

|| From the mighty pen of Sanjay ||

SPIRITUAL MATERIALISM OR MATERIALISTIC SPIRITUALISM

There are some people who have intense love for spiritualism but that brand of spiritualism is not constituted of pure spirituality. It has streaks of materialism of one sort or the other. No doubt, these people engage themselves in spiritual practices and persuade others also to have spirituality in their life but still their own mind is tied in knots of materialism. It is a fact that they devote their time and energy in propagating spirituality and are dedicated to high ideals but their manners and methods and their hopes and aspirations clearly reflect some special kind of materialism. It is true that they understand the benefits of soul-consciousness and advise others to give up body-consciousness and they themselves also practise soul-consciousness but, in their zeal to spread spiritualism, they have their eyes set on those people who have money and material goods so that their money and material things can be used for the spread of spiritualism. They always seek an occasion when they can motivate and prompt rich people to contribute liberally towards preaching spiritualism in various ways.

But in doing this, their intent is not wholly spiritualistic but it has always a touch of worldly ambition, for they have hidden desire for glory and praise. These people have a strong desire to own big *ashrams* and to have things on grand scale so that they are known far and wide as spiritual overlords.

These people hold big congregations and mass gatherings; people in large numbers come there to listen to their discourses and to have community dinner. But the purpose of holding these mass-scale programmes is not to spread waves and vibrations of spirituality, but to have a large number of people who remain in their fold. Thus, they have desire for name and fame and material abundance. In this sense, they are protagonists of spiritual materialism or materialistic spiritualism.

These people embarked on their spiritual journey or career by just being seekers- after-truth or being simple spiritual practitioners. At that time, they did not have any slight or strong ambition to own and run big *ashrams* for their own glorification. They did not have even a faint idea of collecting huge sums of money. But, as they marched forward on the path and the people

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FINDING GOD – BENEFIT FOR ALL

Most of the TV Channels, newspapers and other media resources have been flashing the great news about the ‘God Particle’ having been discovered by scientists in CERN, an underground nuclear research centre (the world’s biggest) on the border of Switzerland and France. The discovery is attributed to Prof Peter Higgs of Edinburg University and the Indian scientist, Satyandra Nath Bose who had proposed the mechanism that predicted such a particle in 1964. The new boson is said to be consistent with the Higgs boson, and CERN have noted that further data and analysis were needed before the particle could be positively identified. The entire humanity is so happy with this new development, which will perhaps even help in transformation of atheists into believers of God.

The great saints and scholars of ancient Bharat spent ages in different kinds of meditative practices to realize the ‘self’ and ‘God’. On the basis of their respective reflections and experiences, they wrote

volumes after volumes of ancient scriptures. However, humans continued their search for God. Most devotees would feel elated on receiving news of this latest discovery, however, chances are they won’t be able to understand, realize and benefit fully to the extent of their existing expectations. They are neither able to visualize nor relate with ‘God’ to receive any sort of peace and solace as has always been expected from the Supreme Divine Energy. Merely by naming a new-found particle can in no way play the role of God, the Supreme Parent of All.

According to God’s own promise, He reveals Himself directly to His human creation at the appropriate time. God’s ways are true but very strange, and can only be understood when He descends and bestows Divine Understanding human souls, His eternal spiritual creation. The Creator and Creation are eternal and the exact knowledge of both, when revealed, becomes an eye-opener or astounding revelation for the whole world.

It was in the year 1936-37

when the most auspicious time for God’s descent onto the eternal World Drama stage dawned... Supreme Soul, Supreme Father God Shiv, on the most auspicious *Maha Shivratri* of 1936, descended for the first time and bestowed divine visions upon His chosen, worthy medium, Dada Lekhraj, who was later given the divine name, ‘Prajapita Brahma’. Following God Shiva’s *Shrimat*, Dada left no stone unturned in glorifying and revealing the Supreme Father to the world, thereby bringing greatest benefit to all.

God’s ways are unusual and unique, but very clearly defined, so that even ordinary people can perceive, understand, practise and receive benefit from achieving *Mukti* (liberation from vices, peacelessness and sorrow) and *Jeevan-Mukti* (living a life of health, wealth and happiness free from bondages). How can anyone find God and take benefit unless God Himself bestows divine insight and divine intellect? Once an individual receives His blessings in the form of spiritual wisdom, moulds one’s consciousness towards righteousness, and starts practising Godly principles, then only will one’s *karma* become elevated. Without having proper connection or *yoga*, neither can

one derive inner strength or regain original pristine purity in life, nor become His worthy child and regain the lost paradise and divine royal status with 100% purity, peace, health, wealth and happiness. With all of the above, one becomes worthy of regaining the golden-aged *Jeevan Mukti* status of 21 successive lives in *Satyuga* and *Tretayuga*.

Let us enrich our lives by contemplating on spiritual wisdom from one of the latest Godly versions (Murli) i.e. Versions of the Supreme Teacher through the Medium of Prajapita Brahma:

▶ *In order to be victorious in the boxing match with Maya/Ravan (negativity), let the intellect always focus on the fact that you have*

been victorious cycle after cycle. Donate the five vices of lust, anger, greed, attachment and ego to conquer Ravan.

▶ *You have now forged the spiritual relationship with God, while previously you were bound by Maya's bondages. There is sorrow experienced in bondages and happiness in relationship. This is why we tell God to help break our bondages and forge relations of happiness.*

▶ *A devotee is one, who remembers God, but there are hardly any devotees in the world today, who truly know God.*

▶ *Understand that the vices, like, anger are evil spirits. Donate them to God, but don't take the donation*

back, otherwise they will return to harass you. To donate the five vices means to renounce them. For 63 births, you have stumbled around. Now, in this last birth of the cycle, remain pure as you will earn a great income.

▶ *You, spiritual children, understand that the world has to transform, which is why the Mahabharat War will take place. Your intellect has now opened (awakened). You are standing on the spiritual battlefield facing Maya. God says, 'Have complete yoga (connection) with Me. God, the Supreme Father, will bestow world sovereignty on you in return – this is no small matter'.*

LAUNCHING OF THE 2012-13 YEAR-LONG BRAHMA KUMARIS CAMPAIGN: CALL OF THE TIME – RECEIVING GOD'S POWER FOR GOLDEN AGE

The National Launching of the Brahma Kumaris' 2012-13 year-long Campaign on the theme, "**Call of the Time: Receiving God's Power for Golden Age**" took place at New Delhi's Sirifort Auditorium on Wednesday, 4th July 2012. Hon'ble Chief Minister of Delhi, Smt. Sheila Dixit was the Chief Guest, while Rev. Dadi Hirday Mohiniji, Addl Chief of

Brahma Kumaris, presided over the function. The Auditorium was packed to capacity with invited dignitaries. The Chief of Brahma Kumaris, Rev. Dadi Jankiji, gave her blessings through video-conferencing from the Headquarters in Abu (Rajasthan).

Earlier on Tuesday, 3 July, over 100 specially invited guests participated in a very thought-

provoking and interesting dialogue at Om Shanti Retreat Centre, near Gurgaon. We present a very brief report of both the events below for our readers' benefit:

Dialogue at Om Shanti Retreat Centre on 3rd July 2012:

'This is the time to imbibe values and empower the self' was the conclusion that

emerged from a dialogue on 'Call of Time – Receiving God's Power for Golden Age', held at the Om Shanti Retreat Centre (ORC). The gathering included two dozen top-level serving and retired bureaucrats, industrialists, politicians and more than 70 other guests. Also, gracing the occasion, were Dadi Hridaya Mohini, Dadi Rukmani, B.K. Brij Mohan, B.K. Chakradhari and B.K. Asha.

B.K. Asha, Director of ORC and Chief Host of the event, explained the theme to the guests and urged them to reflect on what was the call of time for them individually, and then share their thoughts so that everyone could gain new insights into this subject.

Before the guests took up the topic in earnest, Dadi Janki illuminated it through a video message. Dadi Janki asked everyone to avoid waste and imbibe values: "According to the state of the world, the present time is very valuable. Imbibe values and take benefit of the present time. There is loss in wasting time," she said.

"If our thoughts are pure and peaceful, our time is used with joy in a worthwhile way and we get power from the Supreme Soul. The Supreme Father says, draw powers and virtues from

Me and remove everyone's sorrow and give them peace and happiness. Whoever we see, remember that everyone has some quality or speciality. We must not look at the faults of others," she said.

Referring to Mahatma Gandhi's message of 'talk no evil, see no evil and hear no evil', Dadiji said, "God tells us to think no evil. When we 'think no evil', spirituality and divinity enter our life and we become instrumental in lighting the lamps (of awareness) in others. 'Don't look at', 'listen to' or 'think of the past and of things that don't concern you.'"

In the dialogue that followed, the common thread running through the ideas expressed by the participants about the call of the present time, was the need for self-awareness and for imbibing spiritual values. The speakers pointed out the failure of the present political, economic and social and educational systems to deal with the problems confronting humanity. They noted that man had achieved remarkable technological progress, but at the same time had drifted far away from his true, spiritual identity. Contentment, peace, love, tolerance, faith in the self, generosity, determination and self-empowerment were

mentioned by the speakers as the values needed the most now.

Underlining the importance of values, B.K. Chakradhari, Director of Brahma Kumaris activities in Russia, said, "We need to master all virtues and pay attention to picking up virtues from all. This way we can make our lives valuable."

Examining the subject of values further, B.K. Brijmohan, Editor, *Purity*, a monthly magazine, published by the Brahma Kumaris, said, "To increase our stock of spiritual values, we first have to empower the soul. When we lose power, instead of virtues, negative things start working inside us. At the present time, the original powers of the soul have been weakened by negative impressions. If we enhanced our spiritual powers, our stock of virtues would increase. And Rajyoga was the method by which we could empower the soul in order to bring virtues into our life and do what is right."

Dadi Hridaya Mohini, then blessed the audience with her inspiring words. She said the root cause of suffering in the world today was that we had forgotten ourselves and took what was 'mine' (the body) to be 'me'.

"When we forgot that we are

souls, our connection with the Supreme Soul, who is the Father of all souls, was broken, and vices entered the soul. As a result, our actions became misguided. We must return to our spiritual identity so that we can re-connect with the Supreme Father, from whom we receive the inheritance of happiness, peace, love etc. Now is the time when God is giving us His powers and virtues, which we can draw from Him by practising Rajyoga meditation,” she said.

