

|| From the mighty pen of Sanjay ||

## THE TRUE BIOGRAPHY OF SHRI KRISHNA

In the land of Bharat, there are innumerable temples of Shri Krishna and countless devotees. In every home his pictures are seen hanging on the walls and yet, there is no stamp of his divinity on the human mind. Why? Why is the life of the people, who believe him to be 'charming', itself devoid of any charm? Surely, there are some lingering doubts regarding Shri Krishna in people's minds or some ignorance about him because of which, even after knowing his life-story, they fail to receive



from a perfect deity, like him, the inspiration to sublimate their own lives. On the basis of our own insight and experience, however, we can say that people are really unaware of his shining life and character with his divine attributes, in short, of the uniqueness of his birth and life. That is why man today is 'impure' in mind, feeble in spirit and totally devoid of moral and spiritual fibre. Hence, we relate below the sweet story of his life, so that, keeping before us his divine

attributes, we may be persuaded to divinise ourselves.

### 'Shri Narayana' Was The Other Name Of Shri Krishna Himself

Telling Shri Krishna's life-story is the same as telling the story of Shri Narayana for they are one and the same person. The reader perhaps knows that it was customary in ancient Bharat to change the name of both husband and wife after the performance of the ceremony known as 'Swayamvara'. It was according to this practice that, in the Tretayuga, the name of 'Janki Ji' was changed into 'Shri Sita'. This practice prevails in

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# **POWER OF POSITIVE THOUGHT**



**W**e, human beings, are gifted with the most extraordinary faculty of *thought*, which can be positive, neutral or negative. In the very beginning of our journey of life in this World Drama, every human soul started off with pure or positive thoughts. The example of the first Crown Prince of Golden Age (*Satyuga*), Shri Krishna, enriched with positive thoughts and actions continues to inspire people of all ages. Deep observation of any of Shri Krishna's portraits, whether painted, sculpted or printed, from the very beginning of known history, reveals a most precious and invaluable truth: **where there is positive consciousness, there follows beauty par excellence in all scenes of the drama of life.** Imagine how powerful is his personage for his natural, pure consciousness to reflect magnetism of the highest kind! Men and women, alike, love and worship Shri Krishna for not only His worship-worthy qualities, but more for the human values of love and

happiness, visible in every form and action. The richness of values and beauty of thought, endears any individual, like Shri Krishna, to the whole of humanity.

God's plan to transform ordinary humans to the highest status of godhood, with crowns of purity and sovereignty of the world, is unique indeed. Godly teachings act as catalysis for human transformation through observance of age-old festivals in a totally different but divine manner. Every year, the festival of *Raksha Bandhan* is celebrated before we plan to honour Shri Krishna Janamashtami and for good reason. All over Bharat, people of all faiths (not just Hindus and Sikhs) join in celebrating *Raksha Bandhan* when sisters tie *Rakhis* on the wrists of their brothers, and brothers make vows to protect sisters. However, we now understand the spiritual meaning: at this auspicious Confluence Age (the meeting-point of *Kaliyuga* and *Satyuga*) Supreme Father God Shiva

descends to transform the old world through **Power of Divine Thoughts**, based on the belief that the entire human race is part of His grand and vast family. As His spiritual creation through Prajapita Brahma, we celebrate this eternal spiritual bond of the divine relationship of Sisterhood and Brotherhood. This change in belief and outlook empowers everyone with pure thoughts. Vibrations in the universe are divinized gradually to usher in an era of deity-sovereignty of Shri Radha and Shri Krishna or Shri Lakshmi and Shri Narayan, the double-crowned deities, World Empress and World Emperor. As are the rulers pure and divine, so too are the subjects, which essentially forms the basis for Power of Positivity. The following Divine Versions illustrate the significance of '**Purity in Life**' very beautifully:

*"To bring about a pure world, human beings have to first become worthy. Become victorious over the 5 vices (Maya/Ravan), and you will be worthy of being victorious over the whole world. The new world of happiness, peace and prosperity can be established on the basis of the power of knowledge, the*

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*power of our pure intellect. Sit on the pyre of knowledge. Take the intellect away from the impure, old world. Always be honest with God, the Supreme Father. Make a determined promise to become pure, and thereby make the intellect golden-aged (i.e. transparent, uninfluenced by negativity, unlimited)."*

At a time when God, the Supreme Himself, has been guiding us on the path of righteousness, simultaneously there are other devotee souls like Respected Anna Hazare and others who are invoking a corruption-free society. The voice of the people, as they say, is the voice of God. Society will definitely be inspired and

empowered to be completely free from corruption and other social ills. **This would become a reality in the near future through spiritual awakening and moral empowerment.** According to God's own grand plan, human souls can receive the power of God's Love, Purity and Divine Wisdom through education in Values and Meditation. Power of Positivity and Godly Wisdom can conquer the present day negativity, corruption, weakness of vices, and violence. The Power of God's love is spreading the message of World Transformation through Self Transformation, with the support of modern technology and Mass Media.

Just as Bapu Gandhiji

showed us the path to freedom through the Khadi Movement, we are sure that our Supreme Bapuji of Humanity would continue to show us the simple and easy path to real human freedom from all kinds of worries and vices that give birth to suffering. His Supreme Guidance would prevail upon the age-old Ravanic customs, systems and rituals.

Through the power of positive thought, we are becoming powerful instruments of positive change, and further will re-establish heavenly sovereignty where people live by their divine qualities, values and virtues in day-to-day life. That is and should be our dream for tomorrow's Bharat.

## ***REVERED DADI PRAKASHMANIJI LED AN ANGELIC LIFE*** **Experiences with Dadiji by B.K. Nirwair**

Dadiji was ever-enthusiastic about creating new plans for spiritual service to establish the Golden-Aged world. Her efforts were focused on seeing God's revelation take place on earth as early as possible. Several elevated ideas for God's revelation used to come to mind, but **she would always discuss things with other senior instruments, take their opinions and then**

**plan and execute new projects for the year.** Before the Annual Godly Service Meeting, she would revisit ideas and suggestions for service that had been put forth, and keep in mind prior experiences before presenting fresh plans for spiritual service.

Dadiji always reminded us that we sisters and brothers are instruments to expand our

Supreme Father's task of establishing the Golden Age on the basis of *shrimat*. Therefore, we should be proud of ourselves. Within the gathering, **Dadiji paid attention to each one's virtues and specialities, and empowered others by bringing everyone's varying ideas to a consensus. By respecting each one's thoughts, Dadiji bound the**

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**gathering together with the thread of mutual love and unity.** She constantly inspired us not to waste the invaluable time of the auspicious Confluence Age but utilize the same in constructive tasks. **She was careful about not wasting time and energy, since a gathering can be administered well only on the basis of these powers.**

Dadiji empowered souls to develop their subtle spiritual energy for self-progress, and also use this energy collectively to make the impossible possible. This is why Dadiji specially organized programmes for continuous Yog Tapasya (*Bhattis*) every year.

Within this World Drama, there are certain souls who are blessed with spiritual blessings and powers from birth. Dadiji used to proclaim with great dynamism in large gatherings that her life had always been filled with pure and elevated thinking. **She openly shared that she had never developed feelings of causing sorrow to others.** She constantly motivated others to adopt purity of mind, speech and actions. Her vibrations, sweet words and divine touch gave the

experience of unconditional love and benevolent feelings for all. **She was able to please every one, whether children or adults or the elderly, and transmit unlimited energy to each soul.** Her personal virtues inspired those in her relation and contact to imbibe a life of divinity and discipline. This resulted in lacs of sisters and brothers around the globe contributing their donation of purity, peace and power in world transformation.

We are highly fortunate to have received the invaluable blessing of the ‘company and hand’ of the Supreme Father God Shiva, who is the Almighty Authority, Ocean of Knowledge, Purity and Peace, the One to transform the world and enable transformation through us. **In every task, Dadiji always kept *shrimat* before her;** she always made her companions and cooperative souls aware of the *Yagya*’s customs, systems and traditions and inspired them to live their lives accordingly. In this manner, we learned how to lead a balanced life and easily found the direction to use our creative powers in a worthwhile way.

**She maintained harmony between ‘showing appreciation’, while focusing on ‘healthy competition’.**

Dadiji had a very friendly nature. Anyone could come and meet Dadiji, share what was on their minds and receive new inspirations from her. **She used to give easy solutions to any difficulty we were facing.**

**Dadiji loved her spiritual student life.** She always took notes during Murli Class or Avyakt BapDada’s meetings, and also studied the daily *Sakar Murli* at least 3-4 times. She spent very little time hearing *laukik* news of the world. **She was very generous-hearted where Brahma Bhojan was concerned.**

Having witnessed Dadiji’s life and spiritual endeavours, I am inspired to always keep the aim of being an angel-and-therafter-deity in front of me, accept Avyakt BapDada’s *shrimat* with deep respect and bring it into my life. Only then can we follow Dadiji’s footsteps, attain our complete stage and fly to the Subtle Region as an Angel.

**– B.K. Nirwair**

# MIRACLE OF MEDITATION AND CARE

## An Unbelievable Experience

– B. K. Gayatri, Kolar Road, Bhopal

I have been practising Rajyoga meditation for the last 15 years. I want to share a miracle that happened in my life. After seven years of my marriage, I was blessed with a son. In the beginning, everything looked normal. But to my misfortune, after two years, some abnormalities were observed in my child. He started behaving very hyperactively and not responding to any of our words. We consulted various doctors and the investigation concluded with the symptoms of **autistic child**.

Medical aid for this type of problem was not there and in such cases, no doctor guarantees 100% cure on his or her part even today. Autistic means the five sense organs work but there is no feeling in the senses, or a mental condition characterized by complete self-absorption and a reduced ability to respond to or communicate with the outside world. Doctors said this autistic child cannot be cured and he has to join autistic school for lifetime and

added that the child was also hyperactive which means he won't sit at one place, will have no concentration and no eye-contact.

Doctor advised me not to expect much from the child to be normal and accept the fate. But even after his advice, I consulted various therapy centers and training centers, but there were no positive reports. But I believed that most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no help forthcoming at all.

