

|| From the mighty pen of Sanjay ||

## *HUMAN VALUES AND DIVINE QUALITIES*

**J**ust as every man breathes air – fresh or foul – so does every man has, in himself, some qualities – good or bad. There can be no man absolutely without qualities – positive or negative, even as there cannot be a man who does not breathe air or even as there cannot be perfect vacuum in the world.

It has been said that there are about thirty-six divine qualities and if one does not have any one of these divine qualities, one has the opposite, i.e. the demonical traits, which as everyone knows, result in disquiet, disease, sorrow and sufferings.

### **The worth of a system**

Most of the people are not aware that the absence of one or the other divine quality is the cause of human misery. They, therefore, try to find out its cause in political, economic, cultural or social system. The truth, however, is that positive or negative qualities manifest themselves through human behaviour or human activity. One should, therefore, try to trace the negativity and work for optimism in human behaviour rather than search the cause elsewhere. No doubt, systems also matter, for they can be good or bad, but it should be realised that even their utility, worth or merit depend upon the qualities they require in human beings or the qualities they generate in those and other men in the society.

Take the case of an economic system in vogue in a country. If it requires shrewdness, crookedness, conceit, competitiveness, corruption and selfishness in men and women to work it, then it is surely a bad system. Also if it generates exploitation of workers and other weaker sections, it is a bad system. If on the other hand, a system requires, generates or promotes honesty, cooperation and concern for social well-being, then it is a good system. A system has, therefore, to be assessed in terms of the values it promotes or requires to work itself.

(...Contd. on page no. 34)

## **CONTENTS**

- ▶ Human Values and Divine Qualities ..... 3
- ▶ The Wonder & Wrath of Nature (Editorial) ..... 4
- ▶ Didi Manmohini, An Embodiment of Virtues ..... 6
- ▶ The Light of life ..... 9
- ▶ Inspired by God's Love ..... 10
- ▶ A Letter to Thyself ..... 11
- ▶ Spiritual Warrior ..... 12
- ▶ Love: It's What You were Born to Do ..... 13
- ▶ Journey Back to the Source 14
- ▶ The Penultimate Chance... 15
- ▶ Politics and Spirituality .... 16
- ▶ The Glory of Divine Presence...!!! ..... 17
- ▶ The Seer of Three Aspects of Time ..... 18
- ▶ Karma Yogi ..... 21
- ▶ Say "Om Shanti" ..... 23
- ▶ Religion ..... 27
- ▶ Woman–The Home Maker . 30
- ▶ Who is the Sermonizer of Gita ..... 31

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# THE WONDER & WRATH OF NATURE



We are often amazed by the indomitable nature of the human spirit. In recent weeks, the mind-boggling and terrific scenes of nature and the drama of life, such as devastation at Uttarakhand, floods in Canada, bombings in Pakistan, terrorist attacks in Bodh Gaya (Bihar), Asiana Airlines crash in San Francisco, sudden building collapses etc., have made a majority of people wonder where we are heading... There have been tragic scenes of irreparable loss to life, property, personal memorabilia and most importantly, hope and positivity for the future. For those of us fortunate to be secure in our respective homes, cities and countries, our inner voice motivates us to do 'something' for those engulfed in despair and heartbreak. While financial and medical aid are absolutely essential, we who live by spirituality understand the need and power of serving souls and the five elements with vibrations

of unconditional love and respect. While Heads of Administration, Social Services and Politics engage themselves in discussions (and arguments!) about who needs to do what, we as a world family are obligated to make time to serve others through the *powerful asset of our minds*.

We are greatly fortunate to receive regular jewels of wisdom from the Ocean of Knowledge that inspire and guide us on the path of world service, especially in these times of need. There is nothing more fulfilling than the service of 'self' and service of 'humanity'. The foundation of such service consists of **pure intention, a broad intellect and loving heart**. Then the Supreme Father, Supreme Soul, unveils His supreme teachings to make us worthy instruments for service.

We would like to share with our readers some powerful nourishment for the soul, with

the faith that you will study and imbibe the same. You may use these magnificent insights and directions to face all challenges of life, as well as to empower others:

- *Just as you are able to see the practical results of the powers of speech and good actions, in the same way, have you seen the practical results of **silence, the most powerful power of all?***
- *Do you have feelings of mercy and good wishes in your heart to satisfy the hearts of the devotees and needy souls?*
- *When there is upheaval in any place, show the wonder of the power of peace. **Spread the power of peace by being a 'Shanti-Kund (Reservoir or Container of Peace)**. Be the embodiment of peace and give the experience of peace.*
- *Do you have the experience of transforming the attitude and vision of others with your power of silence, that is, through your thoughts? **Just as the instruments of science will only work when there is an accurate connection with the main***

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station, similarly **only when you have a constantly clear connection with the Supreme can you experience the power of silence.** A connection means to experience all relationships with God clearly. Only then will you see the practical results of the power of the mind.

➤ **The basis of enabling others to attain everything is your stage of being completely ignorant of limited desires.** Only when you become completely ignorant of limited desires will you be able to fulfill the desires of other souls.

➤ **Emergence of your form of being 'Master Seed' of the Human World Tree.** (Just as the Supreme Being is the All-Powerful Seed of the Human Tree, you human beings in your soul-conscious stage are 'master seed' encompassing all spiritual powers and attainments). *Unless you become a master seed, the leaves (i.e. human souls of the World Tree) cannot receive anything (in terms of spiritual attainments).*

➤ *When the Supreme Almighty Being tours the world and*

*sees the wandering of devotees and listens to their calling out, He feels mercy for them. Do you like listening to the call of the devotees even now?*

➤ *Are you able to give blessings of peace, power and freedom from disease from a distance to souls who have not attained anything, and who are peaceless, unhappy and diseased? For this, you specially need the power of concentration:*

**concentration of thoughts, concentration in your inner stage and a concentrated heart.**

➤ *You have the aim of becoming diving beings i.e. deity souls. Deities means Bestowers, so you have to become Bestowers of Fortune for others.*

➤ **The more you imbibe purity in your thoughts, words and deeds, the clearer your crown of light (aura of purity around your being) will become.**

➤ *Knowledgeable and serviceable souls should fast by staying beyond the upheaval of wasteful thoughts, wasteful words*

*and wasteful deeds. Make a vow of maintaining spirituality.*

➤ *Constantly sing songs of praise of your fortune, and of the Bestower of Fortune, and you will become full of all virtues. Do not sing songs of your weaknesses. Go beyond all questions and remain content within your heart.*

➤ *Create such a subtle stage that souls who come into contact with you experience love and spirituality through your form.*

➤ *Think more about the devotees and needy souls of the world now. Think about fulfilling the desires of others, and you will then automatically become complete.*

We are instruments committed to bring about elevated and positive change not only in our own lives, but in the lives of countless souls in the world. Let us rise to this challenge and live up to the honour of being the Supreme Divine Being's serviceable, right hands!

