1) The ability to love everyone, not to get attached to anyone. So if there are individuals who keep occupying space in the mind, use Baba’s method of checking and see what is wasteful and what is powerful and see what it is that I need from them or they want from me. 2) Baba says it is time to settle things very quickly. In order to settle my ‘needs’ and ‘wants’, simply deepen the connection with Baba through

the practise of soul-consciousness, and He will fulfil all my needs. 3) With others—to what extent can I fulfil their needs? I can never fulfil all of their needs. No human being can do this for another. So what can I do? Share Baba's light and might, then they can be empowered to realise that all their need can come from Baba. This is the case with the *alokik* family too as often these are the golden chains that bind us. Baba says “cooperate with each other”, but if I become the support of another BK then we are in bondage both ways. We need such internal detachment, so we do not fall into false compassion.

Baba talks about *Maya*, *Ravan* in many ways and essentially their task is to distract you and take you away from God. So I need to develop such a link with Baba that I am able to draw power towards myself. In particular, we need the power of discernment at all times. To have the clarity to know what to do in any situation and realise what will trap me in relationships. Discernment capacity is developed when the intellect is clean, centred and connected with Baba. Then I will have the necessary understanding and awareness.

Regarding the *lokik* family,

Baba is saying ‘Caution’ at all times, yet it is easy to tell what responsibility is and what goes beyond this and what is attachment. *Lokik* duties are quite clear yet the power of discernment is still needed. When we fulfil responsibilities and keep the self free, then there are no pulls. Dadi often recounts the story of how when Dadi felt unhappy when her relatives were missing her and she asked Baba what to do. Baba said that because she still had the consciousness of ‘Janki’, then her relatives could pull her, yet when she had let go of the identity of ‘Janki’, then they couldn't pull her anymore, because Janki is finished. This is about the subject of soul-consciousness and what Baba describes as ‘a living death and a rebirth’.

In the early days Baba inspired *Dadis* to practise soul-consciousness so deeply, underlining the lesson again and again throughout the day....I am the soul that is looking, speaking, doing etc. This is why *dadis* were truly able to feel Baba as their parent and they were not pulled by their relatives and the old world. These stories from the early days of the *Yagya* bring into our awareness how the power of soul-consciousness allowed

them to achieve such transformation. They had a little knowledge of the World Cycle and a little about God but for years they were experimenting and deepening this. We don't have years now, but the more we practise the first lesson, the more we are able to move forward in all other directions. The power to let go of bodily relations and be able to take power from God comes with the practise of soul-consciousness. Being here and yet being detached from the body. Baba gives the example of the snake shedding its skin. Brahma Baba himself practised this awareness. I have to be motivated to want to come to the experience of soul-consciousness, then, I will give it the energy and attention it requires. Everything we do now, is based on motivation so ‘if ‘Baba and nothing else’ has captured my heart, nothing else will pull me.’ Dadi often talks about remembrance of God in the final moments and we know this is a topic she has been speaking of for decades and has been practising for this moment for a long time. Can we say this for ourselves? If we cannot, then we need to sort out things as far we can.

Detachment is essential. We don't need to talk about

detachment as relatives get scared about this and think we will leave them and run away. Baba is talking about detachment from the body. Make sure no human being, or service is pulling you. Let us do what Baba wants us to do, not what 'I' want to do. 'My' idea and 'my' mind and what 'I' want.... let me see what Baba wants me to do. There is a big difference in understanding Baba's signals. What is Baba saying to me? Let me validate it with someone further along the path. In the context of service, if I have an idea and I share it with others, if others are not comfortable with it, may be it is not the right time or maybe the idea needs sorting out a bit. If it is truly a signal from Baba, there will be spontaneous support from others around me.

