

|| From the mighty pen of Sanjay ||

EDUCATION FOR BUILDING A PEACEFUL SOCIETY

There is now a fair degree of awareness that world population and environmental pollution have come very close to a dangerous level. However, there does not yet seem to be sufficient awareness of the fact that violence and vendetta also have attained frightening proportions.

We can see that even when there is no declared war on any day, group-violence in many parts of the world takes a heavy toll of life and property. Deaths due to organised violence or mob-fury are now almost a daily occurrence and have become so numerous that the sensitivities of large sections of society have become almost dead so that these now do not evoke any human response from the fellow beings.

This high incidence of violence is due either to the activities of the extremists, the militants or the terrorists or it is caused by those who stoke the fires of communal frenzy, racial feud, class-conflict, gender-inequalities, caste-enmities, ethnic strife, tribal animosities or narrow parochial or national interests.

It is thought that group-violence is generally against an established system, order or dogma which seems to that group as outdated, meaningless, unjust, authoritarian or inimical to the rights and freedom of their class, community, caste etc. This violence is, therefore, considered as an expression of deep-rooted frustration, resentment, rejection, revolt or rebellion. Whatever be the truth, it seems that expression of resentment or rebellion through violence has itself become an established order or an accepted dogma now.

It seems ironic that there are almost innumerable religious institutions, places of worship, educational institutions and institutions of research on behavioural transformation and yet there are no signs of abatement of this form of frenzy.

One factor, common to all violent killings, is that the

*The Article 'The Games that the Mind Plays - IV'
will be resumed in October issue.*

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GODLY REVELATIONS THAT BENEFIT HUMANKIND

At the most auspicious and opportune time of world transformation, from the present Iron Age (Kaliyug) into the ensuing Golden Age (Satyug), we human souls have again been benefited by God's Revelations. This can happen only by His personal divine presence and the direct communication between Supreme Father and His spiritual children. Why should this be imminent? Why should this happen when so many religious founders and present day philosophers, saints, and preachers have been sharing a vast amount of religious teachings?

We are witness to the present scenario, especially our National Parliament being unable to function with the 'Coalgate' issue being bone of contention. Though we are always proud of having freedom of speech during debating issues of national and international

importance, the grave situation is the cause for Parliament to be brought to a standstill for over two weeks. Our elite members of the Parliament on both sides (the current Government and Opposition) have not been able to resolve the issue as the amount involved is so unbelievably exorbitant: 1.86 lacs crores only! (as revealed by the Government Auditor recently). This benefit had been extended to private firms on account of allocation of 57 coal mines to them. And the worst part is that the entire nation was able to watch live our respected members of Parliament coming to blows...

Similarly, the nation has seen several debates connected with the Bofors scandal, money laundering and stashing in Swiss Banks, 2010 Common-

wealth Games and many other national and state level scams. Though the God-fearing people of Bharat have always implored for pardoning to save everyone from ego, lust, anger, greed and attachment, the reality is that the onslaught of these vices have thrust all sorts of subtle daggers thereby injuring the very psyche of conscience of human beings with little variations. Who can liberate us from these short-comings and weaknesses? Who can bestow the power of required wisdom and values to restore righteousness, truthfulness and lawfulness all over the world? Who can salvage the sinking boat of humanity?

From our experience through seminars, dialogues and conferences held in different parts of the world, the wise and learned leaders from all walks of life have agreed unanimously that it is

only the **Power of God** and nothing, but the power of God, which can help restore Purity, Peace, Love, Truth, Contentment and Happiness, through the Power of Spiritual Understanding, and inculcation of Values and Morality.

Here, at the Headquarters of the Brahma Kumaris, deeply enlightened and experienced leaders from all backgrounds have corroborated the concept '**One God – One World Family**' as enunciated by the Supreme Father, God Shiva, through Father of Humanity, Pitashri Brahma Baba. He exhorts all of us to awaken to the clarion call of '*When we change, the world would change...*' Self-awakening on a spiritual level, listening to God's Message regularly, and empowerment of our consciousness would alone cleanse our minds and hearts from the ills of negativity and vices. Let us focus on Him and receive His loving blessings to free ourselves from all types of sufferings, and

divinize our *karma* to be His worthy children.

It is high time to join hands and spread this Godly Message with our vibrations, good wishes, and practical efforts for ushering in new beginnings of the dawn of Golden Age. Who would not like to be part of this positive change by reclaiming our Godly birthright over the sovereignty of Golden-Aged Bharat? May you be that 'change'.

With the pure aim of being knowledgeable and helping others become the same, we would like to share some recent Godly versions as follows:

❖ *This is not a spiritual gathering as is seen in the world. Here you are taught how to become pure. One faces obstacles of negativity (Maya) when becoming pure, which is why God, our Father, constantly cautions us. Never renounce the spiritual study (gyan) in any situation, whether happiness or sorrow, praise or defamation. Do not defame anyone*

thinking yourself to be very clever. Do not sulk with God and renounce spiritual study, otherwise bad omens can influence us. Continue to understand and follow elevated directions (shrimat).

❖ *Bharat is the imperishable birthplace of the eternal Supreme Father, God Shiva, which is why it is called the imperishable land.*

❖ *It is said there is such abundance of spiritual knowledge that even if you were to turn all the oceans into ink, and all the jungles into pens, you would not be able to capture everything... This is memorial of how the Almighty Supreme Father, the Ocean of Knowledge, comes to give us knowledge and will continue to do so till the end of the Confluence Age.*

❖ *You are advised to follow God's elevated directions and claim the full spiritual inheritance of purity, peace, happiness and prosperity.*

ESSENTIAL & ENLIGHTENING SERVICE OF SOCIETY

The months of August and September have been busy for Shantivan and Gyan Sarovar, two of main complexes of the Brahma Kumaris in Abu, with enlightening programmes for invited guests of all corners of Bharat and Nepal. Though each event was very important, we will share some of the highlights for your kind perusal.

Though this happens to be the peak of the monsoon season, the Rain Gods have been very cooperative by sending showers from time to time, without any hindrance to the well-organised schedule of events. The remarkable presence and words of wisdom of our special Guests were well-received by the equally significant audience in thousands.

SOME OF THE MAIN EVENTS WERE:

1) World Peace through Spiritual Power: A seminar for about 450 religious heads/saints/priests, held from 17-21 August at Gyan Sarovar, was organized by the

Religious Service Wing.

2) BK Youth Convention for around 7000 young sisters and brothers took place from 22-26 August to specially honour Universal Brotherhood Day, Dadi Prakash Maniji's 5th Ascension Day (25 August). 1010 bottles of blood were donated by the youth for Trauma Centre Blood Bank. Dignitaries included Rev Dadi Janki, *Chief of Brahma Kumaris*, Rev Dadi Hirday Mohini, Rev Dadi Ratan Mohini, BK Chandrika, Mr Banna Lal, *Collector of Sirohi District*, Mr Ratan Devasi, *MLA*, Mr Jeetendra Soni, *SDM (Mt. Abu)* and others.

3) 25th August 2012 evening: Floral tributes were offered by Rev Dadis, BK Mohini, BK Munni, BK Ishu Dadi, senior BK sisters and senior brothers and VIPs to **most revered Dadi Prakash Maniji, former Chief of Brahma Kumaris**. Hon'ble Justice Dalip Singh, *Judge*

Rajasthan High Court and Mr Rajesh Kshir Sagar, *MLA from Kolhapur* were Chief Guest and Special Guest of Honour, respectively.

4) The Education Wing of the Rajyoga Education and Research Foundation and the Brahma Kumaris organized the *Annual Educators' Conference-cum-Meditation Retreat on Values and Spirituality for Empowerment of Life* from 31st August to 4th September, at Shantivan campus. With more than 4500 participants from India and Nepal, the Conference was packed with great intellectual activity in the presence of Vice-Chancellors, Registrars, Directors, Professors etc. from renowned academic institutions. One could earmark the whole event into three segments:

a) Assessment (Discussions at the Conference):

The Conference has been an attempt at stock-taking socio-intellectual progress in

value-based existence. **Some points that caught the fancy of the audience were:**

- ▶ *Education should discourage intellectual escapism*
- ▶ *Emotional balance is the key to happiness in life*
- ▶ *Most pollutions start with the mind*
- ▶ *Man today needs to be soul-conscious and not role-conscious*
- ▶ *Meditation, diet & Life Style can cure most diseases*

b) Achievements: On 2nd September 2012, the 3rd Convocation-cum-Graduation Day was celebrated where as many as 1042 candidates received their Diploma, P.G. Diploma and M.Sc. in Values and Spiritual Education, awarded by Annamalai University in collaboration with the Brahma Kumaris.

c) Setting of new goals: It has been three years that the Brahma Kumaris started Under-Graduate and Post-Graduate Value-based Courses in Spiritual Education in collaboration with the Annamalai University. On 3rd September, 2012, the Chief of

Brahma Kumaris, Rajyogini Dadi Janki, opened new vistas in this field when *Chairperson of the Education Wing*, Rajyogi BK Nirwair signed a Memorandum of Understanding with the **Yashwantrao Chavan Maharashtra Open University**. Dadiji said, "If we really wish to serve and educate humanity, we must be free from ego and devote ourselves to selfless service. We must learn to be happy at all times and in all situations. Patience, Peace and Love are the three medicines for all ailments that humanity today suffers from."

5) It is brilliant to note another piece of positive news from Ahmedabad in relation to Value Education: On 3rd September 2012 morning, an ***inspiring Graduation Ceremony took place at Ahmedabad Central Jail*** by Brahma Kumaris and Annamalai University for M. Sc. in Value Education & Spirituality Course, Post Graduate Diploma in Value Education & Spirituality Course and Diploma in Value Education &

Spirituality Course in technical Collaboration with the Education Wing. 30 Students of M.Sc., 11 Students of P.G. Diploma and 38 Students of Diploma Holders claimed their Degrees.