– **B.K. Nirwair**

# DIDI MANMOHINI - AN EMBODIMENT OF VIRTUES



– Brother Jagdish Chander

**D**idi Manmohini was the main person responsible for the service from the beginning of this spiritual organization. Incorporeal God Shiva established this World Spiritual University in 1937 through the corporeal medium of Dada Lekhraj, who was renamed Brahma Baba. Brahma Baba formed a Trust of kumaris and mothers, and he dedicated all his movable and immovable property to these women. Didi Manmohini was a prominent member of the Trust. Since then Baba gave several responsibilities concerning kumaris (spinsters) and mothers to her; she was also the special consultant to Mamma, the divine mother of this *Yagya*.

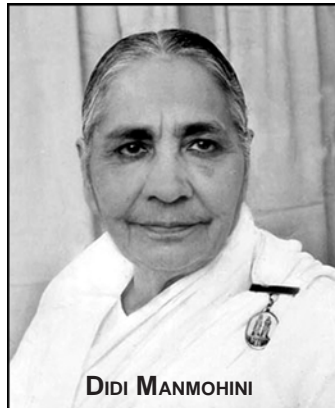
## ADMINISTRATIVE ENGINEER

Didi was an image of knowledge, virtues, yoga and affection. From 1937 until 1983, she rarely missed the Godly versions spoken by Incorporeal God Shiva through the medium of Prajapita Brahma. She was a regular spiritual aspirant even at the age of 72. She was intense and sharp in knowledge and was

also deep in yoga. After having a bath, she would come for *Amrit Vela* yoga in the gathering, and also used to conduct meditation.

## EXPERT IN THE SERVICE OF TRANSFORMING SANSKARS

Didi was an affectionate, spiritual coach. She had unique



ways of attracting others onto the path of knowledge and yoga and knew how to transform people with love. Frequently, when she gifted students a diary containing pictures of knowledge, yoga and slogan per page, she would ask him or her to open any page in the diary and read the slogan aloud. They would become child-like, revelling in her love and

affection. They would read with lots of happiness, and Didi would tell them, ‘...this is a slogan for you from God. Is that all-right?’ They used to reply ‘*ji han*’ (yes), this is very good. This slogan or version of God is for me, this diary is very good.’

Didi would also say encouragingly, ‘you liked, isn’t it? So now you become this! This is a gift from Shiv Baba (God Shiva). Open a page from the diary every day and make efforts to imbibe that teaching or the lesson. At night, write a chart to clarify your state of mind; then you see to what extent there is transformation in your life. You’ll enjoy it really because these are God’s versions.’ In this way, her gift worked like the philosopher’s stone. She had an art of turning people’s interests towards Godly principles and divine love. Without question, her words influenced others positively because she had already adopted that practice in her life before she told others.

## POWER TO DISCERN

Didi’s power to discern a person was great. Like a herbalist who diagnoses a disease by reading the pulse, similarly Didi would understand a person immediately by his face, expressions and words, and then solve his spiritual problem. Using this specialty,

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she enabled thousands of people to adopt a pure and yogic lifestyle, helping them move forward. She transformed lives and inspired many mothers and kumaris so deeply that they surrendered their life for Godly service, for the service of humankind.

#### **ADEPT AT LETTER WRITING**

Didi was also a master in the art of letter writing. Her letters reawakened those who had become slack in spiritual efforts. She rejuvenated students whose spiritual endeavours had become feeble.

#### **TIRELESS AND EVER- ZEALOUS**

From the beginning, she was hard-working and served tirelessly for this organization. She sacrificed her body, mind and wealth for the benefit of the humankind. She travelled, even in her old age, from Assam to Abu, Kashmir to Kanyakumari, and from Kolkata to Kutch. She also travelled abroad. She looked after the comfort of thousands of visitors who came to Madhuban, taking them into the depth of knowledge and giving them love and affection day and night.

#### **CLEAN AND TRUE MIND**

Didi valued cleanliness and truth in the mind together with

external cleanliness. She knew the importance of a self-sufficient life that was obedient and loyal to the Satguru, God Shiva. She woke up for *Amrit Vela* and sat in God's remembrance and inspired others to do the same! In this way, she drew attention to following the daily routine properly.

#### **NURTURED CENTRES**

She was a skilled administrator with a sharp intellect and able to discern people with love, follow principles, study regularly and serve tirelessly. From 1951-52 (when service began) till 1961, she was managing the affairs of the *Yagya*. When Brahma Baba became *Avyakt* in 1969, she along with Dadi Prakashmani managed the administration of the *yagya*. Didi would say, 'We both have two bodies but there is one soul.' With God's protection and training, and their able administration, this organization progressed rapidly and by 1983, there were 1150 centres and sub-centres throughout the world.

Didi accentuated the need for the pilgrimage of remembrance and in every lecture or class, she used to say, '*...ab ghar jaana hai* (it's time to go back home now)...'. She would remind

students to remain light, forget all old things, never see others' defects, see only qualities in others and follow Shrimat.

#### **SKILLED ADMINISTRATOR**

Didi's life revealed divine virtues at their pinnacle. She worked with great spirit and energy even at the age of 72. When thousands of people came to Madhuban (Mt. Abu) from different parts of Bharat or abroad, the burgeoning responsibility, which could be daunting for many younger people, was managed easily and with love by Didi and Dadi Prakashmani. Problems were solved quickly and teams were well informed about the day-to-day activities and duties.

