

|| From the mighty pen of Sanjay ||

## YOUTH – INSTRUMENT OF SOCIAL CHANGE THROUGH SELF-TRANSFORMATION

Each period of man's life has its own specialties. Childhood is known for its innocence, Adolescence for spurt in growth for high dreams and a spell of enthusiasm, and Youth is known for its characteristic exuberance of energy, pugnacity, the will to fight and surmount difficulties and to take bold initiatives. It is this period of life when man's zest and enthusiasm are in great ferment, and man has active and vigorous co-operation of the body to fulfil his dreams, good or bad. It is a period when man's faculties of innovation, ingenuity and his inventive and creative tendencies are at their best. It is during this period that man can learn new arts, languages and sciences because his faculties of memory and his learning capacity are now at their best. Most inventions, explorations, discoveries, adventures and high attainments in almost all fields of knowledge and effort have been made during this period. The period of youth is characterized by the spirit of adventure and an exceptional force of energy, tempered by a growing sense of responsibility and maturity. A man in his youth can thus make a lasting contribution to the cause of understanding the inner and outer nature, inventions, courage, creative art and architecture and channelize his energy on the toughest problems of life, and find keys to their solutions.

Youth are the strength of a nation. As a human body is supported by its spine, so are the youth the support of the body politic. They are the real backbone of any institution because of their stamina and vigour. The activity, the vitality, the enthusiasm, the zeal, the verve of an institution, or society, or nation come mainly from its youth who have the capacity to work, to fight hard against difficulties, to pick up courage and face problems boldly and to act with an undaunted spirit in the face of grave dangers and critical situations. Youth is the human terra-firma on which stands the structure of society. *But if the youth of a country become corrupt or have a slave mentality or lose their character, discipline,*

(...Contd. on page no. 32)

## CONTENTS

- ▶ Youth – Instrument of Social Change through Self-Transformation ..... 3
- ▶ Inner Peace for Global Harmony (Editorial) ..... 4
- ▶ Inspired by God's Love ..... 8
- ▶ The Traveller ..... 9
- ▶ Peace Angel–  
Dadi Nirmal Shanta ..... 10
- ▶ What makes you Smart,  
even Smarter! ..... 11
- ▶ Woman as Home Maker.... 13
- ▶ Conquer Mind to be  
World Sovereign ..... 14
- ▶ Values in Education ..... 16
- ▶ Woman as Home Maker .... 17
- ▶ The Call of Time ..... 18
- ▶ Essence of Life: Love ..... 19
- ▶ Values are Caught  
not Taught ..... 20
- ▶ Love ..... 21
- ▶ A better life through  
Inner Change ..... 22
- ▶ The Fray of Convictions ..... 23
- ▶ My Experiments  
with Rajyoga ..... 24
- ▶ Be Good, ..... Feel Good .. 27
- ▶ Jail or Reformation Home . 28
- ▶ Does God Hear Your Ph.... 29

### Rates of Subscription for “THE WORLD RENEWAL”

	INDIA	FOREIGN
Annual	Rs.90/-	Rs. 1000/-
Life	Rs.2,000/-	Rs. 10,000/-

Subscriptions payable through Money Order/Cash or Demand Draft (*In the name of 'The World Renewal'*) may be sent to:

**Om Shanti Printing Press,  
Shantivan-307510,  
Abu Road, Rajasthan, INDIA.**  
For further information regarding  
subscription, **please contact:**  
**Mobile: 09414006904, 09414154383**

# INNER PEACE FOR GLOBAL HARMONY



The Annual Service Meeting of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya begins on 11 April 2013. The Meeting, as usual, is being held after the conclusion of Avyakt BapDada's meetings, which took place every fortnight over the past five months. The entire season has been marked by beloved Avyakt BapDada's very loving, special emphasis on bringing about internal transformation on the subtle level. This was finally the highest and most refined advice of the Satguru on 5 April 2013 when multi-thousands of sisters and brothers gathered to listen to the whispering elevated versions at its pinnacle of Godly wisdom. How beautiful it was for all to be invited to raise our hands several times and make a promise that each one of us would **'Remain ever-happy and help others to be ever-happy!'**

Being constantly happy is a

very natural sanskar of each soul provided we live our lives with honesty and sincerity according to Avyakt BapDada's shrimat. This requires interacting with a magnanimous heart and consciousness, which needs to be based on the concept that we, human souls, belong to the Highest and Wisest Being, and that we derive this spiritual wisdom directly from our Supreme Father and Mother in the form of natural inheritance. *Conscious effort to remain attuned and aware of being God's children automatically emerges the feeling of belonging to the unlimited global human family. All sorts of differences melt away in those emotionally rich feelings of oneness and belonging to each other.* We are further able to strike a balance between spiritual self-progress and service of humanity, without which

internal and external problems fester on. This seems to be a highly essential piece of understanding today as we observe the ocean-like chaotic conditions all around. Each individual seems to be drowning incessantly in negativity, doubts, and depression, leading to the strengthening of arrogant and violent attitudes. Identifying the self with a wrong awareness gives birth to all sorts of detrimental notions and feelings, resulting in violent behaviour and actions. *The most precious gift from God, in the form of new understanding about self-identity and interpersonal relations, marks a new beginning in one's personal and social life, and helps create very happy families and peaceful societies.* Concerted efforts are, but of course, needed for continuous self-education, and education of other fellow-beings who are our spiritual sisters and brothers.

*Dignity of an individual, and respect for each other, are the hallmark of a peaceful and happy life. This has to be practiced*

---

unconditionally with a broad heart and unlimited spiritual consciousness. Those of us who are gifted with the knowledge of the eternal World Drama are ingrained with the awareness that we have been playing our respective roles for 5000 years, life after life, and becoming females, males, sisters, brothers, husbands, wives, sons and daughters, uncles, aunts, grandparents and grandchildren, friends...and so abilities, skills, perceptions are no longer limited, constrained or biased. This unique awareness has tremendous power in bringing about positive change in society, which is the need of the hour. We were groping in the dark until we heard the knocking on the doors of our intellect by none other than our own Supreme Parent, God; ***He invites us to learn, experiment and realize the beauty of living in spiritual consciousness by connecting internally with the supreme source, God, directly.***

This has been confirmed time and again for over seven

decades ever since the descent of the Divine Being on earth as per His given promise in the most revered scripture, Shrimad Bhagwad Gita. Irreligiousness, unrighteousness, lawlessness and violence have to be wiped off from this planet forever through the will power bestowed on us by the Almighty Authority Himself. *We are being called upon to awaken our pure psyche.* By doing so we would become God's chosen right-hand instruments to re-establish **Dharma** i.e. living one's life by righteous values. Without emphasizing the need for changing our society's present day value system, it will not be possible to realize the dream of a civil society living in peace and harmony. The foundation of such a life is to realize our inner, positive peace through the daily and unconditional inculcation of spiritual and moral values. *Over the ages, we have been inspired by great thinkers, philosophers, yogis, saints and founding fathers of different religions and races, as all faiths, cultures and societies have always aspired for a beautiful*

*world of peace and harmony yet their dreams remain unfulfilled because of the root cause of negativity in everyone's mind and heart, outlook and action, ego, greed and anger.* It is high time that we awaken our conscience and live by the tenets of righteousness, as enunciated in our scriptures as well as being retold in essence by God, the Sermonizer of the Gita.

Living in Bharat, we are highly concerned about our future... How we wish our political leaders could awaken to the clarion call of the Supreme Guide and Benefactor, Incorporeal God Shiva, and lead their lives based on righteousness, humility and dignity! Love and respect for each individual in society has to be the prime focus by leaders of any political party or group. Since the time foreign rule was dismantled decades ago, our political systems have unfortunately helped create a corrupt society and divided the great united family of Bharat Mata into more than 1300 big and small political parties and groups... Mere agitations, fasts, protests,

---

other means of showing resentment, displeasure and taking to violent ways won't help in anyway. ***Let's rise above hindering thoughts of regionalism, languages, customs and systems and know our true identity as God's children. Without this specific and great outlook, Bharat seems to be on the threshold of inner and external***

***destruction...*** A national movement of awakened souls and loving hearts will create the much needed congenial atmosphere for everyone to grow happier, healthier, safer and more contented.

The concept of 'Vasudev Kutumb Kam' described by every philosopher and activist has to become a reality, and the basis of this is God's direct teachings i.e.

'God belongs to all of us', and 'all of us belong to God'... There is no greater truth than this, and this pure truth will help us re-establish inner peace and global harmony. Let's be brave to rise to the occasion and experiment with this belief in all sincerity.

Om Shanti,

– **B.K. NIRWAIR**

### ***ESSENCE OF THE DIVINE ELEVATED VERSIONS OF 5 APRIL 2013:***

**With good wishes, be co-operative with one another, remain free from obstacles and make everyone free from obstacles. Remain constantly happy and make everyone happy.**

"Today, the Master of all Treasures is pleased to see the spiritual children, who are full of all treasures. The sparkle of the fullness of the treasures is visible in the *majority* of children. You are wonderful children, are you not? God, the Father says, "The sparkle of being a master of the treasures should be visible on the face and forehead of each child. Just as today, there is the sparkle of the fullness of treasures on each one's face, so it should always remain like this. For anyone who looks at you, your face should speak - you don't need to say anything.

"As time progresses, so too, according to the situations, *tension* will also increase. So, your faces will make others happy. Each child has to make such preparations to do such service.

What are the treasures? The special treasures are **knowledge, yoga and dharna** and so *check* these within yourself.

"The most elevated treasure of all is the time of the Confluence Age because, at the present time, the Father Himself comes in the relationships of the Father and the Guru. At the present time, the Father Himself is making the children full of all treasures. You have love for this time, do you not? So, you should *check*: Have I accumulated all the treasures within myself? Am I distributing all the treasures like the Father?

"Just as all of you are presently visible as full of happiness, do you always remain like that? No matter what situations arise, they should not

---

take away the happiness of our treasures. Just as your face now is filled with happiness and love, so it should always remain like that.