In all 79 students took the oath, and then were given Degree and Certificate by Dr. M. Ramanathan, *Vice Chancellor of Annamalai University*. Medals were presented by B.K. Sarladidi, *Director of Brahma Kumaris, Gujarat Zone*, and Dr. S. K. Nanda (*I.A.S.*) *Principal Secy., Home Deptt. Govt. of Gujarat*. Other dignitaries, who were present, included Dr. S. Vishwanathan, *Director of Centre for Yoga Studies, Annamalai University*; Mr. P.C. Thakur, *Addl D.G. of Police & Inspector General of Prisons*, and apart from all, 23 Jail Superintendents of Gujarat.

We are blessed to be constantly engaged in the Supreme Being's great task of transformation, and practical service of our spiritual sisters and brothers in Bharat and across the globe. **- B.K. Nirwair**

(GOD'S PLAN)

INTO GREAT SILENCE



– Rajyogini Dadi Janki,
Chief of Brahma Kumaris

We are all familiar with external silence.

Meditators talk about a level of silence that is internal. What are the different levels of silence?

Dadi Janki: When we use the word 'silence', we go inside.



To experience peace within, we need to experience silence. We've developed the habit of talking a lot; while trying to go into silence, our minds continue to talk to us. Thoughts that involve worrying, waste and unnecessary thoughts influence our ability to experience silence within. I don't waste my time in unnecessary thoughts. It's necessary to go into silence so

we can release ourselves from worry. Sorrow, fear and doubt take away our ability to experience courage and faith. We have to understand ourselves with honesty and love. Only then we can experience silence.

The achievements of science have come from the power of silence. Science, however, doesn't bring peace inside. To be able to experience peace inside, we need power. Understanding gives us this power. I'm talking about the understanding that isn't intellectual, but comes from the deep realisation of 'Who I am'. To experience silence, I have to separate myself from all the worries and thoughts inside. I have to engage the intellect and then develop the power of concentration. When the intellect becomes stable, it creates a very good feeling within. Deep and pure feelings, a deep desire to go into silence, will create the experience. The eyes, the ears and even the mouth respond

to everything that happens outside.

So, it is necessary to take time to find out 'Who I am' and focus on thoughts that take me closer to 'Who I am'. I'd like to ask about the relationship between silence and healing. Those, close to you, have seen how you have been through many physical challenges, and that you have used silence to overcome illness. How do you do that?

Dadi Janki: We need practical solutions for everything. We don't take benefits by simply hearing about something. So, examine your own inner self. There's some sorrow hidden inside there. Because of this, we sometimes shed tears. I feel that my heart is a strong heart, because it never gets hurt. Dadi's heart is strong, not hard but merciful. It's honest. Because, it doesn't get hurt; it is able to heal. If I feel that someone has hurt me, I then hold it in my heart. If you don't forgive, you cannot forget. Our hearts should be **forgiving hearts**. If I've done something wrong, at least I should ask God for forgiveness. At least, sit peacefully and examine how your day has been. Where has peace been lost? If so, can I forgive? I always say that

when you keep an honest and merciful heart, then you experience God's forgiveness.

Because of developing a real relationship with God, we experience power from that. We develop a strong heart, an honest heart, a merciful heart ... I will be able to receive blessings then. Let your nature be to 'Let go'. The biggest benefit of an honest heart is that our mind, health and relationships stay good. If we don't finish old things, good and new things won't emerge. To find silence, I have to give myself quality time. If we first become peaceful before eating, walking etc., nothing can agitate us. Silence is not about sitting down somewhere and being passive; it's about being active.

There's a strong relationship between mind, intellect and heart. Sometimes, we can become overwhelmed by certain information and find it difficult to make decisions. How is it that you have this feeling of not actually doing anything and achieve such an amazing feeling of silence?

Dadi Janki: Really, I don't do anything. Worry or the burden of responsibility actually falls on the intellect. Worry, or thoughts like 'I have to do this' etc., is a voice that comes from

ego. Gita advises us to consider the self as an instrument. What does it mean to be an instrument? It means to be connected to one God and to maintain positive thoughts. If you think too much about something, your thoughts won't remain elevated. There's irreligious-ness, corruption and falsehood in the world. We are aware of the great efforts made by Mahatma Gandhi to bring about Truth and Non-Violence in the World. I have to recognize that I'm just an instrument. As an instrument, I just have a thought that something should happen and it happens. What have I done? It happened. When we do what is right, it is easy to connect to the One above.

We experience four types of thoughts inside us:

- ▶ **Negative:** Thoughts of Anger, Lust etc. don't allow us to sit peacefully or experience a loving relationship with God.
- ▶ **Wasteful:** These come without reason and deplete

the energy of the soul.

▶ **Ordinary:** These thoughts are linked to physical things and material things like persons, things, friends, wealth etc.

▶ **Positive:** It's important to recognise positive thoughts. Those who have mercy, compassion and feeling of friendship, will also be liked by God.

God says: You are my child; what kind of thoughts should you have? In purity, there is peace; in peace, there is love; in love, there is happiness, and in happiness, there is power. This is a gift that God has given me. I remember what He tells me and I don't think about anything else. If you mentally accept these things and practise these in your life, then today has been a great day. Don't take or give sorrow. The Supreme Father is ready to give us everything. He gives us so much, but let me endeavour to be a deserving child of God, so that I can receive all of this from Him.

*Heated gold becomes ornament,
Beaten copper becomes Wire,
Depleted stone becomes Statue,
So the more pain you get in life,
the more valuable you become.*

BABA'S CALL:

“BE HUMBLE, GENEROUS AND INSIGHTFUL”



An Interview with Brother B.K. Steve Naraine, former Vice President of the Republic of Guyana and High Commissioner of Guyana to India, Rtd. – Interviewed by B.K.Ranjit Fuliya, Associate Editor

[The first diplomat to follow the divine knowledge imparted by Incorporeal God Shiva through the corporeal medium of Prajapita Brahma, Bro. B.K. Steve Naraine, former Vice President of the Republic of Guyana and High Commissioner of Guyana to India, Rtd., shared his personal experiences of spiritual ecstasy, efficacy of Rajyoga meditation for smooth functioning of administration, positive changes in one's attitude through this *gyan*, and bringing about world transformation through self-change, with B.K.Ranjit Fuliya, Associate Editor. The interview was conducted at New Diamond House, Brahmakumaris International Headquarters complex, Shantivan, Abu Road, Rajasthan in March 2005; telephonically updated on 25th August 2012. We hope these experiences would enlighten and motivate our esteemed readers, providing them new zeal and fervour for treading the spiritual path – Editor]

Question: *Could you share with our readers how you came in contact with the Brahma Kumaris?*

Answer: “I came into contact with the Brahma Kumaris when Sister Jayanti, on the invitation from a good friend of ours, visited Guyana and with generosity of spirit and an open heart, she shared the teachings of Raja Yoga.

Sister Jayanti stepped into our home on December 3, 1975, at 4:00 in the morning. On arrival into the country, she was escorted from Timheri Airport by my wife, who is known as Auntie Betty. I later realized the fortune of this timing when I learnt about the significance of the confluence age and particularly the time of *amrit*

vela – 4:00 a.m. *Amrit vela* (literally the time of nectar) is considered to be the time when the sweetest meeting between God and His children takes place.

We had the good fortune of hosting Sister Jayanti and of taking care of her during her stay in Georgetown. As a result, the initial Raja Yoga study and practice was done in the intimate setting of my home. I consider it to be very fortunate that we had the honor of hosting Sister Jayanti and that our home was the first meeting point in Guyana!

The truths she was sharing had a profound impact on me and my entire family, and within a short space of time we were following “shrimat,” the

directions contained in the teachings. Our way of being, our lifestyle, and our home changed! This became obvious to our extended family when we shared a Christmas meal cooked and served by Sister Jayanti turning a new page in our lives.

The knowledge and practice of Raja Yoga, shared with simplicity and purity, opened many other souls to a new possibility of experiencing the soul's direct connection with God. The truth, faith, and determination of these souls formed the foundation for the love and remembrance that became the yardstick to measure everything else to follow in service to the country.

Within a space of just four

months, Sister Jayanti was joined by Sister Lata from Surat, and Sister Mohini, who currently serves as the Regional Coordinator for the Americas and the Caribbean and presently lives in New York. Together they established the first centre in Georgetown in April 1976. Sister Mohini was appointed the main coordinator and stayed until August 1978. Sister Jayanti returned to London, and Sister Hemlata, now serving in Trinidad and Tobago, and Sister Meera, now serving in Malaysia, joined Sister Mohini. And together they became the force behind service.

Within two years, the sound of the Brahma Kumaris had reached all three main provinces of Guyana, viz., Demerara, Berbice, and Essequibo, and had become a household name from public schools to university; from ordinary people to government officials; from interfaith leaders to atheists. The novelty was the pure personality of the Indian sisters and the Guyanese mothers, who became the bedrock for the centers all over the country.

Q.: *Did you know the BKs before you came in contact with Sister Jayanti?*

Ans.: I had never heard of the Brahma Kumaris Organisation before Sister Jayanti came to Guyana. I was of Hindu background and followed the principles of Hinduism, but I was also interested in other faith traditions because during the course of my professional and social life, I came into contact with various religious groups. When Sister Jayanti shared the knowledge of Raja Yoga with me, I found it very unique — something beyond what was offered by other religions. This was something supreme and universal, and included all religions and all people.

Q.: *How did you feel when you first visited Mount Abu?*

Ans.: My family and I visited Mount Abu in the summer of 1976 for the first time. We arrived late at night in the middle of the monsoons. The clouds descended on earth, making visibility almost nil. The road we travelled to reach the mountain top was long, winding, and rough! It felt surreal to be driving through thick clouds in anticipation of a destination that seemed to be invoking us with an incredible force. As we arrived into the Madhuban courtyard, we were welcomed by a subtle embrace of spiritual love and warmth.