She would take a round of entire Madhuban in the morning and give suggestions or advice in the kitchen or other departments. Everyone was satisfied with her. She understood difficulties and gave appropriate solutions, inspiring people to face challenges smoothly. When senior government officers and business managers came to Madhuban, they were impressed by the management and often expressed this to Didi and Dadiji, enquiring how they found no upheaval, no noise, no stress or tension, no work

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stagnation etc. Seeing how tasks were well managed and organized with peace, mutual love and feeling for service, these visitors would remark, ‘...if anyone has to learn administration, learn from these Brahma Kumaris.’

### **LIFE OF RENUNCIATION**

Although Didi was born in a wealthy family, she was very simple and ordinary in her food, clothing etc., and lived the same way as others in *Yagya*. She was never proud of her worldly clan, wealth, or property etc. She never ever remembered her *laukik* privileges, comforts and happiness. She was simple and an image of renunciation. Whatever she had, she would give it away as a gift and bind the person in God’s love. She never used those things for herself.

### **MODESTY**

Didi Manmohini, along with Dadi Prakashmani, looked after Baba’s task. Besides, she had many rights. However, she never talked to anyone with the ego of her position or expressed her rights in any way. Instead, when someone did not behave as per the spiritual disciplines, she still gave them the motherly affection so that the person wouldn’t drift away from the spiritual path. If someone sulked

or got upset, she would adapt her responses with great humility and love so as to ensure her nurture would keep that person’s intellect constantly connected with Shiv Baba.

Didi was never stubborn, blaming ‘so and so’ person, thinking of it as a mistake and questioning why she should talk to that person.’ Instead, Didi personally went to that person to cool him down: ‘brother, if you have anything in your mind, remove those thoughts; we are travelling in the same boat towards the same destination. We all have a spiritual relationship with this divine family. I have good wishes for you in my mind.’ It would be appropriate to mention in this context that Didi loved this song (translated from the Hindi), which small children sing:

*I am a soul, you are a soul.*

*We are thus brothers all.*

*Baba says: Do not fight.*

*Take knowledge and be a light.*

Didi had a special art of helping people feel close to Baba, nurturing this sense of belonging. She could insist with love that they stop their bad habits. She had a magnetic personality. No-one was afraid to talk to her; people were pulled towards her loving vibrations and Didi used to

inspire them to keep moving forward spiritually. People who met her regularly, rarely went astray spiritually. While she was sick, the surgeon treating her also accepted her as his mother.

Besides being a loving personality, she used to remain detached to the same extent as well.

### **HUMOUR**

Didi wasn’t just the image of *tapasya* but she also loved humour. She used to share and listen to jokes but those jokes were that uplifted the spirit of everyone. She had a childlike nature—very simple hearted—and loved to laugh.

### **SOUL-CONSCIOUS**

She slept very little. She used to renounce her sleep at night and meditate personally. Sometimes, she used to wake up very early in the morning. She paid a lot of special attention to Godly remembrance. She inspired everyone to have the habit to be soul-conscious and remember God. If someone was sick and people discussed their illness time and time again with the patient, Didi would remind them not to speak about their body. She shared, ‘If you stay in Baba’s remembrance, the pain of the body will finish.’

### **HER LAST MOMENTS**

Didi was true to her own

word. When she was hospitalised, she remained in Baba's remembrance, reassuring the doctors that although there might be something wrong with the body, her mind was not unwell.

Nurses had special love for her. She shared jewels of Godly knowledge with them, introducing Baba and saying, 'Om Shanti; do you remember Shiva Baba' to everyone who came to meet her. Hospital staff shared that the hospital ward had become a *satsang!* Didi made atmosphere spiritual through her actions. Her *drishti* was filled with strength and her lessons were inspiring.

For quite sometime, she was unwell. Shiv Baba said, '...she is not on the bed but she is planning. She is not suffering but she is on a project.' Baba also shared that Didi has a primary role in laying the foundation of golden-aged pure world through yoga power.

Still today, every Brahma Kumar and Brahma Kumari has limitless love for Didi. Leaving her mortal coil was viewed as an opportunity to lift their spiritual efforts to new divine heights.

## THE LIGHT OF LIFE

– BK Indal Singh

Can you hear the cries of souls lost in time?  
Outstretched and tired arms from the dark  
Reaching out to mere spiritual flicker of light  
The songs and poems and stories of centuries past  
And hope sustained by tales spoken and promises made.

In darkness they searched for the phantom of hope  
And kneeled before images of dreams and myth  
No substance, nothing real but shadows spent  
The unending journey of quest and pilgrimage  
Stories of hope and trickle of peace gave strength

Tired souls lost in varied path and darkness  
Expanded pain with divided and varied path  
Search continued and leaders changed and stories too.  
The spirit of souls strong to find the source  
Braved the wrath of tempests and waves of obstacles

And they searched till the flicker of dawn of hope  
And rejoiced with little or fabled dreams to stay  
As visions changed, belief and the tide of hope ebbed  
Like waves, they came and went and left naught  
Tired souls craved for one drop to keep their lamp lit

And the Father heard the cries of pain and granted visions  
If not all, a few may learn to play their New Role  
And the chapter changed, the Beloved Father came as promised  
Darkest night now about spent to welcome the golden dawn  
Original and First ancestor-soul touched and the torch lit

The Sweet Father entered and lit the wick of the nearly out lights  
The fuel of knowledge was poured to all souls – His sweet children  
However, many with eyes impaired in ignorance and misled  
Feared the Truth, and entangled in bondage with darkness  
Their lamps only flickering, Father still sustained them

The Highest-on-High, Purest of Pure and all Knowledgeful  
Recognise the Father, The Bridegroom, The lover of all,  
The darkness of the night spent and hails the Golden Morn  
Light your lamps and celebrate your victory and be happy!  
Open your eyes and behold the Father, The Teacher, and The Guru.

Oh Sweet Beloved, Most Merciful, long-lost and now-found  
Now our lights are bright and sparkling, Eyes open and vision clear  
Our hearts dance with joy, mind clear of ignorance  
What joy Baba, long lost as orphans, in pain and sorrow  
Once more Your sweet children and again in Your loving arms!

# INSPIRED BY GOD'S LOVE

[Sister Jayanti shared that Rajyogini Dadi Janki Ji has many inspirations and acts very spontaneously, that we experience the right thing at the right time. Is it God's inspiration? What is our process of learning... how God uses us and what can we do so that God can use each one of us fully? Here are some observations]



▶ Nothing is in human hands; He is responsible for doing everything but the human being has to be the one who is capable.