I used to do intense meditation even in those days. I believed only in one power, that is, God. I did follow all the *Shrimat* of Baba and started my *Tapasya*. I struggled with my child for complete five years and I myself trained him as per the

directions given by therapists. 'The first and the most important step towards success is the feeling that I/we can succeed.' I had full confidence in my meditation power and God. After five long years, my son started behaving normally and today he is studying in a High School in 5th standard. By God's grace, he is not only normal but has turned to be an extraordinary student with outstanding performance in all activities.

This true incident has completely changed my life and that of our family. I have experienced the power and the fruit of *Amritvela* meditation. As Abraham Lincoln said, "If some can achieve great success, others can also achieve as well".

Baba's Blessings are always with me.

No one will manufacture a lock  
***without a key***

Similarly God won't give problems  
***without solutions.***

# THE JEWEL OF LIGHT— DADI PRAKASHMANI

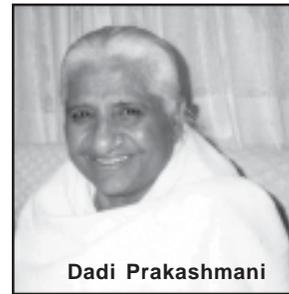
– B.K. Bhagwan, Mount Abu

Endowed with divinity, Dadi Prakashmani had attained spiritual elevation, having traversed the infinite path of *yog-sadhana*. Her radiant look and sparkling eyes left indelible imprint on those, who had a bare glimpse of her. She was a symbol of spiritual powers. For leadership traits, the prime necessity is will-power and firm determination, coupled with spiritual fervour, that imparts divinity to one's personality. Will-power can be developed through spirituality. By the practice of Rajyoga, she had built up a great and grand personality. Dadiji's personality conspicuously projected twin qualities of humility and sense of instrumentality, which developed sense of mutual cooperation and generosity. She had tied the entire godly family into a bond of unity. It was her conviction that self-progress lies in progress of all; that was why she used to serve society in different ways. She was a spiritual leader in the true sense as she treated weaknesses and shortcomings of others as her own and with

this attitude she used to make amends in that direction.

Dadiji was an able administrator. She picked up specialties in souls and used them in great venture of world-transformation, having reposed full confidence in them. It was due to her motherly and selfless affection, liberal attitude and close relation, that a number of human souls were attracted towards spirituality, breaking the barriers of thoughts, philosophies, ideologies, races, regions and religions. Dadiji had given a vision of a world-family to the entire world. It was because of her constant *yoga sadhana* and tireless services that this Gyan-Yagya marched ahead with galloping speed.

Dadiji implemented Godly knowledge in her personal life with earnestness and sincerity. In this Iron Age, her exemplary life full of spirit of service, serves as a beacon-light for wandering and wailing humanity. Ever in introvert mood, she gracefully invited attention of the masses towards spirituality and imbued them



Dadi Prakashmani

with aroma of purity and divinity. She was an ardent lover of truth, a *karma yogi* in true sense and had constructive approach which made her God-loving and the apple of masses' eyes. She believed that the one, who practised self-restraint, would automatically get means and facilities. She had a spiritual frame of mind and remained ever above mundane level. By her exemplary life, she used to spread spiritual vibrations all-around. Her divine smile was like a magic wand which made the souls oblivious of sorrows and sufferings of this world, refreshing and refurbishing them. Dadiji asserted that through *yoga sadhana* alone one can command world sovereignty but never by greed and craving. According to her, only by controlling senses, one can make his life ideal. She gave priority to spiritual *sadhana*. She had completely surrendered her life for the welfare and well-being of the whole universe.

Such a great soul took birth for universal benefaction in

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Sindh (Hyderabad) in the family of an astrologer. In 1936, at the tender age of 14, she came in contact with 'OM MANDALI' founded by Dada Lekhraj (re-named Prajapita Brahma) who was a renowned jeweller. Later on, the OM MANDALI came to be known as Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. The corporeal medium of incorporeal God-father Shiva, namely, Prajapita Brahma left his mortal coil in 1969, and assumed angelic stage. At that juncture, he handed over the reins of this organization to Dadi Prakashmani. She then took over charge of administration, as a mere instrument of incorporeal God-Father Shiva, and became instrumental in giving a gigantic form to this Godly university by imparting Godly knowledge to the people of 120 countries. She administered this organization according to directions of God-Father Shiv Baba and Pitashree Brahma and thereby made her own mental, intellectual and spiritual progress and also inspired and motivated others to make such progress. In view of such gigantic task, The United Nations Organisation awarded peace medal to this organization in 1985. In 1987, The Brahma Kumaris organisation was also honoured with the award of Peace Messenger. In 1992 Dadiji was conferred honorary doctorate degree by Mohanlal Sukhadia University, Udaipur.

Dadiji toured worldwide for disseminating Godly message. In the year 2000, she performed tree plantation ceremony in Washington and that tree was named as Shanti Tree. From that day on, every year, 10th June is celebrated as Prakashmani Day in Washington.

Dadiji was an embodiment of divinity who infused spiritual power in many souls by her spiritualistic lifestyle. On the strength of her long spiritual *sadhana*, she reached and completely attained *karmateet* stage and left her mortal coil on 25th August, 2007.

Seventy-one years of her Yoga-Sadhana and 38 years of her administration are golden pages in the history of the Brahma Kumaris organisation. On the occasion of her 'Punya Smiriti' day, let us resolve to inculcate spirit of service, generosity, instrumentality, humility etc, in our life and make all-out attempt to fulfil her cherished wishes. We offer our heartiest tributes to this great soul. (Translated by V.G. Varad Pandey, Nagpur)

## HUMILITY IN GREATNESS

Greatness! It is a powerful motivating force. I cannot think of anyone that does not want to show their worth, or display those qualities that distinguish them from the ordinary. Everyone wants to be somebody. Everyone wants to shine.

It is with this consciousness that I aspire and seek position and wealth, power and fame. Every action, every gesture is performed with the aim of becoming the greatest. But often in my quest to fulfil this urge, this desire for greatness, I display many qualities that are less, very much less than great. I compete, I rival, I become jealous and envious, and sometimes I even end up with intense feelings of hatred because I think that others are preventing me from realising the greatness I deserve. I stain my greatness.

With much effort and striving I finally attain the goal. I achieve the championship. I have acquired greatness. I strut, I brag, I boast; I become extravagant and arrogant. I am totally egoistic in my greatness, and again the greatness is stained. I have missed the fine subtlety and essence of greatness for, in spite of my several achievements due to position, service, qualities, blood connections, championship etc., my true nobility and greatness lie in my modesty and humility.

The one with humility wins the heart and co-operation of others.

**– JUST A MOMENT**



# WOW, THESE DAYS OF THE CONFLUENCE AGE!



– B.K. Neha, Kapurthala

Let us go a little ahead of time, when we are standing on the verge of confluence age. The time has come full circle. We, spiritual children, are about to leave this old world, and ready to go back to our sweet home and to get ready for new roles in new world. What kind of feelings we must be experiencing? A mix of emotions!

Now, imagining ourselves at that point of time, when we are just left with only one day of confluence age, and if we look back at our journey or recording of this time, do we feel contented? Or will many of us regret for not fully enjoying those precious moments of confluence age.

Yes, readers... we are here to make ourselves realize that our beautiful and priceless moments of confluence age should not go in vain. At times, **having been** in this knowledge for years, we start taking this time for granted, as if we have all the time in world to live it and experience it fully. But, unfortunately many of us are left in regret and feeling of what if I can do **this or that**... Let us not make this happen to us and

let us find out the *wow-factor of these days of confluence age and experiencing it to the fullest!*

There have been many confluences in the world cycle. There was confluence when we enter *Dwaparyug* from *Tretayug*, another shift from *Dwaparyug* to *Kaliyug*, but what is so special and unique about this Confluence Age? Though, there are many but to begin with, this is the only period where we experience two different worlds (*Satyug* and *Kaliyug*) at the same time. Yes, we are experiencing *Satyugi* life in this *Kalyugi* world. What an amazing and elevated experience by itself! When the majority of souls are living one kind of lifestyle and we, handful of Brahmins, are experiencing immense bliss in this chaotic world. Such an experience is only exclusive of confluence; neither will we experience the same duality in *Satyug* nor in *Paramdham*. So, the next time when you find yourselves complaining about why we spiritual aspirants have to lead a bit different life from other human beings, remember we

are the few blessed ones to enjoy the luxury of being different and powerful to stand out of crowd.

**Now, let us think about one unique advantage of this confluence age:**

The luxury that is exclusively experienced only at this time in the whole *kalpa*. We are with the One, for whom we spiritual progeny are ready to die for, to sacrifice all our desires and dreams, to let go of our deep-rooted old *sanskars* of many births, ready to do anything for Him. Yes, we are talking about one and only one, Almighty Supreme Authority, God Shiva, who is our companion for this Confluence Age. Just think about it, the one we have been looking for births, the one for whom we have done all kinds of *yagya, tap, havan, pooja etc*; and finally He's there with us. We, the spiritual progeny, are the only souls who can experience living every moment of this time with none other than God. In today's time, if a normal human being gets a chance to spend a day with Prime Minister or any Super-star, he feels most lucky and intoxicated for rest of his life in the remembrance of that one-day. So, now compare what should be the level of our intoxication, for whom God is being there 24x7 to listen to all our needs and worries, sharing all our feelings and problems,

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accepting us the way we are, readily welcoming us with open arms and giving space in His heart. We have lived and sacrificed our lives for other bodily beings in many births: in some we have given our lives for our country or in some for our religion. But, this is the only birth where we sacrifice our lives and worldly desires for God Himself. When just writing about this itself gives me such intoxication, think about how our lives will become if we start experiencing Him as our companion at every moment, in our every breath. . . . I feel no Heaven or Golden world stand in front of this experience!

Think about the last day again, when we know that next morning He won't be there with us and for the next 5000 years too, unless we come back to this time, we'll be looking for Him in every relation, dying to just have a glimpse of Him. *How would you like to spend that last date with Him?* Your heart will be

crying for few more moments and days of this confluence age, which some of us now are wasting in unworthy things and with people around us.