Dadi Prakashmani and Didi Manmohini welcomed us with brilliant smiles and powerful *drishti*, sprinkling rose water and showering rose petals on us. We felt immediately at home. We had returned to a place of purity, sanctity, and spirituality. We had arrived at ‘*Brahmamahurat*’ the holy land where Shiv Baba has created the *yagya* for world transformation and where Brahma Baba had left the footprints of *Shrimat*.

Q.: *What attracted you to Madhuban, and how many days did you stay?*

Ans.: I stayed for about three days on my first visit in August 1976. My second trip was four months later, in December 1976, and I stayed for about four days and met Baba once.

Because these visits were made during my official trips to India, I was able to stay for only brief periods. From 1977, I began to visit Madhuban every year. Even though it was a very long trip from Guyana to India, it became clear to me that it was important to pay attention to these visits, as spending time in this pure, spiritual environment of Madhuban, was vital to building a strong spiritual foundation.

In 1983, I was appointed

High Commissioner of Guyana to India and my family and I moved to New Delhi and lived there until 1990. During this time, it was no longer one visit a year, but we used to visit Madhuban three to four times a year, during Baba's season.

The frequency of our visits was never enough. We always wanted more and more because of the intimacy of our meetings with Baba, and of course being with the family.

We watched and marvelled at the growth of the family as brothers and sisters came from all over Bharat and countries abroad. It felt as if love grew in abundance, as we received so much love not only from Baba but from the entire family.

So the main attraction for us was love. And it is very difficult to describe in words the experience of this love. I remember vividly the stir of emotions within me when Baba, after speaking the Murli, would meet personally with the Dadis and brothers and sisters. I was honoured to be very close to Baba and the seniors during those meetings. When it was time for Baba to leave, He would give long, sweet *drishti* to each one of us. When He looked at me, I felt in my heart that my real Father was

leaving this corporeal world and that I did not know when I would come back to meet Him again! The connection in that parting moment flooded me soul with so much love. This love sustained me through closeness and companionship with Baba and brought me back to meet Him again and again! It was surely like travelling on the plane of love!

Q.: *You are the first diplomat to follow this knowledge, so you must have felt privileged?*

Ans.: Well, I never think of myself in this way, but as history would have it, I was the first person holding a government ministerial position and also a diplomatic position who came to Baba's knowledge and became a full-fledged BK.

At present, that is history. If I were to ask myself, did this have any impact on me? I would have to confess that it did not add anything to me then, nor does it now!

The real privilege was listening to this knowledge. It was like the awakening of an inner truth and remembering what I already knew, but had forgotten. It returned me to real purpose and meaning of life. It was like a magnet. I was very much attracted as were many other people.

Q.: *Which point of Godly*

knowledge struck you the most?

Ans.: The first point that struck a chord for me was when Baba says that we are all souls and we are brothers and all of us are children of One Father and therefore, we must look at one another as brothers. I must have experienced the truth of this point the instant I heard it, for it had a tremendous impact on me, and influenced me both spiritually, as well as in my political work. I began to see the people I served differently. Now when I look at the people of Guyana, I no longer see different races. I do not look at them from a colour, or language, or religious perspective. Being able to do this was a freeing kind of feeling and that meant a lot to me.

Furthermore, it influenced me in terms of my work: Baba's knowledge tells us to be humble, to be tolerant, and to be generous, in addition to looking at each one with the same vision, the vision of spiritual equality. These became important aspects in my life. Immediately on understanding the knowledge, my home became completely vegetarian. And this was easy. However, the challenge

was to be a strict vegetarian while being with my colleagues in the Cabinet. We used to attend meetings, which would last the entire day and included lunch together. I insisted that I would have only vegetarian food. My colleagues used to joke with me saying: “for how long will you keep this up?”

Perhaps they thought I was going through a phase that I would soon be bored of.

However, as drama would have it, some of them began tasting my vegetarian food, which they themselves relished. The food must have had some influence on them, because every Minister of the cabinet, the Prime Minister and President of Guyana as well as other prominent individuals were served at a personal level. They came either to Baba’s Home or attended the programs as keynote speakers. They also had the honor of meeting with the Dadis and senior brothers who visited Guyana. In those days the Dadis and seniors visited Guyana often, and each time they visited they would meet with the President, Prime Minister, and Ministers, so the BK family got to know the people at the government level very well.

And the BKs also became well known. Surinam, Trinidad and Barbados got the benefit of the seniors’ visits to Guyana, as they were able to serve these nearby countries.

It was a good experience, because we were able to take Baba’s knowledge to the highest level and the lowest level in these countries. It was most satisfying for me to observe the universal message that was being given. And it was most enjoyable for me to witness the way it was received by the people. They were like “*chatrak*” birds catching hold of every drop of knowledge.

Q.: *Did you start your life as a bureaucrat or as a politician?*

Ans.: I joined the government administration as a bureaucrat in 1970. The President of the country invited me to take over a semi-government post as a Technical Specialist to the Cabinet. After a year in that job, I was invited to become a Minister in the Government as a Technocrat, (not as an elected member) and that is how I entered politics. I worked in the capacity of a technocrat until the election year of 1978, when I was elected and started my political career. In 1983, I

resigned from my political job and accepted the post as High Commissioner of Guyana to India, where I served for six years.

Q.: *Please tell us something about your childhood days and your education.*

Ans.: I grew up in a family who was partly in agriculture, and partly in shop keeping.

In Guyana, at that time the education system was up to matriculation, and after that we went on to what was called London Higher; and Junior and Senior Cambridge exams. I went through the whole educational system in Guyana to the highest level.

After graduating, I joined the Public Works Department as an apprentice engineer, because that was during World War II, and it seemed the best choice at the time.

However, in 1948 I was awarded a government scholarship to study engineering at the University of London in the UK, where I spent three years and graduated in Civil Engineering.

Some years later I graduated with a Masters Degree in Civil Engineering from Delft University in The Netherlands.

(... to be contd.)

MURLI IS THE MAGIC WAND



– B.K. Sandhya, Bangalore



As a child, I was very playful but never interested in *bhakti*. I used to visit temples and churches with my friends, but I never got attracted to a religious way of life. Even though my mother was a Brahma Kumari, I was in between—neither interested in religion nor against it.

During my 2nd year in college, there came a strange call for me. The B.K. sisters and students of the local Brahma Kumaris center had planned to go to Mount Abu for Baba's meet in November, 1995. My mother wanted both me and my sister to accompany her for this meet. My sister had met Baba many times earlier, but for me this was the first occasion and I was not very excited about it. As I did not know whom they were going to meet, I decided to accompany them, as if on a pleasure trip.

It was at this time that my cousin sister, who was the centre in-charge, told me that she would allow me only if I attended *Murli* classes. The students of Rajyoga are well aware that the

divine versions spoken by Incorporeal God Shiva through the corporeal medium of Prajapita Brahma are called *Murli*. Thus I started listening to *Murli* classes. This was a turning point in my life. I came to know how loving God is, and how interesting *Murli* is! I wanted to know more and more. With curiosity to know more, I would go on asking questions so as to quench my spiritual thirst.

My mother was a great source of inspiration to me. Though not having formal education, she was such an enthusiastic soul that she put sincere efforts and learnt Hindi just to understand Baba's *Murli*. She had a fairly good understanding of Baba's *gyan* and she cleared all my doubts. She had been practising Brahma Kumaris philosophy since I was six years old. I was attracted towards Baba because of my mother. Having observed her, I personally feel that mother plays a very vital role in making her children understand Godly knowledge or

come close to Baba. Always bubbling with love for Baba, she would share the spiritual gems with others. When my friends used to visit my house, she would start giving them Godly knowledge, and I felt embarrassed. In Kannada, there is a saying that "you never consider medicinal herbs that are grown in the backyard of your house as medicine."

MEETING WITH GOD AFTER A KALPA

After reaching Mount Abu, I came to know that Sister Sheilu would conduct 7-Day Rajyoga meditation course in the evening. I found it so interesting that I never wanted to miss it at all, though my sister and cousins would ask me to come along for shopping or sightseeing for which I was crazy. I was determined to take full advantage of those seven days. Tears started rolling down my eyes, while listening to the course. I felt God, my Father, has come to earth to pour His love. It was quite strange that I could not know of it even though I was brought up in such

a Godly environment since childhood. I literally complained to Baba why he adopted me as His child so late, and why he did not call me from my childhood days, as a result of which I wasted my life until that time.

While the course was in progress, one day I woke up for *Amritvela*. You could imagine how cold it would be in Pandav Bhawan, Mount Abu, in the month of November. It was a routine with everybody to go to *Shanti Stambh* and say good morning to Baba, and then go to *Om Shanti Bhavan* for *Amritvela Yoga*. I had thought to sit for 2 minutes. I sat on a mat put on the marble floor, and I could not get up for the next 45 minutes—I was completely spell-bound. That was the day I came to know how God Father bestows His love. In the form of vibrations I was getting it, and even through a cloudy form, I could feel His love coming in the form of waves. I did not want to blink my eyes even for a second, lest it should stop. I can never forget this experience that made me a true and strong child of Baba. From that moment onward, mere knowledge was changed into “realization and faith in God”.