“Keep a wilted face and also a smiling face; which would you like? You would like the smiling face, would you not? So, from today, all the children **should make a promise in your hearts that you will always remain happy and make everyone happy because there is no nourishment like happiness.** You have been told about the wonder of happiness many times. Whenever you share anything, then there is that much less of it for yourself, but if you share happiness, would it decrease or increase? It always increases.

“So, write the Father’s slogan on your forehead: I have to remain happy and make others happy. Any person who sees anyone of you from a distance should smile; on seeing your happy face they themselves should also become happy. Will you do this service? God does not want to see the children’s faces as ordinary. So, you want to please the Father, do you not?

“When someone suddenly visits any centre, they should experience themselves to have come to a place of happiness. Where there is happiness, there is everything. Generally, what do they say whenever someone is taking leave? Stay happy and prosperous!

“When children have courage, the Father definitely helps. Baba’s thought of giving *extra* help always remains for the children who have courage. Never be afraid! As soon as you say, “*Mera Baba*” (My Baba), Baba

will become present. Just say it from your heart. Do not say “*Mera Baba*” superficially.

“For the next *season* everyone has to carry out two tasks. Firstly, make your service place constantly free from obstacles with constant good wishes and pure feelings. You remain free from obstacles and make everyone free from obstacles. Do not think and do not give Baba anything to think about!

“Baba’s thought is that every child definitely knows his own weakness, whatever his particular weakness is. You know your own weakness, do you not? Finish that and then come. Even a little bit of anger causes distress to the self and the place. So, whatever weakness you have, finish that and then come. With good wishes, be co-operative with one another and give one another signals with the good wishes of making one another move forward.

“*Teachers* means those who show the *future* through their *features*. Each *teacher* means one who reveals God through her *features*. Whatever weakness you have, you definitely have to renounce it. No matter what happens, you definitely have to change. Have this determined thought.”

“At night, when you go to sleep, *check*: is the thought that I had, happening? If it is not happening, then before going to sleep at night let the zeal and enthusiasm for the next day *emerge* and then go to sleep. When you wake up in the morning, check whether the thought you had is still *emerged* or whether it has *merged* even a little? If it has *merged*, then bring it back with enthusiasm.” ●



# INSPIRED BY GOD'S LOVE

## Inspirations and blessings from Dadi Janki

*Dadi shares secrets about her relationship with God and how she works with Him. We can also deepen our understanding of the connection with God:*

- It is time to listen peacefully and know the One who is known by so many names.
  - He is parent of all souls yet He is specifically my parent and belongs to me.
  - Did He make me belong to Him or did I make Him belong to me?
  - Service means to be able to know the One and receive peace and happiness from Him.
  - Whatever scripture we study – the Bible, the Granth, the Koran, and the Gita—the deep desire is to know the One. Who is He and what is He like?
  - When reading the scriptures, I would find that conflict would still come in the mind and I would still want to know God deeper.
  - Another secret is to be motivated to want to understand who He is because everything depends on Him.
- Sister Jayanti asked Dadiji to share the secret of God's power and how to absorb it. Dadiji has her own power *she uses for her own activity but it is God's power that moves her.*
- We are the ones who are loved by God and He is watching. It is his inspiration that has brought you here.
  - My deep motivation and feeling is that all of us should experience God's love.
  - When people go to the movies they like it. They applaud and say it is good. But now we don't want to just applaud but to be able to experience that goodness within.
  - Human life is precious and valuable and this is the time I have to find God.
  - When we use the word God, we refer to the One who is the Bestower of fortune. God has created my fortune.
  - He is the Supreme amongst all souls. God is the One who has been described as beyond birth, rebirth and death, and never enters a mother's womb so He is not a deity, or religious prophet or sadhu.
  - When we go into the depth of the subject of God, it is first necessary to know the self as a soul. 'I' am located in the centre of the forehead and I control the entire physical body and in this awareness my mind and the physical senses become quiet and peaceful. Then it is easy to know Him.

- Another secret: The effort I have made is to be detached. When there is even a little attachment I cannot make the connection with Him. Ego and attachment pull me in all sorts of directions.
- God speaks to us directly, I heard His words through the instrument of Brahma Baba and yet I also hear God directly.
- I would see Brahma Baba deep in silence. We would be pulled into a deep silence. There is a difference between peace and silence.
- Unless we go into silence we are not able to experience the peace that we have lost. This was my experience and can also be yours.
- Through the experience of God's love, there is a feeling that I am being drawn into a dimension beyond with a thread that is pulling me. In silence, we feel the thread of love. We do not have to make effort but just feel the pull.
- The relationship with the One Incorporeal can be of mother, father, friend, teacher and guide. As we experience these 5 relationships, we experience the companionship and can dance inside.
- He is a wonderful companion. If I have God as my companion what can the storms and typhoons of life do to me? He is my support and strength. Let this touch your heart and you will experience this too.

# THE TRAVELLER



– Sheila William,  
Fremantle, W. Australia

The traveller is you, the soul, the diamond spark, the jewel between the eyes. The desires and needs of the body distract the mind. Accumulation of material things hides the path. Excess of personal property leads one to live in fear of robbers and thieves. The wise man holds on to what is permanent. You, the soul are the traveller; the journey will happen automatically. The choice of how you travel is yours. Conscious-ness is everything; if you lose the truth that you are a soul, the journey will be long and difficult with extra weight and unnecessary baggage. Remember who you are and travel light. To walk the highest path, the wise traveller carries little. Among his possessions is discernment. He sees clearly, let's go of this and chooses that. This is called intellect. Every act performed is etched on the soul like a printer's block. Every thought becomes a word, then an action and this creates character. The wise man has the power to choose his character by the actions he performs. This gives birth to his

destiny.

The wise traveller walks alone, his only companion is truth. The path may run alongside another for a while, a journey shared, but the only permanent companion through time is truth. Like it or not, we stand alone so we might as well like it. Solitude is never empty or lonely; once the journey is begun, the right direction brings light. The one who journeys in the dark is beset by enemies. Remain watchful. You are the eternal soul; once you understand, it brings freedom, finishes the fear of dying. Each traveller writes his own story. The choices are always ours. Fate is designed by our own hands. Change your consciousness, know yourself. You are the jewel between your eyes. Minds travel faster than light without leaving home. The sage travels outside of time and is careful of his destination.

Avyakt is an ancient word which means not manifest, the incorporeal, the eternal light. Stay in this consciousness in

deepest silence and connect yourself with the source. Just for a moment, just where you are, let your thoughts slip into silence, let them be still. All the things of the world continue, seed, birth, growth and death. Everything returns to its beginnings, unchanging, eternal stillness. To see this, wisdom frees the mind and brings understanding of the true self. You transcend, the body dies, but the soul continues.

The wise traveller walks carefully, harms nothing. He plants flowers where he walks, gives more than he takes. He accumulates good karma for the future following his truth. It is time that holds justice and justice happens according to time. The traveller walks his journey with care, keeps his temper sweet, his vision pure, his behaviour honourable, for everything brings its own reward. The journey is through time itself, birth to death and birth again, never ending journey. Like the earth which runs in a cycle, always turning, never ending, the cycle of time.

This is the time when you can become like a diamond; the path you must travel is the path of remembrance. The wise traveller chooses

carefully, considers power over the self as wisdom; power over others as force.

The first power is to focus, the next is to remain unshakeable and tolerate everything, accommodate all differences. Tricks and illusions are everywhere; hence one needs the power to discriminate with accurate judgement, find the diamond among the counterfeit. Never let your desire influence the decision. There are obstacles on the road, so the power needed at such a moment is to face everything with courage, co-operation, and also attempt to know when to withdraw with no blame. This is wisdom. Unlock the door of your mind and open it wide.

Don't you realize that one has been given the map, the door to the future is open, and the treasure store stands unlocked before every watchful and alert seeker?

**"Hating people  
because of their  
color is wrong.  
And it doesn't  
matter which color  
does the hating.  
It's just plain  
wrong."  
–Muhammad Ali**

## PEACE ANGEL – DADI NIRMAL SHANTA

– **BK Yogesh Kumar,**  
BK Colony, Shantivan

An angel of peace and divinity came onto the earth  
To heal the wounds of humanity, she took birth  
With selfless motherly love, you would greet  
O my Dadi Nirmal Shanta, you're so sweet

Blessed with sanskars of royalty and benevolence  
Conquered adversities with undying patience  
Giving God's message with immense authority  
The sinful would be pure through your purity  
Being goddess Durga, eradicated their vicious heat  
O my Dadi three-in-one, you are so sweet

Ecstasy of Laukik, alaukik and Parlaukik\* Father in one  
Inspiring all to remember God Shiva - none but one  
For householders, set an example of renunciation  
Renouncing worldly relations for Godly communion  
Feel of divine aura whoever would meet  
O my Dadi three-in-one, you're so sweet

Only Shiv Baba in thoughts, words and karma  
Your life – inspires one to follow Father Brahma  
Sweet smile on your face until your last breath  
Inspiring us to conquer nature through Godly faith  
You gave Godly message sans age, caste and creed  
O my Dadi three-in-one, you are really very sweet

*\* Laukik means Physical Father, Alaukik Father means  
Spiritual Father and Parlaukik father means Supreme  
Father, i.e. God Shiva*



# WHAT MAKES YOU SMART, EVEN SMARTER!

– BK Joseph, Bangalore

Once, King Yadu asked a handsome young man, named Avadhuta, who showed extraordinary practical wisdom: “I see that you are not engaged in any religious activity, and yet you have acquired the most expert understanding of all things and all people in this world. Kindly tell me, sir, how did you acquire this extraordinary intelligence, and what is the reason of great ecstasy that you feel within yourself?” The young man replied: ‘I have gained the necessary wisdom from the whole creation, through 24 *Gurus*.’

If this is the case, we are actually flooded with *gurus*. Taking a cue from him, we will shortlist some five familiar things around us that can make us smart, such as Sun, Moon, Ant, River and Tree (the first letters of which make the word SMART).