▶ He is the One who is able to add value to human life.

▶ We have a list of 12 essential values that are the foundation for human life and 8 spiritual powers. In order to develop values in my life, I need spiritual power.

▶ How is it that I catch God's inspirations? The intellect has to be clean. The line has to be very clear. Then the inspiration comes. It will come suddenly.

▶ Sometimes we say it is inspiration from above but it is ego. 'Catching power'... 'Touching power'... Baba uses these expressions. There is a touching that comes and I should possess the ability to catch it.

▶ On a subtle level, I make sure that I am careful not to engage myself internally in

anything. If He wants to do something and I am engaged somewhere else, would the goal be achieved?

▶ I have to be able to say 'Yes indeed' and then He is always available for me. The Lord is available and present for us when we are obedient.

▶ It is God's orders that are making me move. When the order comes I obey. I think God has faith in me that I can do something.

▶ When the child has courage, the Father renders help. This is my experience. Don't think, just have courage. I need to keep my intellect so clear that when He gives me a touching I am able to do it. He gets his work done through me and many others.

▶ The one who becomes an instrument has to have no desire for honour or respect. No desire at all. If there is the slightest desire for respect, we are sure to feel

bad.

▶ Let the name and the glory be His and yes, I will be here to do the work. I want His name to be glorified because He is doing it all.

▶ Let Him have faith in me. One also needs to have faith in the self and very deep faith in God.

▶ This world and our life here is a wonderful story.

▶ A secret: The whole task of the destruction of unrighteousness and the establishment of righteousness is done through the power of faith. God is actually engaged in putting an end to unrighteousness so that truth can be re-established.

▶ I have to make sure the soul stays very clean and the things of the world don't touch it.

▶ Cleanliness, honesty and simplicity are what we need in a practical way in life to make it easy for God to work on us.



▶ He has faith in me and I say this because if God has faith in me then it will happen.

▶ Another secret: I am very careful because I know that if I say 'no', He will find many others to do His work

▶ Always remain alert and belong to the army of those who have faith.

▶ Stay in inner solitude and go into the depth of One and in this state of introversion.

▶ There are the three armies; the ones who are concerned with status and honour, the ones who are deeply involved with science and the ones who are accurate and alert and available for any type of Godly service. Which army do you come from?

▶ We just need to be available and ready with 'Yes' on our lips.

▶ God is the One who inspires and we have to do His tasks without excuse.

▶ Use thoughts and time in a worthwhile way.

▶ Sit with God and give vibrations of peace to the World.

▶ Firstly remain silent and secondly get lost in His love and thirdly give good vibrations to the world and keep your mind elevated.

## A LETTER TO THYSELF

– Kruti Suchak, Mumbai

**E**ach one of us needs to write a letter to ourselves every day – a letter on how to live life to the fullest.

Trust and believe in yourself. Forget the past and focus on the "PRESENT MOMENT" – "NOW" – Instead of saying "I am nowhere" in times of your challenges and difficulties, you say to yourself, "Now-here. Now, I am here". So, live the present moment. Live your life here and now. Let go of the past, it has no place in the present. Everything that we do right now is creating our future. So, LIVE now, CREATE now, BE HERE NOW. Be AWARE of your thoughts and feelings. You are the MASTER and CREATOR of thoughts, responses and your DESTINY. When something happens, don't ask why it happened; ask how you handled it when it happened. CHOOSE to focus your energy on positive thoughts and responses. RESPOND and not REACT.

TRUST yourself. Trust your instincts and your intuition. BELIEVE in your innate wisdom, the voice of your inner self which will lovingly guide you along life's path, no matter the obstacle, through all the ups and downs. All you need is a CLEAR and CLEAN mind and you will have access to all the answers you need. "REMEMBER" and be aware and conscious of who you are. Remember your true nature and then choose your thoughts and actions.

Give your mind "Positive reinforcement" and "Affirmations". If you believe, you will receive. Believe that you are already receiving what you want in life—money, success, wealth, prosperity, happiness.

Whatever you ask for, you shall receive. "ASK-BELIEVE-RECEIVE". Follow this *mantra* every day. 'Ask' is easy, 'Receive', is easy but 'Believe' can be difficult. Stop thinking: 'I cannot do it.' Think: 'Everything is possible for me.' You have to believe that whatever you want is already yours now, and with that you have to feel happy and peaceful. Because when you spread these good vibrations, you automatically start receiving.

Thank everyone and bless everyone. Love everyone. Love is the key to heal your inner self, i.e., soul. Love yourself. Without loving yourself, you cannot love anyone, not even God. Do at least one thing every day to make the soul dance with happiness. And don't forget to send your smile to others.

# SPIRITUAL WARRIOR

– Aruna Ladwa, London

Often the picture of a warrior conjures up images of a battered and wounded soldier, breathless and exasperated! But the image of a spiritual warrior is somewhat different!

A spiritual warrior is always ready and prepared to meet any challenge with alacrity. He has no fear, just love and lightness. Spiritual warrior is balanced – grounded and firm. He never tires because he never gets wounded. Unlike the other warriors, he smiles in the face of uncertainty and even calamity!

The spiritual warrior walks with pride and confidence. Even before he begins, he knows victory is guaranteed. No task is too great or prodigious because he has cultivated such inner self-respect and a big open heart that is willing and generous.

He is never distracted or sidetracked; lazy or careless. He cannot even indulge in vanity for the warrior knows that to lose focus for even a moment would allow the enemy to gain ground!

Spiritual warriors are brave and courageous. They keep

themselves protected with the shield or aura of God's Divine light. Their feet hardly touch the ground and their "artillery" is always on hand.

The weapons of a spiritual warrior are not the usual ones made of stone, wood, metal or gunpowder. They flex the muscles of their mind with the inner powers – the power to face, to adjust, to discern, to withdraw, to cooperate, to let go and move on when necessary. They also ensure they are full of inner beauty: lightness, kindness, generosity, humility, benevolence, compassion, beauty and more. And most of all, they always carry with them the 'weapons' of love, peace, truth, bliss and purity. Of course, these tools need sharpening from time to time through meditation.