After returning from Mount Abu, I became an ardent student

of Baba. I was very honest to Baba, observed *Amritvela* regularly and attended *Murli* classes both in the morning and in the evening, even though I had to attend to my College studies. I really enjoyed my Godly student life. Come what may, I would never miss the *Murli* class. I actually would feel proud while going to the *Murli* class in the rainy season; I would tell Baba: “Baba, see I love you so much; though it is raining heavily, I will not miss your teachings”. After completing my graduation, I wanted to do M.B.A, but immediately after my degree we had to shift our residence due to unavoidable circumstances; hence I had to drop my MBA plan. My mother wanted to give Baba’s message to maximum number of souls, and dedicated first floor of our newly constructed house for conducting *Murli* classes, and it became the Rajyoga Meditation Center for our locality Laggere (Peenya), Bangalore. However, years later, Baba fulfilled my wish to study further and I could do my post graduation in Value Based Education and Spirituality.

**MURLI – A MAGIC
WAND – “JAADU KI
CHHAD”**

If one really wants to know

who God is, and how His love is, then one needs to pay attention to *Murli* a lot; because it is *Murli* which plays the role of magic in making one inclined towards Him. It is through *Murli* that through which one’s faith towards Him increases. Only through *Murli*, I came to know that God watches our each step. One day, *Murli* class was going on. Suddenly there came a point: ‘Children don’t buy a watch to see only the time, but they also keep wasting time in looking for designs and colours’. I was shocked for a moment because I had just done exactly the same that day—I had come to *Murli* after such a shopping for a watch. Rather than feeling ashamed of it, I felt so happy to realize that there is someone so loving, watching my every step for my good, trying to readjust me into soul-consciousness, and thus caring for me. In *Murlis* Baba often says: “I will press the feet (feet of intellect) of children because you are very tired from *bhakti marg* (devotional path);” and “CHILDREN, REMAIN PURE FOR ONE BIRTH AT LEAST FOR MY SAKE, NOT FOR YOUR SAKE.” With this particular point, Baba struck an arrow at me, and transformed me completely. I would ask

myself: “Who is asking me to remain pure? My own Heavenly, Holy Father. Is it not natural for my pure Father to expect me to be His sort, to be pure? Does this not make me worthy to take His frequent greeting: “*MAALEKUM SALAAM?*”

So it was through *Murli* that I fell in love with Baba more and more. This could be true for anyone else too. It happens automatically, one may never even know when he or she starts changing from self-love to falling in love with Baba. So is the case with further steps in life. Though I loved Baba, I never expected myself to become a full-time *Rajyoga* teacher which I am today. So I call Baba’s *Murli* a *JAADHU KI CHHADI*. I feel so proud whenever Baba tells in *Murli* that “*KUMARIYAN BUTCHER HONESE BACH GAYI*” (you *kumaris* are saved from the hands of butchers).

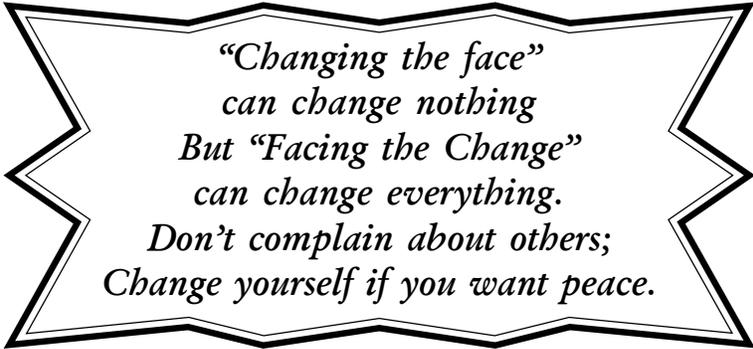
SHRIMAT (divine principles) IS GOD’S HANDS

Amritvela, the nectar time, was the main foundation for my spiritual growth. Eating pure food cooked in the remembrance of Baba and offering Him *bhog* is another *Shrimat* which brought fast transformation in me. Again,

listening to *Murli* only made me follow the principle of pure food. It all depends on the view one develops. When one’s views are changed, values are changed. When one begins to view Baba as his companion interested in his welfare – we all know that people do according to what their companions wish—making any change becomes easy. I remember my close friend in my college days. She had a companion who never wanted her to wear modern or pompous dress while attending college. Though not yet married to him, she stood by his wishes and never wore fashionable dress even for a single day. After all, her companion was just an ordinary man who could have such great influence over her! Why? Because change is proportionate to the degree of love one has towards one’s companion. But who is my companion? The Most Beneficial Companion, who is also our Supreme Father.

Hence, it was a delight for me to make the changes He asked me to make through *Murli*.

Hence, what newcomers need to do first is to develop love for the Heavenly God Father which will be followed by an electrifying experience of His love in meditation in due course—neither early nor late. One should not expect this to happen like having a fast food. Our companion is the OCEAN OF PURITY; so to reach Him to experience His love, we need to connect to Him through *SHRIMAT*. Baba also encourages us by saying ‘*HIMMATE BACHE MADAD-E-BAAP.*’ Earlier I used to wonder how I would manage shifting to wearing white sarees. Today, I feel so proud in wearing whites as a dress code with a medal to it. It has been my experience that it only brings respect from others—wherever I go I feel safe and protected. This is true of all His *Shrimat*, which would seem “like poison in the beginning but become nectar in the end”.



*“Changing the face”
can change nothing
But “Facing the Change”
can change everything.
Don’t complain about others;
Change yourself if you want peace.*

SWEETNESS



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

Scientists believe that our attraction to 'sweetness' is innate; it helped primitive man intuitively select safe foods whilst avoiding the bitter ones, which were mostly poisonous. Could the same be said of the soul and its attraction to sweet encounters?

No festive occasion would be complete without the distribution of some sweets; a birthday party, for instance, would not be the same without the cutting of a cake. Christmas also would not be the same without pudding or Diwali without *mithai*, or Ramadan without '*lugaaimat*' or '*Vimto*'! Chocolates are also very often given as gifts, as a sign of love and affection. Our sweet tooth is voracious and manufacturers capitalize on this huge market.

There is also a sweet saying that if you want to give someone the 'medicine or bitter pill of truth' – then sugarcoat it. The sugar, which could be defined as 'sweet words conveyed in a polite and respectful tone', go a long way in making the truth more palatable!

Natural sweeteners are also an excellent source of energy and strength for the body. Thus, could we perhaps conclude that sweetness is indeed the essence

of life? And, without it, we lose the 'taste' for life!

Sweetness for a spiritual seeker is like the acid that helps the soul ferment... oops! We mean age-wisely and mature! A prudent soul can 'afford' to be sweet, as it does not have the fear of 'ants' coming to take advantage of its sweetness. In fact, a 'sweet' soul will be modest and flexible, just as a tree laden with fruit bows to everyone. Those, with a matured sense of humility and who live in their own dignity, know very well the wonders and powers generated by this innate gift.

Just as a honey bee is attracted to the sweet nectar of a flower, so, too, our fragrance from within will attract other souls seeking that nourishment. Sweetness is also an energy-booster for ourselves and others for the kindness we distribute returns to us in the form of sweet blessings and sweet tidings.

There is a beautiful saying in many languages that, 'the fruits of patience are sweet', implying that it is much better for the palate and the stomach to wait for the fruits of the season to ripen rather than eating them raw. Implicit within

sweetness, is certain patience, endurance and stamina. Without this wisdom, it is simply naivety – passivity. Yes! Children are sweet also and this is the quality of purity and innocence shining through them.

Sweetness can be expressed in many ways, for example, sharing a smile, speaking kind words with love, making an encouraging statement, making a sacrifice, random acts of kindness, gift-giving and so forth.

Just as we add sugar to our tea and coffee or to just about anything to improve its taste, sweetness in life generally is about going that extra mile and making a difference in someone's life. Yes! Life will go on regardless of anything but with the added quality of sweetness, everyone (and everything) will flourish.

As with all qualities, sweetness needs to be balanced with a deep sense of sensibility and dignity. You need not be so sweet that others take advantage of you. Learning to value the self is an act of sweetness and there is no harm in that.

It's time... to add the extra teaspoon of sweetness to the elixir of life and share your kindness with others. Go the extra mile and let your beauty shine. Fortunately this is one sweetener that won't give you a toothache or extra calories!



EDUCATION FOR MIND ELEVATION

– P. Shyam Sunder, Hyderabad

Education is an important factor in every person's life. Society transmits its accumulation of knowledge, customs, skills and values from one generation to another through formal process of education. Education is essential in our life because it shapes our outlook in a rational and logical manner. It certainly trains us to earn our livelihood. Education is a never-ending process which starts from childhood and continues throughout the life.

Fifth September is celebrated as Teachers Day in our country, because it is the birthday of late Dr. S. Radhakrishnan, the first Vice-President and the second President of India. Dr. S. Radhakrishnan was not only a great teacher but also a patriot and an icon of education. It was under his dynamic leadership that education got transformed for betterment of students and teachers. He was one of the most celebrated philosophers and teachers of his time. He stated that education always plays a pivotal role in building

one's character and position in the society. He stressed the importance of teachers in every field, as they are role models, who shape up future of the students.

Another great educationist of India was Dr. Zakir Hussain, who was a symbol of wisdom, knowledge, and secularism. He stressed that education should preserve the national heritage and transmit its rich legacies to future generations. Dr. Zakir Hussain introduced work-centered education instead of book-centered education at Jamia Millia, where he worked as Vice-Chancellor. Later, he rose to be the Vice-President and then the President of India. According to him, an educated man must have a positive attitude, values, trust, broad vision, open-mindedness, an urge towards moral growth and flexibility in adjusting with man and environment.

Other eminent educationists of our country include Rabindra Nath Tagore, Maulana Abul Kalam Azad, Pt.

Madan Mohan Malviya, Raja Ram Mohan Roy, Sri Arvind Ghose, Swami Dayanand, Swami Vivekanand and many other illustrious sons of mother India. They made special efforts to educate the countrymen and eradicate social evils; they also succeeded in their mission.

