

|| From the mighty pen of Sanjay ||

HOW WILL IRON AGE END AND GOLDEN AGE COME?

When we tell people that the world will see the dawn of the Golden Age, they find it hard to believe this. It is because they see that the forces of negativity and evil are gaining more and more ground and, already, they are so firmly entrenched, and there seems to be no one so great and mighty on the world-scene who can meet their challenge and can subdue or end them.

‘People are correct upto this point. But God, who is incorporeal and whose work has been incognito, has given us and to hundreds of thousands others a vision of a stage beyond the present one and therein lies our hope. We wish to share that vision, that truth and that understanding with the mankind at large.

The truth is that the end of evil forces comes when these forces have reached the highest point, or let us say, the bursting, the explosion or the critical point. Since mankind fails to end them or to keep them in check, the forces of evil, at the highest point, indulge in self-destruction, or they end one another. They commit a mass suicide. They die en-mass or en-lot at their own hands. Take for example, our current global problem of nuclear armament which is rooted in the evils of hatred, suspicion, anger, etc., and the problem of overpopulation which is rooted in sex-lust or lack of self-control, and the problem of poverty which is rooted in exploitation by and greed of the rich or in their lack of sympathy and compassion. These evils and their manifestation will reach an ultimate point and will, then, explode and destroy themselves at that point because Evil, by its very nature, first feeds itself and then destroys itself.

Another truth is that while the forces of evil approach their peak point, the forces of Virtue inch forward initially (meeting a great resistance), then march forward gradually (though in increasing strength) and, then, gaining higher and higher momentum, finally emerge powerfully on the world scene and take control of the world order.

God, the World-Father, therefore, advises us that if and when it is beyond man’s power to end the forces of evil at the national

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CONGRATULATIONS TO OUR DEAR GLOBAL DIVINE FAMILY!

After receiving Avyakt BapDada's blessings on 30th November, we are sure each of God's very dear and near ones must be feeling very happy and elated. The *Avyakt Murli* was interestingly intriguing especially when Avyakt BapDada stepped aside and asked Dadi Gulzarji to speak to the gathering. Some members of the divine family were unable to understand this scene, but it was so similar to what used to happen during *Sakar* days when both Shiv Baba and Brahma Baba would speak the elevated versions. *Sakar* Baba himself explained that the secrets of Godly wisdom were being revealed directly by the Supreme Father, God Shiva, followed subsequently by sharing of experiences

from Brahma Baba's lifetime.

Our dear divine sisters responsible for BapDada's programmes wisely followed the advice of Dadi Gulzarji's spine surgeon that she could spend about two hours during Avyakt BapDada's meeting on 30 November. As time passes, our beloved Dadi Gulzarji will have more freedom to be 'the most precious Medium' for meetings of longer duration in the ensuing months, as planned until April 2013. It's our firm belief that BapDada would always live up to the promise of meeting with the divine family until the conclusion of global spiritual service. This means, until the act of sharing the divine message of 'God's descent on earth'

reaches all parts of the globe and is completed successfully.

As we know from experiences of Godly student life, it has been BapDada's endeavours through the *Sakar* and *Avyakt* roles to help us become like our Supreme Parents, that is, completely **knowledgeful (gyani)**, **viceless (nirvikari)**, **virtuous (gunvan) and karmateet**. After all, the entire humanity has to prepare for the return journey. This can take place gracefully when human souls have a very clear understanding about one's own Supreme Abode (Paramdham), which we will first visit to experience total and deep peace with the eternal Divine Being, followed by the ushering in of Golden Age on earth

when pure souls start descending again to take the reins of the global empire of heaven. *Satyuga* or Golden Age is an age of the aspiring dreams of souls belonging to all religions. These beliefs in a 'perfect, secure and prosperous world' have been sustained through the revelations made by respective Founding Fathers or Prophets of different religions, who descended on earth at their respective times. Even the history of the religions established after the descent of Abraham bears witness to these facts.

Many people, across the globe, have been discussing the hot topic regarding 'the end of the Mayan Calendar', which is supposed to reach its culmination on 21st December 2012. An array of theories and concepts are being voiced about the forthcoming transformation. However, based on the direct revelations of

God, our Supreme Father and Mother, **this universe is eternal**. The sun, the moon, the stars and the five elements would continue to follow their natural cyclic phenomenon. A dramatic change is to take place in the world, which was described famously by Shakespeare as '*the unlimited stage*' where human souls, as per their respective religious denominations, come to play their unique roles and then return back home – to '**the sweet Home of silence**', normally referred to as the **Soul World**. This happens automatically when all human souls have accomplished their respective roles, and passed through the four symbolic stages: Golden, Silver, Copper and Iron that signify the purity level within human souls and nature. Extremity of violence, sorrow, corruption and peacefulness at the end of the

Iron Age activates the 'drawing of the curtain on the great global Drama Stage' in a very short time which mirrors the 'Curtain-Down' we see at the end of Shakespearean plays.

It's an irony of fate that we human souls have forgotten the fact that we are actors having descended on the World Drama Stage to play our respective roles, for a limited period varying between 100 to 5000 years. That is the reason behind multiplication of world population over the centuries, which actually started with about one million divine heroes and heroines who embodied the virtues of godhood, and celestial qualities in their practical lives.

Luckily, we are passing through the most auspicious opportune time when God has descended on earth, but once, to reveal the knowledge about **Himself (the Creator), the eternal World Drama (the**

Creation) and divine secrets behind everyone's roles, from the beginning to the end, where knowledge and the power of Karma Philosophy rule supreme. To enjoy ever-healthy, ever-wealthy and ever-happy virtuous and blessed lives throughout the entire kalpa of 5000 years, let's awaken and recognize:-

- ▶ the beauty of God's wisdom
- ▶ the power of Rajyoga as revealed by Him and
- ▶ the secrets of this eternal World Drama and thereby regain our universal spiritual inheritance of the lost Paradise...

We would like to share the essence of the Divine Message received on 30 November 2012 for the spiritual progress of our readers:

Value the fortune of the jewels of contentment, and sing the song of the heart:

"I have attained that which I wanted to attain"

"The Supreme Father is

celebrating this meeting seeing the fortune and attainment of every child. In His heart, He is pleased to see the fortune of every child. The sparkling fortune is visible on the face of each child. The light of attainment is sparkling on the foreheads. The treasure of knowledge is visible in the hands and the Comforter of Hearts is visible in the hearts. Multimillions are visible in every step of the feet. Each one's face is sparkling and shining with such fortune. All the children everywhere are visible as content. All the souls who see such sparkling faces wonder what you have received, and what would you reply? 'I have attained that which I wanted to attain'. All are sparkling in the form of jewels of contentment. You are seeing your image in this way too. Are you not? What song does the Father sing on seeing the souls who are jewels of

contentment? Wah! My contented souls! Wah!

"There are different ideas, but to unite those ideas is in your own hands. The Father wants to see this wonder in you instrument souls, that, though you may have different ideas, you will unite them.

"Each of you should now consider yourself to be an instrument for the unlimited task of world service, and not just for the self. As well as for the self, you are also instruments for service. Now, show such wonders.

"There may be upheaval in the world, but you are the instruments to bring stability where there is upheaval. They will not leave their work, so you too, should consider yourselves to be the instruments. They create upheaval and you remain unshakeable; both of you have to play your parts together."

- B.K. Nirwair

KNOW YOURSELF AND UNDERSTAND BABA IS DOING IT ALL...

– **Rajyogini Dadi Janki**,
Chief of Brahma Kumaris, Mount Abu

Question: *Dadi, most of us do our best to meditate. We understand there is a great deal of benefit and yet many of us find it difficult to meditate as many other things come in our mind. Can you give us simple steps to take us into an experience, so that our yoga can become easy?*

Yoga is not a *mantra*, or a matter of chanting or doing *Hatha* yoga; but, simply it is to be a peaceful soul – Om Shanti – with the remembrance of Baba and the awareness that we now have to return Home. By saying ‘Om Shanti’ Baba comes in front and I see that I, the soul, am by myself with Baba and I become lost in the yoga connection, feeling light and receiving might. Yoga is going within. I am a soul. Though my eyes are open, they are not seeing the body or things around me. When I think ‘mine’ is the Supreme Soul, I go beyond the awareness of the body and become His beloved. It is a simple exercise – just a matter

of letting go of thinking and worrying too much. It is great: I belong to Baba with nothing to worry about. Sit, connect and attain from Baba. We are drawn to wherever there is attainment and with Baba there is the attainment of purity, peace, love, happiness and power. With this, there is no space for unnecessary thinking.

Q: *Dadi, you talk easily about God and your relationship with Him. Yet the majority of belief systems says, He is ‘unknowable’ and ‘beyond comprehension’. How can we truly know and have a relationship with Him?*

Human beings, whether youth, children or elderly persons, want to learn and know things – the curiosity is always there – and the fervour to know God is very good. Someone said today that for two decades she had been searching for God and she feels now she has found God and it is possible to meet God. Is it really that cakewalk to meet God? The desire within us to

meet God is very pure. What does the world have to offer? It is temporary and will not be here tomorrow. Some recently said that God couldn’t be known and seen with the eyes. When we look within and use the inner ‘eye’, we can know Him. Baba says: Be introverted, so then, the ‘I’ within, can see – and we lose interest in the things of the world. God is very subtle, extremely subtle. When we go deep within, we realise that God is the Living Seed, the Being of Truth and that Being of Truth entered the body of Brahma. Brahma had the experience of Him and we have this experience through Brahma. When we have the desire to know God, there is the pull towards God. When we listen to the things of God, we start to experience Him. The Supreme Soul is your Mother, Father, Teacher and *Satguru*.