B.K. Shukla, also a Director of ORC, then delivered the vote of thanks, after which the participants received toli, blessings and gifts from Dadi Gulzar.

NATIONAL LAUNCHING
on 4 th July 2012:

‘Balance Material Evolution with Spiritual Revolution for Better Life’

–Smt Sheila Dixit

“Excessive material, scientific and technological growth without proportionate ethical, moral and spiritual development has resulted in myriads of problems, vices, violence, crimes and calamities that are driving entire human race towards frightening future. What is emergent today is a kind of spiritual revolution and empowerment to employ the

best of material evolution for building better life and society.”

Chief Minister of Delhi, Smt Sheila Dixit shared this during the All-India Launching of the Brahma Kumaris’ Global Project titled, **“Call of Time – Receiving God’s Power for Golden Age”** in a public function held at **Sirifort Auditorium** on 4th July evening.

Attributing all human avarice, fear, insecurity, ills and ailments to people’s increasing subservience to materialistic, consumerist and physical sense-centric lifestyle & culture, she stressed on the need for practising elevated human consciousness, spiritual laws and values as solutions to the current crises of character and identity.

She called for cultivating a culture of love, caring and sharing by adhering to the tenets of spiritual wisdom, eternal values, simple, positive and healthy lifestyle for building a better society of holistic and sustainable peace, progress and prosperity. She commended the consistent efforts of Brahma Kumaris in the moral and spiritual upliftment of people’s lives and character.

Rajyogini Dadi Janki, Chief of Brahma Kumaris, while addressing the august gathering through video-

conferencing from Mount Abu, said that the call of time is to connect our inner self with the Supreme Soul for receiving spiritual power which would enable us to best utilize our precious time, thoughts and other resources in serving humanity.

Presiding over the function, **Rajyogini Dadi Hriday Mohini, Additional Chief of Brahma Kumaris** said that ignorance about our real spiritual identity had delinked us from God – the eternal source of true peace, love and happiness. The practice of Rajyoga Meditation is the way to experience innate wisdom, virtues and powers which are the foundation for building a Golden-Aged culture and civilization.

Rajyogi B.K. Brijmohan, Chief Spokesman of the Brahma Kumaris Institution and **B.K. Shivani, Brahma Kumaris’ Motivational Speaker of Aastha Channel fame** delivered talks on “Receiving God’s Power for Golden Age”, while **B.K. Gayatri Naraine, Brahma Kumaris Overseas Representative from U.S.A** gave greetings on the occasion. **Brahma Kumari Shanti, Director, Sirifort Area RajYoga Centre,** conducted collective Meditation for the gathering.

– B.K. Nirwair

WHAT DOES GOD HAVE IN STORE FOR US? WHAT IS MEANT BY 'GOD'S PLAN?'



—Rajyogini Dadi Janki, Chief of Brahma Kumaris

God says: Keep the intellect plain. Mamma emphasised this too. Baba is giving us a divine intellect, so that we can catch what He tells us. He says: Don't waste your time making your own plans. What is God's plan? We are all in God's hands. God



is our Companion. The Drama plan is wonderful. All you need to do is accept God's plan – from the heart. God's plan holds so much benefit for all of us; in a way we couldn't have imagined. The Father is the Benefactor and we become the World benefactors – this is God's plan. See how Baba has pulled us away from the old, impure world to take us to the new, golden

World. He makes us sit here in order to perform charitable actions.

We say: 'Baba, You are mine'; and Baba says: Yes, child, you are Mine. Each accepted the other. First, we were the physical creation and now, we are the mouth-born creation. When we have all our relationships with Baba, we are able to heartily talk to Him. It is our great fortune that we move along according to God's plan. Brahma Baba is the lucky chariot as Shiv Baba entered his body, and we, too, are fortunate as we became His children. Now, there are millions of God's children and all are really fortunate.

When we move along according to God's plan, not making other plans, God every day guides us what to do. By following His signals, all of our past sins are absolved and we develop the power to perform elevated actions. We do double work. We don't repeat the mistakes made in the past. Everything in the Drama is past; the present is what is in

God's plan.

How do we know that we are catching God's signals and really following His plan?

We are God's army. It is the army of those who have love for God, who are on God's side. We all have the same study and the same aim. The attainments are the same and our aim is to catch what God is teaching us. We experience the strength of whatever Baba is saying. It is a wonder that, when we have Baba's touching, it is accepted by everyone. From Tennyson Road to Global House, it is God's plan and He has always made someone an instrument. Dadi's instructions were that Global House should feel like God's Home, as well as a Hospital and a University. How did it all happen? Souls were touched and I see these as God's divine activities. See it and accept it with love. Never have the thought, 'Where will the money come from?' Money comes. Whose plan is this? God is teaching us to be aware of how fortunate we are. Remain

free from the feeling, 'I am doing' – these are not the words of God's children. God's children say that we are moving along according to God's plan and we have the guarantee that success is with us. Then, we are able to catch Baba's signals. Many just move along according to God's plan but others are confused as to what to do. Just remain peaceful, happy and quiet, knowing that the string of your life is, in God's hands.

Is there a Hindi word for 'God's plan', that is less businesslike? 'Prabhu Leela?' The most valuable thing for anyone in the world is happiness.

How do we enjoy watching 'Prabhu Leela'?

ENJOYMENT AND PLEASURE

We have happiness, when we enjoy ourselves and we enjoy when we suddenly win a lottery. This was my fortune. Think of the divine activities. In my life I have really enjoyed myself and considered it to be my fortune. Seeing my part, I have remained cheerful. See the self, knowing that you are fortunate. Whose child am I? I am Baba's child. It is wonderful Drama and wonderful Baba.

How does one increase one's faith in God's plan,

Prabhu leela?

Faith cannot be increased; but we have to do everything with faith. There is (1) *bhavna* (pure feelings) (2) trust and (3) faith. Trust is instilled when there are pure feelings. If I use my intellect, the work will not get done. In the history of the *yagya*, we were young innocent children and moved from Pakistan to India. We had this *bhavna* in Baba that all would work out well. The Sindhi community was questioning it, but we never used our intellect; we kept faith. Those who used their intellect, left Baba. I never had the thought about who would feed me. When there is no faith, we miss out on the attainments from *bhavna*. We are empowered by faith and trust. Just keep good wishes and *bhavna*; then you can help many create their fortune based on faith. With *Bhavna*, there is no problem. With faith in the intellect, victory is guaranteed. We just have to stay carefree and say 'Wonderful Baba!' He has given us such great knowledge.

We are all doing our best to reveal God and to make sure God's plan is enacted in the way He wants. What are the barriers to this?

We cannot talk about 'our plan'. Look at the feelings in the

heart of those who want to glorify Baba. They will do everything with that aim. There are (1) those who create obstacles, (2) those who are afraid seeing the obstacles and (3) those who finish obstacles. If my own nature is an obstacle, or if I see an obstacle and become afraid, how can I reveal Baba? Just continue to do Baba's work and do not allow obstacles to stop you. It is the destroyers of obstacles who reveal Baba. Which category do you want to be in? Those who are 1st class can overcome every situation with faith.

Be stable and unshakeable and then you are able to do service of the *Yagya* while being cheerful and everyone is happy. For this, we receive Baba's love and blessings in an incognito way. Everything works well here; the *Yagya* continues with the power of faith and will continue to do so. Dadiji looked after it very well. Baba looked after it very well. The power of the foundation works even now. Maintain stability, and do not allow yourself to be caught up in upheaval and fluctuation – then you will experience so much attainment; you will feel you are not missing out on anything and others will be able to benefit too.

FACE TO FACE WITH GOD – AN EXPERIENCE

– B. K. Dr. Gopinathan, Hosur

I was born in a low middle class family. During initial years of my childhood, I used to have the feeling of flying and jumping in the air. Neither was I able to understand its reason, nor did I ask my parents about it. While playing with my friends or walking on the street, I frequently felt as if I was flying. As I grew up, this feeling vanished slowly and I also forgot about it.

As my father had passed away when I was very young, my mother brought me up. I had been an average student in school but after joining college, I studied well and passed the Engineering course with honours. When I was studying in the third year, one of my friends showed me the picture of the Three Worlds and commented, “Hey, you are coming from Shanti Dham (Soul World) to this college to do your studies.” That was the first time in my life that a B.K. explained Godly knowledge to me. But at that time it did not appeal to me. My friends and I used to make fun of the guy who showed us

the picture. After that I forgot this instance.

Subsequently, I joined Indian Institute of Science (I.I.Sc.), Bangalore, to study Master of Engineering in Foundry Science and Engineering. I got all India First Rank and passed the course with Distinction. Then I joined IIT, Madras as a Lecturer and continued my teaching for about 11 years and left IIT as Asst. Prof. During my stay in IIT, I was sent to Germany to do my Ph.D. I completed my Ph.D in a record time of 1 year 8 months. I also got an award for my work in Germany. I was the first Indian to get an award in Germany.

After leaving IIT, I worked for several reputed companies, for about 35 years, and finally retired as Director, R.&D. from Viraj Forgings, Mumbai in the year 2010.

Throughout my career, I used to perform worship. Without reciting *Gayatri japam*, I would not even drink water. Even while travelling by train or plane, I would perform *Gayatri japam* before eating

anything. We used to arrange a special worship on two occasions every year at a grand level in which all the neighbouring couples were invited for lunch and were given gifts. The two occasions were: *Satyanarayana Pooja* (twice or thrice a year) and *Ganesh Chaturthi*, once a year. Once, when I was working as G.M. in Klass Engineering, Bangalore, *Satyanarayana Pooja* was in progress at my residence. The priest was reciting some *mantras* and we were offering flowers on the idols. At that time I realized that we were performing so many *Poojas* (offerings) to God without knowing who He is. I felt I should see God and talk to Him. This wish of mine grew more earnest and I started showing this even in my official work. In the factory, I was next to the owner in official hierarchy and I could decide day-to-day work-related matters. All sub contractors used to come to me to get their work sanctioned. At that time I used to tell them that if they could show me God, their work would be sanctioned. One day, one contractor came to me and said, “Sir, I will show you God, if you give me this work.” I signed the work order. The next day, he gave me a thick book titled “The Holy Name”. It was

written by a foreigner belonging to some cult. The contractor gave me the book saying if I read that book, I would get God.