In terms of personal direction for my life, we do not need to speak to 5 or 10 people but ask a senior. Someone who is further ahead, whom you trust and whose life is how you would like life to be. Check out on a personal level what is 'My' idea or 'Baba's' idea. If this practice has been over a period of time, then my connection becomes deeper and deeper. Whatever extent I am able to replace 'my' thoughts with

'Baba's' thoughts, I can reach the destination faster. Dadi asked Baba in the 80's, "how will I fly away, or will I wait here until we are all *karmateet* and then we all fly together?" Baba said that He was expecting us to reach our *karmateet* stage and stay here to help everyone else. A few weeks ago, Dadi told Baba: "I am ready" and Baba said, "Yes, but what about everyone else?" The more we follow Shrimat (the elevated advice of God), the more we are able to bring others closer to their destination also. This has been reached by the Dadis and now their role is to bring others too.

We need to put fast efforts to reach the destination quickly, through Soul-consciousness, Detachment and Shrimat. In household life, whose guidance are we ready to follow? Only when we love someone are we ready to seek guidance and follow it throughout life. A very simple chart to think about is whose ideas appeal to me the most—my ideas or Baba's ideas, directions and guidance? When Baba is speaking Murli, He is sharing with us His thoughts and ideas.

In London recently, a Bishop shared that it was impossible for them to know the mind of God and a BK, in a very courteous

way, pointed out that if God is our parent, He would want us to know what is on His mind. This shows clearly where devotees are and where God's children are. For Baba's children the Mother, Father, Teacher and Guide is pouring out His thoughts and explaining so clearly. Why should God be shy? God simply wants to give us everything. He has made us like Himself so we can reach our highest destination. God is so clear and this is why the Murli is for Brahmins. On one side we hear God's love and good wishes for the children and on the other side strong language about *Maya* and *Kaliyug*, so we understand clearly. The more we accept God's ideas the more can we accept *Shrimat* from our heart. *Shrimat* is not an external discipline that is being imposed from outside. If we think this, it is a challenge to follow it and we make excuses and this is why we dilute what Baba wants us to do. When I accept this is God's love for me and out of love for God this is truly what I want to do, this is love and mercy for the self. Baba loves me and Baba wants the best for me. Do I love myself as deeply to know what is the highest and the best for me and am I able to say 'Yes' and take what

Baba is offering. Check the mind. What is it saying? What is Baba saying? What are other people saying? When there is an internal battle, we get tired and think maybe I will not make it. Baba takes away the excuses and shows us what the highest effort is.

To what extent am I able to treat service as a game? If I am on my own, I just move along but the challenge comes where there is a difference of opinions. I need to remind the self that it is God's work and it is God's plan that will unfold. We can jostle and say maybe this, but ultimately it is God's plan that will take over. At the moment when another's idea takes over, I can remind myself that whatever is God's plan can happen. Even if you cannot say it, it is always good to become quiet and have powerful remembrance... then see. If it is in God's plan; great, if it is not in God's plan, then it won't happen.

If things are accurate and I am following Shrimat, then it is very easy to stay with Baba and if something is pulling me then I can take Baba's help and solve it. If not then I can get distracted and pulled further away from Baba. It is important to stay clean and clear and connected with Baba so there is no *Maya* around and no *karma* involved. Dadi has said that if I am confused and upset, that is *Maya* and, if because of me, someone else is confused that is also my *karma*.

Baba started the Murlī by reminding us that we are on a battlefield. A child can be playful and easy and light. A student needs to study but has time for games. A warrior, whether day or night, cannot stop or rest and there has to be the constant state of alertness because I am in the midst of danger all the time. In Brahmin life, we come to Madhuban, get uplifted and experience great company and then we go back out there on the field of action and realise there are still *sanskars* we thought were dead. It doesn't matter how close I think I am to the destination, I need to be alert until I reach the destination because there can be anything coming at me from anywhere. I do not know where the arrow will come from at any time so I must keep alert. This is attention, not worry. Attention on every thought. Then we can stay on track. The more I remain in Baba's love, light, might and company, the closer I feel to the destination. If other things are getting in the way, I have a way to go. Every time we have a chance to sit with Baba, is a chance to see how quickly we can connect and reach the destination now, and then we are creating more power and energy within ourselves to prepare for the final destination.