Mahatma Gandhi firmly believed that education must be linked with employment. He valued self-sufficiency and autonomy for India's villages so as to enable them to survive and prosper. He considered manual work to be important and emphasized that the work of the craftsman or labourer should be the ideal model for the 'good life'. He advocated that schools must lay emphasis on productive work and the basic education was aimed at creating a society where people are morally strong, self-reliant, cooperative, self-respecting and generous.

Teacher as Nation Builder

Teacher holds a place of special respect in society, as he is the builder of the nation. If a teacher establishes good rapport with his students, he develops in them more desire to learn from him. If he treats his pupils as his friends, he benefits immensely from the experience. A true teacher

always thinks himself a student of life. If he is able to mould himself in that role, he becomes a medium for inculcating moral values and lofty ideals in the students. It is because students naturally emulate him. If he has moral character and goodness, students learn a lot from him. Parents of the students also play an equally important role in all-round development of their personality. They must keep a balance of 'love' and 'law'. If the parents remain vigilant, students can never go astray from the path of righteousness. In this context, we are reminded of Abraham Lincoln, President of U.S.A. He professed that every person must receive at least a minimum education to know the history of his/her own native place and country. In the above letter, that Abraham Lincoln wrote to the school headmaster, we find a representation of genuine care and concern of the parents:—

Respected Teacher,

My son is very weak in studies; he should become studious and hardworking. He has been wasting his precious time since so many years. My greatest worry is about his future, which is getting destroyed. His concentration should be totally on studies when he is at the school. As long as parents feed the child, he'll not know the value of money, but when he toils, he'll certainly know the value of the same. I know that he may not understand so easily, but put in all efforts to make him understand this hard truth. He should be trained under your guidance in such a manner that he should market his brain in a constructive direction, not in any wasteful manner. Losing and winning may be part and parcel of life, but he should not give up any studies so easily without putting any hard work. He may fail in the exam – it can be appreciated – but not cheating which is not acceptable in any educational institution. He should develop his own ideas for survival, however much others may criticize them. Guide him to be how gentle he should be with everyone including yourself, and tough with the tough. Help him to develop self-confidence in all studies, which is possible when he practises everything with dedication and sincerity. Only when one keeps hitting the red-hot iron, then only required shape can be acquired. He is the tiny fellow; please shape him out well in all fields especially education. – Abraham Lincoln

Need for Spiritual Education

Right from elementary stage of education to post graduation level, teachers play a pivotal role in students' lives. Though formal education increases students' qualification and helps them in pursuing their career, this is not necessarily an end to build up a pure and positive character. It is spiritual education that highlights the goal and purpose of human life and provides guidelines for following a virtuous path. Therefore, spiritual education is a must for all-round development of students. Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya propagates the teachings of Incorporeal God Shiva (lovingly called Shiv Baba) which are followed by lakhs of Brahma Kumaris and Brahma Kumars.

God as the Supreme Teacher

At the present Confluence Age, God Himself plays the role of the Supreme Teacher. He has descended on this earth in a human form to deliver His sermons and preach the ancient-most form of meditation and values in education. As we are on the last leg of this eternal world cycle, the sermons delivered by God are pivotal for the gigantic transformation, at

this critical juncture.

God has been distributing the jewels of knowledge free of cost. He has been asking all His sweet children to collect as much as possible with a view to become pure, positive and divine. The only favour He has been asking from us, is to give up all our vices and remember Him with a pure mind. God Shiva, through the human medium of Prajapita Brahma, has been disseminating the spiritual knowledge and revealing the most esoteric truths which are unfolding new portals of human consciousness. Thus the spiritual education has been guiding millions of people worldwide to attain pristine purity and regain the “Paradise Lost”.

Presently, the world is groping in total darkness, professing that GOD is present everywhere. God clarifies that He is the Supreme Soul. He is incorporeal – a conscient point of light. He has no body of His own. He is the spiritual Father and Teacher of all the souls. Souls come in the cycle of life and death but the Supreme Soul doesn't. He resides in the Soul-World, Brahmlok or Paramdham. We can have mental communion with Him through meditation, with pure and positive thoughts. This education is important because God Himself has come to purify us—the souls and take us to Golden Age (Satyuga). Through this Rajyoga meditation and spiritual education, we have to eliminate the five major vices, i.e., Lust, Anger, Ego, Greed and Attachment, so as to usher Golden Age. Thus this spiritual education is the pre-requisite for purification and mind elevation. When we attain virtues in our life, by sublimating mind, we become instruments of a glorious transformation in the world.



CYCLE

—B.K Jennifer, Toronto, Canada

Mountains rise on roads
Decent lakes glisten in the sun
Rocks form magnificent scenery
Lush forests seen on this run

The sky is bright, the wind content
While on this leisure ride
And then a thought breaks this bliss
What's on earth's other side?

At times these mountains spew
Winds show their discontent
Waters raise, the sky's a haze
Forests burn, rocks split, lives spent

While feeling joy for all we see
Others carry pain and sorrow
We cannot stop the elements' cycle
Nor prevent the change of tomorrow

Instead, we share joy with others
Understand change, bring repair
Support to the one who suffers
Overcoming grief and despair

Send powerful thoughts to heal
Act only in benevolence
To everyone we meet each day
And also those not in our presence



POWERS FOR ENJOYING RAJYOGA MEDITATION

– B. K. Surendran, Bangalore

It is a fact that when we start practising Rajyoga meditation, we attain mainly eight powers. But, in order to acquire these powers, we must cultivate certain abilities, which will naturally create certain unique powers in our life as a consequence. Not only that, we will also experience many unique experiences – while being in soul-conscious stage in the physical world, subtle stage while being in the subtle region and incorporeal stage while being in incorporeal world. The following powers need to be exercised to advance in meditation and also gain higher levels of experiences and to attain many other abilities in addition to the eight powers, which are projected as the attainment of powers through Rajyoga.

Power of Knowledge

We all know that we must apply the Godly knowledge in day-to-day life. In fact, this knowledge helps us to practise meditation. In meditation, we should select appropriate thoughts and guide those thoughts, which are Godly knowledge points, to create

appropriate mental stages for meditation. Knowledge helps us to concentrate our mind on God. It gives us a very clear picture about different aspects of the self as a soul and specifically gives us an insight into the existence of the Lord and His personality. It also provides us a vision of the soul, God and God's abode – incorporeal world. We must churn the points of knowledge during meditation, which will automatically help us to ward off vicious, negative and waste thoughts. These thoughts are the main obstacles in meditation practice. Even though, we have accumulated thoughts over many births in the past and also in the present birth, the practice of meditation will help us to replace them with knowledge-based thoughts which are elevated, pure and positive thoughts.

Power of Observation

If we are not paying proper attention to our thoughts, words and actions, our life at that point of time is not properly utilized. Observation should precede attention and alertness.

Awareness and observation go hand in hand. When we are aware, we are also observing not only our feelings but also the behaviour of the people and their responses. When we are at a place, or when we walk along the street, when we travel, we can observe people to learn new facets of life. A keen observer will improve his memory power and power of concentration. We must observe ourselves constantly. Since soul-consciousness is to be maintained at all times, it is very necessary for us to observe ourselves at all times. We must look at the pleasant side of everything, living and non-living entities. Our constant observation of our thoughts, feelings and emotions will reinforce our ability to ward off vicious, negative and waste thoughts, feelings and emotions. We must keep a watch over ourselves and also ensure that we are always on the proper track. When we start observing our thoughts, at the thought level itself, we will avoid undesirable thoughts. We should think before thinking what we want to think. When we are aware of ourselves, we will have attention on our thoughts, feelings, emotions, words, actions and also interactions. This will also positively reflect on our relationship with others. Our conflict-resolution ability

will also improve. This practice will reinforce our ability to observe and in turn the power of observation will grow.

Power of Visualization

It is not that those who practise meditation, will only visualize things, events and people etc., but everyone visualizes things or events or anything they start doing. It is akin to dreaming. If anyone wants to construct a building, first of all, he/she visualizes in his/her mind and then he/she looks at it from that level. Then he/she gives a practical shape to what he/she visualizes. Great lives have been shaped with the power of visualization. Our life is the consequence of various visions we have created about ourselves. Visionaries have aspirations. They are assisted by their thoughts to give a practical shape to their dreams. Therefore, this is an important power, which will help us to experience prolonged duration of meditation with joy. Power of observation will help us to visualize subtle points of knowledge. In meditation, we must experience the soul-conscious stage, being in subtle region as an angel, being in the presence of the Lord, being in the midst of deities in new world and so on. Therefore, we must apply the points of knowledge and then exercise the power of observation constantly and then

visualize those points in subtle practical form. This type of exercise will enhance the power of visualization. This is very important for us to allow us to stay at a particular stage as long as we want to prolong that experience of being in that stage. We all listen to the sermons of God everyday. While listening to the versions of God, it is a golden opportunity for us to visualize those versions and keep us in those respective stages. We will be shifting our stages very often and it becomes a beautiful experience for us.

Power of Concentration

When we develop the above powers, as a consequence of the practice of these exercises, we will develop the power of concentration. We are able to decide what state of mind and what stage of life we want at a particular moment. We can also decide what type of thoughts should emerge in our mind at a particular point of time and based on those thoughts, we can create feelings and emotions. We will come to easily concentrate on God, the point of subtle light, in soul world. We can also similarly concentrate on subtle region, making ourselves stay there as long as we want, be with the angels in subtle world, so also in the world of deities – heaven – as long as we want. This process again will enhance our

power of concentration, which will multiply as we go on exercising the power of concentration. Our thoughts will come to materialize. We must be very careful that we should not think or utter any thought or word, which will harm others since our thoughts will have the power to materialize.