Taking it very seriously, I started reading the book with all sincerity, but I could not understand anything. When we met again, I told him angrily that even after having read the whole book, I could not see God and that he had cheated me. Then he told me that I would not be able to get God just by reading the book. To see God, I should go to a Guru in Ludhiana. I was very keen to accompany him to Ludhiana to meet the Guru. When I came home, my wife objected to my trip commenting there was a lot of unrest and violence in Ludhiana at that time. Hence, my trip to Punjab got cancelled.

But my urge to see God and talk to Him did not diminish; on the contrary, it was increasing with full force. One day I saw an advertisement in Hindu newspaper: "Those who want to see God can contact the following address". This advertisement was from some ashram in Bihar. I felt very happy and thanked God that He had sent the advertisement only for my sake, to satisfy my wish. Immediately I wrote a detailed letter to them giving all my educational background and

experience indicating my present position and telling them that I was eager to meet God. I got a very positive and prompt reply from them saying that they could show God to me, but it would take 3 years. I was asked to fill up an enclosed form and to return that to them with money order for Rs 115. I was thrilled and was jumping with joy. As I had spent so many years searching for God, waiting for 3 more years to meet Him, was not a big deal, I thought.

So, I filled in the form, got the money order ready and kept it on the table to send it. My wife saw it and started shouting at me. She asked me whether I wanted to become a sanyasi and leave the family. Afraid what would happen to the family if I leave them and go, she said she would not allow me to go to Bihar. Saying this, she tore the form into pieces and threw it in the waste paper basket. My wish to see God again failed like the gas in the soda water.

So, I continued my routine work, but with a greater inner urge to see God. Days passed. My son, Deepak, (presently working as Senior Manager in 3-M India Limited) who was studying in an Engineering College in Mysore, came home for holidays. He used to explore

Bangalore city with his friends during holidays. One day, he went exploring the Bannerghatta road in Bangalore, where he saw a cave temple for Anjaneya and then came to the then newly constructed Meenakshi temple on the same road.

After visiting the temple of goddess Meenakshi, he went to see the 45-foot high Shiva Lingam seen from the road, standing majestically. When he went there, he found that the building had been shaped as Shiva Lingam and a pictorial exhibition had been displayed inside it. One sister explained to him about Soul, God, the Eternal World Drama and our role etc. Impressed with this novel explanation, he said to me, "Daddy, you have been searching for God throughout the world, but God is here in Bangalore itself." He narrated his experience and urged me to go and visit that place.

The next day, accompanied by my wife and another friend's family, I went to see the Shiva Lingam at Gottigere in Bangalore. There, one sister explained to us the divine knowledge given by God Shiva. I had many doubts and went on asking a lot of questions. On seeing my interest, the sister told me that one Dadi ji

(a senior BK sister) lived there who normally didn't meet new comers; but since I was so much interested in knowing about God, she could arrange a meeting with Dadiji. And I happily agreed to meet her.

I met Dadiji and sat in front of her in a chair. Dadiji spoke in Hindi and I needed a translator. Nevertheless, that meeting was a turning point in my life in quenching my thirst of talking to God. After routine enquiry, Dadiji gave me a powerful *drishti* and I was looking straight at her eyes. During that time, I felt as though some current was passing through me, but it was a pleasant one. All my doubts about God got cleared and I was fully satisfied. I had never felt so happy in my life. After that, Dadiji advised me to take up one-week course. I promised to Dadiji that I would take up the course the next day itself.

Her name was Dadi Hariday Pushpa and she was In-Charge of Karnataka Zone of Brahma Kumaris. She was one of the founding members of Om Mandali (erstwhile name of Brahma Kumaris organization), and a great Rajyogini who could elevate souls to spiritual heights through her powerful *yog-drishti*. I was fortunate indeed, as a chance meeting with her

had led me to God-realisation.

As my wife and the friend's family had some other appointments, I alone went to the centre the next day and attended the first-day course.

The Brahma Kumari sister explained about the soul. It was for the first time that I understood the self as incognito soul, separate from the body. This new explanation appealed to me. I felt very satisfied with the knowledge and somehow I felt that it was this place, where I would be able to see God and talk to Him. During the traffic control break, the sister told me to think of God for a few minutes. At that time I saw a beautiful point of light in my mind; I was certain that it was God. I told this to the sister and she also confirmed that it was God Shiva. There was no limit to my happiness. I returned home full of joy and told my wife that the Brahma Kumaris gave the true knowledge and that no particular religion was taught there. The next day, she joined me and the first-day course was repeated. From then onwards, i.e., since 1st Jan, 1992 we have been regularly attending the Rajyoga classes.

After having attended the regular classes for about three months, we had a chance to

visit Mount Abu, International Headquarters of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya for a special VIP programme, accompanied by B.K. sister of our centre. The complex is lovingly called Madhuban which means the Forest of honey. B.K. sister Sheelu repeated the one-week course in an excellent way. Thus, our foundation of the divine knowledge became very strong. After having attended regular classes for about six months and having fully understood how God comes in the body of Brahma, we again visited Madhuban to witness the descent of God Father Shiva. During the first visit of Bapdada's meeting, my better half felt as if she was playing with Shri Krishna in Brindavan and I had the vision of Brahma Baba with white beard, in the Subtle World. I understood God as He really is and His role in this Drama. I started talking to Him in Shanti Dham during my meditation sessions.

Now-a-days I teach Baba's knowledge in one of the Geeta Pathashalas and in one Engineering college. While travelling by train or plane, I try to share this knowledge, at least briefly, with my co-

passengers. Once I went to Germany and had a chance to give Godly message to my Professor in German language. I explained to him the Eternal World Drama and told him that the Drama repeats identically every 5000 years. He had lost his wife and was worried; I knew this. I told him not to worry and assured him that his wife would come once again after 5000 years and that he would enjoy his life with her once again. He stared at me for a while and told me that if the cycle were to repeat every 5000 years, he was happy that he could meet her once again, but he was very much worried that Hitler would also be coming again!!

I have now understood that my childhood feeling of flying high in sky was certainly related to the mental flight of soul towards the Supreme Soul and *Param Dham*, our original home. I have had several experiences in the past and every day I experience sustenance from God in my day-to-day life. Thus God has fulfilled all my wishes of seeing Him and talking to Him. Also, He is taking care of us in our daily life. If the readers like my experience, I can share more instances to show how God has been guiding us in our day-to-day activities.

Thank God! He has made me write this experience for the benefit of all readers.

A DIDACTIC STORY

A farmer was taking three of his donkeys for sale to the market.

On the way, he saw a river, and decided to have a dip. Since, he had only two ropes to tie the donkeys to a tree, he looked around wondering how to tie the third one.

He saw a sage and sought his help if he could give him a rope to tie the third donkey. The sage did not have a rope but had a suggestion.

He told the farmer, "let the third donkey see you tying the other two donkeys to a tree. Then you pretend to tie this one also".

The farmer did as he was told and went for a dip in the river. Coming back, he thanked the sage, and saw that the donkeys stood exactly at the same spot where he had left them.

He untied the two donkeys and patted the third one to start moving. After going a little distance, imagine his surprise when the third donkey stood still at the same spot.

Cajoling, kicking or talking did not help with the donkey, refusing to move from the spot. The farmer went back to sage, who told him, "untie the third donkey". "But", protested the farmer, "I have not tied him".

The sage asked, "You know it. But does the donkey know that?" Sure enough the farmer went back and pretended to untie the donkey. The donkey moved immediately as though released and walked over to join the other two donkeys.

Moral of the story: we are all also tied up by too many imaginary ropes..... which are really non-existent. The only truth is there are no boundaries in real life and anyone can stretch to any extent ... Don't we all see records being broken, every time, everywhere and every day?

[Forwarded by
B.K.Dhyaneshwar Burve, Pune]

NEED FOR SPIRITUALITY IN MODERN LIVING

– B. K. Surendran, Bangalore

It is a fact that modern world has provided all physical and material comforts and facilities. The Information Technology has converted the world into a global village. Anything happening in any part of the globe, is known to its other parts, in a second. Barring a few countries, others have sufficient food to eat, cloth to wear, place to live, avenues for earning a livelihood and so on. Health care facilities available are unprecedented with a lot of specialisations, law enforcement and security agencies have knowledge and facilities to combat, control or prevent violence and maintain law and order. Great strides have been made in literacy field, empowering people to understand the affairs of the world on their own and their capacity for contributions has increased. Transport facilities in all areas have improved. There is unprecedented increase in the purchasing power of the people.

Looking at all these modernisation and upgradation, some people think that this world has become a veritable

heaven. But, the stark reality is that even though people have everything material and physical in life; they do not have the real wealth of peace, happiness, solace and security. Due to the absence of these, their life at four dimensions is in jeopardy.

Life at the emotional level

Human being is a thinking species. Man has feelings and emotions. He is an emotional being. Due to waste and negative thinking, which is influenced by the five vices, tension and stress is produced, leading to emotional outbursts here and there. Sometimes, there is silent emotional eruptions, while at other times vociferous emotional outbursts create uneasiness within a person's own self, in his surroundings, both for fellow human beings and also the nature. This happens due to the fast lifestyle, which is the order of modern living. There is cut-throat competition, concocted and make-believe popularity contest, intense urge to rule over others, restricting the

freedom of others, voluptuous urge to amass wealth by any means, unprecedented exhibitionism are the nature of emotional undercurrents which are prompted by the inner acquired nature of vices such as sex-lust, anger, greed, attachment, ego, jealousy and sloth. Such an emotional upheaval and imbalance is creating a lot of uneasiness in the inner life of the people in general. There is widespread emotional conflagration, due to which, no one is peaceful and happy in the midst of the so-called material prosperity. This emotional heat is percolating down to the body of the person concerned and he is experiencing physical illness of different kinds. This is now pushing oneself to depression and nervous breakdown. Heart attacks and diabetic casualties, suicide rates are increasing day-by-day. Many people become slaves to illicit habits like consuming alcohol and smoking.