What is another specialty about Confluence Age? The opportunity that is available only in confluence age—**the period of transformation**. The only time in the cycle when we are climbing up, which is paradox to all other confluences where we are moving down. This is the only time when we can do the savings for the rest of our births. This is the only time when we remember our past and know about our future. This is the time, where we get answers to all our questions, which we were looking for births. This is the time when we can write our own destiny and can even write it for all 84 births. For all other births, we were unaware of our powers, our virtues, our *sanskars*, and the power to change them. But, this is that

auspicious time, when God Himself has given us all His powers to heal and transform ourselves by changing our *sanskars* and not just ours, but of the whole world. Remember, the titles of this age. Have we been entitled with such respect in any other births by any other being, other than God Himself? The biggest title, He has given us is of world benefactors—the Hero actors of this world drama. Experience these titles as yours and then feel the intoxication of this birth. You won't feel more fortunate than this. Life cannot give you more than this. Really, these days of confluence age would never come back in whole cycle!

So, my brothers and sisters, let us remember that this time is the most valuable time when we have been blessed with abundance. Now, it depends completely on us how we use it – in creating or in wasting.

### THE POWER OF THOUGHT

**Thought has been proven to be a powerful yet non-physical energy, which can influence other souls and also matter.** On a limited scale, there are the experiments with ESP (extrasensory perception) and mental telepathy. On a more sensational level, some use the power of thought to such an extent that steel objects can be bent and heavy objects moved without any physical help. In the case of telepathy, communication over thousands of miles is possible in an instant when two souls are tuned to each other's mental wavelength, as if thought-broadcasting and receiving is some sort of subtle (non-physical) radio system. Evil powers also invoke the power of thought, although for impure or egoistic motives and gains. **Thought can be regarded as the energy or subtle force which links the soul to physical matter through the soul's connection with the body.**

– *Awakening With Brahma Kumaris*

(Contd. from July, 2012)

## GAMES THAT THE MIND PLAYS - III



– B.K. Prakash Talathi, Mumbai

**T**hinking is activating and visualising is materialising!

Whatever you want, just “Ask” for it. Then visualise it, feel it, have faith and a firm belief that it is already yours; it is just a matter of time. Never have a **doubt** whether you will get it; on the contrary, plan what you will do after getting it, which shows and reinforces your faith and that faith will help you to get it. This is equally applicable for getting whatever you want—material attainments or spiritual attainments; for health, wealth and success. We will discuss it later.

### **Some more games that the mind plays**

▶ Certain things when we do not know the end of them or when they are going to happen, (for example—Death), sub-consciously we take it (life) for Eternal. When we are young, we feel and behave as if life is eternal. Tomorrow is not real for a child. **The Beautiful point is that a child lives only in present.** As we age and grow old, we believe that

we may die anytime. We make plans, we make preparations, and we make a will!

▶ If something or someone is going to be with me for a long time, I develop attachment to it or him/her. If this association is for a short time, I may not develop attraction, bondage or attachment to it. This is how attachment develops in relationships, friendships, and business contacts. Attachment creates dependency. It affects our freedom and spreads a loving web of bondage. That is why we see people grumbling, ‘I want some space.’ ‘I want to be alone. I want few moments of peace.’ ‘I want freedom to progress’. Making use of this seemingly lovely bondage, one wants to control the others. You may control their bodies, but not the soul!

▶ I treat anything **belonging** to me as “me”. Suppose someone comments adversely on our belongings, or criticizes our creation, e.g., an article written by me, or

my child etc. we take it as if they are commenting on ‘me’ and take it as a personal insult.

When I wear a new T-shirt and someone comments about its colour, look, outfit etc., I take it personally, because ‘My’ T-shirt has now become ‘Me’! However, just a couple of days before, it was displayed on a mannequin in a shop. Had someone commented on it, I would not have been disturbed at all. But once it became mine, it became me and created problems.

### **So, do not identify with belongings.**

▶ If a group of people are talking about something, I feel they are talking about me, mostly against me. I become suspicious, angry, jealous etc. We created a society of falsehood. And it is I, who created it within me.

▶ We are all actors. The actor doesn’t belong to the stage. He just comes, and delivers whatever he has to, according to the script. He doesn’t mind about others as they too are acting their roles. He never dislikes the roles of other actors. He may even ‘die’, if the script demands it. **There is so much detachment when we know that we are acting in a drama. But in our practical life, when we forget this point of**

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**knowledge, ‘attachment’ creeps in.** When you are detached you have free will; when you are attached, you are in bondage. The person to whom you are attached, controls you, manipulates you, and takes you for granted. This creates sorrow one day or another. These feelings of sorrow or pain are like paying the bills today of yesterday’s attachment. When someone is confused or in problem, many come forward to advise; however, when he himself is in problem, he cannot find any solution to his problem. So, when you are attached and involved, you lose clarity but when you are a detached observer there is crystal-clear clarity which helps you to take a decision. So, train your mind to look at your role as well as at those of others, as a detached observer.

▶ Attachment to objects and belongings creates the feeling of insecurity; and I think, ‘what, if I lose.’ So, I go for one more as a ‘stand by’. Then I feel like accumulating more and more. Thus ‘Greed’ creeps in. I go for a ‘back-up’, whenever it is possible. I feel insecure if whatever I have accumulated is exhausted, or when its worth depletes, or when inflation

rises or wonder what would happen if my ‘stock’ is stolen? So, to reduce my insecure feelings, I go for insurance, or I go for a ‘kick’.

▶ Drugs and alcohol seem to give a little excitement and with it insecurity reduces. So, addiction creeps in.

▶ If I identify my belongings with me (myself), my wants will be increasing.... like, “Please love me, respect me, give me...etc.” So I start manipulating the people. So I can lie, become aggressive, nasty...can go to any extent. So the more the feeling of insecurity I have, the more criminal/vicious would be my mind and even then I will say, ‘I am good. The other person is guilty. He should be blamed.’

▶ If the mind has been imposed with some prohibitions or restrictions, then it tends to rebel by doing it.

A meditator was advised to consider himself a soul, a point of sparkling and radiating energy, visualise it and be it (stabilise in that state), and to consider God also a supremely pure point of energy, brilliantly sparkling and radiating energy and enjoy His energy in solitude. However, he was asked not to think of monkeys. He laughed and said, “Why will

I think of monkeys?”. After his meditation was over, he shared his experience that he was confused and ‘saw’ monkeys jumping around occasionally in his meditation.

▶ If you say, ‘No. I can’t.’ or ‘Yes, I can.’ Either way you are right.

– **Henry Ford**

When I think negative, negative will happen. When I think positive, positive will happen. Like attracts like. It is known as the ‘Law of Attraction’. Your thoughts can make you a winner or a loser! Saying ‘No, I can’t.’ is limiting yourself.

**Mental Limitation** – When we say: ‘I can’t’, we limit the potential of our mind. We also give a signal to our subconscious mind that there is a margin for our failure. If we tried and failed, there is no problem. Whereas, the fact is that we have a lot of potential which is untapped. The scientists and philosophers are regarded as highly intellectual persons. However, what percentage of their mind’s potential they may be using? They hardly use 5% of their mind’s actual potential. Just by using 5% of the mind’s potential, they are inventing such wonderful inventions for the comfort of man, what cannot be achieved by using

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50%, 80–90% of our potential? A man can even become a deity!

▶ **Whatever mind conceives, it achieves—whether negative or positive.**

Once, a villager was travelling from his place to some other village. After having travelled a long distance, he felt tired. He saw a huge tree and felt a desire to relax under its shadow. Suddenly, he realised that he was thirsty too. As he heard the melodious sound of flowing water, he noticed a stream was flowing at a long distance. He got up, fetched some water, quenched his thirst and felt better. Then he thought it would be wonderful if he could get some food, as he was feeling hungry as well and to his surprise very delicious food with different varieties appeared in front of him. After enjoying it, he thought it was foolish to continue the journey after such a feast. So, he thought of enjoying a small nap before resuming the journey. He thought that it would be wonderful if he had a bed. A bed appeared and he lay down on it and closed his eyes. Then he started to wonder how the tree was providing him with whatever he had asked for, and felt that it was a magic tree.

Then he casually thought that if he were to fall asleep, any wild animal might come and attack him. And immediately he heard the roar of a lion. In a flash, he realised the need to change his thought to save his life.

The same rule applies to our day-to-day activities too. We ask for something and as if, someone says, “*Tathastu!*” (so it will be!), and our wish is granted. In case, if we worry, the thing which we worry for, will be granted. And if we create pure, positive and elevated thoughts, the same someone will say, “*Tathastu!*” and it will happen. So, everything depends on the quality of our thoughts. **Focusing on** what we want, begets what we wanted, and **focusing on** what we do not want, begets the unwanted! So, we have to change our thought pattern accordingly.

**The common example is— if someone is fat and he decides to reduce sugar intake and keeps thinking to self and telling others, ‘I don’t want to eat sweets,’ the subconscious takes it the other way round, as ‘I want sweets’! To get a positive result, in this case, we should tell our mind, ‘I love salad.’ ‘I love plain, boiled food and sprouts’. Or at least one should think ‘I**

**like spicy food’. Such short and positive commands do work.**

**In line with the above story and the *Tathastu* rule, if I start thinking ‘what, if I miss the bus today’, I may end up missing my bus as I had invested so much energy in my thoughts to make it a reality.**

▶ We gravitate in the direction of our dominant thoughts. The effect will enhance multifold if we create a powerful, positive thought together in a gathering. The transformation of this world is possible if a million souls create such a powerful thought.

**So, we are the product of our own thoughts. We are governed by our own creation, thoughts and time.** The quality of our thoughts can make us a winner or a loser!

▶ Time is also our creation. But you can see how it makes us run. You can see the big metropolitan cities like Mumbai, New York etc. People are running like a Second's Hand of a watch, there is no moment to pause and take a little rest. If, somehow you make them stop and ask them why they are running, perhaps, they may not have any answer to

it; they may not have even time to think about it. It is a rat race! Everyone has to run. In offices, people are running to finish their projects before the dead line! After finishing one task, they will not even have the time to enjoy their success, relax for some time, take a long breath and then go for next stride! This creates undue stress. Maybe that is the reason they call it a 'deadline! When I came to Mumbai from my village for the first time and was waiting on a crowded railway platform, the indicator was showing the next train at 08.58 a.m. I wondered why they are not writing 09.00 a.m. For a child who came from a village, two minutes are just insignificant! Unfortunately, the train arrived two minutes late and there was uproar- 'Train is late, train is late!' This is life!