GOD SAYS

(15-12-2011): "Two days of the week are special: Thursday and Sunday. Thursday is the day of the Guru; so what do you receive from the guru? Blessings! So, Thursday is the special day of blessings. Celebrate Thursday in this way. Keep one or the other special blessing emerged in your intellect from *amritvela* (Nectar Time). There are many blessings, but, keep one special blessing in your intellect and then check. On the day of blessings, instead of just repeating that blessing, be an embodiment of that blessing and continue to check for how long you remained an embodiment of that blessing. In the world, Sunday, in particular, is a holiday. So, celebrate Sunday. Whatever weaknesses you have in your life – in your thoughts or even in your dreams – bid farewell to them. Just as people spend these two days very well, so you also have to especially keep this aim and its qualifications for these two days– not just the aim, but also its qualifications in your attention.

DARE TO TAKE RESPONSIBILITY?

– B.K. David, Paignton. England

If you walk through a muddy puddle, who is to blame? Are the shop window display and its manager responsible for you looking at its shop window and you walking into a signpost? Are we not responsible for where we look? Are we not responsible for what we think? Tell you what, let's blame the sales girl; much easier. Shall we blame the Prime Minister for your headache today? Let's blame the cat over the road for your suffering and pain.

Do You Know When It's Time For A Clear Out? Only Karma Knows When And How (Ding Dong)

Karma may well keep your door of suffering open for 6 to 10 days, or even 12 to 15 years, according to how much rubbish you had previously collected and thrown in your house of karma and which needs to be got rid of and cleaned. Never a pleasant experience to have so much smelly old rubbish thrown at you in such a short period of time. It can be painful, very, very painful, to have to dig a hole and bury your past whilst you have a bad back, stomach ache, headache, toothache, blood pressure,

overweight and diabetes. But if you have thrown rubbish in (performed bad karma) your house (life) then the rubbish is truly yours and will always have to come back to you for sorting out—often en masse.

Proving Who Is To Blame And That You Are Right Can Be A Costly Affair And Is Seldom Worth The Expense

It is always worth remembering that if you participate in 'the blame game', there are never any winners, only losers. When the dust has finally settled down and your attention has shifted back to the weather, what will have been gained and achieved from your naming and shaming? The blamed one of course loses, and you too will inevitably lose; even if you are completely right in your assumptions and thoughts; all will come out complete losers at the end of it all.

I've learnt that blame is somewhat like proving that a gun is loaded when many think it isn't, by pointing it at your head and pulling the trigger. You've proved you are right...The blamed will always blame you

for blaming them (even if true) and his friends will also blame you for accusing him— and upsetting him. Just as in war, when bullets are fired by your army, even your own soldiers (you) can get hit. They are bravely facing the enemy and get shot in the back. They get shot by soldiers of their own army. Even if you can find the soldier responsible and prove his guilt and his irresponsibility for shooting someone, how's he going to feel? Will the dead soldier he shot come back to life? Possibly the guilty soldier may now shoot himself as well out of shame. So if you do wish to blame anyone for anything, then just make sure that someone is the cat over the road, as he couldn't care at all, as long as you feed him well.

The Good House (Good House Keeping)

Needless to say, you may well have thrown countless well wrapped, beautifully wrapped, parcels into your *karma* house which also one day will come tumbling down your stairs totally unannounced and unexpected and hit you not on your head, but land on your lap in the form of much happiness which causes you to smile - as if without reason.

Life Today Is All About 'One Minute'

Life today is all about 'one minute': one minute smiles, the

next tears; limping one minute, skipping the next; arguments and moods, followed by laughter. We live in an haphazard world of genuine tears one minute and genuine laughter the next. If you can survive and balance out your own world of 'one minute emotions' and learn to deal and cope with those of others about you, surviving the impending bombs should be easy. After all, you will not have time or have to dwell over the bomb that hits you.