Life at the relationship level

Because there is no emotional health and well-being, the emotional imbalance is reflected in the relationship. Harmonious relationship is one of the important aspects of a happy life. But, since there is no happiness, peace and ease in the mind of man, he is not

able to behave and interact satisfactorily and cordially with the fellow human beings. His unrest is mixing up with his efforts to develop better relationship with others; relationship may be with wife or husband, children or parents, friends or relatives, people who are known or unknown. The inner heaviness has thrown away the rules, governing inter human relationships, which in turn triggers uneasiness and dissatisfaction and thus the relationship is broken. Since almost everyone is on the same pavement and mindset, there is no scope for providing a soothing or curing effect by anyone else. As a result, we have more paining and crying hearts and also more and more broken homes, while at the physical and material level they are well off. The number of divorces, destitute children and old-age homes have been increasing at a faster rate. Everything has come to be valued in terms of money and other material considerations.

Life at the conflict management level

We all know that domestic and street violence is increasing. Since very few people have a calm and cool mind, violence and problems of different kinds are not successfully handled by the

majority of the people as they have either a hot mind or a cold mind. Due to emotional imbalance, which is prompted by negative and waste thoughts, when a problem or violent situation crops up, the person concerned is not able to handle it properly. This will again shake up the already disturbed emotional level and also the deteriorating human relationship set-up. It is necessary to have a stable mindset, with coolness and calmness to discriminate and decide what is appropriate at the time of a conflict both inside and outside. In order to solve problems, one should think constructively and creatively with calmness. Since the mind is flooded with waste, negative and vicious thoughts, it cannot experience peace and stability. The solution for the successful conflict resolution again pinpoints to the inner space, conveying the message that one should generate positive, pure and elevated thoughts.

Since the thoughts decide the state of mind and life, one should force oneself to select thoughts at every moment of life. It is something like a recipe for the mind. In course of time, the mind is cleansed of its dirt of waste, negative and vicious thoughts and purity will come to prevail all over mind. From that level,

the emotional health will start improving, and along with that inter-human relationship will also improve. These two will again empower the ability to solve problems in life without disturbing the inner life and also the relationships.

Self-discovery

No one has got time to look inside. Everyone looks at others, watches others; criticises others, pull others' legs; appreciates others, helps others and so on. But, it is most important for us to discover ourselves. We must understand our own thoughts, feelings, emotions, wishes, aspirations, inspirations, specialities, goodness and so on. Unless, we understand ourselves; we will not be able to manage ourselves, successfully. It is necessary for us to watch ourselves, control ourselves, regulate and lead our thoughts, words and deeds, our movements and feelings, impulses and responses, and also the experiences which we gain from time to time. It is also necessary for us to review our experiences and educate ourselves to revise and refine our course of responses to gain better experiences. Through this process, we will come to discover ourselves. My body is my mortal dimension. The body is perishable. The energy

within is imperishable, that is, what I am. I am the most powerful conscient spiritual energy, which is supplying the energy required for the body to sustain life for me. Therefore, I am the sum total of all my thoughts, feelings, emotions, impulses, responses, discriminating and deciding capabilities and a bank of experiences. Underneath of all these is, a virtuous core, which is now overshadowed by vices. These ramifications and dimensions are all the manifestations of the micro star of consciousness which abides between the eyebrows, in front of the hypothalamus – that is what I am, the soul. Soul-consciousness i.e. when I am aware of my own identity, not only that I am the Master of my body, but also I am the Master of my own spiritual self. Therefore, our real existence is spiritual. When we are aware of our spiritual essence, our natural virtues of knowledge, purity, peace, love, happiness, bliss and power will become active in different dimensions in the forms of values, which will reflect in our thoughts, words, actions and interactions. Therefore, it is very essential in modern living.

God-consciousness – Rajyoga meditation

There is need for a paradigm shift in our consciousness. Soul-consciousness gives us freedom to choose appropriate thoughts, through which appropriate feelings and emotions can be generated. This also gives the virtuous core, a chance to sprout and grow and influence my thoughts and decision-making capabilities. Soul-consciousness again gives rise to a natural inclination to connect oneself to the Supreme, who is the Ocean of all spiritual powers. On my own, I am a spiritual power, while when I connect my thoughts, feelings and emotions to the Supreme, I am charged with the spiritual power. Spirituality is a combination of all goodness and spiritual powers which are gained through natural soul-consciousness and God-consciousness. It is called Rajyoga in spiritual language.

Conclusion

The greatest casualty of modern living is that man knows more about everything outside of himself and very little about inside of himself. But, the truth is that everything in the World starts from within. Therefore, for want of correct knowledge of himself and of God, his emotional management, relationship management, conflict resolution management are not properly handled. By gaining this knowledge, he is able to combine Spirituality with modern living so as to enjoy freedom and life.

An Inspirational Short Story

TO ERR IS HUMAN, TO FORGIVE IS DIVINE

This is a story about two friends who were walking along the desert. At some point of the journey, they had an argument and one of the comrades slapped the other one on the face. The one who got slapped was hurt; but, without saying anything, he wrote on the sand:

**TODAY, MY BEST
COMRADE SLAPPED ME
ON THE FACE.**

They kept on walking until they found an Oasis, where they decided to take a bath. The one who had been slapped got stuck in the quagmire and started drowning, but the friend tried to save him and ultimately succeeded in doing so. After, he recovered from the near drowning, he wrote on a stone:

**TODAY, MY BEST FRIEND
SAVED MY LIFE.**

The friend who had slapped and saved his best comrade, asked him-"After I hurt you, you wrote in the sand and now, you wrote on a stone, Why?" The other friend replied, "When someone hurts us, we should write it down in the sand, where winds of forgiveness can erase it away. But, when someone does something good for us, we must engrave it on stone, where no wind can ever erase it."

CHARACTER AND HONESTY- THE INNER BEAUTY

– B. K. Neena, East Delhi

We often read in the Murli, “*Sachche dil par Sahib raazi*”... which implies that even our Shiv Baba, Who is the Almighty Authority, gets pleased by the one who is honest and clear-hearted! Do we often analyze ourselves through introspection and retrospection, as to how truthful and honest are we? We get so easily influenced by outer beauty, which is a made-up beauty in Iron Age (unlike *Satyug*) – not a natural one! We easily praise the person who is either good-looking or has certain achievements in life or is gifted with immense talent, intellect and so on and so forth... But, how many of us gauge a person or rate an individual through his or her character? Is anyone’s education or achievement a yardstick to measure his/her character? As goes the saying, ‘**Constancy is life, Vacillation Death**’. However wealthy or educated or intelligent and talented a person may be, if his/her character is lost, then everything is lost – he/she falls with a thud on the ground, losing all his/her self-

esteem that he/she has garnered over the years and falls in everyone’s eyes.

Sometimes, even Baba’s children get swayed away by the attractions of the pompous, materialistic World, not realizing the fact that we have to forget this old World which is soon going to perish one day and that the destruction is round the corner. On mental plane, we don’t get easily detached from the mundane World, whereas those who are truly obedient children of the Almighty, keep Baba in combined form and discharge their worldly duties, remaining unfazed and untarnished by the happenings and tidings of the World. How facile it appears to be; but it’s not all that easy. One has to empower himself/herself with Godly powers through constant practice of silence in solitude, and meditation. Then it would become a day-to-day habit to witness the scenes, anecdotes of life as a silent spectator and audience of the World Drama.

Every child of Baba ought to reflect and reveal Baba’s divine traits as living Angels... As

goes the clichéd saying, “Face is the Index of the mind” – Our faces must reflect our inner virtues – the inner beauty, that could make a common man wonder, “Surely they have attained something which we haven’t – a lasting Happiness and Peace, which all of us have been longing for”.

Life is not an instant coffee

Most of us want quicker results. Seeing others, at times, we start comparing and in the midst of this, tend to lose our identity, little realizing the fact, that each is a unique individual endowed with a specialty, which belongs only to that particular individual. We want to reach the top immediately and get worked up when things go wrong or some or the other bottleneck comes our way. We feel dejected and give it up! The virtues like Perseverance and Patience are forgotten.

One must remember that nothing is instantaneous. For every endeavour – whether in the realm of academics, career, music, sports, physical fitness, and relationships or even in spirituality, constancy and consistency is required; it is a long arduous journey. Sometimes, we dismiss others’ achievements or qualities as pure luck or believe that they have support, approach etc.,

...that God is being too kind and partial to them and not to us. And thus we frown. No wonder, most of the people get bitter and disillusioned with life and themselves and look for escape routes which seem to promise quick results in the form of momentary happiness and yet another mirage..., they get entangled in. Alas, little do they realize that God has showered all with so many treasures, one only needs to be faithful towards one Baba and He is there to guide you along. **However, only an honest heart can be seated on the Heart Throne of Shiv Baba.** An honest and truthful aspirant, who has strong character, will succeed in any venture with the help and constant support of the Almighty. Truth, Purity and Honesty become his/her adornments. He gets divine Light and Might at any critical juncture. His true, silent meditation and spiritual efforts do not go unanswered and last but not the least, such a

character remains content. He becomes capable of empowering others too, with his/her powerful vibrations and service of mind (*Mansa Seva*). Such people virtually don the personality of simplicity, humility and royalty and do away with ostentation. On the other hand, there are a few, who continue to commit sins with impunity, not bothered about the consequences of the same. Honesty and sincerity lie in not repeating the mistakes again every now and then; if you confess your sins before Baba and yet commit them again, is not being a good character. Therefore, one must tread the straight path, however difficult it may seem initially, and happily follow Baba's elevated instructions/*Shrimat*.

Remember, you can do everything, but not all at once ...you can do everything but you may not be the best at everything! This attitude could usher positive thinking, enhance one's creativity, bring you closer

to your true being and act as a protective shield against any negative aura or negative energy. Positive attitude goes on to improve relations. We know and have experienced that thoughts are like seeds we plant in our mind. The more you hold on to a particular thought, the more power you tend to invest into it! Evidently, positive thoughts lead to positive responses, whereas negative thoughts have their negative repercussions—they boomerang accordingly. Therefore, to conclude with: be honest, upright; build up a strong character... and be loyal to one **BABA**... things will automatically be smooth-sailing. Each one of us is wonderful, unique, powerful and beautiful. Believe in God, accept the truth and lastly, the fact ...that the Drama is beneficial. Even if things seem to look dismal, gradually they die their natural death and there always appears to be a silver lining beneath a dark cloud! ●

CREATE VISION

Never believe anyone who says that he cannot change. Vision is one of the secrets of personal transformation. We are all artists; our mind is the arena of creation and vision is what we are constantly creating. What is your vision of yourself today – patient, relaxed, positive or tense, tight and negative? What do you prefer? So, be creative; – what does patience look like, feel like? What are you doing that is different when you are patient and you are expressing your power to ... wait? Always start with vision not action. See it, and you will be it. Be it, and you will do it. This is how we create our own life.