Spiritual warriors are known to go through "spiritual deaths". One such death is ego, another is attachment. Learning to "die" is a 'give in' on the spiritual journey, in fact it is when we have truly died, that we can really awaken and live. Therefore, the battle is not with the enemy out there, but with

the one within. Once I have "killed" or for sake of semantics, transformed myself, metamorphosed myself, then there is no battle left to fight. For example, if you don't have an ego, no one can dent or crush your ego. If there is no attachment, no one can give you pain!

This is illustrated well in the Bhagavad Gita.

The whole Gita is a dialogue between Lord Krishna and Arjuna, the greatest archer ever. They are standing in the middle of a huge battlefield and Arjuna, having won the first choice, chooses to have Lord Krishna by his side and his rival cousin Duroydhana, has accepted what would have been his first choice anyway, the whole army.

Arjuna, seeing that his enemies are his relatives and loved ones, becomes weak-kneed and refuses to fight. It is then that Lord Krishna begins by giving him knowledge and inspiration of various kinds. One of the last significant statements is when Lord Krishna explains, "Whether you kill them in your mind or on the battlefield, it is the same thing." Lord Krishna was urging him to fight, not the violent battle, but the internal one of the web of attachment.

Some attachments can be so severe; they take on the form

of a 'vein'. The vein channels the blood, the life force, from one organ to another. In the same manner, the 'blood of attachment' affects all those to whom you are attached. If something happens to you, it is as though it is happening to them, such is the influence of the attachment.

Arjuna was a spiritual warrior. The very meaning of his name is the one who cannot be defeated. We are all being called on to be Arjuna, the spiritual warriors who are not defeated by life's trivial games.

After having conquered our attachment to people, money and possessions, food and taste buds, clothes and comforts, our final battle will be with our attachment and identification with our body. The 'departure' needs to be so smooth and natural, as familiar as a mini-meditation. The feeling is of moving from one floor to another – from this worldly plane to another. No tug of war, no pull of the body, people or comforts and absolutely no pain – the soul simply flies on.

Meditation is, in fact, like a mini death. We learn to separate from the consciousness of this body and fly beyond to our Home of Light. The more we practise this, the more in fact, our "battles" will reduce!

**Its time...** to look within and seek out the enemy. The spiritual warrior blames nobody, and takes full responsibility for the self and the battlefield he has found himself in. Cut those veins of attachment that drain so much energy from the soul, kill the ego, become light and most of all learn to smile because you are that Arjuna and your victory is guaranteed!

## LOVE: IT'S WHAT YOU WERE BORN TO DO

– B.K. Kristina, USA

**Not something you get or give**

**It's who you are and how you live**

**It's seeing beyond the layers to the Light**

**Understanding everyone's feelings are right**

**Sharing from the innocence of a pure heart**

**Allowing others to play their part**

**Realizing you are full and overflowing**

**Trusting your Inner Voice and knowing**

**Being happy and sharing happiness too**

**Giving full attention to all you do**

**Believing in someone's capacity to change**

**Operating from the present, letting trust reign**

**In a glance you can know it all,**

**Whether it's love or ego's fall**

**If it's care, compassion and faith**

**Or If it's fear, suppression and waste**

**Wanting to take this or that from the other**

**It's time to awaken the Mother!**

**The Mother inside, who can nurture and heal**

**Here, Mother Earth teaches a great deal**

**The Time is upon us to realize our fate**

**That we were born to give, not to take**

**Receiving is the natural residual**

**When each one is a Loving Individual!**

**Love, It's what you were Born to Do...**

# JOURNEY BACK TO THE SOURCE

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Sometime in the month of February 2013, I happened to watch a TV program 'Awakening with Brahma Kumaris' and liked it so much that I made it a point to watch it every day. I was amazed with the kind of insight and clarity sister Shivani has in spirituality but it was more appealing to me because what she shared matched with my belief system as well. Soon, I started looking out for a B.K. Centre to learn more about the organization and its ideology. I saw a board of Brahma Kumaris on a residential flat near my residence.

One fine Sunday evening I reached there, knocked at the door, and waited patiently for a while. A gentleman named B.K.Ramesh opened the door and when I mentioned the intention of my visit, he called me inside. He informed that it was a Gita Pathshala (Sub-centre) of the Brahma Kumaris organisation run by him. We discussed certain aspects of the spiritual knowledge and he invited me to learn Seven-Day course of Rajyoga Meditation, of one-hour duration daily.

– B.K. Rajib, Lohgaon, Pune

The next day, April 15, I reached the Gita Pathshala at 7 a.m. to join the course. I attended it very earnestly. After completing the course, I was told that I could attend Murli class. I also came to know that Murlis are the direct words or versions of Incorporeal God Shiva, i.e., Shiv Baba, spoken through the corporeal medium of Brahma Baba and Murli for each day is different. Moreover, the same Murli is read out in all the centres of Brahma Kumaris across the globe, every day. I was also told that the aspirants or spiritual seekers find answer to their queries in the Murlis and I might find answer to my questions in these Murlis itself. Though the Murlis had been spoken long before, they are actually read out on a particular day. I had a question in my mind as to how one could anticipate the questions and concerns of people and design Murlis to suit to their needs. But again that question doesn't arise if you believe that the Murlis have come straight from the wisdom of the all knowing God Himself. **Besides, it is**

also a firm belief of the organisation that history and geography of the world are cyclic in nature and repeat identically after every 5000 years.

On 28<sup>th</sup> April, which was just my second day in Murli class, I asked Bro. Ramesh, before the start of the class, a question as to 'who are considered the surrendered souls. After having answered my question, Bro. Ramesh started reading the Murli and to my astonishment, the essence of that day's Murli was the same which I had asked him before.

This affirmed my belief that in Murlis, we can find answers to our deepest concerns or questions. I have never believed in coincidence and instead, always believe that anything and everything that happens, happens for a reason and because it has to happen.

We discussed this incident and it has been clarified that whenever you establish a connection with the Supreme soul, what you think about or ask Him gets communicated to Him and accordingly you get a response from Him. As you go on making your connection stronger and stronger with Shiv Baba, the Supreme Soul or God, you'll have such experiences on a regular basis.

For me such an experience was the first of its kind and

indeed a thrilling one. It reassures me that I am on the right track and gives me the impetus to follow the directions and the knowledge given by the Supreme Soul. Peace is the original state of every soul and my journey to get back to that position has just begun and it has been a wonderful beginning. We commence this journey by making our mental and intellectual connection with the Supreme Soul and as we go along, our connection and relation with Him go on becoming stronger. Therefore, how far the destination is doesn't really matter here as the journey in itself, along with the Incorporeal Purifier, is very beautiful.