Q: *Being introverted and subtle are the efforts we are making now; but what is God doing now, that is different? The world drama has been going for years but what is God doing now that makes our connection easier and more effective?*

We are now witnessing how He is finding His children. We all have had an experience of God, whether we have been with Baba for a day, 5 years or

75 years. To experience this, there has to be a deep love within, to want to experience God. Just as human beings engage themselves in earning an income and take the opportunity to do so whenever they can. For us, this time of the Confluence Age is very short and, when we receive God's introduction, we realise the importance of this time. We recognise God, Self and Time and therefore, we value all of the three. By knowing God, we have come to realise the value of the time of this Confluence Age. We have realised too that we are not ordinary souls: we are not jailbirds or birds in a cage. I am a bird that can live in the palace of peace. What is being in jail? One who has to do everything according to what they are told to do. We are making the world do what we want them to do. The way Baba makes us move, is the way we want the world to move.

Q: Is Baba doing anything practically to manifest this all?

Has God freed you from the jail that you were in before? The mind and senses are now under our control. Before they were out of control and we would do what both dictated. Whether defeat or victory, respect or defamation, we are stable. Before the mothers

would cry and the brothers would make them cry! The mothers and sisters are empowered by Baba and Baba teaches the brothers to give regard. The sisters have learnt to stay in self respect and become instruments to bring many others. So many of you are within families! Look at the Godly family here and see how we are so happy together. This is such a lovely life and how everyone's life could be. Everyone in the world could be inspired to have this kind of life!

Q: There are a huge number of people practising meditation and leading a spiritual life. Yet sometimes, there is the feeling of no progress, of not moving forward or experiencing healing? Are we forgetting to do something?

There is laziness, idleness. This is the time to make good progress, so why are you sleeping? Come out of sleep. Baba Himself is with us and, although *avyakt*, we see, he is giving us so much. Many have this experience. Especially at *Amrit Vela*, Baba is constantly present and available for the children. We need to be determined to let go of the 5 vices of lust, anger, attachment, greed, ego and also jealousy. The first enemy is lust

and then anger. If we get angry once and speak in an angry tone, we lose our respect. So pay attention to your words so that you speak in a sweet way. Let go of ego and have realisation. The subtle jealousy with others doesn't help either. With jealousy, a force develops within; it brings idleness, as there is no feeling of attainment. Then come excuses. Attachment also works subtly. Free yourself from jealousy because, as we perform more good actions, Baba will be pleased with us. We have all done good service and so we receive good blessings. We have stayed in Baba's remembrance and this power enables us to move forward. Dadi has never stopped doing service and even in the middle of the night, Dadi would be prepared if necessary. Service is through words and actions and also through the mind. Keep your mind pure and peaceful so that you can serve. There is such service in keeping the mind pure and peaceful and at a distance, people will receive good vibrations from you and you will receive blessings. As we serve really well, we receive power. Dadi receives happiness, not tiredness. Service and remembrance go hand in hand. Those who have

the love and interest in study, will be pulled - the soul will not want to miss the study. Some feel that if they die, it must be in Baba's remembrance and no matter what happens, they want to be in the atmosphere/aura of Baba's house.

Q: We have a programme soon for the people with cancer. What guidance and support would you give someone who has a terminal disease with a short time to live? What advice would you give to the close carers of that person?

Dadi would not give advice with words but with Godly love, would convey the feeling that you will be OK, so don't worry. Illness is created through worry. And worried worry and makes us worry even more! Those who look after an ill person, also become worried. Although someone may have not understood knowledge, when we speak words with love, that will comfort their heart and they will feel peace. Dadi has noticed that practically, when people have received Baba's introduction, people still experience sickness because the reason for sickness is our own karma. Baba cures the reason for the sickness. People find that Baba enables them to understand their sickness and

actions and experience pure feelings and this allows the sickness to go. The pain and suffering of the sickness disappears. We can draw power from Baba and feel much better.

Q: What advice would Dadi give us in dealing with the ordeals of the coming times: the upheavals, obstacles and personal challenges? Many people don't have a deep spiritual philosophy as a safeguard so what advice would Dadi give to souls of the world at the moment?

This is why Baba's direction is for us to serve. Service has increased so much so we can help in this way. Through our company or listening, a little people receive something. Through our experience, their experience increases. So for BK's there should be even greater interest to serve and we should not be under any of the old influence, of nature, *sanskars* or other people. Then, the original interest we had for our own progress is stoked. Don't let this diminish because of being sensitive, for then the service you could do, you are not able to do. Dadi has a connection with everyone in the foreign lands and Bharat. Dadi does not feel hatred for anyone, nor does she feel influenced by anyone because they are very

good. The mind and intellect has to be free to serve and remember. There is then remembrance in service and vice versa—both are together so there is no mixture of one's own desire or attachment. This is how others receive Baba's introduction. Do *laukik* work, because you will serve those you work with. Our life is for Baba and, Baba sees that now this child is obedient and follows His directions accurately. The expansion in service happens through such instruments. Let people have the company of those who serve in this way. Let those you work with, receive benefit through you. When our faces sparkle, this will do service. Day by day service is going to increase.

Q: If you were to leave the body, what is your thought for the world? If God were to allow you a few moments to speak to the world now before you leave, what 3 things would you say?

This is the first time that God has said to me: Don't leave the body! One's stage should be angelic, so that no matter where anyone is, they will experience and then see what happens according to drama. There have been many great souls in recent history; yet they were not able to do the job of

transforming the world or make human beings realise what human life could be. So Dadi feels that she is in the body to inspire people as to how life can be, how human beings can be. Know yourself. This message is reaching far and wide. People will awaken through this message. Death is in front of us and, if we don't speak so clearly, we need to understand what we would do in the face of death. This message has to reach everyone via the media, so that no one is left without this message. This is the time to transform the world. As we transform, the world will be transformed. It is not just a message but, an experience. I am seeing it and everyone else is too. This deep desire to change, will invoke the power of truth.

If we become get heavy, how can we become light in that moment? Any thought that brings heaviness will make the voice and the face heavy and, there will be heaviness in relationship. So become light in a second: the soul is separate from the body; Baba is responsible; I don't know how it happens but Baba makes it happen. This experience of lightness makes the impossible become possible and, Baba makes it happen. And the message for the whole world... my feeling since I came to Baba is that everyone should appreciate and realise what Baba is saying. So Dadi's thought is for everyone to become light, realising that Baba is doing it all, and we have to just remember Him and be souls, detached from the body. In a second, become light and be prepared to leave the body.

Someone who wants to become an angel, will feel they are detached from the body and also loved by God, and that each one's part is unique and keep moving along, staying above. ●

CONQUER YOUR FEAR

– Jissy THOMAS

Fear is in the mind, they say. In the darkness of the night, even when a branch sways in the wind, someone may feel that somebody's there. Our own experiences lay the foundation for fearing something.

I have worked with kids aged less than three years. I love being with them. They are so energetic. Of course, it's not possible for teachers like me to keep pace with them. But still I try to infuse in myself a bit of their energy level.

Teaching little kids does not only mean giving them formal knowledge or 'educating' them. Sometimes, you have to deal with them at an emotional level too. There was a case of this little girl. She kept on climbing the ladder of slide and getting down from the same ladder instead of sliding down from the other side. Being a teacher, I constantly observe kids playing on ground, as that's the place where injuries can happen. I observed this kid for a while and realized that she was scared of heights. I wanted her to slide down the way other kids were doing but I knew she would not be able to do that on her own. After a while, when she climbed the ladder again, I went close to the slide and told her to hold my hand and slide down from the slide. She was hesitant. I explained to her that I would not leave her hand till she gets down. She held my hand rather tight, but I did not mind. She came down slowly. She went and climbed the ladder of the slide again. I held her hand again as she came down. The third time I told her to try coming down without holding my hand but holding the edge of the slide. She held the edge and slid down slowly. The happiness that I saw on her face on this 'big' achievement was worth a million dollars.

Isn't our relationship with God similar? When we face problems and fearful situations in our life, do we trust Him unconditionally? Do we let Him hold our hand? Trust is not easy to acquire, more so for us, adults, because our mind is conditioned not to trust anyone easily. I pray to God that He grants every one the blessing of unflinching faith in Him, the strength to overcome any obstacle and the joy of achieving 'big' things in life.

HARMONY IN RELATIONSHIP

– B.K. Surendran, Bangalore

Relationship is a very important aspect in human life. Human being is a social being. Hence, one has to interact with fellow human beings. We derive happiness when we meet our bodily relations, friends, teachers, preceptors, peers and those who are in the society. We love others, respect others and develop affection with others. We also share our feelings, our difficulties, our achievements and our happiness with others. When we share difficulties and problems with others, the burden is reduced. When we share our happiness and joys, our happiness is increased. When we smile; the world smiles with us. Even though life is independent, we are also interdependent in many areas of life. We are mutually cooperating to make life pleasant and beautiful.

In human life, it is said that we must have, *tan* – healthy body, *man* – healthy mind, *dhan* – money and *Jan* – people. When it comes to developing harmonious relationship, there

are many hurdles. People in general are able to somehow maintain their health, earn money for their livelihood and also create a healthy mind. But, the area of relationship has been very tough in changing times. Due to the increase in vices of selfishness, ego, demands, expectations and attachment in individuals, related thoughts overtake other considerations of elder or younger, parents or children, wife or husband, friends or others. Everything has come to be measured in terms of money, material considerations and other price tags. It is found that in case we have the best relationship with one and all, our capacity for earning more money, keeping sound health and maintaining peaceful mind is easily ensured. But, since the relationship is generating dissatisfaction and sorrow, the other important pillars of wellbeing are upset. We all know that the institution of family is supposed to be the solace and happiness ground for our growth and

development. Since the inter-human relationship in family is deteriorating, it is resulting in isolation, stress and depression leading even to the extent of suicides and deranged mind sets. The number of abnormal or subnormal people is increasing. Some people are found behaving in peculiar ways. It is observed that broken homes, divorce rates, old age homes and destitute children are increasing. Any amount of the present day education or experiences in life is not able to arrest this tendency of soured relationships. The reason is very clear that the universal principles and values in life are fast disappearing.

In the circumstances, the following points are shared with the esteemed readers for restoring the best human relationship.:

- ▶ 1. 'You are important' – is a simple slogan to be conveyed with open heart so that it is felt in the heart. Everyone desires to feel a sense of belongingness.
- ▶ 2. Keep self respect and give respect to others.
- ▶ 3. Convey a word of solace, love, care and share.
- ▶ 4. Maintain an attitude of instrumentality and constructiveness.
- ▶ 5. Have good wishes and pure feelings for others. This

will remove all kinds of negative mind-set towards others.