FULFILLING OUR DUTIES IN LIFE

– Lt. Col (Retd.) R. K. Langar, Noida, Delhi

Srimad Bhagwad Gita exhorts man to attain perfection by performing his allotted duties in a spirit of sacrifice, which means without expecting the fruit of actions, without attachment, and even without the feeling that ‘I’ am the doer of actions. When you offer the fruit of your actions to God and also its doership, then your work becomes worship of God. With actions performed in this manner, one attains purity of mind, which is a prerequisite for gaining progress on the spiritual path. Man has to perform certain obligatory duties, while living in the world, which are detailed below.

Recognise the Soul, Develop the Self

Our first duty is towards our own self. Let us identify and recognise the self as a point of light, *Atma* or soul possessing a body. *Atma* takes the support of the body to express itself and plays its roles in the World Drama. God, the Supreme Soul, is *SAT CHIT ANAND*, i.e., absolute Truth, Absolute Knowledge and Absolute Bliss.

Being a progeny of God, inherent qualities of soul are also purity, peace, happiness, love, compassion etc. Generally we neglect the nourishment of *Atma* and give utmost importance to improve our physical charm. An ordinary human being thinks that if our body is attractive, our mind and intellect shall also grow. We must realise that we should have all-round development of our personality, giving equal importance to both—physical and spiritual nourishment—to attain a wholesome personality. For its nourishment, soul needs rest, silence, peace, love, truthfulness, happiness and righteousness. These are prerequisites for inner development of soul. When we acquire these traits, these manifest in our conduct. A complete man is not only worldly wise but also spiritually elevated which is only possible when we provide appropriate nourishment to the soul. In life, we generally nourish the visible part of our self, i.e., body, but

ignore the invisible and subtle part i.e., soul consisting of mind, intellect and *sanskars*. To keep the body in a fit state, the body should be given *satvik* food, proper exercise and kept neat and clean. Body is the temple of God and, therefore, it is our responsibility to keep the temple of God free from any type of dirt. Mind should be nourished with love, happiness, peace and bliss. Mind should be kept pure by allowing it to practise spiritual values. Intellect should be nourished by knowledge and wisdom. Yoga and meditation strengthen the intellect and give power to judge after discriminating between what is right and what is wrong and following the righteous path.

It should be noted that mind is the chief faculty governing the body. We should avoid suggesting to the mind of our limitations like sickness, old age and death. If mind is kept healthy, the body will be able to handle its stress. Mental hygiene is superior to physical hygiene. A healthy mind also helps us to form good relationship with others.

Our Home is Heaven

Our second duty is towards the maintenance and upkeep of our family. We should never have a possessive attitude towards them but we should act like a trustee,

without attachment, in meeting their day-to-day requirements. It is our responsibility to teach higher values of life to our children. Children learn more by actions of their parents rather than by words. It is, therefore, essential that our conduct as parents should be exemplary. If parents' actions are righteous, trustworthy and helpful, children shall adopt these traits with no difficulty. What children learn from their parents remain with them life-long. Do not get angry with your children for some of their faults. Make them understand what is correct, with love and patience. Do not have unjustifiable expectations from your children. They should be nourished to grow at their own pace.

Honesty and Sincerity at our Work Place

Our third duty is towards our place of work, which is our source of income that enables us to maintain ourselves and our families. We should regard our place of work as a sacred place and work with integrity, sincerity and honesty. We should never think of amassing wealth by unfair means. Work becomes worship of God, if we offer the fruits of work and its doership to God.

Creating Better Society and a Better World

Our next duty is towards the society we live in and the world in general. We must remember that we are the children of one God and so the world is a family. So, we should deal with others as nicely as we expect others to deal with us. God says that I am the friend of all, so, there is no reason why we should not maintain friendly relations with all. Make the world your own, as there is no stranger in the world. Friendship is a trustworthy relation, which is a tool to cure hatred and promote peace all around. Give as much as you can to the society and world in general. If nothing else, give good wishes to all. Serving others is the salt of life. The more energy you spend in serving others, the more divine energy will flow into you. Service should always be provided to the poor, down-trodden, sick and neglected. When you serve others, your own problems become less. Serve with a feeling of equality and compassion. When a person

realizes that we are the members of a great spiritual family, sons and daughters of the same Supreme Father, his attitude towards others will change into love and spirit of service.

While living in the world, we should always contribute to make it a better place to live in. We may not be able to change others before we change ourselves into a better person and inspire others to become good people. **The golden rule is to serve all with body, mind and wealth to the extent possible and depending on our capabilities.** We all can help others as we all have some talent in us.

The above-mentioned four duties are equally important and we should perform these duties without neglecting any of them for the sake of another. These duties are like the four legs of a table, which give stability to the table if all are of equal length and size. Any shortcoming in any of the legs will make the table unstable. Thus, we can surely contribute to make this world a better place to live in.

Life's challenges are not supposed to paralyze you; they're supposed to help you to discover 'who you are'.

Episode – 9

THE ETERNAL JOURNEY



– B. K. Mukut Sarma, Nalbari, Assam



An old person, aged 70, came into contact with the Brahma Kumaris Rajyoga Centre. He attended "Murali" classes and practised meditation regularly which brought a lot of transformation in him. He also started sharing the knowledge of Rajyoga with every person he met. He used to come to the centre riding on a horse which would run very fast.

But after a few months, his horse became very weak and tired and so was he. So, he was not able to attend the classes regularly. In absence of regular spiritual studies, his interest in making spiritual endeavour reduced and finally he stopped coming to the Centre.

One day, Sukumar, B.K. sister Jonali and some other B.K. brothers and sisters, were standing in front of the Sub Divisional Collector office on Palla road. They had come to meet with S.D.C. and request him to allot a piece of government land to the local Brahma Kumaris Centre.

It so happened that the above mentioned gentleman was also passing through the same Palla Road, riding an old bi-cycle. In front of his bi-cycle, he had tied a large sized 'Chepa'. (Chepa is an apparatus made of bamboo which is used for catching fish in the shallow running waters in the villages of Assam. Fish, once trapped in the Chepa, cannot come out of it!) Actually he had borrowed it from one of his relatives. It was the Monsoon season. There were a good number of fishes in the pond behind his residence and he wanted to catch some; he had again become a non-vegetarian.

Had he taken the road in front of the B.K. Centre, it would have been a short cut for him. But on that day he had avoided the short cut totally. He was afraid that if any Brahma Kumari sister saw him carrying a Chepa, he would have to cut a sorry figure. Therefore, with a view to avoid any contact with the Brahma Kumaris

sisters, he had preferred a longer route-- through the Palla road.

B.K. brother Pulin saw him and called him. It was Pulin's intention to save him from the awkward situation of facing the B.K. sisters who were standing at some distance from them. In an effort to avoid Pulin, that brother started to cycle faster. But after covering a short distance, he had to stop his bicycle, as he found the B.K. brothers and sisters standing on both sides of the road (in the form of a Chepa). He was trapped in a very awkward situation, in the Chepa planted by drama/destiny.

But he was pleasantly surprised that sister Jonali spoke to him very affectionately and also encouraged him to resume the "Murli" classes and he promised her to do so. Thus, his spiritual journey started again.

Many new students of Rajyoga find it difficult to relinquish the habit of non-vegetarian food. Despite having a great liking for the knowledge

taught by the BKs, some aspirants avoid attending classes for they feel embarrassed each time the topic of purity of food crops up.

Sukumar himself was very fond of non-veg food and could not imagine a meal without it. Noticing such deep-rooted habit in him, one day his father allowed him to eat meat and fish as much as he could! Then his father asked him whether he was satisfied. Sukumar told him that he was satisfied for that day but the next day he would again like to eat it!

Though Sukumar's father could not persuade him to abstain from non-veg food that day, later on, after attending the Murli classes and practising meditation for a few months, Sukumar was able to overcome this habit easily; he had learnt to take power from the Supreme Father, Incorporeal God Shiva.

This is how the practitioners of Rajyoga get support from the Supreme Father, lovingly called Shivbaba.

Sukumar was gazing at the beautiful and fragrant flowers blooming in the pots placed on the verandah of the BK centre.

He wondered how God has been working on human beings during this Confluence Age! He is transforming this old world, which is like a jungle of thorns, into a divine garden of flowers. God has been nurturing us with knowledge, virtues, and powers. Well, we shall be planted in Satyug, the Golden age, where all would be like flowers—spreading fragrance of purity, peace, unity, harmony and happiness all around.

– The End –

TIME

– Janet, Guyana

Time is magnificent
Embrace it with admiration
And marvel at its superb nature

Time is magical
Treat it with alertness
Be in awe of its wonders

Witness how it unfolds a tiny bud
Into a blooming and colourful flower
And slowly changes a green hard fruit
Into a tasty, ripe, juicy one

Observe the fantastic way
In which it develops a child
Into an immaculate vigorous man

Time is available to all
Just like the air, the Sun and the Moon
Free without any conditions
It presents itself to you
Without being invited

Time means saving a life, to a doctor
Money, to the businessman
And a healer, to one with a broken heart

Time teaches us
To pay importance to the 'Now'
So that there will be no regret
As its hands tick away

Time is powerful
It turns day into night
And today into tomorrow
So, be aware
Before, "Too late" is the cry

Time waits for none
Irrespective of position or possession
Strength, beauty or fame

It wields its mysterious sickle
As it moves on its journey
Until the end of time

HAPPINESS IS NOWHERE!

**'It's Time©' by Aruna Ladva,
B.K. Publications, London**

Many of us continually postpone our happiness – indefinitely. It's not that we consciously set out to do so, but we keep assuring ourselves: "Someday I'll be happy."

It will be interesting to see just how well you read the above title. Did you read it as: Happiness is nowhere... (Oh no!) or that Happiness is now here! (Yippee!) Even if there was a slight vision adjustment needed to view the 'correct' sentence, it's an indication of exactly how correct the subconscious mind really is – whether it sees happiness everywhere or not.