Power of Experiences

When we exercise the above four powers, we will gain many beautiful experiences. These experiences will become an authority for us. As a result, our self-confidence and courage will increase. These experiences are a treasure house of knowledge. We think, speak and do things with the authority of experiences. Such thoughts, words and actions will have tremendous impact on others. We will be able to make others experience whatever we think, speak and do. And, we will experience an unprecedented transformation in our life. These transformations will never be reversible. Every time we exercise these powers, we will have varied experiences. In the process, we will be accumulating our power of experiences as time passes by. We will come to be the proud owners of a stable mind, with a balanced lifestyle in peace and commotion.

(Contd. From August, 2012)

YOU CAN TRY AND HIDE YOUR 'TWO FACES' BUT NOT SOUL'S FACE

– B. K. David, Paignton, England

There is a gown and uniform for health, ill-health, disease, truth, beauty and ignorance. You wear today what you unknowingly created for yourself in the past. Most of the people have to put on and wear the same old groans and moans everyday. Such are their personalities and states today, that no one would recognise them if they did not wear their calipers of sadness or display their frowns of stress or moan about their aches and walk with their signature limp. Everyone now accepts and has grown to expect a life filled with aches and pains. People's lives have become like a diet of dried peas who have a stomach (mind) that is never pleased.

Letter to A Friend (What Do You Call Someone Who Aims To Run But Has Forgotten The Importance of Walking)?

What do you call the one who aims to be a millionaire but has nothing in the bank and little in his pocket? Success is born from a constructive plan that maps out your day in detail. Some cannot even draw up

plans for their day, let alone the future. If you wish to be wealthy, do you not need to work and put something in your bank each day? What do you call the one who does not save (perform elevated *karma* in the service of others) and put something in his spiritual bank each week? Unwise is the one who does not know how to save or invest and get a return on what they think and do each day in life? If you invest in nothing, what would be your return? Wise is the one who sees the plight of others and invests in their salvation, redemption and needs. If someone has no legs, you can if you wish, devise a plan to help them walk. Or you can go for a game of golf.

Do You Go And Watch And Support Happiness And Health United Play At Your Football Ground Everyday?

To spend time and invest in helping others is to give the self a season ticket to happiness and health. The more time you spend and invest in this selfless pursuit, the more often you can

visit and watch these two great teams of **Happiness and Health** play at your own football ground. On watching these two clubs play the game, you are the referee, main supporter, manager and turnstile worker deciding who you shall let in your ground (life). Paradoxically, in this game, the more Happiness scores, the more Health wins. The more Health wins, the greater the Happiness becomes. There are only winners in this game with these two teams.

Your Own Goals Are Destroying Humanity And Your Own Daily Life

The problems occur and you get crowd violence when you have **The Vices** playing **Body Consciousness** at home. When these two teams meet and play each other, anything can happen. No one ever wins when these two teams play. In their long colourful history with their endless loyal support, both teams have lost every match they have ever played against each other. Both teams are very skilled and always field a very strong team. So why does no

team ever win? Because their games are very physical with constant fouls, are played on dirty, muddy pitches in the cold and make you feel tired and nervous and filled with regret after their games. They have many loyal — but very unhappy supporters.

Do You Play A Game In Which You Never Win? (Shaking Hands With Yourself At The Start Of The Game)

The games between **Vice** and **Body Consciousness** are most confusing as both teams wear identical kits, have the same managers and supporters and always know what the other side is going to do. There is a lot going on in their games but invariably, when the final whistle blows and you later reflect on their game, you realise just how boring and predictable their game was. You always know what the final score and outcome is going to be and who will win — no one! Both the teams— **Vice** and **Body Consciousness** walk off the pitch at the end of the play— defeated, tired and unhappy. Only the invisible team of **Sorrow** ever wins their games and cup.

Whom Do You Support In Life?

They have been playing and

losing their matches against each other for thousands of years; so you think their supporters would have learnt not to watch their games any more. But they have not learnt and carry on watching these two teams battle it out daily on a regular basis. It's on the basis of habit that they watch these teams as they get little long term enjoyment from watching their games when they meet and play. It's like they are all out of habit constantly eating raw rhubarb and onions without ever thinking about what they are doing. A few may think, but then quickly forget and do it all over again and stand in the cold supporting both **Vice** and **Body Consciousness**.

Are You Aboard HMS Sink?

The vice of rhubarb and onion (lust, anger, jealousy etc) are addictive and incognito and hard to give up. Most live and work for vice and to increase the amount they can get each day, which is all a bit like trying to increase the size of the hole which is letting in all the freezing water on your sinking ship. The wise are trying to plug their hole with truth and have woken up to the fact that it's only truth that can stop them sinking.

We need to think if we do not wish to sink. There is a ship

called: **HMS No Think - Then Sink**. You must be a clever Captain if you are to stay afloat and reach the other side and its new port. These are rough seas and not all can swim (have wisdom and truth in their arms) and survive them. The sea (of vice) is about to get a lot rougher and a lot more dangerous and consequently, will drown in its sea of poison.

Do You Take Local Swimming Lessons With God?

The other side is worth all the extra effort required to reach it. All that you are going to have to do in reality to reach that side is focus on it, whilst you'll automatically be turning your back on poison. We just need to give up poison for milk and comfort with daily swimming lessons at your local swimming baths on how to become stronger, more skilled swimmers. These swimming (spiritual) lessons are essential so that you can better navigate in this deadly sea of poison.

Heart Of The Matter (Matter Of The Heart)

Only the one with a true heart can forget his own heart and fill the needs of others' hearts. The wise will see how empty the others are, have compassion, devise a plan and fill those empty people and meet those

needs that they have — and in so doing, forget and fulfil their own.

Are You Chained To Yourself and Life?

I think if we all tried for two months to forget our own problems and put our limitations and situations to one side and tried to help others, we'd all be amazed at just how much we could achieve and accomplish if we just forgot about ourselves for a change. It is all too easy to become wrapped up in oneself all the time. The trouble is, when we get wrapped up in ourselves so much, our thoughts of 'just ourselves' can turn to thoughts that chain us and keep us distant from the door to freedom. We are all now chained to some degree with differing thickness and lengths of chain. It is only service of mankind that can break those chains and open the door to true freedom.

Do You Know The Difference Between Us and Them? If So, Prove It

God gives us His company and knowledge to become those who can solve any problem or situation, and not those to be always defeated by them. Otherwise, what is the difference between those who have God's company and those who do not even know Him? If

you cannot use God's knowledge to become wise and solve problems, then you are like the rest of humanity in their wheelchairs who find it easy to go only downhill — fast.

Truthful Thoughts Manifest With Big Action

There are many soldiers returning from war now; some of them have lost both legs, an arm, an eye, disfigured faces through bombs etc., and still they find ways to do charity work—to help others, and they do not even know God. Think about it: no legs or arms and their faces a mess, and yet they still manage to do good to the world. What good you did in the world yesterday? What did you visibly do last week to elevate the world? What shall you do today to make the world a better place? Do you just think or can your actions, plans and results be seen and measured? Can you show results and prove it? Or are you only a dreamer with big plans and very little action? Small thoughts with little truth attached to them, thoughts with such little power, always remain hidden, along with their instigators.

Sticks And Stones.....Yes, But Crocodiles..... No.

We all could be and should be, the masters of ourselves and our future and in so doing, find

ourselves on the battlefield of God's service — helping. Yet many seem to just sit down, eat, sleep and drink and can only ever think. What do you call the one who stays swimming in the lake which is infested with crocodiles and only 'thinks' about getting out? The wise 'think and act' and swim very fast to the lake's shore and safety chanting God, God, God all the way. The wise should expect to be called names (defamed) today but wise enough not to be chased, caught and eaten by crocodiles (the vices).

Are You Still Planning To Be Here In 10 Years From Now?

Today is a great day as there is a new you that will think and devise a way to serve and improve the world, and if you only manage to help and serve one person, that will be a great success and a step in the right direction to improving the world —and helping yourself. No time like the present and we must not waste any more time. If you put it off even until tomorrow, you can put it off for 10 years. And in 10 years' time we shall not be here. Or are you still planning to be here in 10 years from now?

**Aiming So High That Sun
Of Truth Constantly
Blinds You -With Truth.**

I'd sooner aim to be in a future summer palace than be stuck in this old boot of a world for any longer than I have to. If you want this world you can have it. Yet I am aiming to have moved into my summer palace by then and be out playing a divine game of hide and seek. Most people have a very high ambition in their life yet they lead a very low, untruthful, most average, very common and mundane life.

**Do You Have A Golden
Bow And Arrow?**

We need a strong bow (mind) and golden arrow (truth) if we are to ever achieve the highest rewards possible in life. Most have only a wooden or lead arrow and weak bow. The result of carrying and using such weapons is that they will not go far in life and will only ever be able to hit the local cemetery with their arrows. Many think they are kings today as they have many sharp decorative arrows (colourful suits, fast cars and wealth) and large bow (alert and shrewd mind) — but their arrows are made of lead and their minds are set in cement and have an account at the **QUICKSAND BANK**. They say cement is prone to

crumbling and rather unpredictable, most common and said to be unsightly — even ugly.

**The Stronger The Better
(You Deserve It)**

I wish you well but you sometimes have to help yourself first as you are the only one who can ever really help yourself. We just sometimes need to shake ourselves up— good and strong. Is it said: God helps those who help themselves? If ever there was a time your self needed help, it is now surely, that time. Never was there such a time as now to help the self — completely. Help your self today and do not delay in that help— you need it. You deserve it. You want it. The world needs your help and so do you! This time in history is your time — it's also the time for you to help the world. The world is in urgent need of a special gift and the only gift that can help it, is the gift you give it today of your self (the self as a soul with its pure thoughts and effort).

**Are You Too Busy To
Talk?**

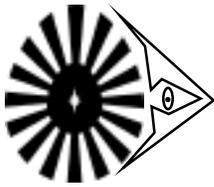
There is a time for action and a time for thinking and planning. Actions always speak louder than words. What did you say? You say you are too busy helping others to talk right now. That is not only a good answer, it's a Godly answer. That's the way it should always be— too busy to talk. Idle talk can get you into trouble and simply waste your time. Godly talk and performing Godly tasks, on the other hand, can get you into heaven.