I just wish that more and more souls undertake this journey back home and also be a part of the divine mission set by God Himself

for re-establishing the Golden-Age – the Age where there is only peace, happiness and bliss all around. One may wonder how it is possible to communicate with God but all we need is to start with a belief.

In spirituality, it doesn't matter how much knowledge one gathers but it requires individual first-hand experience to realize the Truth. To cite an example, if one is told that God exists and these are His attributes, one will not know it for sure or will not actually feel His presence till the time one realizes it. To get that awareness, one will have to first assume the stated fact to be true and then follow the path of realization. When realized, it will become one's own wisdom and the feeling of that consciousness will put them in a state of absolute ecstasy.

## THE PENULTIMATE CHANCE

– B.K.Ranjit Fuliya, Delhi

When soul has liberty to play its role  
Will it hasten to reach cherished goal?  
At the time of final hour  
Will it be able to achieve power  
For that intellect has to be clean  
Opposite obstacles, never to lean

Though sufficiently warned in advance  
To make the self, transparent at a glance  
And consider the costume you're seeing  
Just a medium to express inner being

Then he remembered  
The lovely lore of Baba  
Compassionate care, affectionate embrace  
Inspiration received and divine grace  
Support of divine kith and kin  
High zeal and zest to win

Had he earlier realized these treasures  
And utilized time in full measure  
Surely he could have been fit to lead  
Conquering all vices—arrogance and greed

Lust could have been sublimated in pure love  
Subduing anger, to be a dove  
Attachment transformed into pure wish  
Jealousy couldn't be there to prick

Don't despair, my dear child!  
Be ever sincere, simple and mild  
You are allowed a grace in time  
Though already past what was prime

Still he resolves to change  
Though others might find it strange  
The rod of Dharamraj  
The race for Swaraj  
The stage of Sovereignty  
Purity, Peace and Plenty

All his efforts have wondrous effect  
Nullify negativity, make him perfect  
Divinity, innocence and selfless glee  
Cut all bondage, make him free  
He has vision of a Golden Age  
Self as a Sovereign at world stage

Nature is quiet, supple and pleasant  
Laden with inner treasures, wise and vibrant  
In unison, sing with him, all the creatures  
With exotic talents and pure features.

# POLITICS AND SPIRITUALITY



– B.K. Sridhar, Salem, T.N.

A good politician is one who works for the welfare of the people and the nation. However, it is usually seen that leaders with authority are corrupted by political and personal ambitions. There have been benevolent leaders but mostly those who have high position, use their authority to exploit people for their personal ambitions. Therefore, there is a greater need to bring Politics and Spirituality together. Spirituality plays an important role in bringing about political stability, harmony and good rapport, thereby creating a healthy atmosphere. Today we have politics intertwined with religion. Religion's interference in politics **or to put it differently, political interference with religion** tends to divide people on the basis of religion, caste and class differences. It is a bitter fact of contemporary History that more than 70% of the wars, all over the world, are being fought in the name of religion. However, what spirituality does is that it helps

one to rediscover values inherent in him, to love and manifest peace while doing away with rigid and orthodox religious beliefs that create fear, hatred or repression. In this context, spiritual values need to be imparted to the people in all walks of life especially to those who are in power, so that they become more righteous and spiritual.

## **Current Political Scenario**

The duty of the representatives of people is to render selfless service to the society without any expectations in return. It is not only their duty but also their 'responsibility' to fulfill the basic and essential needs of the people who have elected them. Then only they can be regarded people's true representatives and good leaders. But today's political scenario is quite different. Politicians use their powers more for their personal gain than for the service of the people.

Politicians should have the realization that they are on the 'stage of world drama' and are

being watched by the people, so they should maintain decency in their behaviour. Control' is the state of mind in which personal feelings and ego should not play any role. Nowadays, politicians abuse their powers and silence those who express opposite views and thus suppress human rights. It is thought of as 'Control' (law and order situation). Can the 'Control' by those who don't have self-control or don't have any regard for human life, be beneficial to the masses?

## **Simplicity – Tolerance – Responsibility**

In order to disprove the saying that "politics is a snare" people's representatives should follow core values like integrity, simplicity, tolerance and responsibility. There have been examples of leaders who rose above personal ambition and kept the respect and honour of their position like Nelson Mandela, Mahatma Gandhi, Lal Bahadur Shastri, Dr. S. Radha Krishnan, Jawaharlal Nehru, Abraham Lincoln, etc. Gandhi and Martin Luther King faced 'violent suppression' but they responded with peace, humility and tolerance. Such leaders are honoured and highly appreciated for their values like simplicity, patience and honesty. They also remind us that in order to become a true leader

one has to focus on spiritual values of love, compassion and self-awareness as much as on the important goals of social change.

### **Politics and Spirituality**

Nowadays, people want that politics should be based on spirituality, and it should be guided by moral values – a politics that doesn't cater only to self interest and pit one group against another. People want their leaders to live up to certain values. 'Spirituality' is not about religious conversion or forcing one's opinion on others. Bringing spirituality into politics means to create and develop an atmosphere of religious harmony, selfless service, sacrifice, honesty and responsibility and above all having an inherent respect for human life at all levels.

### **Brahma Kumaris in Political Service**

Political leaders are not only responsible for socio-economic development but also for creating harmonious and prosperous society. With this aim in view, the Brahma Kumaris organisation through its 'Politicians' Service Wing' has taken the initiative to spiritually educate the political class so that they practise value-based politics, transparency and honesty in public life.

**Here are some golden thoughts for the People's Representatives:**

- i) Service to humanity is service to God.
- ii) Listen to others' opinions with tolerance and respect their feelings
- iii) Observe dignity in speech and action, particularly during the Assembly sessions
- iv) Realize that the power and privileges are only to serve the mankind.
- v) While expressing opposing views, try to maintain patience, temper and control.
- vi) Assembly and Parliamentary sessions should commence, after observing silent meditation for a few minutes.
- vii) Shed off feelings of revenge as it spoils both body and mind. Try to forgive and forget.
- viii) Every word uttered by politicians reaches the people immediately through media, so exercise utmost care and responsibility before uttering any word.
- ix) Of course, confidentiality and secrecy may be essential for some activities in administration, but the personal and public life of administrators should have certain amount of transparency.