- ▶ 6. Treat others the way we want us to be treated by others.
- ▶ 7. Understand the need of the situation and be supportive.
- ▶ 8. Trust others and be trustworthy.
- ▶ 9. Be honest and sincere while interacting and dealing with others.
- ▶ 10. Soft, sweet and less words have mesmerizing effect to draw others towards us.
- ▶ 11. Communicate with others with open heart and clarity.
- ▶ 12. Understand others' perspective and respond. Let us not look at the scene and behaviour in front of us. Let us be patient and understand the situations and people as what they really are, instead of what they appear to be.
- ▶ 13. Have sympathy and be sensitive to others' feelings.
- ▶ 14. Have concern for others' well being and progress.
- ▶ 15. Respect the freedom, rights, choices, preferences and privileges of others.
- ▶ 16. Develop attentive, respectful, creative, sympathetic and patient listening attitude so that proper response can be

given. Let us not react; let's constructively listen and respond.

- ▶ 17. Develop *Brahmin* code of conduct (Balance of love and law in relationship) and strictly adhere to *srimath* in relationships.
- ▶ 18. Develop humility, simplicity, imaginative sympathy and sweetness for better relationship.
- ▶ 19. Develop a mindset of 'We and Us'. This will free us from 'Ego' and selfishness.
- ▶ 20. 'Smile' wherever and whenever appropriate to the occasion.
- ▶ 21. Honestly praise others. Appreciate others at the appropriate time. '**Thank you**'—this powerful response at the right time smoothens relationship. Avoid flattery and false praise.
- ▶ 22. Accept criticism sportingly. Criticism is an opinion of others which should not be construed as opposition. It should be welcomed as a feedback for further improvement in case there is substance. Otherwise, it can be ignored with good wishes.
- ▶ 23. Spare sometime to help others and for connecting with others to improve relationship.
- ▶ 24. Let us evince genuine

interest in others' lives while giving attention to avoid obsessive overtures from our side.

- ▶ 25. Understand the script on which one is operating and then do the needful.
- ▶ 26. Keep attention on the self to see that we do not lose temper at any point of time.
- ▶ 27. Forgiveness is an act of greatness. Hence, forgive and forget.
- ▶ 28. Culture, nurture and foster good intentions unmindful of adversity of circumstances and people.
- ▶ 29. Always look at the goodness of others and deal with them accordingly.
- ▶ 30. Profess, practise and promote the universal truth of 'Universal brotherhood under the fatherhood of One God'.

Even though we have listed the above points for maintaining harmonious relationship, when an unfavourable situation arises, we may not have the required inner strength to uphold the sanctity of harmonious relationship. In this context, we all should understand that God, the Supreme is our Father and Mother who is a self-effulgent light and He is the Seed of this human genealogical tree. On the other hand, we should also understand that we are all brother souls, points of light,

spiritual energy belonging to One Father. The most important power that is required for maintaining better relationship is 'Power of love'. God is the ocean of Love. This understanding reminds us of the existence of our Father on High Who is Ocean of Love and when we remember Him as our eternal Father and Mother, Friend and Guide, Teacher and Preceptor we get the power of Love. As we start maintaining this relationship, our relationship with the souls becomes very smooth. We get the power of relationship which is essentially the power of love from the Supreme Father. Since God, the Supreme is the Seed of this tree, when we connect to the Seed mentally; we are naturally connecting ourselves with all the souls in the world. We are able to come in contact with anybody with love, happiness and peace. This is the way to restore our original harmonious relationship which does not change with the change in situations, time or the change in people.



TRANSFORMATION THROUGH RAJYOGA



– B.K. Shikha, Baner, Pune

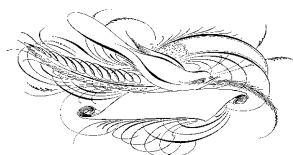
The meaning of Rajyoga meditation is to become the master of all our sense organs and our mind and establish an unadulterated connection with the Supreme soul. This process recharges the soul as we are connecting with the main powerhouse, the Supreme Soul.

In most of the vedic texts and in the Geeta, getting control over the mind has been considered as the most difficult task. Even if we might be able to get control of the sense organs to some extent, getting control over the mind is considered to be the most challenging one. Even the acts performed by the sense organs are nothing but a manifestation of the soul's character, which can also be termed as the soul's *sanskars*. Transformation of the soul's *sanskars* or behaviour patterns lies at the core of getting real mastery over the sense organs and the mind.

In Geeta, the way suggested by God to become a conqueror of mind, is *Manmanaabhav*, which means to give our mind to God. Giving our mind to God means to allow in our mind only those thoughts, which are as per God's divine directions. It means to involve our mind in the task given to us by God, which is to spread pure vibrations in the world. It also means to absorb our mind and intellect in the thoughts of the Supreme Soul and in the love of our divine Father. On following these directions, the soul starts getting purified. The transformation of *sanskars* starts happening. Even in practical life, when we spend a lot of time with someone, we start picking his or her qualities knowingly or unknowingly. If we truly love someone, we start becoming like that person.

Similarly, through Rajyoga, as we spend more and more time in the company of God, we start picking God's qualities and our intellect becomes divine. This process takes some effort in the beginning but as we start experiencing the soul's virtues in meditation, the effort eventually gets reduced and gradually our remembrance becomes more and more natural. It doesn't remain a task to be performed sitting in isolation. But we can practise this meditation while carrying out our daily activities. It becomes a way of life and our aim of life becomes fulfilled in real sense.

BE-EASY-NESS



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

One of the greatest illusions of our century is that to have the space to do what you want to do you need more time. This need not be so. It is not time that determines the speed of our lives, but we, and the speed of our thoughts. Ten minutes of trauma can feel like several painful hours, and yet 'time flies, when you are enjoying yourself'. Ever thought why? Because it is thoughts that really take up space, not actions. Think of a time when you procrastinated about completing a job. When you finally got down to doing it, notice how much less time it took than you had imagined earlier. In fact, we work hard to stay busy so that we won't have to face our internal demons or get depressed with our own company! A moment of silence and there is panic. What to do? Whom to call? Where to go? In fact, as soon as we get in from work, we scurry to turn on the TV or our favourite music, and we call that 'quiet time'.

Technology too has had a part in this. Having faster modes of

communication means we are forced to decide and act faster. In the past, it would have taken us a few days or weeks to respond to our love letters and send our responses by ship. This urgency to respond is being thrust upon us now within minutes or hours via text message, email, chat messages etc. What would happen if you did not get an 'I love you' back the very next moment you sent it. You would begin to question your partner's integrity! The value of 24 hours is not the same. And nothing has changed except the speed of our life.

Life is not about becoming a hermit either. "Hands that work are better than lips that pray". In fact, the peace that follows action is most restful. The quiet that follows, after resolving someone's unrest is most rewarding.

There is nothing wrong with being busy and active, yet one needs to learn to be easy and flexible at the same time. One needs to create a rhythm, not an empty busy-ness without any melody. Thoughts, speech

and actions are needed to be orchestrated and synchronized. Life has to have a deeper meaning. So which do you work on first, activity or stillness? Well... what value would musical notes have if it were not for the silence in between them? How can you fly when there is no ground to return to? How could you enjoy the days if it were not for those nights of sound sleep?

And what is all the kerfuffle for if we are not experiencing sublime peace and bundles of happiness! All the actions should have a meaning and purpose behind it; yes we should enjoy the journey, but the destination is equally important. So if we are to stay busy, then let it be with healthy thoughts, otherwise an 'empty mind is a devil's workshop'! If I have not placed thoughts in my mind, then who has – that is a scary thought! Entertain your mind with pellucid, peaceful, positive and powerful thoughts.

Between every stimulus and a response, there is a space, a space in which to choose. At that moment, as I choose, I become the Master.

Actually when we practice being in a state of soul consciousness which means to be more aware of the soul and its qualities and the experience of the eternity of the soul, then

the world slows down for us.

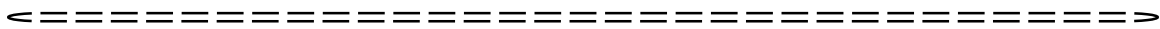
And in mundane or physical consciousness I limit myself; I cannot see beyond what these two eyes reveal to me. There is no internal world to enjoy because I have not developed it. I feel restricted and bound by physical limitations, and that includes time. Furthermore, I convince myself that I am right to think this way just because

everyone else does. But the inner voice, the conscience speaks louder.

Practising soul-consciousness for a few minutes in every couple of hours will allow you to tune in to the third dimension of life. A frequency that will keep you calm in moments of chaos. And you will find yourself using the expression: 'There is more than

what meets the eye'.

It's time... to take out time in between your busy moments, and create a silent space in your mind. Keeping the mind light and easy with simple peaceful thoughts, will allow you to savour the moment and complete tasks efficiently. Then you will truly come to know what is 'QuietTime'!



DREAMS OF A CHILD

– B.K. KrutiSuchak, Mumbai

I wonder if I could be a star
Aguiding light in the mighty skies
Instilling faith in the darkest hour
Renewing lost faith and power
Kindling flames of hope and zeal
Thousands to uplift and to heal

I wonder if I could be a cloud
Pouring love on the driest farms
Quenching the thirst of a poor soul
Bringing tears of joy, showing life's goal
Inundating with a thunderous charm
Shower of a thousand worlds of love.

I wonder if I could be a tree,
Spreading soothing fragrance of a flower
Sharing Love, care and happiness all around
Shelter where grace and solace abound
A tree which could set one free
A tree which could help one "to be"

I wonder if I could be a bird of flight
Filled with kindness and divine light
Capable to go beyond space and time

Feeling frank, free and sublime
Liberating from the worldly plight
With the wings of Purity and Insight
A bird of the rising Sun.