In the next issue, we shall continue to delve on some more games that the mind plays, but before that we shall understand the relationship between Conscious mind and Subconscious mind.

(.....*To be continued* )

No one can go back and change a bad beginning,  
***But anyone can start now  
 and  
 create a successful ending***

## SHIVA BABA - OUR DIVINE FATHER!

- B.K.Ranjit Fuliya, Associate Editor

Dear spiritual Father!  
 Ever benevolent and kind  
 Shower love and care  
 Elevate intellect and mind



Sanguine and selfless  
 Creator of paradise  
 Purifier of humanity  
 Inspiration of the kind



Purifier of minds, inspire us to win  
 Our true liberator, absolve us of sin  
 We hail thee Baba, Father of us all  
 Help us advance, attain our goal.

Enrich entire humanity, each benevolent deed  
 Bless and embrace all, sans caste or creed  
 Inspired by Thy glory, precision and insight  
 Serenity and sagacity, divinity and light.

Baba, you teach us to be sweet and brief  
 Blend wit and wisdom, reason and belief  
 Forever contented, benevolent and kind  
 Pure and peaceful, bona fide friend

Thoughtful and thankful, sensitive and sweet  
 Warm and vivacious, perfect and complete  
 A true companion, in eternal journey of life  
 Navigator infallible, through storm and strife

With Your descent, sings the soulful lark  
 Disappear all vanity, ignorance and dark  
 Baba! You awaken us, elevate and inspire  
 Motivate divine brethren, flourish and thrive

## SMILE TAKES US MILES

– B. K. Muskan, Bahadurgarh

**I**t gives me immense pleasure to share my experience. I have been blessed with multiple rare opportunities to learn, right from my childhood. I have experienced good and bad in their varied forms. I am blessed that I have been born to such parents whose priority for virtues helped me groom into a decent and cultured girl. Ours was a male-dominated family where I was the fourth girl. I had to suffer at times because of being a girl. My elder sisters taught me that girls are not weak; they can do anything. My eldest sister inspired me a lot and always supported me for studies. I loved to watch the movies of gods/goddesses and whenever I saw an idol of a goddess, a thought came to my mind: she is looking like me; she has a body, two eyes, two ears and everything that I have but why do people worship her and do not even respect me. What's the difference between us? My aunt used to follow the Brahma Kumaris philosophy. One day she visited our place and asked my eldest sister to visit the B. K. Centre. Even before visiting

the B. K. Centre, my sister had resolved never to get married and to serve her family throughout her life. My father and other relatives pressurized my sister to get married but she had great faith in God. One day, I accompanied my Aunt to the B.K. Centre. When I entered there, I felt that I had visited it earlier and had also met the B.K. sister, though that was my first visit to the B.K. Centre. BK Renu Didi was reading something; it was like a letter and my Aunt called it Murli. When she was reading Murli, there was a line in it: "Remember your beloved father." This line touched my heart so much because I had not experienced my father's true love in my childhood. Since then I have been listening to Murlis for the past eight years. It was explained to me that I had visited that place 5000 years ago. I also completed 7-Day Rajyoga course. Now I have got the answer why God sent me to this world—God gives us life to serve this world. Now I love my beautiful life. I try to keep smiling always



because God has given me a beautiful name – 'Muskan', which means smile. I love to be called Muskan when someone calls my name. I feel that God has sent me to keep smiling. Our relatives don't appreciate our affiliation to the BK organisation though we all, four sisters follow this Godly knowledge. Now my father also supports us in our spiritual pursuit. I really appreciate my father's support to our spiritual inclination, because people still try to influence him, but he always says, "it is my children's lives, they can do what they like to do and I believe that my children would never let me down". God says, "Sweet children, if you do things according to my *Shrimat*, I will gift you heaven in future". But, God has made my life heaven now itself. People ask, "How can you smile so beautifully?" I answer that I have got something very beautiful. My

friends used to comment: You are too young; this is not the age for being so much spiritual; it's the time for having fun, become up-to-date and walk with the world. You are not fashionable; you do not even put up make-up, why?" I answer that whatever I am, is because of God and spirituality. My simplicity is my fashion, my make-up is the smile on my lips, I wear compassion and purity in my eyes, and I wear peaceful thoughts in my mind. I believe in doing internal make-up with inner values/virtues, which make me beautiful externally. Spiritual knowledge teaches us the art of living—it not only teaches you to smile but also teaches to make others smile when they lose the meaning of their lives. I wish to serve the humanity and spread the vibrations of purity, peace and happiness all around in the atmosphere. I have also received encouragement from B.K. Sister Shivani and Sis. Asha of ORC, Delhi, who have always guided me along this Godly path of virtues and values.

## TRUTHFULNESS

– Sharad Srivastava, Jaipur

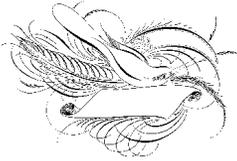
**S**tability is love of equanimity in the midst of adventure. It is the straight flat runway, which allows the plane to take off to a new way of seeing things. No hasty departures, dramatic exits, but a gentle, strong lift off to brilliance. Everything is packed, stored and nothing dangling carelessly to be pulled at, by questioning fingers. To be stable means immense alertness to catch the approach of praise and divert it to the Supreme – where it is due. And if there is a single thing missing inside, then, when it is proffered, you take it, thinking it will fit the gap, but it does not and then you are lumbered with it.

A truthful life is one without distraction or delay. Things that glitter do not even turn the eye. There is steadiness, deftness, and economy and yet humour because, humour comes from the contrast between what the picture is and what it will be. In life, a truthful person knows that he/she should never judge, unless he or she has understood the secret of time, unless he/she has seen how change works and how nothing is fixed until the end. A truthful person senses stillness, completion in the distance but never stills the journey towards it, never lives as though he/she has reached it but has it with him/her always.

Truthfulness is seeing everything, as it is; not from the midst of it but from the point of its completion. Honesty is seeing things on the way, facing the challenges as they come. Truthfulness is always an expression of optimism because the brush strokes can be sharp. But, where there is not the precision brought by honesty, there is no quality in the picture. In fact, someone not prepared to face the petty small things, will never be entitled to see the whole picture anyway.

That is all said, truth itself is a gift that is dropped in your lap. A very deep private thing, it is knowing the whole span of your journey through time. And the knowing comes only to those who are open, when there is openness with people, warmth, love and trust among you, then in the silence between words, the picture is filled in. Areas of vagueness become suddenly clear and very vivid. When there is any deception or dishonesty in the relationship, nothing can be added to the picture. You are stuck with the surface of life. Honesty among friends is an opening for Almighty.

# THE BIRTH OF DESIRE



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

Many great thinkers, including Socrates have argued that individual desires must be postponed in the name of a higher ideal. Is this so? What is it about the object of desire that is so luring and tempting?.

Marketing and advertising companies have researched this subject thoroughly – some present us images of desirable figures and personalities, while others leave us feeling we are lacking in something. And we are gullible as there is not the power to stand alone and be different and unique!

If unbridled desire were such a good thing, then why do we use expressions such as, 'This (desire) is driving me crazy', or 'I'm going mad' or 'I'm losing control'? Desire itself or the pursuit of it is not always looked upon as a prudent and sensible goal. Rather, it is mostly perceived as a weakness. Perhaps it's due to religions scaring us with the deadly sins but then again perhaps not!

Maybe it is truly our own inner aversion toward our own lacking, emptiness, thirst and craving that induce the soul to

act out of (spiritual) line.

Desire makes us a slave, a peasant, a beggar and we dislike this in ourselves; very akin to a king whose kingdom has been forfeited and he now finds himself having to beg, knowing deep inside that that is not his original nature.

In fact, it would be fine if desire arrived alone, but no! It comes with a coach-full of other uninvited guests – jealousy and possessiveness are the 'parents' to first descend onto the pavement (of our lives)! Scientists are still unsure how to define jealousy in its entirety. They do know that it is '*a protective reaction to a perceived threat to a valued relationship*'. This perceived threat could be with any of your following Ps: people, power, prestige, pennies, pay, position or possessions.

Thus jealousy is a secondary emotion; a reaction to something happening underground such as competition and comparison; the negative thoughts and feelings of fear and insecurity are mostly the culprits. That is

why we engage in the pursuit of the object of our desire.

Because the desire is not satiated until the soul "owns" and has full control over the object (one of the Ps!). This introduces possessiveness and ownership.

In order to protect that possession we hold onto it tightly – this is called *attachment*. Then we feel perhaps more of 'it' will make us feel better and *greed* is born. When greed is not enough (because it is never enough... is it!?), then we get *angry*. And in order to protect our honour in the face of society, I develop an *ego*, trying to be something or someone I have not quite been able to achieve practically. Finally even that is not soul fulfilling and I lust after my desire. These five negative traits, like our five fingers, have the ability to grip the soul.

The point at which this becomes pain, is when after having pursued these desires, we have completely lost sense of feelings. In relationships in particular, when desire has overtaken the soul, it undermines genuine love and respect. In the name of love, we manipulate and in the name of respect, we control. We are no longer sensitive to people's needs, just caught up in sheer selfishness.

Excessive desire has often

been described as sin. Sin simply means to 'miss the mark'! Thus when any virtue has gone wrong, it has missed its mark – its original purpose and intent. I miss the mark when I use anger to control rather than being at peace with the situation. I miss the mark when I get attached and want to hold on, rather than love and let go. I miss the mark when greed grips me in the illusion that I will be happier when I have more. I miss the mark when ego tries to convince me that that is the real/true me! I miss the mark when I lust after things and not my pure essence.

Everything about desire is associated with the fostering of 'I' and 'mine'. It all begins with a single thought related to 'I', the identity, or 'mine', the extension of 'I' in terms of people and possessions. In fact we only desire in a state of

emptiness. In a state of fullness, there is no more space needing to be filled.