If political leaders follow the above values and guide the people accordingly, they can surely lead the nation to greater heights.

## **THE GLORY OF DIVINE PRESENCE...!!!**

**–Aarzo Mehek,  
Hyderabad**

Don't waste time perfecting imperfections of life  
Understanding life removes veil of doubt from eyes  
Acceptance of reality should be essence of life  
Adjust to all adversities and walk with pride

Wise are those who make the best and move with time  
Not regretting later when one reaches life's prime  
It's always best to approach the divine presence  
Instead of living the life in false pretence

Growing in the shadows of knowledge so divine  
Seeking solace in the company of souls sublime  
Covering our delicate self with the Armour of Meditation  
Cleansing impurities, layer by layer, and getting Salvation

Let God's love filter confusion; let your life flow  
Let your eyes glint with joy, let your persona glow  
Let your dreams and desires take new wings  
Surely make it happen amidst life's swings.

## ***THE SEER OF THREE ASPECTS OF TIME***

– **B. K. Surendran**, Bangalore

**W**e are all aware that the problems in the world are increasing. Nobody can escape from the negative influence of the atmosphere of this world. The human and natural environment is polluted, criminalised and has become almost intolerable. Nature has been cruel. This year's hot climate has put people into a labyrinthine surrounding. It is unprecedented. Based on our experiences over the years, the intensity of the hot weather has been on the increase year after year. Many right thinking people are seen to be lamenting over the state of affairs of the world. But, there is very little contribution on their part to ameliorate the appalling conditions of the world. There are many people who are very good. But, they possess what can be called inactive goodness. They think what difference it makes in case they start doing something to improve the conditions of the world. They do not realise that they should take

the lead to transform the situations. Instead of understanding this aspect, they blame other people for the situations occurring in the world. In fact, the contributions to provide a soothing effect should start from each one of us. We normally take a decision based on the present time. Quick fix solutions are the order of this world. We are in a world of 'problem-solution, problem-solution' syndrome. The consequences of such solutions are seldom thought of or looked into. Nobody has time to think of the reason for the unpleasant situations emerging before us. Similarly, we try to judge a person based on his lone act of misdemeanour which has come to our notice now. We have not tried to go into his past, which may be because of the injustice meted out to him on a number of occasions forcing him to act like this. It is here that we should be able to look at the three aspects of time-being in the attitude of 'trikaldarshi' and understand

the consequences of our action in the present, past and future while being in the present. Then only we will be able to dispense justice and also safeguard ourselves from inflicting injuries to those who are already wounded and seeking justice.

**In order to be a *trikaldarshi*, some points of knowledge and experience are shared through the following lines.**

➤ **Be free from exaggeration and question mark.**

Normally if anything negative happens, we are caught in a series of question marks and exclamations – 'How', 'why', 'what', 'who' and so on. This creates a lot of wasteful and negative thoughts. These thoughts create vibrations of uncertainty and restlessness in the atmosphere. Sometimes we are not ready to accept what has happened. This resistance adversely affects peaceful solutions to the problems. We should know that questions and exclamation marks do not solve problems. All bad and good situations are brought about by us. We are responsible for what happens to us. We need to accumulate the power to face and accept situations as they are. This helps us to face the consequences and move forward.



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➤ **Be a witness and avoid hasty actions.**

It is observed that normally we react in haste in negative situations which end up in further complications. Such situations call for caution and attention to understand what exactly has happened. We should have the stage of being a detached observer where we experience and witness every scene as though we have repeatedly seen it many times. In this mindset, we free ourselves from the negative influences of the situations. Unless, we detach ourselves from the event, we cannot empower ourselves to handle such situations successfully. It is not at all advisable to do anything in haste. As the saying goes haste makes waste.

➤ **Converge at the right perception**

Our perception of a situation and the people involved in the situation get distorted through the influence of our childhood experiences, our company of friends and family members, our peers, teachers, our education, our past experience in life and the field we work and so on. Unless we have the right perception, our response to the situation will get distorted to that extent whereby our power of discrimination and judgement

will also get blurred. We will misinterpret the situation. We cannot analyse the situation properly and therefore we cannot be *trikaldarshis*. In order to come to the right perception, we must uplift ourselves from the external and internal influences and stabilise ourselves in soul-consciousness and God-consciousness.

➤ **Foresee the consequences**

Before initiating any response, it is necessary for us to understand the consequences of our action in advance. Once the action is initiated, it will not be possible to alter it. Hence, based on our experiences over the years and also with the power of knowledge, we can understand the result of our action. While initiating action, it is necessary for us to analyse the pros and cons of the result. For example, someone may get angry instantly. This is because, that person has not properly analysed the situation and foreseen the consequences of the action of being angry. To be *trikaldarshi* means to have the awareness of past, present and future and performing actions accordingly. To see in the past where you slipped up; to be more careful in the present and not create opposite to what you want in the future— You know that if you get angry, others will

also react and this is not what you want; and to see the future as the goal that has to be achieved by working in the present. Those of us who are in the spiritual path also know that we are the in auspicious Confluence Age. We can see the three aspects of time in the cycle of creation. We are looking at the Iron Age on the one side and on the other side we are looking at the Golden Age while being in the auspicious Confluence Age. Seeing the contrasts allows us to discern and decide where to direct our attention and focus our creative energy. We know that our virtuous actions in the auspicious Confluence Age will reap fruits for 21 births in Golden and Silver ages.

➤ **Maintain silence of the mind**

This is one of the most important attitudes we should create in order to be a *trikaldarshi*. The silence of the mind creates freedom for the self to foresee the three aspects of time clearly. When the mind is silent and uncluttered, everything becomes clear in that stillness. This helps us to remain in the present while seeing the past with much more understanding and the future with a sense of hope and enthusiasm. We will not be

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trapped in the vagaries of the mind and neither jump to any kind of wrong conclusions. When there is silence in the mind, we can also discriminate and judge men and matters properly. We will be able to foresee the three aspects of time, the consequences at the beginning, middle and end of an action. Rajyoga meditation helps one to generate the power of silence.