**SUN** is the sustainer of all living beings on earth, giving them light and heat. Hence, Sun is a *guru* teaching us silently that whatever we say or do must

– enlighten and provide warmth to others. When we talk about our disappointments and distress, it makes others feel gloomy and weak. Hence, it reflects lack of love on our part as all are overwhelmed by some distress or the other. Before speaking to someone, we need to examine whether our words are “non-offensive, truthful, pleasant, and beneficial.” (Gita 17:15) If not, the best course of action is to be “silent” which will save our energy and spare much distress later on Gita 12:19.

**MOON** reflects the sun’s light which helps us in the night. Earth and moon rotate on their axis, yet we always see only one side of the moon. Because the rotational period is exactly the same as the orbital period, the same portion of the Moon’s sphere is always facing the Earth. Moon thus teaches us that our action should always reflect the qualities of the Soul as we are all souls, the children of the Supreme Soul, and we should never let our other side to be prominent in our

personality and behaviour.

**ANT** is very small in size, yet it is wiser than humans. “It has no commander, no overseer or ruler, yet it stores its provisions in summer and gathers its food at the time of harvest.” (Proverbs 6:6-8; 30:25) They teach us to be prudent, i.e., acting with care and having a thought for the future – something that human beings are yet to learn. If human rulers were prudent, we would never have even heard of poverty. Take the latest news! European leaders force what they call AUSTERITY MEASURES on people. Why? It is nothing but failure of showing prudence while spending excessively in the past. We have polluted air, water and land making it virtually impossible for the next generation to live. Present world population is 6.8 billion, and 870 million people (i.e. more than the combined population of USA and European Union) do not have enough to eat, while the bulk of the rest suffers from obesity!

**RIVER** flows continuously till it reaches ocean. It is not interested in the pleasant or unpleasant sights on its way. When met with obstacles such as rock on its path, it still flows by its side or over it. Hence river is the symbol of non-attachment. It quenches the

---

thirst of many, and cleanses those taking bath in it. There is subtle lesson: “You can never step into the same river a second time; for new waters are always flowing on to you,” says Heraclitus of Ephesus. This is typical of what happens with the cells in our bodies, *sanskars*, values, our experiences and circumstances, all of which keep changing. This helps us to treat others always fresh and not under the influence of their past behaviour to us. So, River is a symbol of consistency: whether it experiences turbulent times or peaceful times, it just keeps flowing. What a great example for us to emulate!

**Tree** symbolizes truth, benevolence and beauty; something for which God stands for. It silently, works to produce fruits which are enjoyed by others who may appreciate the tree or may not. While it stands in the hot sun, it provides refreshing shade to others. What better lesson can we have on the virtue of ALTRUISM: “taking delight in the welfare of all beings”? Take the case of trees, such as mango. It produces seed due to which countless future generations of that tree remain protected [*SATYAM* = truth]; then it covers the seed with flesh

which will be a delicious treat for others [*SHIVOM* = benevolence]; and finally it presents it to us in attractive/appealing colours [*SUNDARAM* = beauty].

The whole universe and especially the Nature is the greatest and finest of teachers. If we look around, we will find even a small bug can provide the most fundamental lesson in values. Since we journey as students, we need to open ourselves and enjoy the learning; no matter in what form it comes. Because everything and everyone around us is inspirational and it emphasizes that we do not have to search for peace, wisdom and joy. They are already within us; we don’t have to gain them but we have to realize them.

If you can practise the above principles, symbolized by the very familiar things around us, you will also become smart and successful both: materialistically and spiritually. What is better than getting an inheritance of 21 births. (This requires that you need to be at the right place, at the right time, with right people and doing the right thing.) Let us see how:

Before seeing how, we need to have some background information. Sociology presents, what they call Social

Cycle Theory which states that “events and stages of society and history are generally repeating themselves in cycles.” Interpretation of history as ‘repeating cycles of Golden and Dark Ages’ was a common belief among ancient cultures. History is broadly divided into ‘Day’, a period when people would live by the light within and night, a period when people would live selfishly. This night comes to a climax when people perfect their selfishness in all its forms.

When the wicked are more and the righteous are very few, then who will affect the switch-over from Night to Day? Remember the three major roles God plays, as taught by virtually all religions: Generator, Operator, and Destroyer (GOD). What does He generate, operate and destroy? He is the Generator of Heaven on earth, Operator of the heavenly kingdom of *Vaikunth* and Destroyer of this old degenerated world (hell) on earth, which was a heaven in the beginning.

Those who want to live in the day of righteousness, the heaven on earth, have to live by *Shrimat* (dictates of God) which means walking with God. The greatest *Shrimat* of God is that we should be Soul-

Conscious, which involves being in the loving remembrance of God, the Father the Supreme Soul. We know that happiness depends on the quality of our thoughts. But quality of our thoughts depends on the people with whom we choose to associate. Hence we act in our own best interest when we associate with quality people, pure ones, who walk with God.

Once you have firm foot on the above principles, you are completely free from false sources of security: your body, your objects and your relatives, all of which are temporary, they come and go. That is because we are used to simply living rather than choosing. We seldom realize that we have enormous power to choose. For example, when someone introduces a subject you don't like to discuss, you often change the subject. Even a habitually angry person controls his anger when he is with his employer or high police officials. All these show that we can manage and control our thoughts and actions and change our *sanskars* and ultimately our destiny.

The present is the result of choices you made in the past and your future will be the result of choices you make in the present. So, make smarter choices and create a better future.

**Creative Online Poetry Competition**  
**(Held in November 2012)**

## **WOMAN AS HOME-MAKER**

– Aadishree Diwakar,  
RNS World School, Jhansi

The temple bell has rung.  
Mother-in law's *keertan* has been sung,  
The day has begun,  
And a woman has a job to be done.

Getting her children ready,  
Really, they are very fussy,  
After sending them to school,  
She has to work with kitchen tools.

Chop! Chop! Slush! Slush!  
Went her swift hand  
Not a single minute wasted,  
Food is ready as good as tasted!

Clearing of pest, cleaning of house  
Not leaving a single mouse.  
Washing clothes, planting shrubs,  
Yes! She also plants love!

After all these chores,  
Why does she feel alone?  
Now I know the answer.

After taking care of everything,  
She misses one thing  
Because she is a true home-maker.  
In marital life, she has no selfishness for her.

## CONQUER MIND TO BE WORLD SOVEREIGN

– B.K. Surendran, Bangalore

**S**ome people say that mind is like a wild horse; it runs and jumps. Some others say that it is like wind which blows in different directions, or it is like a mad dog; it runs hither and thither. Yet, some others say that it is like a monkey. It jumps from one place to another constantly. It is impossible to control the mind.

Such observations and utterances are common. At the same time, we also say that it is 'my mind' that is not stable. When we say that it is 'my mind', it means I am the master and the creator. It is 'I' who gives directions to the mind, in the same way as I give it to 'my hand' or 'my leg'. Since the mind generates thoughts so we are responsible for our own thoughts, feelings and behaviour. Thoughts are not just the result of chemical and electrical processes in the brain but it is the energy which I can consciously choose and control as I take charge of my mind. Meditation and Spiritual Knowledge can help to let go various negative, wasteful and vicious thoughts related to body-consciousness. In order to

release ourselves from the body-consciousness and to conquer the mind, we can also exercise the following powers:-

**1. Power of wisdom and conscience:** We all know that even though people know what is right and wrong, in many cases of wrong doing, people do not exercise their power of wisdom and conscience. They overlook the voice of the conscience or do not listen to their inner wisdom and hence commit sins. During the course of wrong doing, their mind becomes disturbed and unstable. In fact, the mind likes right thoughts, words and actions. Our voice of conscience is always in tune with the *shrimat* of God. But a disturbed and wavering mind creates wasteful and negative thoughts and one is unable to use the power of wisdom. However, as one starts imbibing spiritual knowledge, he is able to cultivate positive thoughts and re-discover their innate wisdom.

**2. Power of surrender:** We all know that when Brahma Baba got divine visions of the impending world destruction,

the emergence of new world of deities and that he should become the instrument for the establishment of the new world order, he was fully convinced of God's directions. He took a decision to dedicate his life to the mission of God the Supreme Soul. He sacrificed himself at a stroke and remained free from any attachment to any person or possession. Thus he got the unique name Prajapita Brahma. Since, he bequeathed everything in favour of the Divine; he had nothing to bother about. We should also check ourselves as to what extent we have surrendered our lives to the Supreme Soul.

**3. Power of attainments:** If we look at ourselves, one thing is clear. We have received immeasurable attainments in this godly life. We are supposed to be rejoicing the joys of Godly life. We all know that when we are happy and peaceful, our mind remains stable and is not drawn to momentary pleasures or short-term gains. As we are all full, we do not require anything from anyone or anywhere. This is possible only when we revise the list of attainments on a daily basis and remind ourselves of the abundant attainments.

**4. Power of observing silence:** We all have the experience that as we observe silence- '*moun*' the chattering

---

of our mind comes to a halt and it calms down. The real nature of the soul is silence and it always yearns to be in that state of silence. So we can easily control the mind if we have the habit remaining introvert. As we all wake up at *amritvela*, we can observe silence until the morning discourse is over. Similarly, in the evening from 6 p.m. to 8 p.m., we can again sit in silence. If we take out such moments of silence every day our mind will calm down and we will be able to ward off negative, wasteful and vicious thoughts. This practice will speed up our efforts to control and conquer the mind.

**5. Power of elevated conduct:** We all say that we have power of knowledge and power of yoga. Along with these two important powers, we also have the power of *dharana* – elevated inculcation or elevated conduct. This represents the manifestation of the essence of knowledge and yoga in practical life. If we have the power of *dharana*, we do not complicate and implicate our thoughts unnecessarily. We will always think, speak and act according to the Godly code of conduct and Brahmin culture. This works like a safety belt. We will always hold on to the right path with ease and poise, even under trying

circumstances. Again, churning points of knowledge and meditation will also strengthen the power of *dharana*.