You may ask where ambition fits into this equation. Are we to give up all drive and passion and become 'aimless wanderers'? Ambitions should motivate and energise us. A desire almost always harasses us; distresses and exhausts us. There is a place for ambition in our lives, so long as it respects our true essence and also that of others. The gauge would be: If my success is achieved at the expense of others—that cannot be ambition; that is desire. We don't say all ambitions are pure, as some may not be detrimental, but definitely have selfish motives (which would then fall into the category of not respecting others)!

But whether it is desire or ambition, either way, we need to learn to let go of expectations.

We should put in the effort but thereafter need to accept the outcome. That's when we can truly say we have transcended desire, i.e., gone beyond personal preference such as like or dislike. Very often when we let go of wanting something badly, that's when the universe very often delivers it to us; almost as if it was waiting for us to learn the lesson of letting go and accepting the flow.

**It's time...** to aspire to our highest goal of perfection, one that is free from desire. Let go and embrace the flow. Check that the soul is operating out of virtue and not weakness.

Be **bold** when you  
loose  
and be **calm** when  
you **win**.

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# BEING A BETTER 'BEING' WITH BRAHMAKUMARIS!

– Krishan Bhatia,  
Deputy Chief Mechanical Engineer,  
East Central Railway, HAJIPUR

From times immemorial, man has tried to solve the mystery of his own existence: *Who am I?* He further tried to delve whether there exists a Supreme Power who made everything. Whether the thoughts, will, memory, emotions, tendencies and traits etc. emerge from our physical system, or are these the characteristics of a separate entity (such as soul)? By solving this riddle, man wanted to discover the meaning in his existence, and perhaps the cause of his sufferings.

We all know that there are two kinds of entities: 'material things' and 'beings'. Material things (such as bicycle, bed etc.) do not exist for their own sake, but for the sake of (human) beings. Similarly, human body, which is an assemblage of organs (eyes, ears, nose, mouth etc.) exists not for its own sake, but for the purpose of a user. The word 'body' itself implies that there should be a separate entity whose body it is. So, there must be an 'inmate' in the body. Indian philosophy calls this inmate the *Atman* – the self.

The body is material or physical, whereas the soul is non-physical or *metaphysical*. The soul does not have mass or extension like matter. According to Bhagvad Gita, the soul is eternal. It only takes a new body as one puts on a new dress. So, death, according to Gita is merely the change of one's dress (and also the address).

## Turning to Metaphysics for Answers

When science cannot answer many questions of our existence, we naturally turn to metaphysics or spirituality. Metaphysics is a branch of philosophy, concerned with explaining the fundamental nature of being and the world. The word "metaphysics" is composed of the Greek words *meta* ("beyond" or "after") and *physika*. It was first used as the title for several of Aristotle's works, because they were usually anthologized after the works on physics. The prefix *meta* ("beyond") indicates that these works come "after" the chapters on physics. It was further understood to refer to

the chronological order among our philosophical studies, so that the metaphysical sciences would mean, those that we study after having mastered the sciences that deal with the physical world.

## The Law of Karma

We know that the statutory law is based on the principle of natural justice. An oft-quoted principle of natural justice is: It is better to let several guilty persons go scot-free than to punish an innocent person. Have you ever wondered why some infants suffer from some acute physical illness or mental disorder from the time of their birth? Indian philosophy states that besides State Laws, there is another law operative in this world – called the Law of Karma. The Law of Karma is enunciated in a well known proverb – As you sow, so shall you reap. Since cause always precedes the effect, naturally the cause of sufferings of a newborn must lie in the time before his birth. Therefore, it follows that this '*being*' existed even before his birth. So, it must, by its very nature, be different from its body. As a logical conclusion, the self (or *Atman*), which is a conscient being in the body, does not die when the body dies. It is eternal and immortal.

All religions believe that there are sufferings in this world and

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these sufferings have some cause; the cause of these sufferings is man's violation of some laws, such as moral laws and the law of Karma. Man's actions which violate moral laws are evil and sinful, and these emanate from ignorance, illusion, defiled nature or willful violation. The man has the 'will' and the faculty of judgement, and, therefore, he is responsible for his actions.

According to the philosophy of Brahma Kumaris, all the problems arise from the wrong belief about the real identity of the self. If a person believes that nothing else but the body is the self, then he develops only materialistic outlook. He gives utmost importance to material things and material attainments. His goal is to achieve success in material pursuits by any means. He considers others as objects to be used for his material well-being. Spirituality and divinity get a back seat in his scheme of things. Even as he talks of love, justice and sympathy, he thinks that these are just empty rhetoric. So, he becomes selfish, and even aggressive in his ways to acquire material success. He becomes greedy and wants to accumulate wealth even while others are deprived and starved in the process. He considers persons of other gender an

object of sexual gratification. Even when he has accumulated material wealth, he is filled with pride and arrogance. All litigations, excesses and crimes issue forth from this body-consciousness.

### **The Soul and its Samskaras**

Indian philosophy also agrees that the actions done by the *Self* (*Atman* or *Soul*) leave behind some tendencies, inclinations and personality traits. These are called *Samskaras*. These remain there as dormant or latent memories and work as a matrix for future actions. The *Samskaras* motivate the soul for doing or not doing an action, though the current factors also have their own force of motivating or preventing. When soul gives up the body, it takes the *Samskaras* along with it on its journey into the next body. All souls are divine and peaceful in their original nature. The differences in their qualities, attributes or nature are due to the *Samskaras* acquired during their earthly life.

The base of all moral values is the belief that the self is a spiritual being and that it survives physical death and reaps the fruits of its actions in this or the subsequent births. Brain, which is a physical entity, is a mechanism used by the non-physical self for the thought process. Soul survives the death

of the body and is different from the body and the brain. While the brain is physical, the soul (consciousness) is metaphysical. If this concept that the souls are moral beings, responsible for their action is taken away from our conscious and subliminal mind, the whole present day structure would become shaky and would crumble down.

Brahma Kumaris view the soul as an infinitesimal point of light. God is the supreme of all souls and is the parent soul. There is a book by Sir John C. Eccles, (an Australian Neurophysiologist who won the 1963 Nobel Prize) entitled – '*Self and its Brain*' which states that *Self* is not an epiphenomenon of the brain. In his another book – *How the self controls its Brain*, he proposes a theory of dualism, i.e., there is a conscious and spiritual self, distinct from the brain. Brahma Kumaris also view soul as an infinitesimal point of light, located near Hypothalamus and the brainstem.

### **What is Rajyoga**

Rajyoga is a meditation practice followed and propagated by Brahma Kumaris. When a person is introduced to the practice of Rajyoga meditation, he occupies his mind with thoughts: *I am a soul; a Being*

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*of Light. My original nature is love, holiness and peace. I am an eternal being, a child of God. When one fixes one's mind in this mental affirmation, one feels that one is at a better level of consciousness. One experiences calmness and has exhilarating feeling of lightness. B.K. Jagdish in his book 'Do You Know Your Real Self' has beautifully described the whole experience - When one rises from this easy Samadhi, one feels a great inner upsurge of self confidence, enthusiasm, noble thoughts and benevolence. One feels drawn to this experience again and again, and has an inspiration to live it again and again. Why did I overlook this earlier - he asks? The feeling may be expressed in these words - This is the life worth living!*

When a practitioner goes into one's daily routine with a genuine smile on his face, love in his eyes and sincerity in his mind, people feel a subtle change in him. He has now certain abiding principles - spirit of service and goodwill for all. Jealousy, anger, greed and wasteful thoughts are reduced in intensity, if not eliminated altogether. The mood is better, mind is stable, and fear, anxiety and tension gradually wither away. The results can be

verified scientifically, provided proper laboratory conditions are maintained. It is a well-known fact that meditation has a very positive influence on our psychophysical system. The brain-wave, blood pressure, the muscle tone, heart beats, breathing rate etc. indicate that the practitioner is in a relaxed state of mind. It liberates the mind from tension and increases clarity of thought, efficiency and power of judgement. Meditation is also known to improve immunity and helps to cure many psychosomatic disorders.

One feels that the blinkers of ignorance have been removed, all kind of fanaticism has fled away and one feels that he belongs to the whole family of humankind. Even though one knows one's nationality and religion, yet now one has the knowledge that integrates, and prevents disintegration of society into numerous fragments. This concept of universal brotherhood has the potential to harmonise the society into one whole and stop human energy from being frittered away on perpetrating violence.

Which other social model, except the one based on the spiritual relation of world-brotherhood can infuse a spirit of love? The practice of Raj-

Yoga meditation enables a person to be so loving and cooperative that his colleagues feel drawn to his pleasing and helpful manners, and even his professed adversaries gradually change their attitude into one of cooperation and help.

### **Conclusion**

As a result of past *Samskaras*, the soul loses its original moral stature. Yet, there is a latent impression of its past great moral heights in the consciousness and also in society. So, the society also expects high moral standards and the 'self' also feels impelled to attain the same. In reality, due to past *Samskaras* and often due to willful neglect, it only makes an outward show. All the feelings of unhappiness and also the Narcissistic state are due to the 'body-consciousness' and can be changed into happiness and eternal love by practising 'soul-consciousness'. Brahma Kumaris feel that the present crisis of values is actually a crisis of self identity. Rajyoga meditation requires a person to move from body-consciousness to soul-consciousness, and to work for internalization of moral values. For this, you do not have to give up the social life, but only to transform yourself for better moral values. ●

# WHO IS THE BIGGEST?

– B.K. Anand M. Hans, New Delhi

Long time ago, a discussion took place among the elements as to who was the biggest among them. It was initially a friendly discussion but later on, it took a serious turn.

**It was Earth who spoke first.**

**EARTH:** “I am the mother of all that exists in this world. Without my gravitational pull, everything would always be hanging mid-air and life would have been practically impossible. I provide food and nourishment to all the living beings. It is not without reason that I am known as the Mother Earth.

**WATER:** “What is Earth bragging about? About 70% of Earth, i.e., almost three-fourths of it is covered by me. Moreover, how would the food which the earth is talking about, be able to grow without me – just think of it. As to providing food, all that Earth grows is insufficient for sustaining life. The people and many of the living beings, have to depend upon the food that grows in my depths.