We tell ourselves, we'll be happy when we get out of school... get our first job... get a promotion... when our bills and mortgages are paid off. We convince ourselves that life will be better after we get married, have a baby, then another and oh, perhaps another might bring a bundle of joy! Then we assure ourselves that we'll have more space and time when the kids go to school or when they get through the troubled "teens phase". Ultimately we tell ourselves that we will be happier next year or during our next

vacation! The truth is, there is no better time to be happy than **RIGHT NOW**.

In fact, a widely publicized study reported in the British Medical Journal in 2008, involving 4700 participants, revealed that happiness, more than unhappiness, tends to spread in social networks from person to person more consistently. The power of happiness, moreover, can span another degree of separation, elevating the mood of that person's husband, wife, brother, sister or friend. Happiness is indeed contagious!

Researchers, at Harvard University, who helped conduct the study, wrote that one person's happiness can affect another's for as long as a year, and while unhappiness can also spread from person to person, the "infectiousness" of that emotion appears to be far weaker. This proves that happiness is innately closer to the soul, than sadness and that by nature we are happy beings.

Since happiness can spread through a population like a virus, why can it not influence and improve the health and well-being of clusters of people, who do not even know each

other?

Surveys by Gallup Poll, the National Opinion Research Center and Pew Research Center conclude that spiritually committed people are twice as likely to report being "very happy" than the least religiously committed people. Perhaps this could be due to having a social network, the fulfillment of volunteering or a sense of purpose.

Happier people are more productive and thus more successful. Happy hormones create a healthier life and so your cells begin to smile too!

Happiness is a mindset; turn on your switch to happiness. Happiness is a power. Sadness is simply an absence of happiness, as darkness is absence of light. When your mind is set and you are truly exhilarated, especially about something that you were striving to achieve, you won't allow anything to 'steal' your happiness.

A happy attitude has to be cultivated. Take things lightly and go easy on yourself. Nothing is as serious as it looks. And nothing as bad as it seems. If you have lost your happiness because you burnt your expensive shawl, or broke your precious vase or scratched your new car, then think again. Did you really ever think that those

things could give you infinite happiness?

So what about relationships, you may ask. What if that someone special, who seemingly gave you so much happiness, suddenly decides to exit from your life in whatever shape or form, is your sadness not justified then? Fortunately not! To think that something or someone out there, is the SOURCE of your happiness, is an illusion, the consumer industry has been thriving and booming on. If you are happy in that one's company, it's because they are REFLECTING back the happiness, that is already there inside of you.

The happiness Rajyoga refers to, is not one derived from temporal experiences such as indulging in chocolates or receiving accolades and awards, but rather an innate happiness that bubbles from within the moment you simply remember, that is, re-member with your happy state.

Being happy is a choice. Choose this week to be happy... for no other reason than the fact that you deserve to be happy. Just try it; what have you got to lose? (Sadness!?) Start emerging happy hormones, and you'll see just how contagious it is. There is no doubt that we are happier when we are in close proximity to other happy people – therefore, choose to be around happy people.

In the practice of meditation, you ascend from happiness, to joy, to bliss until you finally arrive at fulfillment and contentment. And it is at this point that you arrive at peace. This is the state where peace is synonymous with happiness.

It's time... to choose to be happy. Happiness is not tomorrow, **it's now**. It is not a destination; it's **enjoying the journey**. Happiness is not a dependency on something or someone, **it's a decision** you take for yourself. And before you know it, you'll be flying above all your worries, and all the things due to which you were postponing your happiness and then the inner voice will shout out... **happiness is now here!**

SEVEN WAYS TO ELEVATE THOUGHTS

– Dr. Anand Mahanand, Hyderabad

How much time you spend in self-introspection?

How often you wonder about your greatness?

You consider yourself handsome,

Highborn and fairest of all

How do you think you are right?

But others are inefficient, lazy and corrupt

You waste much time speaking ill of others

Giving names to your rivals and neighbours

Making fun of them as subjects to condemn

Pouring cans of poison and venom

You are pained to see your rival progress

But have a hearty laugh if he's depressed

How much you hatch plans for your enemies?

Don't know someone is constantly watching?

Understand you'll receive what you give

Don't indulge into waste thoughts

You are not made for them

They will pull you down

Turn your destiny to hell

The Dhammapada says:

'Don't follow low practices

Don't live carelessly

Don't hold wrong views

Don't prolong the suffering world."

So also Sri Aurobindo:

"Elevate your self

And realize the divine in you."

So, give up your waste thoughts

Say 'stop' when they occur

Or divert them towards divinity

Towards peace, happiness and purity

They will make your life better

Happy, peaceful and pure.

THE INNER BEING

– B.K. Rajesh Challa, Milpitas, U.S.A.

“Beauty is not in the face; beauty is a light in the heart.”
– Khalil Gibran

Every time we stand in front of a mirror, we admire our appearance. We make so much of effort to look better – costumes, cosmetics, perfumes, plastic surgeries, ornaments, fancy objects and electronic gadgets and what not. Why do we want to look beautiful? We seem to crave for someone’s attention, attraction, admiration, recognition, acceptance and approval.

We often feel so proud of our physical beauty. We are enormously influenced by the pomp and the splendour of the outside world.

If we look at it a little bit deeper, we can realize whether we have any choice to decide what kind of body we get before we are born? What are we really proud of then? This body is God’s gift according to our past *Karma*. Is it not? You will be flabbergasted to know how much control we really have on our body. We cannot stop the body aging. Can we? But, we act like we are the boss. In fact we have become slaves of our body.

Check how many things body demands in a day. We yearn for variety of tastes, physical luxuries, comforts, status and recognition and so on.

If you are not getting what we want, it gives you pain, hurts your ego, makes you express your anger, hatred and jealousy. Even though we get everything, we are only content for a short while. We feel like having more and more ...

Because we believe more is better. We have created a vacuum inside. We have developed a belief that happiness comes from worldly possessions and wealth. We are often confused between comfort and happiness. We are in a race to get more... leading to comparisons, competition ... not always we win the race... which results into dissatisfaction, depression, frustration, restlessness and tension... growing this feeling inside a long time... makes you physically sick and most importantly makes you emotionally weak ... That’s where we lose balance...

judgment... confidence... feel confused and we feel totally lost. We become so desperate... We even sacrifice our values. Some will lose hope. Some will look for short cuts. Some will search for temporary pleasures ... Some become addicted to substance (smoking, alcohol, drugs etc.), extramarital relations etc. This will only add fuel to the fire.

We think science and technology would be the remedy for all the problems and the daily innovations can improve the quality of life. Has it only brought advancement or adversity too with it? Besides benefits, we have guns, missiles, and bombs on the other side which only helped to create more terror, violence, tension and wars. We live in phobia than ever before. Greed seems to have taken over the rule everywhere within individuals or with nations.

Perhaps we can find “peace” only in Google, and not in real life. As someone said “Life used to be good when apple and berry were mere fruits”. There is so much of ‘I’-touch in our life than the human touch. We seem to have more than we really need. Still we admire how fortunate and peaceful our grandparents used to be.

We continue to quest for peace and happiness in every possible place and means. We

roam around temples, churches, other places of worship. We fall prey to false beliefs, rituals, magical bands and lucky stones.

Yet, we may fail to get what we want..We even blame GOD for not listening to us without understanding who He really is. We even tried to humanize GOD. What a nice try?

The actual problem is not outside, but inside and lies within us. We do not really understand who we are in the first place. Have you ever bothered to look inside you? Have you listened to the voice inside you sitting in solitude? There is someone inside waiting for your awakening for so long, the one who has everything you are looking for the Unlimited Treasures of Love, Happiness, Bliss, Purity, everlasting Peace, the Power and the Knowledge. True Characteristics of an Angel... **You are an Angel.** It's time to rediscover the lost sovereignty.

You are an eternal soul, a conscious being and a powerful energy. We already knew this... Don't we? Maya has made us to forget this simple yet most valuable truth.

When you remember, "you are a soul", your body has no influence on you. You only treat the body as a costume for you—the Soul. It is a guest house for the soul to stay for a while. You have to return this body back to the nature one day. You will act like a trustee to your body. All the materials and possessions, for which you traded your peace, will stay here; what you really take with you is the results of your actions (*karma*) in this world.

When you move along with this consciousness, all barriers will be broken ... male–female, rich-poor...black-white... religion, caste, nationality, language... all differences will disappear. There is no place for any sort of vices (Lust, Anger,

Attachment, Greed and Ego)....

What you attain is "Contentment, Serenity, Accuracy, Simplicity, Freedom, Tirelessness, Magnanimity, Truthfulness, Punctuality, Purity, Stability, Co-operation, Humility, Generosity, Tolerance, Benevolence, Flexibility, Maturity, Honesty, Love, Self-Discipline, Wisdom, Detachment, Patience, Fearlessness, Lightness, Sweetness, Mercy, Determination, Obedience, Courage, Cleanliness, Self-Confidence, Cheerfulness, Introspection..."

Are these not the signs of being in "Paradise"? Are these not the ones we have been searching for ages?

This will only take a determined thought and a positive change within "YOU"—**The inner being.** Let us make this little jewel, a shining star more beautiful...as beautiful as it originally used to be.

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THE JOY OF GIVING

– Kruti Suchak, Mumbai

The joy of giving is much more abundant and accomplishing than the joy of receiving. When we receive something, the happiness or joy that is produced is external. But, when we give something to others (whether in material form or any other subtle form, as love and gratitude), the happiness that is created comes from within. Giving creates a profound state of “being”. Giving produces an inner salvation that is incomparable and indescribable. When you gift someone flowers, or when you gift someone the love and care they need, there is a space (“sacred space”) that is created between the two persons. And this space emerges the energy of positive vibrations. This energy then creates an inner state of silence, peace and stillness between the concerned persons. Finally, this inner state helps the inner joy/happiness being experienced by them. The happiness further strengthens their bond of relationship, which creates a profound state of zeal and love.

Energy of giving creates miracles in all your relationships. I call this energy of giving as “the energy of the SUN”. The Sun always shines and rises for us,

every morning, regardless of seasons and the outer calamities like floods, earthquakes and storms. The Sun never complains to us that now it is tired and it can rise or shine no more for us. The Sun is always available to each one of us for its LIGHT. The Sun does not expect anything in return for its rising and shining. The Sun does not say to us that you give me this, and then I’ll give you my light.