**6. Power of love:** We all love God. Even in the path of devotion, people long for peace, happiness, solace and security from God. Therefore, generating love for God is a natural tendency amongst human souls. In fact, no special effort is required to develop love for God. Love of God is the umbilical cord through which we are fed with the nectar of super-sensuous joy. God's power flows to us like electricity flows through a high tension wire. We are empowered and fulfilled with the power of God. Those who receive the love of God can only understand its power and for transformational effect.

**7. Power of bliss:** The mind has been looking for happiness in persons, places, things, scenes and scenery. Happiness seems impossible in the daily routines of our material lives until we meet God and start remembering Him. This helps us to be free from dependency to everything around us including matter and material things. This gives rise to the feeling of Bliss, the purest and highest form of happiness. There is total freedom and the mind stops wanderings.

**8. Power of elevated company:** We have been in the company of human beings for a very long time and are able to use the energy of mind in the most effective way possible. Now, we are blessed to have the company and companionship of God Himself. This is the most elevated companionship which everyone in the world cannot get. Only a few blessed and special souls get this unique opportunity to enjoy the company of God.

So, the conquering of mind is not impossible. It is easily possible for a Godly student and a Godly servant. There are thousands of such students who have conquered the frivolities and frailties of the mind. Through study of Godly Knowledge and Practice of Rajyoga Meditation. We asked for support and understanding; we demanded or expected but each relationship made us feel inadequate and wanting for more.

But as I establish relationship with God, an eternal pure being, it gives meaning and fulfilment to my life. This is the most elevated companionship that anyone in the world can get. He is our father and Mother, Teacher, our *Satguru* and our Friend. Each of the relationships with Supreme fills us with qualities and makes us whole.



# VALUES IN EDUCATION



– Kruti Suchak, Mumbai

## LOVE

**T**oday, our schools are focused more on delivering academic excellence while the subject of Value Education is almost excluded from their curriculum. However, in my opinion, there is an urgent need to incorporate value and moral education in the school curriculum. Right from the pre-school years, the child should be trained in developing values through story-telling, dramas and plays aimed at character building and strengthening the child's personality development. The main objective of the curriculum designed by the school should be development of positive *sanskars* in children so that they can successfully face the challenges in their later life and generate creative and positive responses in any situation.

The word 'value' is often confused with the attitude of giving respect to elders or following social rules and regulations. But to me, a value is a virtue which can be acquired and developed through concentration of positive personality traits within a person.

The first in the order is the virtue of love. Love is our true and original nature. Children are born to spread love around them. Their true nature is to be loveful. But because of their upbringing or peer pressure and old and conventional teaching methods, this virtue is seldom found in the today's classroom. Children are more interested in getting number of stars in their exercise books or scoring high marks in exams and additionally more interested in fame, glory and attention seeking behaviour, and are, therefore, prone to vices such as jealousy, back-biting or gossiping. If children are made aware that their true nature is to love and to be loved, there will be no need of counsellors and child psychologists. For this virtue to be inculcated in children, self-awareness, introspection and meditation should be made a regular practice and a daily routine in the school. When they realize their true self, they will gradually make effort to mould their personality and transform their negative behaviour into positive one.

## HAPPINESS

The second virtue is the virtue of happiness. Children should be so much engulfed with happiness that it becomes a part of their personality. Because of lack of happiness in their lives, children become prone to mental and physical disorders at a very tender age. Right at the pre-school stage, training should be given to open up their wings of expression so that they can emerge as shining stars and happy beings. Apart from laying emphasis on reading, writing and arithmetic skills, focus also need to be given in allowing their natural self to develop, through activities like dance, drama and story-telling. Let the soul dance, let the soul be allowed true self-expression, let the soul spread its wings and fly high, and let the chains of formal education be cut to allow freedom to the children. As they grow up and face adversity and challenges, it will be these values and virtues which will mould and transform them into becoming victors and winners, by turning challenges into opportunities. The teacher's personality also plays a pivotal role in the development of children. It should be such that there is an automatic flow of love and happiness when he/she enters the classroom, bringing light and

brilliance of happiness onto the children's faces. The teacher should perform his/her duties in soul-consciousness, that is, while teaching he/she should remember that he/she is a soul and so are the children whom he is teaching. Teachers should serve as dedicated and ideal mentors. Since children learn more by observation, absorption and experience, it is important that the teachers present themselves as such role models whom the children can look up to for guidance and inspiration. If the teacher acts with this consciousness, the development and progress of children would be much faster and easier as compared to what has been hitherto achieved.

### PEACE

The third virtue is the virtue of peace. In today's classroom, cases of children with hyper activity and aggressive behaviour problems are on the increase. It suggests that the state of mind of the children is not peaceful but disturbed. A more 'soulful' education can calm the mind, warm the heart and awaken peaceful nature of young students. The schools and teachers together should provide a positive environment where young people are encouraged to maintain inner state of calm and learn more about self-awareness, self-control and personal responsibility. This will help the child to learn to be at peace with his own self and with the outside world, thus enabling him to imbibe and grasp things better. In addition to this, every hour for one minute, the teacher should conduct meditation exercises and guide the children to be in silence helping them to maintain inner peace and tranquillity.

### PURITY

The last, but the most important virtue is that of purity. The more self-aware the children are, the more uplifted and enlightened their personality will become. If right from their pre-school age, the foundation of pure and positive thoughts is laid stronger in children, the faster and easier it will be to mould their personality. With proper development of these virtues, rest of the virtues will automatically follow and flow within a child's personality.

#### **Creative Online Poetry Competition (Held in November 2012)**

### WOMAN AS HOMEMAKER

– B.K. Anand Mohan Hans, Delhi

When God first thought of building the world  
He created Woman for its foundation,  
Gave her company of Man – a homing bird  
For her help, support and salvation.

God then gave her a home to live in,  
Gifted her with Love and Motherhood  
To decorate and make it into a heaven.  
Yes – a message which she ably understood

The world once again was in great turmoil,  
It was burning itself in hate and anger;  
Looked things would soon come to the boil  
As the world wouldn't hold on any longer.

It was then God took over the world's affairs;  
He turned to the woman as His main strength  
To rid all homes of burden of worries and give cares  
As she can go with her mission to any length.

Born of the woman when I grew into one  
God wished I were not a mere Homemaker  
He gave me a role but a much bigger one  
To play mother to His children as World maker.

Jagdamba, Lakshmi, Durga – all were women;  
For what they did for the humanity  
They are worshipped as goddesses of heaven;  
If they did it, why can't you? Whispered God to me.

# THE CALL OF TIME

## (TIME – PROGRESS OR REGRESS)

– B.K. Ratan, Bahadurgarh and  
B.K. Shilpa, Faridabad

The concept of time interests us all. Einstein may have postulated the relativity of time. The approaching end of time by the Mayan calendar to Nostradamus predictions of destruction annotates the progress or the very survival of us humans. Despite all the progress that modern science has brought about, the uncertainties of the five elements or the ailments afflicting the human body still remain beyond human control and understanding. Despite advancement and progress in every direction, uncertainty pervades us all.

### ENVIRONMENTAL POLLUTION

The environment is being burnt, cut down and decimated. Even the miniscule carbon dioxide continuously threatens human habitats polluting the environment to no end, leading to *global warming*. It is feared that the Ice Cover and rain-forests making together our planet earth habitable for us

humans may suffer destruction due to our own exploitations thus threatening our very survival on earth.

**Relationship** between individuals, the building block of the human race, has suffered erosion in values beyond recognition in recent times. Aging parents have to find shelter in old-age homes and break-up of marriages is fast becoming a norm rather than an exception.

**The Nuclear stockpile** is now measured in terms of ‘how many times over can we destroy the earth’. Is this the definition of power; is this the progress that one may have visualized any time during the course of evolution? Are we to lose our very identity as humans under the march of the so-called development and progress?

***Are we heading towards destruction or will there be a change, a transformation?***

These are the questions that are haunting the human race

with even greater severity and with no answers in sight. Despite the population crossing 700-crore mark on the Earth today, there has not been a thought for humanity. Long enough we have ignored or undermined the answer which lies beyond the human mind, beyond human power.

“**The Call of Time**” is now for the pronouncement in the Shrimad Bhagwad Gita. “*Yada yada hi Dharamasya glanibhavati bharata.....*”

This is the time when God Himself descends on Earth to end the vices plaguing the humankind and re-establish goodness and righteousness and re-create a beautiful world (the Golden Age).

### NOW OR NEVER

Let us be aware that this is not the end of the world but a new beginning, a creation of a new and beautiful world. Let us not be afraid of destruction. Let us instead prepare ourselves for that beautiful world to emerge.

This new age of transformation is very valuable. It’s not a time to sit back and fear. It’s a time to wake up and start transforming ourselves before the transformation begins outside. This is so because the outside circumstances, like, nuclear proliferation, global warming, population explosion etc., are now out of our control

and they are only going to worsen. The need, therefore, is to empower ourselves with God's powers. These powers will help us to face tough situations in this age of transformation. So let the preparation begin before it gets too late.

**Yes we can ignore this message, but that would be at our own peril**

Come, let's use the power of our intellect to take a decision and *not ignore this message* since this is the only opportunity we all have. The choice is in our hands – either to ignore the descent of God on Earth or to use this opportunity to prepare ourselves for the age of transformation and make our lives beautiful now.

Who am I? Who is God? How does the cycle of time (*kaal-chakra*) revolve – answers to all these questions have been provided by none other than the Almighty Authority Himself.

To know these answers and make a connection with the Almighty (now that He is offering it to us) – take the first few steps to your nearest *Brahma Kumaris centre in your city or town*.

Flattery is telling the other person precisely what he thinks about himself  
– **Dale Carnegie**

## ESSENCE OF LIFE: LOVE

**- B.K. Kristina, USA**

Not something you get or give  
But who you are and how you live  
Seeing beyond the layers to the light  
Understanding others feelings right  
Sharing the innocence of a pure heart  
Allowing others to play their part  
Realizing you are full and overflowing  
Trusting the inner voice and knowing  
Being happy and sharing happiness too  
Giving full attention to all you do  
Believing in one's capacity to change  
Being in the present, let the trust reign  
A glance, a flicker will tell you all,  
If it's love or just ego's fall  
If it's care, compassion or a faith  
Or it's fear, suppression or a shade  
Try not to take this from the other  
As it's time to awaken the mother!  
The mother inside who nurtures the heal  
Mother earth who also teaches the deal  
Time has come to realize our fate  
Weren't we born to give 'n not to take?  
See each one is a loving being here,  
Love from the core, have no fear.