**Busy Today - Means Very
Relaxed Tomorrow.**

Keep yourself busy today with God and His work in hell; it's a sure way to find you in heaven tomorrow, with all the time in the world to do nothing in particular — except enjoy yourself. There is a vast difference between cleaning shoes in hell and washing mangoes in heaven. What will you chose to do? Live in hell or eat in heaven?

Members of a Great Family

Values are related to each other as if they were members of a great family . From peace and happiness emerges inner joy. From this state of wholeness love awakens and with is the desire to share and give . Two of its relatives are tolerance and respect. All values have a shared origin which unites them - the peace of spirituality. When you lose peace you begin to lose everything.



WORLD TRANSFORMATION AND VISIONS

– B.K. Rakesh Dhir, New Delhi

Most of the spiritual aspirants are well aware that Brahma Baba, who was earlier a renowned diamond merchant, known as Dada Lekhraj, had received many divine revelations. He often held *satsangs* at his home. One day, when he was about sixty, he had invited a well-known *Pandit* to speak on the sacred Gita at his house in Bombay. During the sermon, Dada felt something pulling him. He tried to ignore it, but like a magnet it kept pulling him. He stood up, walked to his room and sat down in a state of deep meditation. An image came in front of him. As it became clearer he thought, “This is God Himself—the four-armed Vishnu.” The vision lasted for some time, and then vanished. Pure intoxication filled his soul. In his friend’s garden, in 1936, Dada saw the vision of a huge destruction. He watched in disbelief – a bomb fell, the earth rocked, and flesh was splintered into pieces – screams, frenzy and fire everywhere – a scene from the future. The great world

war had been revealed to him. Later, another vision came. Points of light, like stars, fell from the sky onto a new earth. On touching the ground they changed into divine beings. These were the deities of the future Golden Age. Dada was told that he would be the human instrument for the creation of this new world. How and when as yet he did not know. His family and friends noticed the deep transformation within him, as he became more and more introvert, silent and meditative. The vision of God, as a point of light, that Brahma Baba had, aimed at lifting the spiritual children to perfection, once again. It was God who had revealed the truth about the coming destruction and of the establishment of the heavenly world that would then follow. And, it was God himself, who had given the signal that Brahma Baba was to become His medium for creating such a divine world. Those, who started to attend *satsang* at Brahma Baba’s residence, would receive visions—

sometimes of Shri Krishna and the future establishment of the Golden Age and sometimes of the forthcoming destruction of the impure world or Iron Age. Baba himself began to wonder as to how those visions came about. After having these visions, the mothers and sisters would have spiritual intoxication, which helped them to elevate their state of consciousness. As they could understand that such a pious world of deities would soon be a reality, they started putting special spiritual endeavours to achieve high status in the forthcoming Golden era. Ever-loving Shiv Baba, through His first ascended angel, i. e., Brahma Baba, is preparing us each day, gradually towards the transformation of this old world into the Golden New World. With intense love, He is bringing all the Brahma Kumars and Brahma Kumaris together and slowly opening the mysteries of the future to them. Baba has blessed us with 21 births of health, wealth and happiness, and the mysteries of the last one birth of this auspicious Confluence Age are being unfolded. But as the time inches towards the new era, the future is being clearly seen by many Brahma Kumars and Kumaris. Baba has clearly told us in many *Murlis* that there would be the

divine visions of the Golden Age at the end of world drama. “How do these visions appear, and why are they happening now”, I used to wonder. Then, one day, Baba lovingly touched my intellect: as the meditation and concentration become more and more powerful, the volcanic meditation will burn the vices; the waste thoughts would disappear and gradually one could transcend to the seed stage which is the purest and most powerful state of the pure soul. That is, when the old impressions of the first birth emerge. These impressions then become visuals. The energy embedded in the core of the seed, i.e., within the soul, emerges with intense concentration and gets converted into visuals. But why are these being visualised now? It is because now is the time for making intense efforts. These visualisations would make the BK’s stronger to face the world, which would not be conducive, as many eventualities would be occurring simultaneously. Spiritual vision would broaden our understanding and give us the power to pass this on to others so they could forget the body and body-consciousness. Just as Baba sees us all as souls, so our vision becomes equal in relation to all souls. The world of matter would appear simply as a stage and we are no longer pulled by it. Experiencing of this freedom from the consciousness and influence of the body and human relationships, we can experience the canopy of Godly protection, safety for having all relationships with Baba. Ultimately, this intense practice on self and others would bring us to the highest seed stage of awareness. During these times of hardships, these visions would help the souls to remain stable, as they would be aware of their birth as deities. BKs are enjoying this part of getting divine visions; some are clearly able to see destruction, transformation, and the new golden period. Clearly, the scenes of next birth, number of births in *Satyug*, *Tretayug* and their positions are being visualised. There are others who are able to visualise the *Dwapar* and *Kaliyug* births too. Baba clearly shows that actual service would be beginning now as there would be a lot of chaos and helplessness in the world and it is the time to serve the entire mankind. For that, one’s own mental state has to be extremely powerful and strong to face such heart-rending calamities and hardships.

THE CALL OF OUR TIME



“Often, when we meet, we talk about what we are doing, but there is a level of service that is more important than what we do. This level of service takes place through the power of our presence, when we have so much power of happiness and lightness inside that others experience it merely by being with us. A soul, who maintains this level of happiness and lightness, will serve through his or her face, words, and actions.

Heaviness is caused by the burden you carry of the past. When the past is mixed into the present, it prevents you from experiencing the happiness the present offers. The past is like a dark cloud that hides from you the light of your specialties. So, the question is, “How do you forget the past? A simple practice is to become introverted and focus your attention on that which is good in the present. Do not compare the present with the past.

Look at the present as a new moment in an auspicious time. Then you will experience the emergence of your inner powers, evolving with new sense and new meaning.”

**From: Rajyogini Dadi Janki,
Chief of Brahma Kumaris**

SERVICE THROUGH MIND



Dr. Mrs. Surekha D. Kaundinya, MD.,
Professor & Head, Dept. of Physiology,
Sir J.J. Hospital, Mumbai

Myself and my husband, Dr. Dilip V. Kaundinya and my two daughters, took Spiritual Birth in the year 1995. Being a great seeker of knowledge and having an inquisitive mind, my husband had a very long queue of questions. The 7-Day Rajyoga Foundation course took 21 days and was completed at different B.K. Centres from Colaba to Bhuleshwer and finally at Ghodapdeo. But subsequently, everything was in rapid succession. Within a short while, he visited Madhuban seven times and had a golden chance to meet Bapdada twice. My initial reluctance changed to acceptance after we visited Mount Abu for the Lecture-session of the spiritual Guru, Dr. Deepak Chopra.

A precise and pre-ordained Divine Plan brought us face to face with Dr. Ashok Mehta, who just a few hours back, had listened to my “Experiences” with extra-ordinary attention, while on the dais. He personally took us around the Global Hospital and we also met Sister

Melinda. Very soon after this event, Dr. Ashok Mehta called us to Global Hospital, Mumbai, and asked us about our willingness to join the proposed BK Medical College. The promptness with which I said “Yes” surprised even me. He conveyed it to Dr. Pratap Midha at Madhuban in front of us only. This glorious event set me on the Path of “Spiritual Quest”—a novel journey.

My husband had a very short temper with the shortest fuse. But his diligence in doing Amrit-Vela Yoga soon transformed him, much to my great relief. So much so, that one day my younger daughter said to him, “**Baba (father), nowadays you don’t appear like father at all**”. With great apprehension writ large on his face, he hesitantly asked her, “Child, why do you say so?” My daughter promptly retorted, “**Because, nowadays you don’t get angry at all.**” My husband looked visibly relieved.

In the same year, we visited Madhuban and went to see the

novel “**Thought-Graph machine**” in Spiritual Application and Research Centre (SPARC), at Brahma Kumaris Academy for a Better World, Gyan Sarovar, Mount Abu, about which my husband had talked a lot. Even during his first visit, his graph had been certified as showing the most stable mind by the BK-scientist, during a time when he was going through the most stressful phase in his life. Once again, looking at his “Stable Mind Graph”, the BK-brother put him on **the advanced programme** wherein the screen shows “A fish turning into a mermaid and then into a man who comes across a mountain with deepening stages of meditation. **Finally the screen shows a message that says that the man has become an angel.**” My husband quickly got this message.

Though my husband always says that since I belong to **Deva-Gan** in my horoscope, I maintain equipoise under all situations, yet my thought-graph never progressed beyond the mermaid-stage, in spite of my repeated efforts. This phenomenon convinced me thoroughly that I also needed Rajyoga badly. Murli, the divine words of Baba, solved all the questions and queries on the same day or at most, the next

day. At times, we would suddenly come across an article or a book, which provided prompt answers. This is the Supreme touch of the Supreme Teacher. The queue of questions rapidly dwindled, almost disappeared. **The Quality Of Life (Q.O.L.) showed a quantum jump in terms of Energy, Enthusiasm and Happiness.**

In the year 1998, a **Rajayoga Meditaion Hut** was opened in the campus of **Sir J J Hospital** as per Drama for the benefit of all those who earn, learn, stay or take treatment in Sir J J Hospital. Baba made us an instrument for giving lectures on the value of Rajyoga in the management of health and for the cure of incurable diseases. Every new batch of Interns, U.G. and P.G. medical students and the nursing students got a dose of lectures on Spiritual Medicine. Soon after these lectures, some 10-15 students would invariably come to the Meditation Hut for the foundation course on Rajyoga, which really encouraged us.