I wonder if I could be nature.
Giving Love and Care of "mother earth"
The origin of my birth
"Fire" would give me the warmth and protection
And an urge to ignite the flame inside
Burning filthy past, recreating hope and drive
"Water" would dissolve all the impurities of my soul
Teaching acceptance of life, to keep flowing to the self.

I wonder if I could be a child again.
For I have lost my innocence
Having forgotten Trust and Credence
I wonder if I could be happy and joyous again
I wonder if I could be an "eternal being."
I wonder if I could be the "light" again.



GURU AND GOVIND



– Anand M. Hans, Paschim Vihar, Dlehi

There is a famous couplet of Sant Kabir Das ji which goes like this:

*Guru Govind donon khare,
kake laagun paaye
Balihari Guru Aapki, jin
Govind diya bataye.*

(Kabir ji says that when he finds both God (Govind) and his teacher (*Guru*), who introduced him to Govind, standing together before him, he cannot decide whose feet to touch first to express his gratitude.)

Kabir Das was the greatest of the great poets. His poetry can epitomise the deepest thoughts in a single couplet as seen above. His language was very simple which even an illiterate person would be able to understand. It is very true that there is no deliverance without knowledge and knowledge of any kind, particularly spiritual knowledge, cannot be acquired without a *guru*. Anyone who teaches us new skills or trains us to master the already acquired skills, can be termed as a *guru*. **The first ever *guru* that one has is the mother who trains the child to meet his or her basic needs, both physical and emotional, until**

the child is old enough to become self-dependent.

The training begins even when the child is in the mother's womb. That is why doctors recommend to the would-be mother to avoid wrong food and waste thoughts or feelings, for ensuring healthy growth of the yet-to-born child.

As the child grows up, he is sent to school for receiving education. In fact, in the olden times, the teacher was called a *guru* and the school, a *gurukul* where the students were given education in three R's and also knowledge of religion and religious practices. The students, rich or poor, lived with the *guru* under his tutelage. The example of Shri Krishan and Sudama is very well known in the Hindu lore. The girl child in our country is indoctrinated, from the very young age, to regard the man whom she marries as her *guru*. Although this is no longer the norm now, yet the wife is even now expected to obey and pay obeisance to her husband in all circumstances like the disciple does for a *guru*. It is actually in the old age that one feels the

need of having a regular *guru* so that the last days on the earth are spent in peace and in remembrance of the deity he worships, not so much as a mark of love for the deity but as a sign of fear of death and of punishment for past sins.

The other day, I listened to a preacher speaking on a religious T.V. channel, explaining the meaning of this very couplet of Kabir Ji. He said that Kabir Ji was laying emphasis in this couplet on the need and importance of a *guru* in one's life. He explained that one cannot hope or aspire to meet with God without the help of a *guru*. I knew that he was speaking of his own *guru* but, in a way, what he said is quite right. The mind asks for what is visible or material. Its needs are deeper and it often requires physical means to fathom the truth and its depths. God is incorporeal; one cannot see Him or talk to Him as you can to a person in flesh and blood. Therefore, the need of a *guru* to guide you and show the way to realisation of God; as *guru* is essential as a medium through which one could hope to realise God.

This is, however, true of a *guru* in the real sense of the word and who is really worthy of our respect, as elucidated by Kabir Ji. The true *guru* does not profess as such that he

would arrange your meeting with God; he is only a partner with his disciples in their spiritual journey to the ultimate. No *guru* has so far succeeded in arranging the professed meeting with God. The *guru* himself, being a seeker of the truth, will not be able to arrange that meeting. If the gurus were able to do that, then nobody would have questioned the very existence of God and the human race would not have been as godless as it is today. Well, we are all human beings, seekers of the truth; we cannot blame anyone, great or small, for not being able to achieve the desired goal.

The fact of the matter is that many of the gurus have done just the opposite of what was required of them. Instead of bringing us nearer to God, not to speak of arranging meeting with Him, the gurus have taken us far, far away from Him in that we have become entangled in the name and figure of the gurus—little remembering Govind or even caring about Him—taking Him for granted, to be everywhere and yet nowhere in particular. If there were any margin for believing in God, that margin has been washed away by the wrong knowledge given by gurus that God is inside every human being or, worse still, every human being is God. The result is that

we are so badly caught in the web of gurudom that we start looking at the *guru* as the God or an incarnation of God. The Govind has been relegated to the rearmost seat in the vehicle of our existence.

Some gurus are free with showering blessings and some do it for money. In case when some – not all – of the blessings click, the credit is immediately grabbed by the *guru*; his name and fame go up. In case of any blessing failing to materialise, the invariable response from the *guru* is: “It is the will of God”. It is thus the guru’s grace on the credit side and God’s will on the debit side.

The question is: Where can we find the true *guru*—the *guru* who can show us the way to God and may possibly arrange our meeting with Him? Is there any such *guru* in this age? We find so many gurus these days; we hear them daily on the television channels. There are gurus who teach us yoga or physical exercise for achieving *Nirvana*; others teach the art of living for a hefty fee. There are gurus of all ages and descriptions – old gurus, young gurus, very young gurus, plain gurus, female gurus, family gurus, *jagat* gurus and the like. We have even market gurus who advise us how to and where to invest our money. As a matter of fact, anyone with

the gift of the gab and a little knowledge of human psychology can hope to become a *guru*. It has become a sort of a calling for many. Though, mostly, the gurus grow richer over a period of time, there are also some unfortunate ones who end up in courts or land themselves in jail.

In such a scenario, it is really a hard job to find a true *guru*. Though the gurus have been there from centuries together, the man has so far been unsuccessful in his search of God. But being clever and ingenious as he is, he has not admitted defeat. He has found a simple way of dodging the question as to where and who God is and what He does, by proclaiming that He is everywhere and in everything, living or non-living.

But there were some souls, though very few, who strived to know the truth about God, the Supreme Soul. They were successful in reaching up to Him but in their own individual way. They believed in what they had experienced and then wanted to share it with their fellow men. Those who believed in them and followed their principles, gathered around those few souls and took up the task of propagating their teachings and collecting their sermons and discourses at one place, and gave these teachings a formal

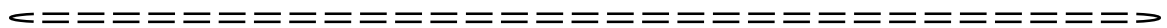
name after the name of the principal teacher.

Thus was laid the foundation of religion – the organised religion. It is how various religions and belief systems came into being. They were pure souls—those who started the religions or those who initially propagated them. In the beginning, therefore, the newly-founded religions were of the highest order. With the passage of time, however, the souls, who

later joined the ranks of the believers, lost some of their sheen. After some time, therefore, cracks started appearing in the religions which consequently came to be divided and sub-divided into groups or sects, each with separate head and set of followers. Many of these sects moved away from the principles and tenets of the religions they branched from and were reduced to a mere set of

elaborate rituals. Then followed mutual hatred and rivalry among their followers, sometimes leading to holy wars, as to which one was the bigger group or sect and had a larger following. The factors that had been working all the time in fermenting these troubles were ego and greed – greed for power, wealth and fame – that had, slowly and gradually, taken hold of the human soul.

(....to be contd.)



THE SPIRITUAL SCULPTOR AND THE PIECE OF ART



A sculpture is a three-dimensional art work created by an artisan, a sculptor, by shaping materials, which may be hard like a wood or stone or soft like clay. God or the Supreme Being also has been remembered as the Spiritual sculptor. With that consciousness, I, being like a rough living block of wood or stone or a plain piece of clay, place myself in His safe hands. There are three types of faith in this consciousness:-

1. **The faith in the Sculptor,**
2. **The faith in myself** and
3. **The faith in time**

It's my first faith, my faith in the Sculptor, in His vision of His finished work i.e. a perfect and complete 'me', which he foresees, waiting to emerge from my present imperfect self, that allows me place myself in His hands. His vision of perfection is so clear that knowing it; I feel I must regain my original condition. Also when I come in front of God, who is a perfect spiritual being, His love and the knowledge He gives me makes me aware of myself as a spiritual being similar to Him. This awareness then reminds me of my original qualities and the spiritual beauty

and perfection hidden inside me, which helps me in having the second faith, i.e., the faith in myself. I am able to trust the Sculptor, knowing that the knocks I receive will chip away at my weaknesses, and restore my truth and beauty. **Initially, I may not know myself completely or have full faith in myself, the second faith, but God, the Sculptor, knows me and has full faith in me, all the Sculptor wants me to do is to be still and patient.** Being still means having complete faith in Him and myself, and being patient means having the third faith – the faith in time. His knowledge and power give me the strength and courage to be still and patient i.e. strong in all three faiths while He continues His work on me. I should not move or be impatient i.e. not let any of my faiths waiver; otherwise I will not become perfect. There is a vast difference betwixt how God sees me, and how I am at the present moment. Holding the vision that God has of me, I have to just surrender my mind to the Spiritual Sculptor and keep myself in His hands. **When I do that, the thoughts inside my mind get focused spiritually on Him and as a result I receive His spiritual energy, which reshapes and transforms me.** That which is the highest and the most beautiful in me begins to emerge gradually.

*– From Awakening
With Brahma Kumaris*

IS ENTROPIC PROCESS A BASIS FOR SUSTENANCE IN SATYUGA



– B.K. Amrut Mehta

According to the secrets revealed by Incorporeal God Shiva through the medium of His corporeal medium Prajapita Brahma in this ongoing auspicious Confluence Age, processes, as envisaged to occur or to be carried out in *Satyuga* and *Tretayuga*, will be slow, dignified and thoughtful. Deities and populace will live in harmony with themselves, with other souls and with nature. Natural resources will not be used for energy production, as they need input energy for its use. Solar energy will be main stay of golden and silver ages. This energy is available in its purest form. It will ensure that there is no degradation of available energy or increase of entropy. Therefore, the above processes can be termed as isentropic.

Compare this with physical events, witnessed by us as souls in Kaliyuga, in Nature and in body. The energy of universe decreases due to friction and converts into thermal energy (i.e. heat).

The entropy of universe

increases. Heat is the basic form of energy. We souls sustain our life wherein glucose is metabolised into carbon dioxide using oxygen from air. In power plant cycle, thermal energy is rejected in cooler as low temperature thermal energy. In total, due to all of above activities, the thermal energy is accumulated in thermodynamic sink, i.e. biosphere. This accumulation is responsible for increase of temperature and increase in the sea level.