# VALUES ARE CAUGHT NOT TAUGHT



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

**V**alues are at the bottom of everything we do. They determine a lot of what we attempt and accomplish in our lives. If we give weight and importance to something we will give it time and energy. But can values really be taught, or are they passed on from one generation to another through inspiration and perspiration?

If you were asked to place a monetary value on yourself, what would be your reply? How much are you worth? If your child needed some of your time what amount of money would you quote as your worth? How much would one need to pay to get some honesty out of you? Or perhaps there is a special deal on respect this week but NOT love! It's not to do with the dollar value. It relates to the denomination of one's self worth!

In fact, values lie in the heart of every soul regardless of whether we can 'feel' them or not. Each time we make a decision, a value is at play.

Values earn us blessings. The tidings of love help to oil the wheels of our lives and make them smoother. Success and victory arrive easily. Values earn us loyalty and friendship. Values earn us more money as we demonstrate trust and honesty. Values earn us fidelity and dignity. This income is endless and at the same time priceless.

Our conscience relies totally on our set of values. If our core values are justice and fairness, we try to ensure that they are reflected in our every action. If our key value is sweetness, we will ensure that we do not hurt others. Otherwise, our conscience will surely be troubled. In other words, it will speak out and tell us that what we are about to do is in alignment with our 'real' self or not. Listening to our conscience is a big part of exercising and asserting our values.

How much something is worth depends on how much you value it! You may not value

something until you really need it. And in that situation, you may be willing to pay exorbitant sums of money for the object of your desire. Thus the value of something is also rated on the need of the moment.

When we respect our own selves, we are functioning from our core values of love, truth, kindness, respect, peace and joy. This is what gives value or importance to the soul. A person filled with values, is likely to earn more at all levels, as employers are not just looking for the academic credentials, but also the soul qualities.

With so much deceit and corruption floating around, there is no better time to act out of value and virtue. Many people say they have to lie to make money or conduct their business, but money earned in that way is deceiving you into thinking you own it – and very soon it will leave your hands also.

**It's Time...** to share our values: unity, simplicity, cooperation, tolerance, humility, love, peace, respect, freedom and more. Value your life and all personal resources – we know that money can't buy life, but the blessings and good wishes of others have certainly proven to heal the soul and body. We know that a palace is not  
(Contd. on page no. 21)



# LOVE

– BK Preeti, Lucknow

It is one of the most difficult questions for mankind. Centuries have passed by, relationships have bloomed and so has love. But no one has given the proper definition of love. You have to go all the way to find it. No matter how you define it or feel it; love is the eternal truth in the history of mankind. Poets and authors have tried to define love, whereas scientists have only recently started. Many of us know intuitively that love is one of the major purposes of living; that connection is inherent in all that we do, and without love, we cannot survive as a species.

## **FIRST, LET'S START OFF WITH WHAT LOVE ISN'T**

Love doesn't look for greener pastures. Love doesn't boast. It doesn't try to build itself up to be something it isn't. It doesn't act in a loose, immoral way. It doesn't seek to take, but it willingly gives. It doesn't lose its temper. It doesn't keep changing its mind.

## **SO WHAT EXACTLY TRUE LOVE IS?**

Love is patience, love is kind. It has no envy, nor it boasts about itself and it is never proud.

It rejoices over the evil and is seeker of the truth. Love protects preserves and aspires for the positive aspects of life.

It enhances the relationships and comforts the soul. Love is experienced and not just felt. The depth of love cannot be measured. Look at the relationship between a mother and a child. The mother loves the child unconditionally and it cannot be measured at all. A different dimension can be attained between any relationships with the magic of love.

Love can be created. You just need to focus on the goodness of the other person. If this can be done easily, then you can also love easily. And remember we all have some positive aspect in us, no matter how bad our deeds may be.

Love is the one thing that can never hurt anyone, although it may cost dearly. The paradox of love is that it is supremely free yet attaches us with bonds stronger than death. It cannot be bought, sold or bargained for there is nothing it cannot face; love is life's greatest blessing. But where to find love? Where does love come from? Well,

love is who we are. Love is intrinsic to human nature. But when we lose sight of the fact that we are love, we start looking for it outside in objects, people and possessions. However, with spiritual understanding, I can constantly remind myself that I am the soul; a loving soul and child of supreme soul, the Ocean of Love. As I connect with God, the Supreme Soul, the pure qualities of Peace and Love start overflowing within me. It is God's love that makes us who we are. It teaches us to love ourselves and to love others.

As Incorporeal God Shiva in **this Confluence Age**, says **“Love all, trust Me and Drama; and do wrong to none.”**

(Contd. from page no. 20)  
everything, if it does not have the atmosphere of love and peace. We also know that a five-course meal is not satisfying if not eaten with friends and family. Try giving a thirsty person in the dessert, a treasure chest full of gold, and he will be willing to trade it just for a glass of water; the treasure chest will have no value!

Believe me it is only in crisis that a man's true sense of values comes to the surface, while in normal times one may behave in a hypocritical manner and idealism.

# ***A BETTER LIFE THROUGH INNER CHANGE***

– B.K. Satyanarayana,  
Hyderabad

**T**he quality of one's life depends on the quality of one's emotions and feelings. If anyone is habitually perturbed, indifferent and reluctant to invite new things in one's life, change cannot be expected. Contrary to the above, if one evinces interest in changing his way of thinking, one's life is sure to incrementally change to the extent of the efforts put in. But a large chunk of negative stuff that is deeply-rooted in the sub-conscious mind does not permit us to change as easily as we propose. It requires our determination as well.

Some people show interest in self-change; from being angry to peaceful, negative to positive, but due to lack of knowledge, determination and its proper application, they fail to get the desired results and they give up. Inner change is a key component that reflects in our outer life. Hence, focusing attention on 'self' and a few other factors is a must.

## **QUALITY OF INPUTS**

The inner stuff forms the basis for outer stuff. A regular

dose of optimistic, motivating/inspiring thoughts with faith would slowly bring change in one's life. One should not get disheartened, in case of failure in his endeavours initially. One needs patience as the key parameter for self-improvement in life is to watch one's own thoughts and actions constantly.

- ▶ One needs to disallow negative feelings and tendencies before they are translated into action.
- ▶ One should also thoroughly understand one's pattern of thinking.
- ▶ A constant self-check and a rigorous self-analysis would help to understand one's shortcomings and overcome them.
- ▶ Sowing positive inputs continuously in the field of mind and nurturing them daily would slowly cause positive change.

**There is no magic wand to change negative feelings, emotions, thoughts etc. overnight as change is a continuous process.**

What's permanent in life? Everything get transformed without any exception in this world. A positive change only can give you better life. Progress has a direct link with positive change. A rapid change in the past few decades triggered enormous development in science & technology and opened unlimited material comforts to humankind. With one click, people can watch what's happening in the world. The other side of the coin has a big list of unending woes viz., work pressure, tension, strained human relations, a feeling of insecurity, mistrust and so on. This shows that we are living in a world of chaos and insecurity which demands that we increase our inner potential and capacity to respond to outside change. For this we need to be ever willing to bring on inside-out change as this alone can lead us to success and happiness. Though the change may appear to be difficult and even painful but it will make you a stronger person. Take the instance of an eagle.

## **THE EAGLE STORY...**

Generally, eagle lives up to 60 years, but to reach this age, it must take a tough decision when it is in its 30s. Its long and flexible talons can no longer grab prey which serves as food. Its long and sharp beak becomes

bent. Its old-aged and heavy wings, due to their thick feathers, become stuck to its chest and makes it difficult to fly.

### **THEN EAGLE IS LEFT WITH ONLY TWO OPTIONS**

Die or go through a painful process of change which lasts for four and a half months. The process requires that eagle fly to a mountain and knock its beak against a rock until it plucks out.

After this, the eagle waits for a new beak to grow back. When its new talons grow back, the eagle starts plucking its old and heavy feathers and after four and a half months, eagle can take its flight of rebirth and live for 30 more years.

### **MORAL OF THE STORY**

Many times, in order to have a better life, we have to accept the change process and adapt to it. First and foremost we need to manage the world of our thoughts, feelings and attitudes. We need to get rid of old memories, habits and other past traditions. Once freed from past burdens, we can derive benefit from the present.

Rajyoga Mind Management Techniques teach us how negative thoughts be transformed into positive feelings and actions. In other words, Rajyoga Meditation being taught by God Shiva through Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, if practiced regularly and systematically, can help you to stay peaceful and calm.

However, a very strong desire is the preparatory ground to accomplish any goal. Just like a weak rope cannot pull the heavy load, a weak desire cannot produce great results. ●

### **Creative Online Poetry Competition (Held in November 2012)**

## **THE FRAY OF CONVICTIONS**

**—Jacobs Adewale, Nigeria**

Who can see the justice  
Beneath the shades of myriad baseless holy wars  
Barricading clemency with rancorous walls  
Hewed from the bricks of greed and anomalies

Embedded in the rigorous fray of conviction for  
spiritual solace  
Is the triumph of religious fanaticism.  
Muslims, Christians, aren't we all the same?  
Inventively crafted by an architect naive of racism

Doctrines may differ  
Though we remain domiciled and distances apart  
It matters not how far nor status at par  
For as long as the embers of love forever linger in  
our heart

The afflictions of the hopeless and helpless  
Cuddling egocentrism and sharing little kindness.  
Gone wrong for such odium to overshadow us?  
So being humane feels lame, elongating the  
pervasive fuss

The engravings on the wall spelling unity  
With shrieks and cries to gain in amity.  
Aren't we all parts of one cosmic family  
Deserving to live in peace, fulfilment and happily?