In the same way, we all need to become like the SUN in all our relationships. We need to be of giving nature in all our relationships, without any expectations. Even though, the other person is showing negative behaviour and creating pain in the relationship, you need to be loving and compassionate to him/her and shower on him/her unconditional love and acceptance and radiate all the love, joy, happiness and peace unto him. And when you give away yourself and you allow your qualities of peace, love and bliss to flow, only then the relationship will blossom and heal. You have to become the “LIGHT”, for the other person to “FEEL LIGHT”. LIGHT

here means emerging true qualities and virtues of each other and sharing them with each other. For example, if one person is sensitive and emotional, while the other person is emotionally detached, then the emotionally detached person can empower the emotional and sensitive person through the virtue of his empathy. This is true giving and empowerment. And when there is empowerment, LIGHT automatically, emerges in the relationship. And when there is this dance of the radiance of each other’s light, the relationship floats in a golden light of peace, harmony, pure love and bliss.

The joy resulting from the diffusion of blessings to all around us is the purest and sublimest than can ever enter the human mind, and can be conceived only by those who have experienced it. Next to the consolations of divine grace, it is the most balm to the miseries of life, both in him who is the object of it, and in him who exercises it.

–Bp. Porteus

Like the rose that spreads its fragrance unconditionally, though it has thorns on it, we need to spread our true virtues and share the true colours of our light with the World. Only then, we will be able to create MAGIC in our relationships.

GOOD MANNERS AND DISCIPLINE – NEXT TO GODLINESS

– B.K. Shyam Paritala, Miyapur, Hyderabad

Good manners and discipline are the prerequisites of a civilized life. In absence of these, life becomes miserable and we have to face lot of difficulties, even if we are highly qualified. We see people, in general, quarrel and fight even over a small issue. Because the society's tolerance-capacity has come down virtually to a zero level, even a small mistake can boil over to a big confrontation anywhere – in house, office or a public place. For example, if someone breaks a long queue at typical places such as railway reservations, submission of forms, filling of water etc., it ends up in total mess, confusion, and even fights.

Our ancestors maintained discipline in all the spheres of life. Discipline was observed to a great extent and the views of elders were considered to be final and obeyed by all. People obeyed their kings, servants obeyed their masters, and children obeyed their parents. There was thorough observance

of discipline as a result of which there were no misunderstandings, quarrels or any kind of negativity.

Gradually with the passage of time, there has been tremendous change in the attitude of the people. The mutual respect has been waning rapidly. No one likes to obey others. 'Might-is-Right' attitude is becoming prevalent. Life has become really fast and people simply don't give any thought to the action they are about to perform. 'My work should be done by hook or crook, at any cost' is the motto of the present day generation. Such ones do not care whether their action would endanger somebody's life or bring reproach on the entire community.

If the leadership of a company is polite and well behaved, it is quite natural that the entire company will reflect the same qualities, create positivity and gain a good name in the market. On the contrary, if the leadership is undisciplined, dishonest and ill-

tempered, definitely the entire staff working under them will be like them, as a result of which the overall reputation in the market will be tarnished. In the long run, that company will lose its business and thus cannot survive.

In today, fast-paced world, both husband and wife feel compelled to work hard to earn their living. This often results in a mad race for money among the family members, finding little time for more important things like rearing the children in a proper and ideal way. Parents provide the children the basic necessities and even comforts for their lives at the cost of neglecting discipline.

Nowadays, right from the day one, when a child goes to school, parents think that giving the child pocket money lavishly, is all that is required, only to realize later that they were actually spoiling their child, who now finds himself addicted to the habits of smoking, drinking, taking drugs and doing other ignoble acts. Thus, the stage is set for the destruction of the very foundation of the family.

Once, I was travelling by a city bus in Delhi about seven years ago. There was also a couple sitting in the back row, but their four-year-old child was sitting beside me. The child was very naughty and ill-mannered.

Twice he kicked me; I ignored it thinking that he did it unknowingly. The third time, he kicked me intentionally. I maintained my cool and explained to the boy that that was not the way to behave with the elders and he should sit diligently. His parents remained mute spectators. He sat quiet for some time. All of a sudden, he got up again from his seat and kicked me. I literally shouted at him. Finally the parents opened their mouth only to defend their child—with an irresponsible statement: “He is a child; just ignore him, he doesn’t know what is right or wrong.” This was a totally irresponsible attitude of parents towards their child, as they were not controlling his indiscipline; and they were not prepared to apologise for his mistake. I finally told them sternly that if his misbehaviour was not controlled, he would prove a great trouble for them. I was supported by co-passengers in the bus, which made the couple bow down their heads.

In the above case, it is the mental attitude of the parents which made the child behave in a stupid and undisciplined way. In any family, whether wealthy or poor, if the child’s behaviour is not controlled by parents in the initial stages itself, he or she may certainly tarnish the discipline of the family by his illegal or heinous acts. If the parents are good-cultured and godly, obviously there will be all positivity around and the children will also develop godly and positive attitude towards everyone. Godly qualities should be inculcated in everyone right from his childhood.

For acquiring good manners and godliness, one must take out time for spiritual studies which the Brahma Kumaris organization conducts at its Centres, worldwide. A thorough knowledge of one’s real self and the Almighty will develop discipline, good manners and godliness in all the sections of society.

LIBERATING THE BONDED SOULS

—Vikesh Nijhawan, Ambala

Now-a-days

No one comes on roof-tops
To look at the Moon
No one stares at the sky
To notice its changing colours
At dusk, people no more listen to
Chirpping of the birds
Returning to their nests

Men now seem to be confined
To their mundane limits
As if jailed by their own will
In the dungeon of their brain

Yet they hope that some day
There’ll be some revolution
A sort of new transition
What they wished
Is soon to be accomplished

When God saw that
All human beings
Created by Him
Have lost their wings
Those whom He taught to fly
Have started crawling
God has again ‘come’ to guide
And by holding their hand
Is teaching them to walk on land

A new consciousness He is creating
From mental jails, only He’s liberating

The lost wings He’s giving as a gift —
Zeal and enthusiasm, wisdom and wit
Now dear friend,
Do you understand?

(Contd. from June, 2012)

GAMES THAT THE MIND PLAYS - II



– B.K. Prakash Talathi, Mumbai

There is “I” and “My”. I, the real ‘I’ is separated by a dotted line of separation. Rather I, the soul, is separated from the body.

I, the soul, function through Mind-Intellect-Sanskar (MIS system), which can be seen from Fig. 1, Fig. 2 explains how the three work in tandem with body. The conscious mind creates a thought, which comes to Intellect. Intellect processes it and takes its decision. If the decision is NOT to bring into an action, the thought still goes to waste paper basket in sub-conscious. It remains there as waste and may be

stinking. If the decision of the intellect is to bring it into an action, then intellect prepares a plan as to how to execute it and instructs the brain which, in turn, orders the respective (sense) organ to carry out according to the plan. After the action is performed, whatever is the experience, it comes to brain and it forwards it to the sub-conscious where it is recorded and filed for future reference.

Degradation and Purification of soul:-

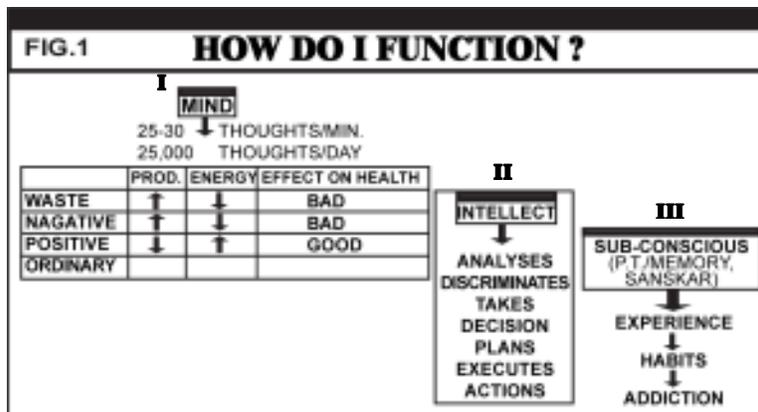
Let us discuss the working and importance of Mind, Intellect and *Sanskars* in the light of my personal experiences. Born and brought

up in a remote village of Maharashtra, I was sent to a city for higher education by my parents. As I settled there, I developed a friends-circle of my own. Few of them were smokers and one was even a chain smoker. Whenever we used to meet, one of them would definitely offer a cigarette. As I was not having a *sanskar* of smoking, I would politely turn down their offer. They used to make fun of me, teasing me by commenting that I was a villager. I would observe them smoking: how they were enjoying it, creating smoke circles, removing the ash in different styles, how impressive they were looking, what impression they might be forming on girls, etc. And one day a thought came to my mind: let me smoke; let me see how it is like. The intellect refused outright: “Why do you want to smoke? It is written on the pack that ‘Cigarette smoking is injurious to health’.”

The mind pleaded: “Let me smoke just once and see how it is like. Smoking once is not going to affect my health. There are many people in the world who are chain smokers.”

The intellect raised another point, “When your parents come to know, they will not like it. Forget smoking.”

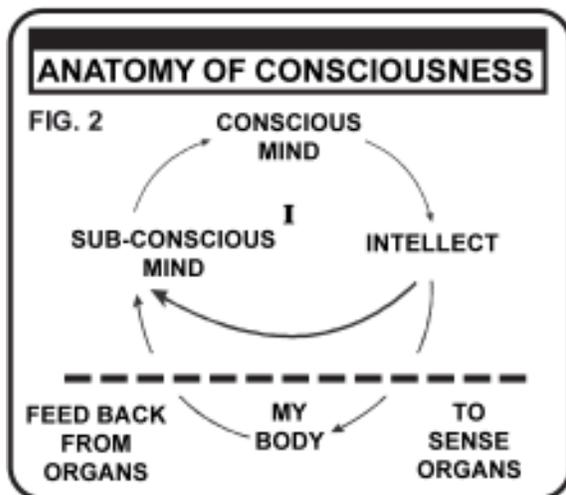
However, mind didn’t give up.



It said engagingly, “How will parents know? They are in village. They are so simple.