Our thoughts become polluted due to our sustenance on above metabolic processes. Thermal energy as sensible heat appears as attachment. Thermal energy as latent heat appears as jealousy. In short, ten vices are varied form of heat.

A conscious effort is made by deity souls under direction of God Shiva and Brahma Baba in auspicious Confluence Age to create *Golden Age*. Each soul and nature thus becomes completely pure. Even the

subject (*Praja*) and scientists are pure in Golden age; these scientists have a pro human mindset. Frictional forces are completely absent. The temperature of biosphere is 10 to 15 degrees Celsius throughout the year. Solar energy is sufficient to sustain an initial population of nine lacs. The life sustaining processes, as envisaged, are reversible and isentropic. It is a proven fact that the production of sound is isentropic. God Shiva, therefore, advises us to talk less, talk sweet and talk thoughtfully. This change will not require degradation of nature. Nature will take care of plant and animal life. Only divine intervention by God Shiva is required to change magnetic flip.

At the end of *Tretayuga*, major changes will occur in nature due to *tamoguni*(*impure*) populace. Scientific progress will be wiped out and world will fall into Maya's hand. This can be called the end of Brahma's day; ignorance will be the rule of the day. All knowledge will be written in Sanskrit. Various religions will appear. Natural resources will be exploited for energy production and sustenance. This situation will remain till a new cycle restarts.

We are witness to the above discussed transition as co-creators.

MY EXPERIENCES WITH MY BABA:



– B.K. Leela, Padmarao Nagar,
Secunderabad

I'd like to share here my unique experience with my most beloved Supreme Soul God Shiva, i.e. Shiv Baba, who always makes me experience super-sensuous joy, filled with His Godly love. It was way back in the year 1998, when my husband died in an accident at wee hours, during our visit to the famous Temple of SHIVA at Thiruvannamalai (4 hrs drive from Chennai city), in Tamil Nadu. I was also injured in the accident – my ear drum got damaged, right shoulder fractured, and I got injury on the right side of my head and also on my legs as I was crushed in between the back and front seat. My husband was sleeping with his head on the window and since all of us were asleep including my brother-in-law, who was driving, the car went down the road deep into a forest and collided with a tree resulting into the death of my husband on the spot. The others were also seriously injured.

I could not see anything in the darkness as my head was

bleeding and my eyes got stuck up, but I could feel someone pulling me out from the back as there was no way they could take me out. I could not move my limbs. They were 3 of them; I don't know how they came to that spot and who they were. I could only tell them my residence number as we had left our two daughters (Aishwarya—the special girl and Subhashini, aged nine and two respectively, then) at my in-laws' place. That's all I could remember at that time.

Those three men got me admitted in the Apollo Hospital, Chennai and informed my in-laws about the accident and then after 2 days, I came to know that my husband was no more and all the rituals were done. Not even a drop of tear was shed from my eyes. However, I didn't know what was going on and how I'd be able to bring up my two daughters. Owing to the tragedy, my life was paralysed both mentally and physically, as I had fractures and hearing loss

of 70% and had financial loss also. At that time, I had not got the true introduction of God. It is only now that I understand how Shiv Baba has turned my grief-stricken life into a life of happiness, by continuously helping me out at every step and in every situation.

I had absolutely no money with me at that time, but had a flat in Hyderabad—near my mother's place – and decided to go back when my in-laws held me responsible for the death and told me clearly that they'd not help me in any way. I managed to get money somehow and we came back to Hyderabad in August 1998.

I got both my daughters admitted to the schools and got my shoulder surgery done and ear drum replaced with the insurance money. At that time I didn't know that the doctor who performed the surgery was also Shiv Baba's child – he charged me the minimum fee and provided all the medicines free of cost. Through the sale proceeds of the flat, my

daughters' education went on smoothly.

Then I took up a job in APTECH and started working, learnt driving and bought a two-wheeler. While I was learning driving, I felt as if someone clad in whites was holding me from back and taking me forward. (Now I know that it was Brahma Baba). But after sometime, DRAMA had something else in store for me. Aishwarya's both the Femur bones got broken due to a wrong surgery conducted on her both legs for Tendons Stretching (performed by Dr. Purohit at NIMS—also a BK) and due to this, she had to undergo SURGERY with rods implanted in both the thighs. Even the orthopaedic surgeon who operated upon her was a BK. All this happened when I had not become Shiv Baba's child. Then I had to be at home for more than a year and I thought without wasting my time, I should go for further studies. Therefore, I did my MBA (HR) and passed with 1st class, even though I had a software management degree from APTECH, U.K. and a rich experience in R&D prior to my marriage.

Again, I took up another job at VISU INTERNATIONAL

as branch Manager and during this time, an unknown lady introduced me to Godly knowledge of Brahmakumaris, when she came to my office one fine Thursday and said that Baba would help me overcome all the problems. Thus, I started going to the B.K. centre at Punjagutta, Hyderabad. B.K. Radhika gave me the 7-day course but I didn't understand anything, as my mind was preoccupied with lot of worries, tensions, fear etc., and running short of time. I was just doing my duties, like a machine, without any interest. I always used to get dreams where LORD Venkateshwara appeared, looked at me with his big eyes and converted me into a flower of his garland and would carry me over the mountains into the world of light. I didn't understand this at that time.

Then, another major problem came in my life. On Dec. 16th 2005, when I was at the centre for meditation, Aishwarya started getting fits for the 1st time and since this had not happened earlier, my mother unknowingly gave her milk and she aspirated and became unconscious. She was rushed to the hospital, where doctors said that she might not survive and asked me to donate her

eyes etc., and also inform everyone at home. Next day, my sister-in-law (Husband's sister), who is now a Dean in Madras Medical College, came and asked the doctors not to remove the ventilator and let her breathe her last with that only. Fortunately, 21 days passed and she was still struggling to come out of it. Then, on one Thursday the ventilator was giving some signal which meant she might be coming out of her critical condition. But, when doctors were cutting the tubes from the ventilator - The Power Was Off, Generator Was Not Starting. It was total darkness and I was standing outside ICU and watching all these scenes. There were many doctors, all in white coats and there was complete darkness. Then, one doctor switched on a TORCH and cut the tubes. At that time, all I could visualise was that Shiv Baba's rays of light were falling on her and nothing more than that was visible to me (this is also real experience seen with my eyes open). My mind was totally blank at that time. After sometime, doctors told me that she had regained conscious-ness, but her right side had been paralysed due to brain damage (CP atrophy), lost her speech and she may

not live for more than 6 months and now, it's going to be 7 years, this December.

Then, the Director of Gitanjali School, seeing all my problems, created a vacancy and offered a job so that I could take care of the girls and also have holidays along with the children, so that I would not be stressed out. She also admitted Subhashini in the school. Till today, I'm continuing to work happily because I am still able to use my education, earn and take care of the girls. At present, giving spiritual knowledge to as many souls as possible in school about power of mind through meditation, stress management, time management etc; (Baba's knowledge, translated in my own words which will be useful in managing daily activities); without losing an opportunity, as Baba is combined in working with me. I could feel this. I also arranged a talk by Sister Shivani (arranged by sister B.K. Manju of Marredpally centre), who humbly agreed and gave a talk/lecture, to all our teachers (400 approx.) in the school.

There are many more experiences, where Shiv Baba gives me suggestions, does the work for me, leads the way

when I sometimes get confused due to difficult situations, guides and supports.

What has he not done for me?

I am so lucky to have the Supreme World almighty Authority, by my side. My Mother also attends the Centre every Thursday and believes that Baba is the Ultimate. She doesn't understand the knowledge but tells me that this Baba is Powerful than Saibaba. So, she keeps remembering him throughout the day. My brothers also acquire knowledge from me, as their role of going to the centre has not yet started but, I know that it will come soon.

Subhashini is at present in Class XII (ISC) and is planning to continue her studies in Neuro Psychology and also attends the centre, whenever possible. She understands and churns *Murli* more than me and follows purity of food and doesn't eat anywhere else. I take Aishwarya to the Centre on my holidays in a wheel chair as it is 10 minutes walking distance and she knows that she is a soul and she greets the sisters with OM SHANTI, also listens to Baba's songs daily and goes to sleep only

after I have read *Murli* at bedtime; otherwise, she doesn't allow me to sleep.

I would like to mention that during the last fifteen years after my husband's death, I haven't taken financial assistance from anyone including my own brothers, even though they offered. I tell Baba, "When I call you Father, it's your responsibility to take care of me and my daughters" and He has been doing it—given me the best house to live, best clothes to wear, two simple business to do from home (Amway and Tupperware for extra income), best food to eat and the best employer who understands my problems and my capacity/quality of work and has given me flexible timings; what else one needs in this *Sangam Yug*!

I've got the Highest Support (i.e. God – The Almighty Authority). Today I am able to do all this work along with doing personal work of Aishwarya without a caretaker. I think in my mind, that I am the soul—performing this *karma* along with Bapdada as I can feel that GOD is doing it keeping me in the front, helping me to settle my accounts without any stress.

SERENITY

—B.K. Aarti, Mumbai

The most serene of all creations in nature is a stone called Marble. Years of being under intense heat and pressure, the love of holding onto the earth, despite all the tortuous weathering and the indescribable hurts of a ravaging, tumultuous nature, turns the caky limestone into one of the most exclusively beautiful rock of serenity, the Marble.

When a soul touches God first, its interiors are all caked up with the mud of impurity, a vision which is limited and lichen (moss)-like conditioning which spreads its vicious tentacles around the soul. There are few who can withstand the intense pressure or the fight which ensues internally, when placed in proximity to the heat of purifying situations, in the life of a nascent spirituality.

A soul who can face a ravaging of this kind, and still be able to stand up with self-respect and accept itself, warts and all, can be the raw material for spiritual serenity.