Days fleeting, spawning evil bringing end still near  
And we must surpass the flaws and overcome  
gruesome fear,  
Trading pious affections since all are so dear  
Our best bet to take Godly clue now and here.

# MY EXPERIMENTS WITH RAJAYOGA

– Dr. Mrs. Surekha D. Kaundinya, MD,  
Prof. & Head, Department of Physiology,  
Sir J J Hospital, Mumbai-8

Honourable father of our great nation, Mahatma Gandhi, a truly great soul carried out his famous ‘Experiments with truth’. But, today, the truth means so many different things to different people. So I restrict myself to ‘The Experiments with Rajyoga.’ I found these “Experiments” to be of great help in my personal as well as professional life. In fact, a person who is happy and peaceful within shall be happy and peaceful in any situation. The personal and the professional lives then lose their differentiation.

I found Rajyoga different from other meditations. It is a ‘**Multi-component capsule**’ that cures all the ills in our lives. There are more than 200 types of Meditation available today. Some of them come in expensive and attractive commercial packages to take out on a novel journey in fourth dimension. Our Mind on the **Path of Preyas (pleasure)** instead of choosing the **Path of Shreyas (glory)**, always gets tempted to try out different

modalities that are available. One serious drawback of this exercise is that it makes us waste the most valuable ‘**Time-resource**’ at our disposal. So the confusion and the million dollar question arise in our Mind. Which meditation to choose? My practical, down to earth and self-centered *Kalyugi* Mind told me- “Naturally the one that is Free of Cost, easily available, quick in giving desired results, and, of course, **it should be totally scientific.**” This was like the criteria of getting a “Beauty with brains” which prospective bridegrooms today apply for the selection of the bride, forgetting their own physical, intellectual and financial status. To my surprise, Rajyoga turned out to be a “**Kalpataru**” that fulfilled all of my desires and dreams. My husband though gentle but was extremely short-tempered. Within three months of Rajyoga, he was a changed person. Firstly his terrible anger and then his irritating episodes of irritation went on diminishing, to my great relief. Today, I can certify that he is fairly peaceful

person.

The Seven-Day Free of Cost foundation course in Rajyoga gave me a **new concept**. So I went through the process of collecting information and then analyzing it before accepting it. My Scientist Logical Mind gave a clear “Go ahead”. There appeared no danger of any sort. The main hurdle was about celibacy which I believed fell into the domain of my husband. But a long practice of Rajyoga for fifteen years has lifted the mind to a relatively stable, very powerful, pure and ontological (*Satvik*) consciousness that made ‘impossible’ as “I am possible.” Secondly, at that point of time, the stress in life was the imminent problem that required immediate solution. Extreme stress had become the inseparable part of our lives after ten years of working in a rural medical college at Ambejogai before the transfer to Mumbai.

The “**Experiments with Rajayoga**” are best done between 4 a.m. and 5 a.m. This period of time is known as “*Amritvela*, i.e., the nectar time in BK - parlance or commonly called “**Brahm Muhurt**” [*Brahmi* is also a herb that empowers mind]. The first “Experience” was that the mind became focused as well relaxed very quickly during *Amritvela* as compared to other time slots. Within a period of,

---

may be ten days, a sudden “Flow of Positive Thoughts” began as if from Cosmos during meditation. Soon my **Spiritualist Mind** started telling me that these divine thoughts are nothing else but the specific instructions from the Divinity for self-improvement. This was nothing less than a **SWOT-analysis** [Strength, Weakness, Opportunity and Threat], the modern *mantra* for success in life. This was a “**Guru mantra**” from the Supreme Consciousness for “**My Ears only.**” Very soon, the strengths started getting potentiated and the various weaknesses started disappearing. **The calm and focused mind** started differentiating the threats disguised as golden opportunities and the opportunities that come in the disguise of threat. The instant decisions in life-situations started becoming errorless. Recent entity in neuroscience called “**Allen’s brain map**” tells that the brain contains some “Neuro-genes” which control somatic genes. A happy and peaceful state of mind activates these genes, initiates “Ultradean rhythms in brain which activate “healing mechanisms” in our body and bring about miraculous cures by correcting the faulty somatic genes. I now believe that BK

Dr. Chandrashekhar, one of the main speakers here, got cured of a formidable cancer, Hepatitis C and Diabetes possibly through this kind of mechanism.

It is possible that initially one may fail to draw such ‘Divine Inspirations’ during meditation. There is one remedy for such a situation. Attend ‘Murli’ classes regularly. Note down in a special ‘Spiritual diary’ any point or points in Murli that touch your heart. It may also happen that during Murli-class, you may be struck with a **sudden bout of drowsiness**. Naturally no point shall be able to touch your heart in this state. This is the “**Micro form**” of *Maya, Shaitan or the devil* which tries to pull you away from “**The straight Path**” or what Holy Quran mentions as “**Sirat al mustaqim.**” Muster all of your will-power to remain attentive and note down regularly five powerful instructions in each Murli called **Title, The Question and Answer, Essence for inculcation, Blessings and Slogan**. Read this text before going to sleep. The next morning, during *Amrit-vela* Meditation, contemplate on any one of these powerful instructions. According to Universal Law of Attraction [ULA], sooner or later, a flow of positive thoughts shall begin from the Cosmos. But one has

to continue this **Spiritual effort** till that golden moment. I now believe that this is the beginning of your journey into the Golden Age. Subsequently, everything shall be easy, automatic and effortless, because, at this stage the most powerful and subconscious mind takes over the reins. Go on catching all of these inspirations; contemplate over them till they are stored in the memory for use in the later part of the day, which is usually full of different kinds of turbulences.

A powerful technique called ‘**PMS or Post Meditation Suggestion**’ is greatly helpful in maintaining the ‘Spiritual equipoise’ in all kinds of disturbing situations. In this technique, a command is given to the mind soon after the end of Meditation. Tell your mind ‘Maintain the peaceful and blissful state in which you are now throughout the day and let me start my meditation on the next day from **this elevated state of consciousness.**’ Our monkey-like agile mind is like a child in this state. It listens to the command, remembers it and obeys it without any mistake. Initially, one may fail in these experiments. But within a period ranging from **10 days to 3 months**, one shall experience that the mind has been tamed to total obedience. This is the power over mind which is called



---

as Mind-empowerment.

Rajyoga means a continuous series of “Experiments” followed by “Experiences” that one can carry out till the last breath, even when one

becomes incapacitated due to the unfinished *karmic* load. But I also believe that if one continues these “Experiments” regularly then a day shall come when all of the *karmic* load

shall be burnt out and we shall be ever healthy, ever wealthy and ever happy. May be this is the ultimate *Karmateet* state.

---

## PEACE

**S**ome think that everything in this world is unreal or an illusion (Maya) but this is not so. The drama, the stage, the actors and the roles are real enough, but it is our vision of things, and our deductions, that can be illusory. The basic illusion, “I’m a body,” is like a thread running through the existence of majority on which all other thoughts, decisions and actions are strung.

The eternal soul, believing itself to be finite with a beginning and end, gives birth to a myriad of illusory desires and to such psychological insecurity that it tries to protect or support itself with scaffolding comprising the five main negative forces; lust, anger, greed, attachment and ego. The soul confuses itself by basing its total self-identification on the physical body: “I am so-and-so, the son of so-and so, the resident of such-and-such a place, of this or that religion or race; I’m in such a natural offspring of the thought, “I’m a body,” the eternal soul becomes trapped in a world of temporary illusions, likes and dislikes.

The action (the soul) doesn’t only believe that it is the costume (the body), but also the role that it is playing. Thus, this ego-sense or body-consciousness doesn’t only restrict the soul to its form but to its name as well. While the soul remains a prisoner of its own role and form, it can’t see the wider aspects of the drama of life in which it is involved. It remains restricted to the conditions of each place, moment and circumstance, bound by past habits and attitudes. If the situation is in harmony with the soul, it feels good; if not, it feels dejected and finds ways to escape from the imaginary or real threats of that situation. In this way, the soul passes from one

scene to another, like a piece of cork on the high seas at the mercy of its own destiny. The soul in body-consciousness cannot control its own movements, but the external conditions, which the soul itself is continually determining according to the law of cause and effect, impose them. Lost in the waves of attractions and repulsions, restricted thus by the name and form of its body, the soul feeds and is fed by many illusions: “I’ll stay with you, you’ll give me everything I want from life”, I want to eat, see, hear, taste, and feel this and that, because these things will give me what I want.” Such desires are as endless as the task is impossible and futile.

The door that opens to the world of spiritual knowledge and inculcation of positive qualities is the thought “I am a peaceful soul.” This thought, made with the understanding of its implications, is the most powerful and pure thought possible. It is this thought that immediately stills the restless mind and creates the stability necessary to absorb spiritual knowledge and power. It is this thought too, that channels the soul’s potential for good. Just as a river when properly harnessed provides a reservoir that can serve to uplift others. Just as an uncontrolled river causes floods, the ungoverned mind causes damage to the self and to others.

The consideration and concentration on worldly things, though obviously necessary, does not fill the soul with the bliss it seeks. By concentrating on understanding the atom, scientists have unleashed the power within it. Similarly, by concentrative lovefully on the soul and its eternal bond to the Supreme Soul, we can unleash our own potential and pure power.

# BE GOOD, DO GOOD, FEEL GOOD

– BK Shishu, Faridabad

*"Honour and shame from no condition rise'  
Act well your part, there all the honour lies"*

– Alexander Pope

**I**t is widely accepted that no one is born great; however, a soul can become great by dint of his/her hard-work, dedication, spiritual knowledge, faith in God and through other acts of greatness. He, who has a will to do, can rise. But at the same time, you cannot climb the ladder of success hands down. Success is not easily served on a platter. It requires hard work, commitment and a keen attention towards your highest goal.

Great souls came into existence because they believed in purposes and not mere wishes. They believed in how, when and why and not in 'take it as it is'. They believed in practice and reality rather than in vanity, pride and so on.