You Cannot Play Pass The Parcel With Karma

According to what you have placed in these parcels which you have wrapped up in the past within your mind with your thoughts, so that's simply what you'll receive in the future. You have either placed something of beauty (good *karma*) in the box with a ribbon attached on top or placed a ticking bomb (bad *karma*) inside the parcel that is sealed with barbed wire for you to have to open later. You cannot put either parcel to one side; both will definitely have to be opened. The box with the tied ribbon shall in fact open up automatically for you on your lap whilst you are sitting down. The barbed wire box cannot be ignored once you've been handed it back, as who could ignore the pain of opening such a parcel? This parcel is marked:

'For Immediate Delivery And Attention Of The Owner'

You can imagine the mess and pain on opening this box. Remember, this is your parcel that you sent, in ignorance, to yourself some time back. It has now arrived back home to you to be opened, and opened this box must be, however painful and unpleasant that maybe.

The World And Its Endless Smoking Rooms

Some boxes in this house (your life) will make you cry, leaving you feeling weird and tired. Others on opening will leave you feeling so happy and normal. There are many unopened parcels in many rooms in this house waiting to be delivered to you at the right time. Your mind is an intricate house of furniture (*karma*), which has had many desires in the past and in response to those desires, has created much furniture for you to sit in with many unusual designs. None of this furniture is comfortable to sit in as they are based mainly on look and show (body-consciousness).

There Are Unlimited Parcel Deliveries Every Second

Wherever you are and whatever you are doing, this door of karma can open and the boxes hit you on the head, fall at your feet or in your lap. The door of karma sees unlimited

parcels delivered from unlimited rooms, from unlimited houses to unlimited people.

Gift Box

So life has come down to just boxes of all importance in your life. You are constantly being handed one box or the other to be immediately opened throughout the day. No day can ever pass and no minute can go by without you either having to look into an unexpected box or you opening a box (at the hands of your past *karmic* debts). It is impossible for your hands to be ever empty (of suffering or enjoying the past) in life.

Everything depends on what you packed into your boxes long ago and in what frame of mind you were in when you packed them, as to what you'll find in them now. For sure, if you packed away boiled eggs (bad *karma*) in the past, you can be sure it is going to smell (be painful *karma* or at best, unpleasant) when you open the box today. If you packed your boxes (life) with good actions, thoughts and intentions, then you'll have nothing but happiness on opening them. If you crammed you boxes full of negative thoughts, poor actions and decisions, you cannot be surprised that they make you feel unhappy, sick or painful when you open them. You cannot expect to be happy on opening a gift box that you've

only ever placed garbage in.

**Are You Best In Show? Or
Are You Still Yet To
Bloom?**

In a garden there is a flower bed and a place for manure. In life we can create the good which is worthy of being on show as if in a flower bed, or as is often the case, most thoughts, moods and attitudes should be thrown on top of the manure pile. Some live such an elevated life that they could win BEST FLOWER IN SHOW; such is their inner beauty, virtue, fragrance and external radiance.

Good Past, Good Boxes

So there you have it — two boxes, which need to be opened every second of every day. The boxes you will have packed yourself, even you will not be able to remember what you've packed inside and what lies hidden away for you. They shall either have been packed carefully or in a slapdash and uncaring way. These boxes are all-important in your life as they will determine how you feel from one minute to the next when you keep opening them. You may open one 'happy box' one minute, followed by 30 'unhappy boxes', as is normal today. We are at the mercy of our past and how we lived our life. For sure, good past, good boxes.

Of course, we are all going to

get bad boxes to open from time to time as none of us have been saints. The trick to success and happiness in life is to always try and turn any bad boxes into good boxes, so lessening their effect on you in the present; for one bad box opened now, can create another bad box for you to have to open in the future if it caused you to react badly on opening it. No one is devoid or exempt from receiving bad boxes but you can greatly limit the impact they have on you. How? To open every box, good and bad, with as much love as possible. This trick or knack of opening bad boxes and not letting them affect you, is the difference between success and failure in life.

**Do You Have A Heart And
Head? Or Only A Kidney
And Appendix?**

As you do not see much love in the world, you also do not see much success either. Love and success go hand-in-hand in life, a fact which most do not realise or pay any attention to. Yes, self-discipline brings its own rewards and is a key ingredient to moving forward but the 'heartbeat' of success is love and wisdom is the 'head'. How many people do you see walking round without a heartbeat and head? You can survive with one kidney or one lung (fairly disciplined) but not without your heart and head.