When God enters our world, from the land of Silence, He rarely has a blueprint to work upon. He deposits within our caked minds the seeds, which can give birth to a new kind of

Self-respect—that of being divine beings. Yet, every day, our vision and attitudes shrivel up like winter-dried leaves and He starts, once again, to water us every morning. Day-in and day-out, amongst the deafening noises of a hundred influences, which dirty His children, He strives to keep His seeds of Self-respect intact, waters them with mercy and love, accompanies them through the sunlight of purifying, regenerating situations, and guards them through the cold nights, weeding out the waste and unwanted. Everyday, this Supreme gardener works tirelessly filled with positivity and hopes that each of His offspring, his sapling, will bloom to be a sturdy, young tree.

Yet, the times and weather of change are relentless. They rain down mercilessly on His young saplings, carry them off, erode and try to kill them. But, never does this tireless gardener give up. Through the tortuous weather, through all the storms, **He keeps on nurturing and planting till many, if not all, of his children grow to be sturdy and buoyant oaks.**

This journey of being with

God, holding onto my highest Self-respect, when the worst of the self surfaces and seeing my old self being torn away from me, is the most painful and ravaging of all. What I hold dear and mine, no longer exists for it has to make way for a new way of being, a new way of living and thus pave the way for a new world. When every human consciousness undergoes this cleansing of impurities from the limestone of the self and experiences the searing heat of transformation, it is the Serenity of God, which gives it power.

To be able to understand, acknowledge and accept the way God works by my side, getting His hands grimy and not minding it one bit, lends me humility to withstand the heat of this self-induced transformation. His gentle presence teaches me every day to be as cool as rainwater, in every situation. His calm, cascading fountains of fortitude and peace, wash away the strains of fear I hold. Then one day, **on a silent morning, unknown, unseen by human eyes, there comes into the soul a quality of reflecting light. The limestone turns into an exquisite piece of rock, much valued and sought after, for its refined look.** Some use it to sculpt their fantasies while the most Serene, most cool of all rocks, many build a

comfortable, cool home within its walls.

This process of seeing the unswerving faith of God, his tirelessness to make every child like Himself Serene and cool and strong like Marble is what gives the courage to die-alive. When the weathered hands of the Supreme gardener, turn again to a young sapling, the silent sculptures of Serenity adorn His garden. Now these statues

of Serenity have learnt that to stay silent yet alive, to shine a light upon others yet hold in heart a journey which began in darkness, and to be filled with a calm and steady love for all tasks, big and small as God is, is to **be Serene**.

Serenity gives birth to angels, the humans who are transformed by God, into beings of light and love.

Kids World

JUST LET THEM BE.....

– Prachi Goel, NOIDA

Come November and every afternoon I take my six year old to the park where she plays on the swings or in the sand pit and I sit and watch soaking up my daily dose of vitamin D and catch up with friends over the phone. The other day I came across a mother-son duo and what ensued between them set me thinking--the mother in question was thirtyish and her cherub of a son barely four. The mother hovered endlessly over the child, daubing his hands with sanitizer every now and then, pulling down and dusting his clothes every time he came down the slide and reprimanding him if he even shouted loudly. The child seemed harried and uneasy by his mother's constant instructing and badgering. She obsessed over him and would not let him touch mud and as he dreamily looked at my daughter and her friends make mud cakes, I realized how the term 'helicopter parenting' must have come into parlance. Simply put, it is a new-fangled term for a paranoid kind of parenting where each thought, each action and every iota of effort of the parent is child-centric.

Modern parents of our generation (read Google Search parents) are more prone to this malady. We seek perfect parenting paradigms from books and the Internet. Children are not given any leeway even in little things which are of no consequence. We want to be perfect parents of perfect children and often end up acting as

wardens. We are so preoccupied with their hygiene, nutrition and ideal behaviour that we just don't let them be. I have often felt intimidated by the parents of my children's peers calling me up about the number of stars that the child got on an assignment or tutorial. Children are then put continually under a scanner in a bid to make them super-performers. Some parents even go to the extent of choosing their children's' friends for them. I personally feel it is healthier to give the children some freedom and responsibility so that they don't end up as dependent, suffocated and anxious human beings. Let them err and learn from their mistakes, let them fall down and get up again, let them have their share of exposure to bugs and germs so that they develop immunity and don't end up as germophobes and believe me playing with mud never killed anyone. Let the kids enjoy being loud and boisterous once in a while. Let them make some decisions – this will make them confident and do wonders to their self-esteem. Let them learn to organise their things and to fight their little battles themselves. What is imperative is letting them know that no matter what you're always around and that they can always bank on you if need be.

If we look at it from spiritual angle, we all are spiritual children of God. Does God interfere in our day to day working? He has given us independence to perform actions, keeping in view our conscientious application of all our intellectual capabilities. He looks at us as spiritual entities with wonderful capabilities, which bloom and sharpen, as we go on playing our part in the eternal world drama. Let us consider children as individual souls, full of potential and talent, which will be honed the more we provide them opportunity to perform independently and as per their discretion. Surely parents should observe them and guide appropriately, as and when needed.



VALUE OF TIME



– Anupam Dhand, Raipur

There are very few people who fully understand the value of time and energy and use them creatively. Those who do not use their time and energy wisely have to ultimately go through a shortage of both at a time when they are most needed. Time and tide wait for none. Once time passed in negativity or in waste, is forever lost; it never comes back. So, let us make the best use of this most auspicious time of Confluence Age or *Sangam Yug* according to *Shrimat* of God so that we don't have to repent later. It is sensible to keep on realizing the value of time and energy beforehand and use them in the best possible way so that they are spent usefully. One should utilize every second and make the best use of it. We should not fall a prey to laziness and become weak in living our life.

Time is our precious treasure, the loss which cannot be made up. Every second counts in building the life of a human being. Enjoying every second of our journey of life is that which really matters. Those who are endowed with life get time, but the way one uses these valuable assets counts a lot to him/her and to the world also.

Usually, most of us do not have

a definite purpose in our mind. We do not know what to do when time and energy are available to us. In these situations, we usually complain that we are bored and do not know what to do. Life should be lived with a purpose and not without it.

The Incorporeal God Shiva (lovingly called Shiv Baba) has said that the period of Confluence Age is the most valuable period in the whole of *Kalpa*. We should value every second of this life, Baba has said, "One second of Confluence Age is equivalent to one year of Golden Age". So, in this valuable period, we should lead our life with awareness and utilize every second. We should pay attention and give value to this spiritual birth at the Confluence Age and really show Baba through our life "Worth Diamonds".

Baba has said, "The time is coming to an end; it is only now that your image of the previous *Kalpa* is to be revealed. You have to shoulder the responsibility in order to transform variety of problems". The mountain of the Iron Age will be removed any way, but only if we spiritual aspirants give a hand of love to

solve various problems of the world. We should maintain constant intoxication and should not ourselves become a problem nor cause problems to others.

The long journey of life should be passed in happiness and bliss. Many side scenes have to be crossed through, but we should never get disheartened or become weary. The journey should inspire and energize others and also motivate them to live and feel encouraged by our presence. Whatever we want to do, we should do now as the present moment is most invaluable "Now or Never". Tomorrow may bring problems with it; so every second should be lived with full vitality. We should not stop in our journey or live in past, but always enjoy the present life given by God.

We should ask ourselves, "How can we use our time and energy in the best possible way in the present situation."

There is a better way to live rather than complain, "I am bored and have nothing worthwhile to do now. I have no time to do these important jobs"—those who live with such a persistent negative attitude are always sad, sorry and bitter.

Our perception and response to anything is in our own hands. We are creators of our own destiny. We should make the right choices at right time and use our energy at right time to accomplish the task.

LIFE IS 60% EFFORT AND 70% LOVE

(Bowlers, Runs, Lipstick, Money,
Monkeys, Turkeys and Tears)

– B.K. David, Paignton, England

When you know what's important in your life, then and only then, will you be able to be successful in it. But not knowing (getting) or getting confused the life will always turn out to be a struggle for you in one way or another.

The Window of Truth Does Not Need To Be Open Wide In Order To Breathe The Air Blowing In

There are eternal truths running through life and if you can seize the opportunity when that fleeting window opens, you may build on that truth; then your vision on life will always be bright, fortunate and elevated.

The window through which to see these truths and God only opens for a very short period but if you remain alert, and honest, then enough can be gained by looking through this window. What you see through the window of truth will last you an eternity and

make you worthy to be able to look out endlessly through your house windows that open out upon heaven. So if you wish to see heaven tomorrow, you need to gaze upon God and goodness today. With effort, your future house can be heaven, your body can be heavenly, your relationships divine and your mind blissful. If you wish to achieve the highest success possible in life, then you'll need to give 130% – to God, and yourself.

The Miracle of Effort

It's good to know that the 'fort of effort' gets stronger with the effort you give to placing bricks in its walls. With effort, you do not need miracles. It is the lazy, body consciousness and pleasure seekers of food and clothes that often need and call out for miracles. Their food poisons their delicate bodies and causes them diseases and their body consciousness removes any

happiness and replaces it with sorrow.

There's a World of Difference in Being Engrossed on How You Look to How You Walk: The Difference is Looking Good In Hell And Feeling Great In Heaven

The effort makers are engrossed in walking next to God and would not need to ask for miracles to get them through life. To know and to walk with God is the greatest miracle known to man. Most can only walk with their dog limp, wife or children.

Clothes That Can Make You Feel Unhappy Every Minute of the Day

It is worth remembering that some people give 100% effort to looking good each day, each hour, minute and second and become consumed, even possessed, by their appearance. From their hair, nails, face, skin, make-up and clothes, they really do give their appearance their total dedication, full attention, as if their life depended on them looking good. In the end, their false pursuits creates a state of mind that reduces them to becoming possessed in needing to look good, and in doing so, ultimately makes them possessed by sorrow.

Looking Good – Yet Feeling Awful

Their skin and hair may be looking good, but are they happy inside? Are their thoughts peaceful and contented? Do they need a mirror and other people's approval to feel good about them? Or does their happiness come from the inside knowing that they are good people doing good and trying to do good deeds in the world? Only such elevated people can see themselves as being much greater than just their body?