**AIR:** “How can I be left behind, Mr. Water, Sir? The 70% of the coverage talked about by you, is fit neither for drinking nor for agriculture and, therefore, is quite useless. It is I, who carry small droplets of you, in its purest and usable form, on my back for thousands of miles and then drop them on Earth in the form of rain, thus making both plant and animal life possible. Now, decide for yourself who is the biggest.

**FIRE:** “What? Air carrying Water on his back? Utter nonsense! How is it possible? Water is heavier – much heavier – than Air. I totally reject the statement.

**WATER:** “There seems to be some truth in what Fire has said”, but it is also true that Air is instrumental in driving clouds laden with moisture from the ocean to the land thus causing rain.

**FIRE:** “In fact, it is not Water that Air is supposed to carry. You know, Water is first converted into Steam by the Sun, the ultimate source of

heat, light and energy, which also provides the heat required for this conversion. It is Steam, a twin brother of Water, and not Water himself, that rides piggyback on Air.”

**FIRE:** “My whole point in giving you people this explanation is that it is I, Fire, or my source, the sun, which sets the whole process of the water cycle or, for that matter, the life cycle, in motion. Therefore, by the principle of natural justice, it is I that deserve the right to be called the biggest of you all”.

During the course of these arguments and counter-arguments, Space, the remaining element, had kept a discreet silence. It decided to take up the gauntlet.

**SPACE:** “You very well know that I am bigger than any one of you – in size, in time and in distance. I am as vast as the universe. I am, in fact, the universe itself. For your information, all the four of you put together occupy very little room in my immense vastness. The weather, the rain, the evaporation, the clouds etc. exist only in a very tiny layer of my vastness called the biosphere which is only about 35 miles thick from Earth.

“Not only this”, Space continued after a pause, “The sun, which Earth is so proud of,

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stands in a far remote corner of my vastness. Earth should thank her stars that I have given the Sun room far, far away from her or, otherwise, she and everything along with her would have burnt down into ashes.”

**EARTH:** “Look at yourself. What are you but a mere void, a mass of nothingness, a non-entity while I am solid – solid as rock. All said and done, I support life and so do my other friends. What about you? Man has been exploring your so-called vastness, spending millions, but as yet has found no sign of life anywhere else.”

But the Earth’s rebuke left Space quite unimpressed. The group of four became agitated since each one of them was adamant in his or her claim of bigness. Earth started quivering in nervousness. Water gushed out of the oceans as the land beneath them shook his head in disapproval. Fire ordered the Sun to heat up and scorch everything. Air blew with great speed causing storms and cloudbursts and uprooting anything coming in his way. There was destruction and disaster all around.

*The news of the fight among the elements and the subsequent events spread*

*like a wild fire and ultimately reached Narad Muni, the great sage and devotee of God Shiva, who lost no time in bringing it to the notice of his master. The elements were immediately summoned in the court of God. After hearing their individual cases patiently, God spoke thus:*

**GOD:** “Look here, dear fellows! All of you are equal; I mean, equally important. The question of who is big and who is not does not arise. Each one of you must confine yourself to your job – which you are doing equally well.”

But the elements looked unimpressed – and also depressed. They had hoped that God, once for all, would settle the issue. Realizing that the elements were still not satisfied God tried another approach.

**GOD:** “I am known as the Creator of the universe. Am I not?”

The elements agreed by moving their heads up and down.

“You are the Creator”, they replied in one voice.

But the Man on Earth, representing the mankind and who was witness to all this, had different and opposite thoughts. As he considered

himself no less strong than the elements, he confronted God and put in his own claim of bigness.

**MAN:** “While pronouncing your judgment, you have completely forgotten me, the Man. I have a large number of accomplishments to my credit. I have brought the elements under my control. I have constructed big dams to rein in Water and change the direction of flow of rivers at my will. With Water stored in the dams, I have produced electricity and irrigated the fallow land, which had hitherto depended only on rain. I have controlled the weather with electricity by regulating the moisture temperature of Air thus enjoying cold comfort in summer and warmth in winter. I have made use of Fire to keep me on the move by burning coal and gas. I am able to double and triple agriculture produce from Land by making use of scientific methods of cultivation. Even Space has not been left out of my reach. Long back, I landed on the moon and am further exploring Space to reach the Mars. I have conquered time and distance with my Information Technology, as I can talk to anyone in the remotest corner of the world. The list is

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endless.”

Here the man paused a little for breath, when God quizzed him,

**GOD:** “Well, then what?”

“No, no, I have not finished yet,” the man continued, “I am big too. I have all the comforts and luxuries in the world turning the world on Earth into heaven with all its pomp and show. And, note it, it is because of me that you are known to be God. Without me being there, no one would have called you God. I am, therefore, bigger than you as I am God in flesh and blood while you are but a figment of imagination.”

“So be it,” God said with a smile, “Which father would not like his child to be like or even bigger than him?”

Smug in his self-designated status, the Man could not see the dark clouds of competition, conflict, greed, hatred and violence gathering all around him. He did not know that he was passing through very difficult times — the darkest phase of his existence on Earth. Though he boasted of tremendous material progress, he did not have true peace or happiness. He always lived in fear of sudden loss of his possessions or of death.

The mankind itself had become a divided lot. There

was this – the religious man, the political man, the economic man, and the common man. Man had also divided the mankind into castes and sub-castes, with the sole purpose to hold onto power. The religious man was using God for his selfish ends. He preached killings and promised heaven to the killers.

The mankind didn’t, however, realize the gravity of the situation. Though sometimes, desperate as they were, they looked upwards for help but they had been led to believe that it was God, who was responsible for all their misfortunes. Natural disasters were termed as God’s acts and violence, wars, disease, poverty, as visitation of God’s wrath upon Earth.

All this time, God was watching every move of the mankind on Earth – unperturbed but not unconcerned. He knew there was nothing unusual about what was happening down there. However, He was not happy because He had been pushed into everywhere and everything, virtually reducing Him to a non-entity.

Strange are the ways of God. He descended upon Earth to accomplish His mission, unannounced and incognito.

His search ended with His finding of an experienced and wise old man whom He took into confidence.

**GOD:** The purpose of my visit on Earth is to create a New Man, a man in my own image, and for him I need a new world because this world – the present one – will not be an ideal place for him to live. I have chosen you to be the New Man of my vision.

“And since,” God added, “both the worlds cannot co-exist, the old world will have to go.”

**OLD MAN:** “Will that mean that this world will be destroyed?”

**GOD:** “Quite right! But no one will destroy it; it will be destroyed by civil wars and by natural upheavals. You and your followers will, in the meanwhile, strive to bring in the new world of my vision by conveying my message of love, peace and brotherhood to mankind at large.”

**The wise old man gets busy in the task of spreading the message of God to the Man. The message, which has now reached lakhs of human beings all around the globe, is:**

“My dear child, you are a soul, not the body. I am your

Father, the Supreme Soul. We are meeting each other after a long period of 5000 years. I have come to take you back home, as the World Drama is soon going to finish. You have been given this body for use as a medium for playing your part in the World Drama. This is the last episode of this play. The New Man will be a pure soul with a pure body made up with purified elements. Do not get alarmed by the imminent events of wholesale destruction but prepare yourself in advance; rather, I would advise you, and very much wish, that you help in the task of establishing the New World. If you do so, you will be doubly benefited – you will not only be able to face the destruction with equanimity but will also have a place to live in the New World. And, for your knowledge, no one is exempt from playing a role, however small or insignificant it may be, in this play. Even I am bound by this World Drama, as I, too have to play the role assigned to me. The World Drama is, therefore, bigger than I. It is the biggest.”

**[Now the elements know who is the biggest. They are no longer angry but are cooperating in the task of pulling down the old world, well before the dawn of the New World.]**



## GODDESS OF PEACE— DADI GULZAR

– **Dr. B.K. Jyoti  
Halagi, Bangalore**

An active chariot of the Supreme Soul  
For forty four years playing unique role  
At tender age of eight, dedicated to God  
The “angel” started visiting “Supreme Abode”

What a charming persona and divine grace  
When I saw her in Brahma Baba’s face  
Divinity in eyes filled with purity pristine  
Makes one soul-conscious, silent and serene

In Godly university of Brahma Kumaris  
“Baba” called us “Punyatmas”—pious souls  
Through Lotus mouth of goddess of silence  
On the stage of Universal Hall of Peace

The Soul of Dadiji with two souls divine  
Brahma Baba and Shiv Baba combined  
“Bapdada” spelt ‘Murli’ in Diamond Hall of Shantivan  
Thousands of souls witnessed God’s true  
‘incarnation’.

Remember only Shiv Baba, Brahma Baba you follow  
Be humble and righteous, no pomp and show hollow  
Unity in Thoughts, Words and Deeds you should ever try  
Luckiest, loveliest children of the Father-on-High

Congrats dearest Dadiji for your divine role  
Remind us to remain pure in our busy schedule  
As a Godly student attending Brahma Kumaris’ ‘School’  
House of Double-Light, Might and divine insight  
Loveful at heart, Knowledgeful, simple and pure  
Inheritor of the Kingdom of Heaven, for sure!

# YOU CAN TRY AND HIDE YOUR 'TWO FACES' BUT YOU CAN'T EVER HIDE THE SOUL'S FACE

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– B. K. David, Paignton, England

**D**o You Walk Through The Front Door of Health Or Do You Have To Hide And Crawl Through The Back Door Of Endless Sufferings? The Chains of Ignorance and Selfishness Are Very Heavy and Will Blind and Cripple You In Time. Letter and Wake Up Call To A Friend. Health United Are Playing Happiness At Home Today In A Local Derby: Will You Make Time To Go And See The Game? Or Do You Support And Watch The Regular Games Between Body Consciousness And Vice United? Boots That Cannot Hide the Truth. Are You A Real Star That Always Shines?

## **Many Give More Importance to Their Hairstyle Over a Healthy Lifestyle**

You cannot judge a book by its cover, and even more true is: You CAN judge a person by his HEALTH and lifestyle. You can judge them very accurately by their health — or the lack of it. Your health cannot lie, unlike your mouth. Your actions cannot

lie, unlike your face. Your thoughts and actions have built your house of health'. If you now find your house (body) is falling down around you, or subsiding or has rising damp or holes in the roof, you have only to look how you built it in the past. What did you use in the foundations (belief)? Did you build your house (life) with love and take your time, or did you rush it?