However, the ego of doctors, even of the budding doctors, is huge and very fragile. It requires an extra “**Tender Loving Care**” (TLC) as compared to others. Somehow, despite various impediments, spiritual

services continue unabated, due to Baba’s blessings.

This premier institute is soon going to be an important hub for research in the latest branch of mainstream medicine known as Psycho-Neuro-Endocrino-Immunology or more simply as Mind-Body medicine. But it seems the exact point of time in the pre-ordained Divine Plan or World Drama requires more effort on part of us—the extended thousands of hands of the Supreme Soul. So the very few chosen ones in Sir J J Hospital, Mumbai, made a very sincere and elevated effort to formulate a Spiritual Health Forum [S.H.F.] which can serve three purposes. The first is organized effort to introduce the teaching and training in Spiritual medicine[Mind-Body Medicine] as a compulsory part of U.G. and P.G. Medical syllabus. Baba gave immediate success. The Divine Plan made my husband instrumental in bringing Dr. Ashok Mehta, Director of Global Hospitals & Research Wing and the present Vice Chancellor of Maharashtra University of Health Sciences [M.U.H.S.], Dr. Arun Jamkar together. The rest happened in quick succession. The teaching of Spiritual Medicine has been added to the new syllabus effective from July 2013.

“*Agar saral aur saaf rahenge, nirmaan banenge to sahaj safal honge (If we remain simple, clean and humble, we shall easily be successful)*”, Baba blessed in the immediate next Murli. Further on, two proactive departments – Pharmacology under Dr. Sadique Patel [Professor & head and Vice-Dean, P.G.] and Biochemistry under Dr.V. W. Patil [Professor & Head and Vice-Dean, U.G.] have undertaken research projects on a C.A.D.-regression by Mindfulness Meditation {Rajyoga} and B] on ‘Mindfulness Meditation in Depression’, using the state-of-the-art and world-class instruments obtained through an astronomical grant of Rupees 620 crores procured by the most dynamic Dean, Padmashree Dr. Lahane, who is incidentally vying for Guinness Book of World Records for the maximum number of cataract surgeries [1.25 lakhs]. My husband Dr Dilip V Kaundinya, ex-Professor & Head, Dept. of Microbiology, and I are a part of these two endeavours.

Recently, Baba has put repeated emphasis on Manasa Seva. We practised to remain soul-conscious and stabilized in *Ashariri* (Bodiless) form. B.K.Suraj Bhai of Madhuban

had advised various techniques of meditation, which really inspired me. With the awareness that I am a point of divine light, going to Paramdham, becoming *Ashariri*, then getting the input from God—the Ocean of Virtues and Powers, and bestowing the spiritual succour on the weak and the needy souls in the world, became the comfortable method of *Manasa Seva* for me during morning walk and during meditation in “The Hut.” Each soul wishes to remain in the “Comfort Zone” and I am not an exception. This method of giving, also appeared to be very safe as there was absolutely no danger of getting our own stock of energy depleted. ‘The more you give, the more you receive’ appears to be true when we remain connected to the Supreme power-house.

The guidance in Baba’s latest Murlī to remember only two words—*Shubh-Bhavana* and *Shubh-Kamana*, worked wonders to uplift our spiritual stage. It stopped the wastage of time, energy and thoughts (*Sankalpa*). I am fully satisfied by the practice of meditation which I use for spreading vibrations of peace, purity and spiritual power to all souls of the world. After all, Baba always tells that the satisfaction of the self is also important because it forms the basis for the satisfaction of others.

FEEL GOOD WITH GOD

– B.K. Dr. Swapan Rudra,
Durgapur, West Bengal

A beautiful message spreading worldwide
God has come to make us pure and wise!
He is with us, giving lessons of divinity
Giving inner pleasure with novelty

Remember Him, though not visible, but true
With seven qualities, He provides us anew
Fills in us Purity, Love, Knowledge and Peace
Showers Happiness, Contentment and Bliss

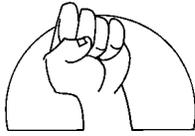
Gift of God, the seven qualities, like seven seas
Bring world transformation, incognito, with ease
What a great power the Almighty possesses
Under His care, each beloved child progresses

Sweet Father of all souls, Shiv Baba, the Supreme!
Symbol of civility, righteousness and *saccharin*
Immune to birth and death, still plays His role
Teaches us to be victorious sing divine carol

Father, Teacher and *Satguru*, all three combined
True love, care and compassion, in Him we find
He teaches sweet children to serve through mind
Shows us highway, to be well-wishers of mankind

His fantastic role at *Sangam* makes children masters!
Preparing for return journey, passing all disasters
He now reveals all mysteries of the universe
Variety of divine fortune, endeavours diverse

SECRET TO BE STABLE, ABLE AND CAPABLE



– **Srimanta Ghose,**
Kalinga Sahitya Academy, Bahugrhm

Today's world is the world of competition, full of stress, materialistic attachments, unlimited passions, and self-centred approach. Life is moving faster than a missile, leaving behind its aim and object; virtues like compassion, serenity, generosity and clarity seem to have been relegated to the background. The result is weak will-power or self-confidence, creating tension, anger and other vices; as if man has turned into a machine, devoid of its own existence and sanctity. The root cause of this behavioural change in man, lies within his own thoughts and vagaries of mind because the process of an action is initiated first in the mind.

The miracle of positive thoughts has its own value. It is well known that every action has an equal and opposite reaction. In our daily life, we come across various feelings – both negative and positive – our mind shows equal reaction. Sometimes, we also react which is converted to action or sometime it is stored for a long time in our sub-

conscious mind and generates the feelings of anger, disappointment, fear, suspicion, or happiness, peace and contentment. Likewise, the one who thinks positively also reacts positively, flowing positive impulses to the mind and micro-neurons of the brain. Gradually positive thought amplifies into pleasant positive feeling which creates an attitude of mind to act positively.

Our thoughts do have their effect, not only on our body and the self, but also on plants, animals and environment. The brain is like a magnificent supercomputer having thirty billion of neurons, which is connected through super sensitive autonomous nervous network. In neurology, the nerves connected to our nails of the fingers, are known as the electrical circuit which carries the micro impulses of the

cosmic rays of different planets, absorbed through the nails. “The magnet” and brain are influenced and activated accordingly by these impulses. Likewise during the state of anger, sorrow or fear, the autonomous nervous system of the body is activated giving different sense of feelings which have tremendous effect on the blood vesicles of the brain, heart, and other sensitive organs of the body, and after all, on our health.

It has been observed through experiments that the vibrations created by our thoughts also affect plants, animals, and environment. It may be relevant to say that while visiting a person, at the first sight, we feel uneasy, uncomfortable or have the feeling of happiness, which is the outcome of the vibrations of his thoughts spreading around him. So, thoughts of peace, purity and contentment not only have a pleasant effect on mind, but also on body and environment. If our thoughts are positive and our mind and attitude are relaxed, we surely become stable, able and capable.

***If you miss an opportunity,
don't fill your eyes with tears.
It will hide another better opportunity
in front of you***



GRAND FINALE PLATINUM JUBILEE CELEBRATIONS

PRAJAPITA BRAHMA KUMARIS ISHWARIYA VISHWA VIDYALAYA

World HQs. : Mount Abu, Rajasthan, India.

Theme

ONE GOD,
ONE WORLD FAMILY

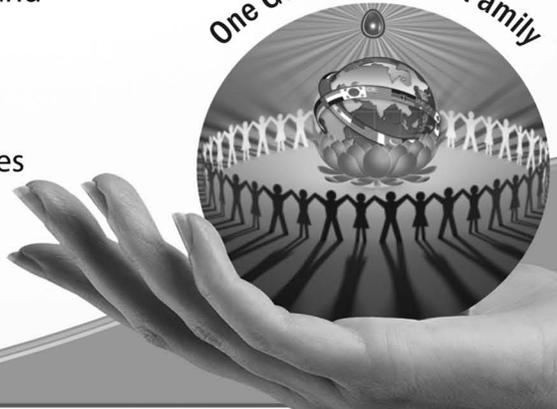
Date & Venue

4 to 8 October, 2012
Shantivan, Abu Road, Rajasthan

Highlights

- Glimpses of Platinum Jubilee Celebrations held so far at prominent places
- Felicitations of Revered Rajyogini Dadis
- The laser show depicting Divine Incarnation
- Inspirations from Rajyogini Dadis and Rajyogi Senior Brothers
- Meditation for World Peace
- Presentation of Top Class Cultural items by Indian and Foreign Artists
- Participation of certain VVIPs from India and abroad
- Wide Coverage by the Electronic and Print Media

One God, One World Family



— (... Contd. from Page No. 3) —

perpetrator first kills his own good conscience, and then only the lives of others become irrelevant to him. This killing of one's own good conscience – at least in the initial stage – is done by one's hatred, anger and feeling of enmity or revenge towards one whom he considers his enemy. So, unless and until we have institutions which strengthen one's good conscience and eliminate or considerably reduce feelings of enmity, anger, hatred or vengeance, and, in their place, generate the feelings of love and brotherhood, we cannot have a society where there is peace and non-violence. So, the Governments, today, must support such institutions, for thus, they would be saved of spending a major part of their budgets on security or law-enforcement and this, in turn, will have so many economic and other benefits for the whole society.

One such institution, which is silently doing this kind of salubrious work through education, is Brahma Kumaris World Spiritual University, whose activities are being recognised worldwide now. It is a pity that some departments of the Government itself are not clear in

their mind that education in values also is an important education. While many educational and research institutions of the Government praise its activities in the field of moral orientation, Consciousness Training and Yoga Meditation and approach it for its expertise in these areas, there are others, who think that only academic subjects constitute education. We hope that the Government authorities would do a great service to the nation by saving such institutions that are spreading light and love by a clear statement that education in moral and social values and in Yoga Meditation also is a very important part of education.

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