You can get temporary happiness from a bag of sweets (body) or constant happiness from becoming sweet yourself (soul). True happiness, needless to say, can only come from the inside, whilst external happiness can rot your teeth.

Bowlers (Maya) And Batsmen Who Play The Game With 16,108 Bats

I've learnt that the most important aspect to life is how much time you spend at the crease hitting runs (doing good) for your side (family). Some spend only minutes, others hours, whilst the careful and skilful can spend days scoring for their team. They do not waste their time and take the opportunity to score runs. They concentrate, dedicate themselves and are disciplined, keep their aim clearly focused and fixed in their mind.

They keep their eye on the ball and always do their best and give 100%.

Don't Be Out For A Duck

If you are not batting with God, the reality is, you are not on God's side and if a bowler bowling at God, trying to get Him out. God and His team are surrounded by poison and falsehood on this cricket field of life, yet are still trying to wake those bowlers up to truth and for them to experience the benefits of playing the game as it should be played. It's just not cricket and playing to the rules if you play the game considering yourself to be a body and not the soul, and in doing so, destroy all truth and real inner beauty. Most instead, ignorantly prefer to concoct an outer beauty which is not really them - but totally fake and only an illusion, and for this, get a fake reward.

Ask yourself: Are you the car (body) or the driver (soul) inside the car? Are you on God's side and a good batter? Or are you one of the endless bowlers and fielders on the side of this world and its mess? If only the people of the world knew that to try and bowl God out and His team, is really to try and take out what little happiness they have in their own lives and destroy all truth in themselves. What is the value of a life without happiness and truth in it? What is the value of a

monkey with a dictionary, compass and map in his hands?

The Proof Of The Pudding Is In How Many Runs You Score

In this spiritual cricket match, that you now find yourself in with very dangerous balls flying at you from all directions, everything will depend on you keeping a cool head and of course, your partner doing the same. Your partnership at the crease (life today) and how many runs you score, will depend on you both understanding each other, trusting and working for each other.

In this case, for the children of God, their partner is God, so they need to be asking themselves every day the same question: Am I worthy to bat with God? A good indication is how many runs have you managed so far to put on the scoreboard between you. How many each day do you score? If you score well, then you are most likely very worthy to be batting with God on the field of play. Yet should you score only a few runs and get out all too easily, then chances are, you are not that worthy, true, strong or dedicated to be in partnership with God, for if you were, you would be scoring many runs. If a chef says he is a good chef, yet his food tastes awful, what is one to think?

(... to be contd.)

WHAT IS LIFE

– B.K. Shradha, Borivali, Mumbai

In today's fast life, sometimes we forget to sit back, relax and think...

WHAT IS LIFE...! What am I doing with it??? Why am I here??? Who got me here .?? We're so busy and lost in the hustle and bustle that we don't know where we are heading our purpose of life to. However, the purpose of one's life depends on person to person but before all of this do we know what life is. .??

There have been many theories and thinking, books and beliefs, debates and discussions on it. But, let's think of it simply. With today's condition, round the world with falling economies, exploding population, increasing inflation and deteriorating characters; our definition of life has become cruel. So, life is a race, or a struggle, sometimes competition, game and gamble. But is it truly so? Most of the people now tend to relate their life with those terms. It has become our deep-rooted mindset. But we need to realise that, when this is the way we define it then, that is how it will turn out to be!

Let's try and think of something beautiful, relevant,

different and soothing. Could we call life to be an opportunity? Yes, it is! It is an opportunity to prove, to learn, to understand, to live, to love and so on. Life itself is an opportunity, yet we keep waiting for an opportunity in our lives for the right time to knock at our doors. We have one whole life to justify this given opportunity.

We're all fond of Gifts. Excitement, happiness, love, assumption are some of the feelings and emotions attached to it. Isn't life a gift? A gift from God to enjoy, to have fun, to celebrate and to share! A gift because we don't know what is there in store for us! We open it gently to see what has been wrapped for us.

Life can also be called a school, a place to learn, make friends, give exams, getting promoted to higher standard. With each passing standard, we grow. It is a journey too, on which we move in different directions sometimes and, thus, don't have the idea where to go, face bad weather and even meet people who misguide us.

Can there be such a journey

in which neither the traveller is aware of his own self, nor of his destination, nor does he know about the true guide? In fact, the destination can be known only when one is accompanied by, true guide. It must be noted here that this is the end of Kaliyuga, i.e., Iron Age; this is the time when Incorporeal God Shiva, who is our true Father, Teacher and Preceptor as well as Liberator and Guide, teaches us the knowledge of Easy Rajyoga. This small epoch in the entire kalpa of 5000 years is called Auspicious Confluence Age. In this very Confluence Age, God Shiva descends onto this old, vicious world and enters the body of His corporeal medium whom He renames as Prajapita Brahma and reveals: "As you are subtlest conscient star-like souls, so am I; but unlike you I'm immune from the cycle of birth and death". He bestows on us the knowledge of beginning, middle and end of the World Cycle and advises us to realize ourselves as souls and remember Him continuously so that our misdeeds of past births as well this birth are burnt and we become viceless and pure and complete with all virtues, which He is the ocean of. Remembering our most beloved God Father Shiva in such a way is our true journey, which is also called *Yaad Ki Yatra* or Pilgrim

of Remembrance, through which we turn viceless. This is a sacred journey which transforms ordinary human beings into pious gods and goddesses such as Shri Lakshmi and ShriNarayana of Satyuga fame. The true destination of souls is Incorporeal World or Soul World, which is also called *ParamDham* or

Shanti Dham and is the abode of our Supreme Father God Shiva, i.e., Shiva Baba too. So, let's understand the journey of life and make sincere efforts to become viceless and virtuous. ; it is now or never!

Life isn't about finding yourself but creating yourself. . . .

ONE STORMY NIGHT

One stormy night many years ago, an elderly man and his wife entered the lobby of a small hotel in Philadelphia. Trying to get out of the rain, the couple approached the front desk hoping to get some shelter for the night.

"Could you possibly give us a room here?" the husband asked. The clerk, a friendly man with a winning smile, looked at the couple and explained that there were three conventions in town.

"All of our rooms are taken," the clerk said. "But, I can't send a nice couple like you out into the rain at one o'clock in the morning. Would you perhaps be willing to sleep in my room? It's not exactly a suite, but it will be good enough to make you folks comfortable for the night."

When the couple declined, the young man pressed on. "Don't worry about me; I'll make out just fine," the clerk told them. So the couple agreed.

As he paid his bill the next morning, the elderly man said to the clerk, "You are the kind of manager who should be the boss of the best hotel in the United States. Maybe someday I'll build one for you."

The clerk looked at them and smiled. The three of them had a good laugh.

As they drove away, the elderly couple agreed that the helpful clerk was indeed exceptional, as

finding people who are both friendly and helpful isn't easy.

Two years passed. The clerk had almost forgotten the incident when he received a letter from the old man. It recalled that stormy night and enclosed a round-trip ticket to New York, asking the young man to pay them a visit.

The old man met him in New York, and led him to the corner of Fifth Avenue and 34th Street. He then pointed to a great new building there, a palace of reddish stone, with turrets and watchtowers thrusting up to the sky.

"That," said the older man, "is the hotel I have just built for you to manage."

"You must be joking," the young man said.

"I can assure you, I am not," said the older man, a sly smile playing around his mouth.

The older man's name was **William Waldorf Astor**, and the magnificent structure was the original **Waldorf-Astoria Hotel**.

The young clerk who became its first manager was **George C. Boldt**. This young clerk never foresaw the turn of events that would lead him to become the manager of one of the world's most glamorous hotels.

We are not to turn our backs on those who are in need, for we might be entertaining angels. Life is more accurately measured by the lives you touch than the things you acquire...

[FORWARDED BY B.K. Premanand Mishra]

CHANGE BEGINS IN THE MIND

– Dhvani J., Std. XI, Chennai

“Be the change you want to see”, those were the words said by Mahatma Gandhi.

Any change – positive or negative, begins in the mind. If the mind does not agree, actions do not happen. It is said that using the power of thoughts, one can create immense changes in the environment around. If one’s curses can come true, so can one’s good wishes. It all depends on the sincerity of the thought.

In one of her speeches, Sister B.K. Shivani pointed out that the thoughts made by one person are reflected outside. She gave an example of an Indian meeting an American. If the Indian thinks in his mind “I am an Indian”, the American meets him with a view that he is an American (and vice versa). If one goes with the thought in mind that one is a man/woman, the same thought waves occur in the mind of the other person. Likewise, if one thinks in his mind “I am an Atma (soul)”, the other person approaches in the same thought process as well. If one has strong thoughts in one’s mind,

these spread automatically. The sincerity in the thoughts decides the level it spreads. This indirectly says “What I do, the world does”. All of us must try to follow this motto and take it in a positive way, rather than saying, “I do what the world does.” If everyone decides to do what the others do, then who is to stand up and make a change when there is a crisis?

It is based on the same principles that KiranBirSethi, Founder/Director of the RiversideSchool, Ahmedabad, initiated a small scale competition for school students, called “Design for change”, which is now taking place on a global level. It all began when she wanted to make her students realise the difficulties of child labour that many other unlucky children face. She decided that just a lecture wouldn’t make the students understand, and hence made her students rub incense powder just for some time. This

was an activity which was done by children of their age everyday in the incense factories. The students realised the difficulty faced by the other children of their age every day of their lives. They then set out on a campaign, telling the shopkeepers of the area not to hire children for work. This was certainly not something they would have initiated if they had learnt about child labour as a classroom lecture.

She then decided to make this a contest for school children. This contest requires schools to create a core team who would act. The students are given one week to implement a change with any one idea. It is incredible how many problems in the society can be solved by simple ideas. Sometimes, the students set out cleaning beaches, making surveys, and doing greater and simpler things in order to make a change, to the extent they can. This makes students ‘DO’ a change, rather than just create ideas and put them on projector screens or files and submit them as projects. This makes the students create the change they want to see.

To bring the change, we want to see it begins at a very basic level. For instance, if we want to see non-violence in the world, we must first be non-violent.