## **A Crooked House Can Still Be A House Blessed By God If The Owner (Mind) Stands Straight Inside and Pays Attention.**

A house built with love, truth and care will stand firm in troubled times that can shake most buildings to the ground. A house built with care will look after and care for those who live inside it. A house built in haste and rush at the expense of care and peace will easily crack. Love has always stood the test of time whilst shallowness will soon be brought to its knees. The whole world is soon to be crawling round like crying little hungry babies searching for their lost parents. Wise are the ones who constantly keep their front doors

open to truth and backdoors firmly locked to falsehood. Only the wise in life can step forward and cross the threshold of heaven. Only the wise and pure at heart can carry the lamp of hope which lights the path to others, so that you can see the porch of heaven up ahead in the distance. No wisdom – no light.

Many houses that are now falling down and crumbling, as the bricks are made of falsehood, have foundations of illusion with no substance (truth), and having used fake cement to hold everything together, have cracks in the walls which spell out **SOON TO COLLAPSE**. Even the dyslexic or blind could easily read this sign if they had their front doors of truth opened wide enough to let in the light. The result was inevitable from the first day the first brick was laid. Your house cannot lie, though your clothes, smile and make-up can. The book and the story cannot lie, unlike its colourful cover.

## **New Boots, However New or Expensive or Exclusive, Cannot Create a New Life Worthy of Note or Hide The Truth.**

Your body is truth itself and

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cannot lie, and if built out of falsehood and lies, will have to reflect that and will leave deep footprints that go round in circles of endless suffering. And what will become of those connected and close to you and who follow your advice and example? Your body is a mirror and reflection of what really goes on inside you. Your car may be gleaming on the outside but has a rusting engine that is falling apart on the inside. Someone may have very expensive designer boots but the truth remains that their feet still smell very bad inside.

**The Chemist Who  
Dispenses Only Poison to  
All His Customers**

The chains of selfishness wrap themselves round many people and cripple them, squeezing any goodness out of their hearts. They are left aching in pain, needing wheelchairs, surgery, tablets and medication. Selflessness and love are the only blades that can cut your chains and set you free. You should now be your own doctor and not the one who dispenses poison to yourself everyday. Selfishness makes for carrying round heavy chains which will go rusty over time and will rub against you, leaving you very susceptible and wide open to catching germs and diseases

(leading a life prone to poor health). We have become our own criminals and jailors, when just as easily, we could become our own healers, peace activists and heroes.

**The World of Struggling  
Wheelchairs and Walking  
Sticks**

Your body is your book and your mouth its cover—which can always lie. Your body speaks volumes about the ‘true you’. It often speaks about ‘very poor health’, constant suffering and pain. Most people today have no truth in the cement of their houses and not the ‘air of truth’ in the wheels of their wheelchairs. The results are clearly evident; their houses are falling down (their health and lives) around them and they can only move with pain or be aided by artificial intelligence, like pain killers, artificial limbs, replacement hips, teeth and blood, mechanical scooters, government's hand-outs and built-up shoes. What kind of life is it where you struggle to stand up and struggle to sit down; struggle to eat and struggle to dress? People should always now put the word ‘struggling’ before the word ‘life’.

**The Face of the Soul  
Can Never Lie – Though  
Many Do Not Even Know  
They Have A Soul, Let  
Alone An Eternal Face**

The body can never lie, like the bell (conscience) to the front door of your house. As you cannot have half a sound, you cannot have half a truth (half a bell). Your body is a true reflection, a perfect reflection, of you—the soul, and its state, and the soul can never lie. Only we humans can lie, but not the souls. As souls, we are children of God and as such, have an essence of truth within us, even if that truth is buried somewhere deep beneath all our human rubbish. Deep within everyone lies the diamond of truth which can never wear out or lie. No matter how many wrong doings you do, how many times you get angry or how many times you commit sin, this diamond will always be shining somewhere within you. For some, it always shines brightly and yet for most, it is so dull that it has almost stopped shining but not completely.

**The Accounts Of The Soul  
Are Written In The Eternal  
Book Of Truth And Can  
Only Be Erased By You,  
God Or Unknowingly  
Carried About In Suffering**

Today there is only a spark of truth and light remaining in

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most people. The world and its people shine no more. They have moved house (consciousness) and now live in the cave of total darkness where everything they do is done in complete darkness (ignorance). Everything today is done behind the back and face of truth. They think that their negative or bad thoughts and actions will go unnoticed anyway as no one really knows, cares or can see what they are doing or thinking. They think this and whilst they are busy sinning, they cannot see their light growing dimmer and weaker with each passing day with the bad thoughts they have and actions they perform. How wrong they could be to think that sin can go unrewarded or unnoticed! It is first noticed by you—the soul and later by God. When it comes to sin, the most important people on the planet to whom it concerns are you and God. It is to these two that all questions and answers shall have to be furnished and accounted for.

**Are You A Real Star? A Real Star Shines Constantly – Not Just For 45 Minutes A Day. What Would People Call A Star That Flickers On-And-Off And Shines Only Sometimes?**

The result of our sinning is that we have to live day-in-and

day-out in the damp cave of suffering and total darkness with ignorance being our only real constant companion. This is the result and medicine of living a life of falsehood. Many have long forgotten about the palace and town of light they once lived in where everyone shone light from their minds and their actions were like that from great movies. It is now time to once again become the hero actors performing key scenes every minute. In this town everyone was a ‘real star’ with main roles being performed naturally and to perfection. They were perfect beings whose actions were perfect all the time. So do not remain a star that gets attention for all the wrong reasons by only being able to shine now and then. Have a clear sky (mind) devoid clouds of vice that can block your light radiating and spreading over the earth. Do you wish to become a constantly bright star visible in the night sky for all to see? Do you want to be a star that encourages and gives hope and direction to the world? Or are you happy to be star dust that falls to earth only sometimes? In life we have, with great importance, the sun, moon and stars. In my history lessons or religious text, I cannot remember star dust being praised.

### **Is Your Life Filled With Aches and Pains - and False Smiles?**

Disease of the body is the hidden voice of truth from within you—the soul which eventually has to be heard. Is there anyone who can hide his or her body? There is no one who can hide truth and its fruit, as there is no one who can hide falsehood and its result. Everyone now has to wear the result of their falsehood inside and outside their bodies for all to see. People have developed smiles that act like make-up but which soon will be wiped off with their diseases and realisation of truth and falsehood. How are people going to feel when they realise the money they have in their bank is false and worth nothing? Will they repent when everything they believe in and have worked for, starts to fall apart before their eyes? The reality of living today is that very soon, the whole world is going to have to undergo an operation to have their hearts taken out – without anaesthetics. God is the surgeon and in accordance with our past, will determine how sharp the surgical knife shall be, if a knife is used at all, to remove your heart. The pure shall feel nothing but happiness.

.....(to be continued)

# MIND YOUR LANGUAGE



– Pavan Patale, Finland

Language is an important part of communication. If I say “Rakkaus Ja Rauha” to a non-Finnish person, it does not make any sense to him. But, the same phrase creates sparks and brings smile to a Finnish person. It is because, the latter understands that these words mean “Love and Peace”. The same goes for other languages. All human beings communicate with each other using a specific language. The usage of words, with reference to the context, brings the individuals closer or keeps them apart. The closeness can further result in controlling, admiration or other methods of interaction.

Now, let us look at machines. If we want to interact with a computer, there are different high level languages like C, C++ and Java. These languages use English phrases which could be understood by both humans and computers. During the interaction process, the high level language is processed by the computer into Assembly and further to Machine language understood by the circuit boards.

Unlike computer, if you wish to directly interact with the processor, then ‘instruction set’ specific to the processor needs to be used.

In all these cases, not only mastery of the language is required, but the order of the instruction set should be correct in order for the machine to understand. The better you write these languages, the better the machine reacts. The better reaction of the machine means it is acting exactly the way you need it. It is under your control.

Now, let’s look at something more subtle and metaphysical. On the path of Spirituality, mastery of mind becomes an essential part. If you want to master, you need to control it. If you want to control it, you need to interact with it.

But, the question is; how do we interact with our mind? What language one has to use? Is it the language of thoughts? If so, how these thoughts have to be fed to the mind?

To learn any language, we require both intensive study and extensive understanding.

Through this article, I would like to share my thoughts based on personal experiences and leave it to the reader to explore more.

I would define **Language of Thoughts** as a combination of **3 factors: Worldly Language + Visual Image + Subtle Feeling**  
**WORLDLY LANGUAGE:**

The worldly language (English, Hindi, Spanish, Chinese, etc...), which each one of us has learnt by using the physical body, forms the primary medium to generate thoughts and give a structured approach to what we are thinking. It is like a high level language understood both by brain and mind.

## **VISUAL IMAGE:**

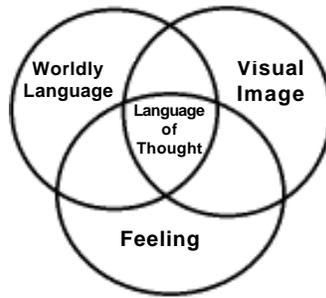
When a camera’s lens is pointed to an object, the viewfinder also shows the same object. If there is discrepancy, then there is a problem with the camera. In the same way, physical eyes play the role of lens and the mind plays the role of viewfinder. When we look at the world, mind should be able to recognize the scene/image and associate a thought using the worldly language. There should not be any discrepancy.

## **SUBTLE FEELING:**

In any relationship, it is the feelings that always dominate. Feelings are responsible ‘**to make or break**’ of the

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relationship. These feelings could be Love, Respect, and Hatred etc...I have experienced that in all successful relations, the feeling of 'Respect for each other' dominates. Whether it is families or corporate teams, when there is mutual respect, it always pays off in the long run. In the same way, if we have a feeling of respect towards our



own mind, then the other two factors find their right place in

the mind.

When these three factors are in sync, with right physical language, image and feelings, interaction with mind becomes easier. Next time, if someone says 'I am unable to control my mind' tell him to "Mind his language" with the mind.