The weather had become very cold. We, friends, assembled in the college canteen. Someone

gives just a great feeling’ and it helps digestion’ etc. This is how the soul, which was pure before, comes down a step below. Why? Due to the influence of friends and weakness of the intellect or corrupt intellect (*Buddhi-bhrashta*)!



ordered hot tea. It was served and one of the friends took out a pack of cigarettes and offered to all. Suddenly, my *sanskar* expressed the desire to smoke. Mind forwarded the thought to

Anyway, I’ll smoke just once and never again.”

Likewise, a debate went on within me. Surely the one who was powerful would win. Had my intellect been strong, I would not have smoked in my entire life. However, my mind was strong; it somehow convinced the intellect and the influence of friends was also there. As a result, I smoked. Immediately, a file was created—the taste, the smell, the feelings were registered in the sub-conscious and it became my first *sanskar* of smoking cigarettes. I didn’t like the taste and the experience was registered as ‘unfavourable’, So whenever cigarettes were offered to me, I used to refuse.

intellect. Intellect asked, ‘Why do you want to smoke? You were to smoke only once.’ However, the mind was interested in smoking. So, somehow it convinced the intellect and I smoked second time. **The intellect gives maximum resistance for the first time. Its resistance goes on reducing subsequently. So, it becomes easier for mind to convince the intellect. And the habit is formed.** Thus the habit turned into addiction and I became a chain smoker.

So, which is the best company in the world? God’s! God indeed is the best company in the world. God’s company uplifts you; it never lets you fall down. And only God, who is truth, can strengthen the intellect by filling it with truth and powers (*Sat-buddhi*). It can further be understood how soul descends under the influence of various vices. For example, violence is caused by injured Ego or Anger, rape due to Lust, cheating and killings due to Greed etc. This is how a pure soul degrades gradually and subsequently becomes impure. **Hence, the belief that the soul is immune to vices (*Atma nirlep hai*) is absolutely wrong. That is why we call *paap-atma* (Sinful soul) ; we never say *paap-sharir* (Sinful body). If one can replace vices by virtues, instead of descending down the ladder of degradation, purification process will start.** However, to imbibe virtues, powers are required. Hence, one has to connect himself to the source,

One day, during rainy season, it was raining cats and dogs.

Now see the fun; the intellect, which was refusing to smoke initially, started arguing in favour of smoking. It made its own theories as to how ‘smoking is good and essential’, ‘it helps to think clearly’, it helps in clearing the bowels in the morning’, ‘it

the Almighty Authority, to get himself empowered.

I started my career in textile industry in Mumbai, India. After initial struggle, I became head of a department in a textile mill. This position gave me authority to purchase the raw materials of my choice for my department. Keeping this in view, one of the suppliers came to my residence and tried to convince me about the quality of their products which our predecessor was also using. He added that while maintaining quality, they also entertained him on a regular basis and that he would offer the same package to me. This was something new to me. The financial position at home was always tight. So, I easily fell into the trap, against my conscience. I accepted the envelope containing thick wad of currency notes. After he left, we kept the envelope in front of God, as if I wanted to make Him a partner in my bad deed. Certainly, there must have been a debate between the mind and the intellect wherein the latter had to lose its ground. Smoking, the habit that I picked up, was nothing compared to this corruption. Thus, I went further down due to greed. This is how the intellect goes on becoming corrupt. **A corrupt intellect (*Buddhi-bhrashta*) makes us *Dharma-bhrashta* (corrupt in our religion/**

discipline) and *dharma-bhrashta* makes us *Karma-bhrashta* (corrupt in our deeds). A corrupt intellect corrupts our disciplines (*Dharanayen*) and that in turn corrupts our deeds which directly affect our destiny.

Thank God! When I received the Godly knowledge imparted by Incorporeal God Shiva through the corporeal medium of Prajapita Brahma, I realised the importance of purity in our thoughts, words and deeds. I got Him as my Father, Teacher and Satguru and so, accompanied by Him, I could ‘swim’ against the ‘current’.

When I was working in a Textile unit in Lagos as a General Manager, I had every power. I could have sucked money from the unit and started something of my own; many had done so. Luckily I came across this spiritual and ultimate knowledge, which kept me virtuous, cheerful and light. The turnaround was so wonderful that people started appreciating it greatly. Once, an European gentleman, who was head of a Multi-National Company in Lagos, asked me before leaving my office, as to how much cut he should keep for me. I said, “Nothing! On the contrary, whatever you wanted to offer me, reduce your prices to that extent”. On listening these

words, he got up and saluted me. This gave me such an intoxication that was really unparalleled and which could not be bought by any monetary means.

Surely this knowledge is meant for a practical life. Some people think that this knowledge is good for listening, but not for practising in life. This is a wrong understanding due to weakness of the soul. **When Mahatma Gandhi introduced the idea of *Satyagraha* and Non-Violence, many of his colleagues must have felt it foolish to suffer the lathi-charge from police and spend their life in the prison. However, Mahatma Gandhi created history, and gave the message: ‘Stand with your own truth’.**

Mind thinks; intellect visualises and forms mental images of it. When mind creates a thought and intellect visualises the same thought with every detail – that is called **concentration**. However, when mind creates a thought and intellect wanders aimlessly (somewhere else) then there is no concentration. Concentration is extremely useful for success. Concentrated and focussed efforts are prerequisites for realising our aim and objective. *(.....to be continued)*

GOD'S JUSTICE

– B.K. Ramesh Rao, Thane

It's rightly said that God's justice is absolute. In the World today, most of the justice, even by the highest judges, may not always be correct, but God's justice is always right as He knows us inside out. If we try to hide something from our fellowman, it may stay hidden, but we cannot hide even a tiny bit from God Almighty, and His justice is always perfect. If we believe this, we shall never go wrong. We can be sure that this is absolutely true and whatever we do or say is always recorded. Therefore, we should lead a moral, sincere and compassionate life. We can fool each other, we can try to fool ourselves, but we can never fool God Almighty. So, let us try to improve ourselves. We know that no man on this Earth is perfect, so how could we be?

We are trying so hard to become perfect, by gaining the good and discarding the bad. Every soul's goal should be self-improvement so that one can reach God Almighty – the Perfect Being. So, in our life, we must make sincere efforts to do good, speak meaningful words

and never harm our fellow men. And we should never be unkind and also try very hard not to be a hypocrite. We can achieve if we want to; but, the genuine desire should be there.

Baba, in His daily Murli, gives us His *Shrimat* to follow, practise and give His message. Those who understand His message and inculcate His teachings in their life practically, get the inheritance of *Sukhdham* or *Vaikunthdham* via *Paramdham* or *Shantidham* for eternal happiness, joy, ecstasy and exhilaration. This is His promise to us, children. On the other hand, those who do not take His *Shrimat* seriously, and disobey God's *Shrimat*, will be subjected to severe punishment through His Right Hand-Dharma Raj.

The souls under the influence of vices can be helped by Supreme Soul God Shiva, i.e. Shiv Baba, if they so desire. However, they must have the inner conscience and urge Baba to change them. Baba will definitely help them. It is entirely in the soul's hands to be good or bad. The souls with

bad *sanskars*, can be changed to good souls, in no time. One must have often heard, "Confess and God will forgive you." This is true, but one must pour out one's heart to God with sincerity; then only God will forgive the one. Confession to any human souls is futile for they have no power to pardon. Shiv Baba often tells us through His daily Murlis that one must be absolutely sincere, honest, devoted, frank, with pious and pure faith. Thus, one must be sure that He'll help the one change for better, in no time.

Some go to the places of worship everyday to ask God for more money, more happiness and more success. What is this? This is a visit to such holy places with selfish motive – not for God, but for oneself. Such a person should ask himself, "Can a selfish motive lead me towards Heaven?"

Let us understand this with an example. Suppose one is going to give a great deal in charity. In this case, one should ask oneself, "Why am I going to do this? What is the motive behind doing this charitable act?" It must be understood that it is the motive that matters most. If one's motive is entirely selfless, i.e., it is only to help someone, then, it will be fulfilled automatically. Then, of course,

(Contd. on page no. 34)

— (... Contd. from Page No. 3) — began to praise and adore them for their noble intent, simple life and their spirituality and began to make offering of money, materials and lands, these spiritual practitioners were bitten by the money-bug, they also acquired or accepted grand titles or high epithets and developed a taste for such programmes as are meant to felicitate and honour them as persons.

The path of spirituality is paved with many slippery tiles. One has to be very cautious in one's gait. One may, sometimes see the self surrounded by flatterers and flippant and at other times, by those who want some special favours by offering fat purses, costly gifts, big bouquets or high-flown words of praise. This may sharpen one's thirst for fame, hunger for position, power, high

profile or honour. A true spiritualist is one who remains above these all or participates in such programmes minimally and that also with the idea of service only.

True spirituality does not mean that one should not accept any money, raise any building or have any programme. It only requires that one should have the spirit of *Tyaga* – renunciation—and must not hanker after worldly things that are short-lived, evanescent and hollow. One must not crave for name and fame nor should one allow desires and ambitions to camp in one's mind. One must only love things that are of the spirit and not of the matter. Needless to say that one must look after one's health and have necessary things but one must lead a simple life and must not stretch things out of the limit.

True spirituality shuns all

materialism, enables one to lead a fearless and pure life that gives one constant bliss and contentment. It is the rarest of God's gifts that one can get.

(Contd. from page no. 33)

God will be pleased, because He knows the very motive of the child behind the charity, which is not a selfish motive but a noble one.

Finally, one should think judiciously and with open mind, as to what is the best for salvation and, thereby, keep following the path of his conscience. One must share with Baba all pain, sufferings and problems. Instead of believing what others say, one should follow Baba's *Shrimat* in truest sense. Salvation is surely guaranteed and confirmed only if one has unshakeable and immovable faith in Shiv Baba.

REALISING YOUR PURPOSE

You are a source of the most powerful energy on the planet because you have a mind and an intellect which have the capacity to create thoughts, ideas and actions. If, however, there is no purpose (aim and objective) to your creativity, no focus or direction, your energy and your power will leak out in a variety of directions. You will be left with a drained feeling and the subtle guilt that you wasted precious time and energy. Just as a light bulb focuses and radiates the energy of electricity, a clear purpose focuses and radiates the power of the self. Take time out to consider your purpose in life and how you can realise that purpose during the day, everyday. You will see your purpose in your mind's eye. One day, it will occur to you, perhaps unexpectedly, perhaps in a single thought, or a clear image of stunning clarity (accuracy), but you will know it with a certainty that needs no questioning.

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