**Learn To Ignore Bad
Boxes And Move On**

We must accept that we are going to receive bad boxes and we should learn to move on as quickly as possible in life after opening one. This is the harsh reality of life: that we shall get bad and difficult times and to move on as quickly as possible after they have passed. No one on the planet can go through life without difficult times but there are some who can quickly put their bad boxes (experiences) to one side (and later behind them) and move on and quickly start enjoying life again.

Opening a bad box will take up your time and energy; it can be painful and cause you unhappiness, but all you can do is learn from your mistakes, become wise and aim to open only good boxes that contain peace and benefit and let out health and happy situations for you to enjoy.

**You Should Aim In The
End To Be Left With Three
Boxes On Your Head.**

The aim is to be left walking round with just three perfect boxes balancing on your head. Two of the boxes will have been opened and one box shall still be unopened. Your life has a further billion unopened boxes in front of you. If you become wise whilst opening these millions of boxes, the last three boxes will have God in one, a perfect you in the second and heaven in the third box.

— (... Contd. from Page No. 3) —

with them.

Certainly, India never wanted war with its neighbours. India has never taken the extreme step to stop the inflow of refugees into it, on sheer humanitarian grounds. Indian policy of peace and non-alignment being pursued even in very critical times, is a solid proof, if proof is required of her non-aggressive line of thinking, because of legacy of compassion and large-heartedness her people have inherited right from the deities of Satyuga down to the present time. India believes, and her tradition shows, that the whole world can be ruled through love and faith and when these qualities are lost, the ruler-ship is lost. Look at the ancient rule of Sri Lakshmi and Sri Narayana, Sri Sita and Sri Ram and other deities, who enjoyed world sovereignty without fighting a violent war.

“Live and let live” is the policy inscribed in the very heart of every Indian and none can deny that India wanted this to become the policy of all nations, at least in Asia, for which, the principles of ‘Panch Sheel’ were advocated by Pt. Jawaharlal Nehru at the historical Bandung Conference. Though betrayal by its neighbouring countries took the people and the forces of India by surprise, yet the people of India faced

the crisis with courage and co-operation.

The spiritual heritage of Bharat has given its people the spirit of renunciation and sacrifice, love and hospitality, peace and friendship, purity and piety and above all, the strength to ‘forgive and forget’. No doubt, these spiritual values are now on the decline because of the existing evil atmosphere of tension and turmoil. And that is why, World Almighty Authority, God Father Shiva, Allah or Jehovah, the Father of all soul brothers of the world, has reincarnated again in Bharat, to rejuvenate the spiritual standard of the people of the entire world. He is ‘Kalki’ of the ‘Srimad Bhagwat’, now descended on Prajapita Brahma (the human white horse). Now when He is with the Pandavas again in Bharat, who dares even think of destroying the land of the Padavas? The spiritual power derived by the Padavas from Him will destroy all evils within the people of the world today. The rule of righteousness will shortly prevail in this eternal land, i.e., Bharat, the land of the descent of God.

The will of a nation to live peacefully cannot be crushed by

the mere military power of another nation. Though Bharat is the land of a variety of races, there is innate unity in this visible diversity. Her people have learnt by inheritance, to sink all sectional and sectarian differences and to stand united and unified to face any crisis at any time. Irrespective of the differences based on caste, creed, religion or gender, the spiritual understanding of brotherhood of man and the fatherhood of God, taught by Almighty God Himself, has strengthened this bond of unity a thousand-fold. Any disintegrating elements within, will perish against this supreme power of unity on the basis of spiritual outlook.

It is high time for one and all of us to rally round God Father Shiva, obey His commandments of purifying ourselves and remaining in His supreme remembrance to gain vital inner or spiritual strength to face the challenges of life. Victory will be of those who take the side of God. Others will surely destroy one another and lose everything. Pandavas have always been victorious in every *Kalpa* (cycle of 5000 years) and they will definitely be victorious again and the land where they live, will ever remain immortal. ●

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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