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## THE ANT AND THE CONTACT LENS: A TRUE STORY

**(Don't judge each day by the harvest you reap, but by the seeds that you plant.)**

Brenda was almost halfway to the top of the tremendous granite cliff. She was standing on a ledge where she was taking a breather during her first rock climb. As she rested there, the safety rope snapped against her eye and knocked out her contact lens. 'Great', she thought. 'Here I am on a rock ledge, hundreds of feet from the bottom and hundreds of feet below the top of this cliff, and now my sight is blurry.'

She looked and looked, hoping that somehow it had landed on the ledge. But it just wasn't there. She felt the panic rising in her, so she began praying. She prayed for calm, and she prayed that she may find her contact lens. When she got to the top, a friend examined her eye and her clothing for the lens, but it was not to be found. Although, she was calm now that she was at the top, she was in the doldrums because she could not clearly see across the range of mountains. She thought of the Bible verse 'The eyes of the God run to and fro throughout the whole earth.'

She thought, 'God, You can see all these mountains. You know every stone and leaf, and You know exactly where my contact lens is. Please help me.' Later, when they had hiked down the trail to the bottom of the cliff, they met another

party of climbers just starting up the face of the cliff. One of them shouted out, 'Hey, you guys! Anybody lost a contact lens?' Well, that would be startling enough, but you know why the climber saw it? An ant was moving slowly across a twig on the face of the rock, carrying it!

The story doesn't end there. Brenda's father is a Cartoonist. When she told him the incredible story of the ant, the prayer, and the contact lens, he drew a cartoon of an ant lugging that contact lens with the caption, 'God, I don't know why You want me to carry this thing. I can't eat it, and it's awfully heavy. But if this is what You want me to do, I'll carry it for You.' I think it would do all of us some good to say, 'God, I don't know why You want me to carry this load. I can see no good in it and it's awfully heavy. But, if You want me to carry it, I will.'

God doesn't call the qualified, He qualifies the called ones.

Yes, I do love GOD. He is my source of existence and my Saviour. He keeps me functioning each and every day. Without Him, I am nothing, but with Him... I can do all things through God which strengthens me. If you love GOD and are not ashamed of all the marvellous things He has done for you, spread this message to as many people as you know.

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— (... Contd. from Page No. 3) —

some families even at the present time. It had actually started from Satyuga and, according to this, Shri Krishna's name had, after 'Swayamvara' changed into 'Shri Narayana'. Today, however, due to ignorance of this secret as also because they are seen in separate temples and pictures, people mistakenly believe that they were two different gods! But, from the praise that the devotees chant even today, it would be obvious that 'Shri Narayana' was also the name of Shri Krishna as, for instance, from the chant given below:

***'Shri Krishna Govind Hare  
Murare, He Nath,  
Narayana Vasudeva'***

Similarly, in Shrimad Bhagwat also, Shri Krishna has been called 'Shri Narayana'. People in these days simply do not know the secret that Shri Narayana's name had changed into Shri Narayana after 'Swayamvara'. Let it, therefore, be known that '*Janamashtami*' is the birth anniversary of Shri Narayana. Had they been two different deities, their birth anniversaries would have been separate and their birth stories available today would also have been separate. The fact is that these two different names indicate simply two different physical states of

one and the same deity. The reader will have noticed that both in his idols and pictures, Shri Narayana's figure represents him in his middle age, whereas Shri Krishna's idols as well as pictures represent him either in his boyhood or youth. This is because 'Shri Krishna' was the name before 'Swavamvara' and 'Shri Narayana' after 'Swayamvara'.

#### **Shri Krishna was born in Satyuga not in Dwapar Yuga**

We will tell you now when Shri Krishna or Shri Narayana was actually born. Keeping his beauty, 'purity' and divinity in view, the reader himself will be able to determine correctly the period of his birth. Even today, the inhabitants of Bharat start making preparations for the festival of Deepawali – which, in fact, is the day of commemoration of the crowning of Shri Narayana and Shri Lakshmi, long before its arrival. They meticulously clean their houses and whitewash them well in advance. On the day itself, they wear clean, festive clothes and illumine every nook and corner of their houses – all in the belief that Shri Lakshmi would not visit them, if any part is left unclean. They rejoice themselves, eat sweets as well as distribute these among relatives, friends and neighbours. They

also balance and close the year's accounts and open them afresh for the New Year. Now, all this devotion is shown to Shri Lakshmi and Shri Narayana, who, before *Swayamvara*, were named Shri Radhe and Shri Krishna, simply by way of invocation on a commemoration day. Needless to add that this is symbolic in that it shows how clean, pure and spiritually illumined this world has to be before Shri Krishna is born and lives therein. There is a saying: "deities do not tread this impure earth." Hence this vicious, sinful and irreligious world of Kaliyuga has to be removed to give place to the blissful world of Satyuga before the advent of Shri Krishna, i.e., Shri Narayana. It is, thus, obvious that Shri Krishna takes birth in Satyuga which is about to dawn now that the Kaliyuga has reached its fag-end and that time-cycle of 5,000 years is about to re-start.

#### **Because of his freedom from the bondage of life, Shri Krishna took birth in Satyuga**

Shri Krishna was free from the bondage of life. Nobody can say that he carried a load of sins from his previous births or he had the least bit of impurity in thought, word and act. On the contrary, everyone would affirm that he

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was absolutely viceless and sinless and had inherited the highest divine heritage of health and wealth, happiness and holiness, status and power, wisdom and longevity, etc.; in short, absolute freedom in life. To enjoy all these divine blessings, a person like Shri Krishna has to be born and to live in a world totally free from duality and contrasts, i.e., a world where there is no hunger and poverty, disease and misery, trouble and turmoil, or, to say briefly, a heavenly world of perfect peace and bliss as also harmony between man, nature and the elements. In such a world, there can be no differences of race and religion, language and culture, no painful birth and no painful, untimely death. This Satyugi world indeed, actually comes about in the beginning of the world cycle when Shri Krishna, i.e., Shri Narayana is born to enjoy his divine heritage of absolute sovereignty over it. Scholars of scriptures also say that Shri Krishna, i.e.; Shri Narayana had, in the very beginning of the world, as Raja Prithu, milked the earth (*Prithivi*, i.e. cow) or in other words, enjoyed all its worldly bliss and ruled supreme over it.

**Clarification Of The Term  
'Ocean Of Milk' Also  
Leads To The Same  
Conclusion**

Besides mention in writings, there are pictures available in Bharat, showing Shri Narayana—lying on a black cobra, floating in an 'Ocean of milk.' All this is symbolic so as to say that Shri Narayana i.e., Shri Krishna enjoyed absolute, unchallenged sovereignty in the Satyugi world of perfect purity, peace and prosperity. In the above analogy, white milk stands for purity, 'Ocean of milk' represents the world of prosperity and, 'lying on a cobra' means undisputed sway over the land. It is, thus, quite clear that Shri Radhe and Shri Krishna, who after *Swayamvara* were called Shri Lakshmi and Shri Narayana—lived and ruled in Satyuga. To say that they lived in Dwapar Yuga is, thus, not only a mistake, but also derogatory.

**The title of Baikunthnath  
also proves that Shri  
Krishna was born in  
Satyuga**

Further, all devotees of Shri Krishna remember him by his appellation of 'Baikunthnath' which means the 'Lord of heaven', i.e., Satyuga, when perfect purity, peace and prosperity prevails in the

world. This also points to the fact of Shri Krishna's birth in Satyuga. Satyuga or heaven be it noted, is not the name of any region above this earth, i.e., the world of human beings. It is simply the name of a higher phase of human existence on this very earth; in terms of man's prosperity and divinity. In other words, Dwapar and Kaliyuga represent a lower phase of human existence, i.e., a phase of man's deterioration, degradation and decline in comparison with his state in the Satyuga and Tretayuga. In short, man enjoys his highest destiny on this very earth in the beginning of Satyuga, which is synonymous with heaven and the same goes on continually declining until it reaches its lowest ebb by the end of Kaliyuga when this world virtually becomes a hell. Heaven and hell are, thus, two extreme phases of the destiny of man in this world. That is to say, man, who is a deity in Satyuga, becomes a demon in Kaliyuga. Shri Krishna, who is the highest deity is, therefore, called the lord of heaven (Vaikunthnath) and is therefore, necessarily born in the beginning of Satyuga to enjoy the highest destiny of man.

**Shri Krishna was absolutely  
viceless– sixteen ‘Kala’  
(degress) perfect as a Human  
Being**

The word ‘Kala’ has reference to the waxing moon and means the quantum of daily increase in its light from its darkest to its most luminous phase when it is called a ‘full moon.’ According to this analogy, the 16- ‘Kala’ perfect human souls are those who have imbibed the light of *Gyan* or Godly knowledge imparted at the *Sangamyuga* through the mouth of Prajapita Brahma. These souls have necessarily to take birth in Satyuga to enjoy their highest destiny of perfect godhood. Others who ‘have imbibed ‘light’ of Gyan considerably but not fully by the time the total destruction of the world comes about, are said to be 14- ‘kala’ perfect. These have to take birth in *Tretayuga*, i.e., in a period slightly less felicitous’ and blissful than Satyuga. From this interpretation of the word ‘Kala’ also it is obvious that Shri Krishna could not have been born in the vicious world of *Dwaparyuga*. When he did not exist in that age, the belief that Gita Gyan was imparted through Shri Krishna at the end of that age is evidently mistaken. The fact, however, is that Gita Gyan was actually imparted by God-

Father Shiva – The Supreme self-luminous star-like entity by descending into the body of Prajapita Brahma. As a result of this Gyan delivered by Him through the latter’s mouth, the Satyugi world of ‘purity’, i.e., righteousness and virtues was re-established. It was at this period that Prajapita Brahma by ‘his Herculean spiritual endeavour through *Gyan* and Yoga attained the 16- ‘Kala’ perfect deity status of Shri Krishna, i.e., Shri Narayana, while his pre-eminent daughter, Saraswati, similarly attained through *Gyan* and Yoga the highest status of Shri Radhe, i.e., Shri Lakshmi. ●

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