And the change, as always, must begin in the mind. As Gandhiji said, 'being non-violent isn't an easy task, because being non-violent doesn't mean, not hitting others merely. It means being non-violent in thought, word and deed'. By word and deed anyone can be non-violent. But being non-violent in thoughts, isn't something, every soul can do. But the real effect is seen in the surroundings of a person who is non-violent by thoughts, and not around the person who is non-violent only in word and deed and not by thoughts. One, who has brought a change in his mind, will certainly not do the converse as words or deeds. For instance, if non-violence is one's desire, one must first of all, stop thinking bad about others, must stop hurting others, and then make bigger changes by turning vegetarian, or better yet, vegan.

So if we want to bring change in others, we must first make the change within the mind, then, show it in action. I'm not a philosopher to say this. But I am eligible to say this, because I have implemented this in certain aspects of my daily life, after being inspired by great persons like Mahatma Gandhi, Dr. Abdul Kalam and Kiran Bir Sethi. For instance, I aspire for an eco-friendly society and I have stopped bursting crackers. I have started being conscious of the resources I use. I have made other similar changes in me, so that I do my bit towards making the world a better place to live in. Like sister B.K. Shivani says, if we wake up, we don't need to go around waking people. If one wakes up, it makes noise. And the noise makes others wake up as well.

Change in even one person makes a difference and it inspires others to change. Good reforms are always contagious. Let's pick one thing we want to change in others. And let's first ensure that we possess and implement what we want others to. Let's begin now.

TRY TO THINK ONE PURE THOUGHT EVERY DAY

I am what I think. The mind is constantly occupied in the thought process, and it is virtually impossible to have a vacant yet alive mind. Without doubt, my entire world has been created by my thoughts. Sometimes the results of these thoughts are manifested immediately and sometimes results take a longer period to come into the practical. However, the fact remains that thoughts, when given constant energy and attention, will come into practical. They are the basis for all my actions.

If I must think, and if by thinking I create the world around me, negative or positive, through actions, negative or positive, wouldn't it then make sense for me to think the very highest and purest of thoughts, so that the world I create would be of that corresponding quality-high, noble and pure?

And what is a pure thought? Aren't all thoughts pure simply by nature of being a thought? A pure thought is one that is free from all the vices such as ego, hatred, pride, jealousy, greed or anger. A pure thought, when transferred into action, enriches the creator as well as the creation. It is an energy that is formed at the most exalted levels of self-respect, but extends far beyond the self, making everything it touches exalted.

Pure thoughts are becoming sadly rare, as is evidenced by the world I have created around me. The pollution in all areas speaks of impurity within the thought processes.

– from a Book "JUST A MOMENT"

EXTRAORDINARY TRUE STORIES ABOUT ORDINARY PEOPLE

(SudhaMurty, chairperson, Infosys Foundation and author, is known for her ability to glean interesting stories from the lives of ordinary people and weave these narratives into a unique blend of anecdote and fable.)

Her latest collection of stories, 'The Day I Stopped Drinking Milk', features a fascinating cast of characters, each of whom made an indelible impression on the author. Extracted here is a nugget from 'Bombay to Bangalore', one of the most heart-warming stories in this collection:

It was the beginning of summer. I was boarding Udyan Express at Gulbarga railway station. My destination was Bangalore. As I boarded the train, I saw that the second-class reserved compartment was jam-packed with people. I sat down and was pushed to the corner of the berth. Though it was meant for three people, there were already six of us sitting on it...

The ticket collector came in and started checking people's tickets and reservations.. Suddenly, he looked in my direction and asked, 'What about your ticket?' 'I have already shown my ticket to you,' I said.

'Not you, madam, the girl hiding below your berth. Hey, come out, where is your ticket?' I realized that someone was sitting below my berth. When the collector yelled at her, the girl came out of the hidden place.

She was thin, dark, scared and looked like she had been crying profusely. She must have been about thirteen or fourteen years old. She had uncombed hair and was dressed in a torn skirt and blouse. She was trembling and folded both her hands. The collector started forcibly pulling her out from the compartment. Suddenly, I had a strange feeling. I stood up and called out to the collector. 'Sir, I will pay for her ticket,' I said.

Then he looked at me and said, 'Madam, if you give her ten rupees, she will be much happier with that than with the ticket.'

I did not listen to him. I told the collector to give me a ticket to the last destination, Bangalore, so that the girl could get down wherever she wanted.

Slowly, she started talking.

She told me that her name was Chitra. She lived in a village near Bidar. Her father was a coolie and she had lost her mother at birth. Her father had remarried and had two sons with her stepmother. But a few months ago, her father had died. Her stepmother started beating her often and did not give her food. She was fed up with that life. She did not have anybody to support her so she left home in search of something better.

By this time, the train had reached Bangalore. I said goodbye to Chitra and got down from the train. My driver came and picked up my bags. I felt someone watching me. When I turned back, Chitra was standing there and looking at me with sad eyes. But there was nothing more that I could do. I had paid her ticket out of compassion but I had never thought that she was going to be my responsibility!...

I told her to get into my car. My driver looked at the girl curiously. I told him to take us to my friend Ram's place. Ram ran separate shelter homes for boys and girls. We, at the Infosys Foundation supported him financially. I thought Chitra could stay there for some time and we could talk about her future after I came back from my tours.

I was not sure if Chitra would

even be there. But to my surprise, I saw Chitra looking much happier than before. Ram suggested that Chitra could go to a high school nearby. I immediately agreed and said that I would sponsor her expenses as long as she continued to study. I left the shelter knowing that Chitra had found a home and a new direction in her life.

I got busier and my visits to the shelter reduced to once a year. But, I always enquired about Chitra's well-being over the phone. I knew that she was studying well and that her progress was good.. I offered to sponsor her college studies if she wanted to continue studying. But she said, 'No, Akka(elder sister), I have talked to my friends and made up my mind. I would like to do my diploma in computer science so that I can immediately get a job after three years.' She wanted to become economically independent as soon as possible. Chitra obtained her diploma with flying colours. She also got a job in a software company as an Assistant testing Engineer. When she got her first remuneration, she came to my office with a sari and a box of sweets.

One day, when I was in Delhi, I got a call from Chitra. She was very happy. 'Akka (elder sister), my company is sending

me to USA! I wanted to meet you and take your blessings but you are not here in Bangalore.'

Years passed. Occasionally, I received an e-mail from Chitra. She was doing very well in her career. She was posted across several cities in USA and was enjoying life. I silently prayed that she should always be happy wherever she was.

Years later, I was invited to deliver a lecture in San Francisco for Kannada Koota, an organization where families who speak Kannada meet and organize events. The lecture was in a convention hall of a hotel and I decided to stay at the same hotel. After the lecture, I was planning to leave for the airport. When I checked out of the hotel room and went to the reception counter to pay the bill, the receptionist said, Madam, you don't need to pay us anything. The lady over there has already settled your bill. She must know you pretty well.' I turned around and found Chitra there.

She was standing with a young white man and wore a beautiful sari. She was looking very pretty with short hair. Her dark eyes were beaming with happiness and pride. As soon as she saw me, she gave me a brilliant smile, hugged me and touched my feet. I was overwhelmed with joy and did not know what to say. I was very happy to see the way things had turned out for Chitra. But I came back to my original question. 'Chitra, why did you pay my hotel bill? That is not right.' Suddenly sobbing, she hugged me and said, 'Because you paid for my ticket from Bombay to Bangalore!'

(Excerpted with permission from Penguin Books India from Sudha Murty's 'The Day I Stopped Drinking Milk: Life Stories From Here and There')

If you like this, pass this to your relatives and friends and if well off, help the less fortunate.

Stay blessed.

MANAGE EMOTIONS

When the energy of our consciousness is out of our control - the mind is agitated. We are being emotional. The solution is to detach from the inner storms, stand back and observe the hurricane passes. Detached observation withdraws the energy which your emotions require to sustain themselves. When you watch your own anger, it dies. If you don't detach from it, and observe it ...it will be your Master.

— (... Contd. from Page No. 3)

or the global level, then each one needs to make efforts to wrest control from the forces of evil entrenched in one's own mind, and each one has to be good, do good and spread the vibrations of goodness and virtue. This will give speed and power to the forces of Virtue and they will, then, soon reach a point when they will take control of the world order immediately when the forces of negativity have exploded or ended themselves on the world-scene.

So, the point is that while people say that the problems of nuclear arms race, overpopulation, poverty, environmental pollution, etc., have taken a dreadful global form and are becoming an increasing threat day-by-day, little do they realise that these will soon die their death. People are worried about the future of the world and they ask: "What will happen?" But they do not show proper concern for self-change and little do they realise that the time for self-change is now, because, the very gravity of the problems is the proof that their point of explosion will reach very soon.

Let all, therefore, know that our first responsibility is for self-change, for this is from where the work of world-transformation starts, and this work of world-transformation, which has been taking place for about seventy-five years now, is gaining great momentum and will soon result in the dawn of the Golden Age, for the old era – the Kaliyuga will give place to the new – the Golden era or Satyuga.

SEVEN WAYS TO ELEVATE THOUGHTS



– Dr. Anand Mahanand, Hyderabad

How much time you spend in self-introspection?
How often you wonder about your greatness?
You consider yourself handsome,
Highborn and fairest of all
How do you think you are right?
But others are inefficient, lazy and corrupt

You waste much time speaking ill of others
Giving names to your rivals and neighbours
Making fun of them as subjects to condemn
Pouring cans of poison and venom

You are pained to see your rival progress
But have a hearty laugh if he's depressed
How much you hatch plans for your enemies?
Don't know someone is constantly watching ?

Understand you'll receive what you give
Don't indulge into waste thoughts
You are not made for them
They will pull you down
Turn your destiny to hell

The Dhammapada says:
'Don't follow low practices
Don't live carelessly
Don't hold wrong views
Don't prolong the suffering world."

So also Sri Aurobindo:
"Elevate your self
And realize the divine in you."

So, give up your waste thoughts
Say 'stop' when they occur
Or divert them towards divinity
Towards peace, happiness and purity
They will make your life better
Happy, peaceful and pure.

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