Swami Vivekananda once said, "Act, act, act and wait not for result but only for the FRUIT". Don't wait for the opportunities to come and knock the door, just grab it. Act your part efficiently well with honour and dignity. It can also be said

that life of others can be a source of inspiration as other great men can also be teachers for you. They who think, 'they can't do' are never able to do it. One should always be an optimist. The common nature that Great Men shared was simple living and high thinking, the love of mankind organized them and they set on to work laboriously to make the earth a better place to live in.

The noblest men that live on earth are the ones whose hands are soiled with the colour of toil. The more the expectations, the more difficulties there will be. Almighty has given man two hands, not to feed his own self but to lend, 'a helping hand' to others. God helps those who help themselves; one who feels

and empathises with others acts as an instrument of God.

"The more happiness you give, the more you receive". In case of any doubt or any act causing a loss of happiness from your hearts and minds, we should try to receive the eternal blessings of love and peace from Supreme Father, the Ocean of Love, Peace, Prosperity and Divine Powers and then spread such vibrations around us. You have to dedicate yourself to the service of humanity and love all human beings irrespective of the colour of their skin, their religion and the region they come from. Be good and do good to all and all times so as to fill yourself with noble virtues.

This is equally true that all this cannot be attained so easily and simply. It needs Sacrifice, Dedication, Love, Faith, Respect, Patience, Tolerance and above all a Strong-Determination to work for the human well-being. All this will enable us to lead our life in the most true and meaningful way.

## SILENCE

There is a part of you that is perfect and pure. It is untouched by the less than perfect characteristics you've acquired by living in a less than perfect world. It is filled with divine qualities, so is in a constant state of resourcefulness and well-being. It's total absence of conflict and negativity of any sort makes this part of you a Still-Point...a deep, enriching experience of Silence. Make time to practice reaching this inner place of Silence. It will bring you untold benefit.

# ***JAIL OR REFORMATION HOME?***

---

– **B.K. Pradeep Singh,**  
Dist. Jail, Gorakhpur



I don't know how I should depict my past life and the subsequent change that took place in my inner-self. Yet I cannot keep the change only with me. But I would like to share my experience with other brothers and sisters so that they can understand that change for the better is possible, I came from a middle class family. My father Radheshyam Singh was Police Officer in Uttar Pradesh and I had two brothers and sisters. But in 1983, when I was just 15 yrs old, tragedy struck as five of my family members were killed by some people. I was flooded with feelings of revenge and was misled into the path of crime. In my desperation, I killed 12 people and was charged in 1988 with 10 cases. The resulting imprisonment only fuelled the fire of revenge in me. Even though I was released from jail in April 1999, my criminal activities

continued unabatedly so much that a prize was offered on my name. I was soon captured and sent behind the bars. From within the confine of prison, I stood up for election and was elected as Block Chairman. But my hardships continued as opposition party levelled false accusations against me. As luck would have it, one more murder put me into Gorakhpur Jail.

It was here in the jail that I learnt about the spiritual classes being conducted by the Brahma Kumaris. I also joined them and was given the 7-day course by B.K. Bro. Shiveshwar. With cooperation of the jail administration and encouragement of the BK Sisters, the Murli classes started in the jail on a regular basis. There were more than 80 souls who attended these Murli classes regularly. These classes brought a significant change in me.

I was a very angry person. After regularly following the classes, I learnt meditation that helped me overcome my anger and feeling of revenge. Rajyoga meditation brought good wishes, simplicity and easiness in my life. The practice of soul-consciousness made my mind calm and powerful and gave me strength to control ego and anger. It is my good fortune that Baba has done wonders in my life. My life has undergone such a sea-change that in the absence of B.K Brothers and Sisters, I not only conduct the Murli classes but also conduct the 7-day courses.

For me the jail has not been a place of punishment or penance but it has been a place of change and reformation where I could cleanse my mind which had become dirty and vicious with sinful feelings of crime and revenge. O' Baba, you have done wonders and magic to me!

# DOES GOD HEAR YOUR PHONE (THOUGHTS) CALLS AND PICK THEM UP? DO YOU KNOW WHAT GOD'S NEWSPAPER IS CALLED?

---

– B.K. David, Paignton, England.

**M**oney Moans. The Bananas of Happiness. The Invisible Police of *Karma* PLC. Which Religion Can See In The Dark? The Fireman of Happiness Who Has Love In His Hosepipe. Left, Right....  
**Can You Imagine A World Without Love? Can You Imagine A World Full Of Love?**

Both sets of people in these worlds would be robots, but one would be robots of love, walking round radiating love, pure feelings and divine energy. Not any kind of love, feeling or energy, but spiritual love, feelings and energy. The difference is one of a modern aeroplane with two wings and fuel, the other, no wings, no fuel and no wheels to take off. How long would you sit in this aeroplane waiting to take off? Have you ever seen a plane flying with no wings? Can it be possible for a plane to fly with no fuel and wheels? Is it possible to live and be happy in a world without love? Could one be happy in a world full of

love? Could anyone be happy to sit in an aeroplane on a runway for a 100 years waiting to take off? Well, that's how long people have been waiting for happiness in this world. And there is as much chance of that as taking off in that plane without wings. In fact, there is more chance of flying in a plane with no wings than having real happiness in this world.

## **Money Talks (Moans)**

If money talks, could talk, it would scream out today, "STOP! We've had enough going round in circles in this hell picking up everyone's sorrow and frustration as they touch us. We just go round and round with everyone chasing after us yet we seem to cause nothing but sorrow everywhere we go. Even we have a headache now". Money today does make the world go round – but the wrong way. Now the world spins backwards out of control. The force spinning this world is greed and its desire for money and all that

it can bring. Yet the crazy aspect to all this desire for money is; money does not create happiness in your life the more you have of it. The unhappiest of people and most discontented in life, are often the wealthy or just plain comfortable. My father always used to say: "The more possessions you have, the more problems you have." That statement was true 45 years ago and is just as true today.

## **Try And Phone God The Fireman, And See If He Gets Your Call Of Help**

Money is the main root of evil today. Those who have sufficient always want more, and those who have lots spend their days thinking of money and trying to make more, and those who have only a little, definitely want more. The result of all our desires for money is the 'our world' of today with all its troubles. Our world is overflowing with people with money worries and those desperate for more money. It's a world of

---

desperate people.

**We Now Have To Chase  
After Everything In Life,  
Even The Bus.**

We live in a world with not enough money, food or water to go around. So now we are reduced to chasing after everything in life. But I see those who have a little money still having some happiness whilst the rich are burning up inside with the heat of desire. Only God can put out their flames and pain and make them cool. God really is the Fireman who can put out pain, greed and unhappiness. His phone number is 00 00 and He is on constant duty. But He only answers calls from those with a pure heart. When the whole world is on fire, who will they call and who will He listen to?

**Your Health Is In Your  
Hands**

In reality, you get more happiness from bananas than money. Better to have a good bunch of bananas than lots of money. Bananas give you good health whilst money only ulcers. The man with nice bananas is to be envied, and the man always in the bank, pitied. It's more fortunate to have a good hand of bananas than a fistful of money.

**The Invisible Police –  
Karma**

Life should be all about giving and receiving pleasure. Yet we always seem to be taking pain in one way or another. Rare is the soul who is in constant pleasure. It is the duty of karma to constantly follow you about and exact punishment or fruit on you, according to your actions and thoughts. It is the karma police's duty to come and make you laugh or cry. Many are bored to death with life, and this too, is their karma and the police at work. Karma cannot sit about idly with nothing to do. Karma is employed by God to give out rewards, and that he does as God is a very strict Manager. Anyone who works for God must do as He says immediately, as karma also follows His workers most carefully and does not miss a trick. It's now your duty to settle any outstanding debts you may have with Karma PLC. The debt collectors are very clever and will find you and make you pay if you do not pay up now.

**Come Dancing**

God has a newspaper; it's called **THE END IS HERE**. It has the same headline everyday: **TIME HAS RUN**

**OUT. BE PREPARED.**

Everyday, there are photos of Brahma Baba on every page with endless praise of him with many titles only a saint can have. Titles such as: The Perfect Man, Mr. Possible, Mr. Can Do (who can do the impossible) and Mr. Lovely, to name but a few of his titles gained throughout his noble life. Brahma Baba is the only man ever to dance with God in all of history. The dance floor is empty with just these two dancing away and who are inviting anyone who feels so inclined, to join them.

**The Newspaper Boy Who  
Marches to God's Orders**

Brahma Baba, God's right hand, left hand, right leg, left leg, right foot, left foot, (left, right, left, right, left.....), wallet, confidant, wardrobe, (bodily instrument and now visions), runabout, general helper, loyal servant and newspaper boy delivering His daily newspaper, which although previously had a very small circulation (just 300), but soon all humanity will want a copy delivered everyday to their doors. Come rain or shine, earthquake or heat wave, the world will want to read God's newspaper (Murli). The time is here for God to be



---

heard and His newspapers to be delivered to every home.

Can you make sense of a record being played backwards? All human beings have their feet on their accounts in the soles of their shoes accumulated throughout life. This is why they are walking backwards – very slowly, and with a limp. It's like their car they get into everyday is stuck in reverse. They have shoes made up of their life's history. The leather pinches their toes and rubs their heels until walking (living) becomes a problem. They aim to walk forward but they step on to the conveyer belt of karma which automatically is set to travel backwards. You can only move forward if you jump onto God's conveyer belt, which is always moving forwards.

There are some clever people about today who can speak fluently five or six languages. Yet the really clever ones amongst us will be fluent in God's language, the language of love spoken in a dialect of humility. God's language is always worth learning and studying. I was never interested in learning French at school; now I know why it's far more rewarding to become a student of God, than to get a job later in life as a well paid translator. Man pays peanuts whilst God rewards you with a heavenly world for constantly working for Him. Even if you work part time for God, the rewards are still incredible and unsurpassed in terms of 'effort to reward' ratio. He offers the best holiday pay and working conditions and employee benefits. Where else can you get paid holiday leave of two thousand years? It is God alone who can offer such a working contract with such marvellous bonuses and conditions.

### **The Painting of A Starry, Starry Night**

The jigsaw puzzle of life in which each religion and path holds just one very small piece of this huge 1,000 piece puzzle; each thinking

their piece contains the complete picture and history of life and with that, total truth, how could such a small piece of such an enormous picture show the whole scene and give a clear and full understanding of what the artist was trying to show and portray? And who could tell what artist it was who created such a picture from looking at a mere single jigsaw piece that would contain maybe only part of a distant fluffy white cloud at midnight?

## **MOTIVATE YOURSELF**

It's a tough life. Some days it's hard to get out of bed and get going. Why? How come our levels of enthusiasm seem to fall so easily? Why can't we get ourselves motivated? Simple really. We try to reverse the energy flow in a universe where all energy is radiating outwards. We try to break one of the spiritual laws. We are taught that winning and achieving is about getting and keeping, when the truth is that it is about giving. Winners are go givers not go-getters, and their definition of winning is not getting one over on the other guy, but overcoming their inertia and giving something of themselves to someone or something other than themselves. This reverses the flow of energy from outside in, to inside out, and as we all know, the deepest satisfaction in life comes from giving. While it is hard to fathom living a life of giving, when everyone else is on the take, there is an ancient law which ensures that if we did, we would never go without. I think you know what that law is. It allows you to be motivated in a completely different way. No need for any magical formulas or rigid belief systems ...try it today!! What you give is what you...

---

== (Contd. from page no. 3) ==

*self-respect or love for the motherland, the nation is certainly heading towards a grave peril, for the very youth will pull down the structure which once they supported and will destroy the valuable heritage which their forefathers so lovingly bequeathed them.*

When man enters his youth, the carefree days of his childhood and the period of extravagant freedom has already been over, and its place has now been taken up by growing sense of responsibility. *Because of all these faculties and the high tide in the reservoir of energy, man can use his period of youth either to discover new pastures of prosperity or to wreck the ship of his life on the rocks of vile habits.* One has, therefore, to be wise and careful to use this most valuable part of life to achieve great goals of the nobility of spirit, the fineness of culture and fullness of development.

But if one makes a survey of the activities to which youth have generally been called upon to devote their energy, one feels that the high potentialities of youth have not been put to the best and the most appropriate objectives. These have, instead, been used to achieve only short-term gains. It has so happened that, *over the past*

*two and a half thousand years, the able-bodied youth have, in tens of their millions been misled to wage bloody wars.* No doubt, the defence and security of a country are important goals and the youth, by being enrolled in the military or police, get an occasion to protect the motherland against an aggressor and to manifest their sense of patriotism, spirit of sacrifice and their courage and valour but one might ask: *"Wouldn't it have been better if their valuable human energy had been utilized for creating such moral and socio-economic conditions that wars could have been banished and national rivalries and animosities ended so that there was no longer any fear of war or harm from a neighbouring country?"*

#### **Worthy instruments of social change and creativity**

In order to build up and utilize the spirit of service and constructive attitude amongst youth, the college students are, now-a-days, called upon to do some social service. Some of them, therefore, go out during the vacations, to make approach roads or pedestrian paths in villages whereas others organize the village youth and help them build canals so that they can water their fields. Such kinds of actions are no doubt a

service to a section of the mankind. *But if, besides doing this kind of service, the youth take up the work of paving the path of their life with purity, peace, honesty, integrity, sincerity and sympathy, they will be taking great steps towards building a clean society.* If, besides rendering help in building up canals for watering the fields, they build up channels of communication with God and with people of different communities, they would be using their energy for watering the dying plants of moral values and cooperative living. If they spend some energy for building bridges of understanding and cordiality, they would be working as great and worthy instruments of social change, moral transformation, economic transformation and spiritual creativity.

They begin to do something for the health and welfare of others. *But, what a noble spirit it would be, if they have such moral strength that they are prepared even to shed their blood for high principles and values! What a great service to their nation it would be if they make a firm resolve that they would never co-operate with those who suck the blood of the poor labour and who, in order to fill their coffers with coins, observe no scruples and no*

---

*sacred principles! What a brave act on their part it would be never to think of doing a dastardly act of shedding another's blood!*

**May they win freedom of the basic kind!**

The youth, in many countries, have been in the forefront, undaunted by the bayonets and bullets of a dominating, imperialist country so as to liberate their motherland. Thousands and millions in the past had to face great trials and tribulations to win freedom for their homeland. Many suffered tortures in dingy jails and others faced the hard and trying economic and legal consequences of demanding liberty and equality of opportunity. But their youthful hand held high the flag of freedom and the banner of bravery. This speaks volumes for the courage of the youth. No doubt, political freedom is like breathing in fresh air for which the youth of many nations had to struggle hard to come out from the stranglehold of the foreign yoke.

But slave mentality, sloth, savagery, moral senility and social disunity are a great curse on a nation, for it is these which take a nation to enslavement and foreign dominance. It is these, which force people to beg, to depend on others, to be slaves and servitors to sex lust, anger and greed. It would,

therefore, be the fulfilment of the greatest need of these times if the modern youth wage a relentless war for the freedom of the spirit and for the emancipation of nations from slavery and the evil of greed (which gives rise to demands for dowry and for other economic crimes), and from anger which is the cause of all heinous crimes.

The youth who are the new generation can set new traditions in vogue by taking to a new lifestyle based on moral reconstruction and co-operation.

**New kinds of adventure and discovery**

In fact, the youth have always won appreciation and adoration for their acts of adventure, bravery and sportsmanship. It is the youth who scale new heights and reach new summits. They go to places, which were not traversed by anyone before. They make explorations of land hitherto unvisited by any. But they would be doing a work of very great importance if they embark upon the adventure of entering into the new areas of truth about the self and God. They would be making a multi-trillion discovery if they discover the key to the mystery of the self. Let them explore the areas of the spirit and they will find green lands and new pastures, which have tremendous wealth.

Let them go up the summit of spiritual experience and reach the pinnacles of peace.

The youth have almost an open mind. They can think over the prevalent ideas afresh and do not feel themselves bound by any old ideas if these are not rational. They can thus accept new ideas, which are necessary to establish a New World order. They can, therefore, be special instruments of change not only because they have energy but because they are 'new blood'; they can be the flag-bearers of the new revolution.

**Accepting New Challenges**

The youth have that strong will and stamina which embolden them to accept new challenges. Once a youth has sworn to win, he will face all odds and obstacles and make all sincere efforts to keep to his commitment of the cherished goal. Particularly, he will defy all difficulties, bear great burdens and face all troubles if the honour of his country is at stake. For his mother and motherland, the youth will be prepared to sacrifice even the last drop of their blood. After all, it is a question of one's duty towards her that bore all travails of bearing, delivery and rearing the child and of educating him. For her sake, the youth will consider no sacrifice great and no hardship unbearable. Didn't the youth offer themselves for

the gallows for the freedom of their motherland? Didn't they bare their chests for the bullets if they could bring independence to their motherland? *But it is as sure as life that if they now accept the challenge of the evil forces which have ganged up against man and have brought untold miseries to mankind, then the youth will be doing a real service by helping to create a new society of goodness and happiness.* Will not, then, the youth take up this last challenge that threatens the peace and purity of mother Earth, and overcome all troubles that stand in his way to reach the summit of purity and raise the flag of freedom-from-vices forever? Though this challenge will be great and will require great strength of the spirit and the flesh yet, in this case, the help of God, the Greatest and

Mightiest of beings, is available to man and if he accepts the offer, the victory is assured.

Let the youth now show a new and wider type of sportsman spirit, for the world, as God Shiva says, is a playground and we all are the sportspersons. We must play a fair game and must not break the rules. We must not play foul lest we should have to pay the penalty. Let us play the game in the spirit of the game and let us not worry under any circumstances.

And if the youth is fond of entering into the field of politics (for as Aristotle said, man is a political animal), then let him participate in politics of a kind that really wins the hearts of the masses. Politics, it must be understood, is, in truth, not the name of a dirty game. It is the name given to the art of government and to statecraft. *One, who is prepared to*

*accept the gauntlet, let him enter politics, but before he starts politicking, let him first learn the art of ruling over the self. Let him first govern his own sense organs and his mind and maintain his mind in a steady state; how dare he claim to be a statesman and what noble sentiment prompts him to take up politics and aspire to enter the arena of the art of government? And, if one is already in politics, let him clean the Aegean stables.*

May, in this fashion, the youth who are fond of fashion, work as great instruments of great change and creativity!

Let us understand that in this Age, when resources of energy are getting depleted, the energy of youth is in great supply. Let this energy not be wasted on sex-films or on violence and disruptive activities but on creating a New World order where there is amity, peace, law and order. Let this energy not end in smoke because of the habit of smoking; let it not be wasted on bloody wars. Let this be used towards full development of the mind and spirit so as to conquer new peaks of spiritual glory. Let the youth help in the great task of world-transformation through self-transformation.

## J.W. GLOBAL HOSPITAL, MOUNT ABU

### Regular Knee and Hip Replacement Surgery

► **Surgery is done in last week of every month regularly**

**Surgery by: – Dr. Narayan Khandelwal** from Mumbai,  
(Experienced Orthopaedic Surgeon U.K. trained)

For prior check-up & to know the dates of surgery interested patients  
for only knee and hip operation:

**Contact for further details:- Dr. Murlidhar Sharma,**

**Surgery Department,** Global Hospital, Mount Abu (Rajasthan)

Phone No. (02974) -238347- 49, Fax – (02974)-238570

**E-mail:**drmurlidharsharma@gmail.com, **Website:**www.ghrc-abu.com

Edited and published by B.K. Atam Prakash for Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Mount Abu and printed at: **Om Shanti Printing Press, Gyanamrit Bhawan, Shantivan - 307 510, Abu Road (Rajasthan).**

**Chief Editor:** B.K. Nirwair, Pandav Bhawan, Mount Abu.

**Associate Editors:** B.K. R.S. Bhatnagar, Shantivan, B.K. Ranjit Fuliya, Delhi and B.K. Ved Guliani, Hisar.  
Phone: (0091) 02974-228125 **E-mail:** worldrenewal@bkivv.org, omshantipress@bkivv.org