➤ **Karma philosophy**

We are all very well aware of the philosophy of karma. Our karma decides what we should be in life. All of us know that as ‘we sow so shall we reap’. Right from the act of thinking to the accomplishment of any task, we are sowing the seed of action in the field of life. Therefore, we need to be aware that the seed should be of good quality. Our thoughts, words and actions should not disturb the peace and well being of others. As and when we start sowing, we should look into it that very good quality seeds are selected and sown so that very good quality fruits are reaped. We can decide, shape and create the best future for us when we sow the seed of action. Thus we will have control over our

future. *Trikaldarshi* is one who is practically regulating the passage of three aspects of time. He understands that all actions are performed in the context of the consequences of past actions performed in this life or in the distant past of previous life time. Sometimes we do not see the connections but one who is a *trikaldarshi* recognizes that what we are experiencing are the results of actions or a set of actions we did in our past or are continuing to do in the present and what we do in the present also has relevance to what we will experience in the future. We need to realize that the past and the future are hidden in the present. The only real time we have for creating our future is the present. We can create the future of our choice of love, peace and happiness. The knowledge of karma teaches us that we are not only the creators of our little world but also the partners or helpers of God in co-creating a world of tomorrow, a world of peace, love and purity. This realization makes us self-contented and a carefree emperor because we know that what has happened is good, what is going on is good and what is

going to happen is also good. When we are *Trikaldarshi* we perform elevated karma in a way that we constantly grow spiritually with enthusiasm and zeal.

➤ **Learn from experiences**

Our life experiences over the years have taught us that our hasty, thoughtless and rash actions have created unpleasant and miserable situations in our life. It has perhaps happened many times. Our experiences have taught us the best lessons especially in dealing with men and matters. Normally, people think constructively after something has gone wrong. First they will do whatever they want to do and then they start thinking when things go wrong. Now we are convinced that it is necessary to be a *trikaldarshi* right from the stage of thinking. The pain and pangs are the signals that life offers us. We need to learn from them and understand them if we want to travel well ahead. As has been beautifully said: “I am strong because I know my weaknesses. I love unconditionally because I have had hate directed towards me. I am wise because I’ve been foolish. Everything I have lived through has taught me lessons”.



# KARMA YOGI



– BK (Prof.) Ved Guliani, Hisar

**M**an has often found it difficult to reconcile with the concepts of ‘Karma’ and the ‘Law of Destiny’, they seem diametrically opposed to each other. They think that where there is a question of destiny, the law of Karma cannot be applicable. Let us, at the outset, understand that the origin of all actions i.e. *Karma* is in thought. In fact, *Karma* is the thought in its practical or material shape. Once an action is performed, the effect or the result is bound to follow. As Newton’s law also states “Every action has an equal and opposite reaction”, meaning thereby that a *Karma* must be followed by its result.

To further clarify the integral relation of *Karma* and destiny, we need to understand the concept of soul. The soul functions only through the medium of our body. It uses our sensory organs to perform any action, howsoever subtle it may be. And whatever the soul does, by way of actions, it must get the reward or punishment for that. The consequences of an action are inescapable whatever be the type of action i.e.

*Sukarma, Vikarma* or *Akarma* (Positive, Negative or Neutral Action). Hence it may be said that *Karma* and Destiny are integral part of human existence on this earth and not opposed to each other as often thought.

Something that the common people often forget in their view of the destiny vis-à-vis karma is the motive of the doer behind any action. Seemingly, an act of charity may not be so when viewed from the intentions of the doer. Very often in our present day materialistic world, we are witness to such acts which may seem useful and benevolent to common people but are done with an intention of avoiding income-tax or even with the intention of humiliating one’s business rivals and so on. In such a case, should we appreciate such an act as godly or deserving of God’s blessings as some other act done with a clean heart and purest of intentions? Naturally the conclusions that we often draw in such cases of someone’s material sufferings may be biased with what appears on the surface as we might have

viewed one’s present seeming life and we may have missed the motives and intentions behind deeds of such a soul.

On the other hand, we also have a tendency of growing indifferent to any situation which seems to be beyond our comprehension. We often give up the initiative of strong, rational and meaningful action saying that it is our destiny to suffer. Of course our past *Karma* influences our present state of life yet inaction on our part is not the solution to any situation. Apparently there may seem to be no reason for our present sufferings, or joys for that matter, but it cannot be said that we are ‘doomed to destiny which is out to punish us for no fault of ours’. Sometimes we see ourselves as victims of destiny or of a cruel fate. But it is not that things just happen to us; they happen because of us. It shall not be wrong to say that our present is based on our past actions and our present would determine our future.

In other words, we may say that the theory of *Karma* and that of the Destiny are not as simple as they are taken to be. The law of destiny is based on all our actions that we perform in the course of the Kalpa cycle and naturally one keeps performing actions from one birth to another. Moreover, if

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we could remember the actions of our past births or in other words, if we could know our future on the basis of those actions of the past, life would be meaningless. Yet we all perform one or the other action, good or bad or even neutral, with the knowledge that it will reap results in the coming future. No one does even the smallest fraction of an action with an assurance that there will be no result of that action anywhere. So when the holy men tell us to perform pure, good and benevolent actions, they mean that we should avoid all those actions which may entail painful results in the further.

Destiny is nothing but the sum total of the consequences of all our deeds presented to us in a coherent form of situations and conditions involving many other persons as well. However, it is man's actions, their quality as well as quantum that lead to one's future life and also have a deep impact on his thoughts, words and actions. We often find that

people lose their temper, but soon afterwards they lament and apologise. In such a case their action (anger) determines their future thought and action (apology). In simple manner it is the action that created the cause of future event i.e. one's destiny and this destiny in turn again becomes the cause of future action. So, one may say that the whole concept of action and destiny is intertwined and complex.

Now the question would be what should one do? What should be one's approach to any or each of his actions? In fact, being a *Karma Yogi*, or an ideal performer, is not as difficult as we often think. If we perform our actions in remembrance of God and also with a view to maintain our relations with Him as intimate, joyful and productive, there is no reason that man would have any doubts about the cordiality or meaningfulness of his actions. Presuming God to be an observer of all our actions would keep us on the right path automatically and without much

strain on our mind regarding how our destiny will unfold.

One thing that comes out from the above situation of a doer is that one's actions would become 'actions without labour'. When one feels contented that he or she is performing all actions under the observation and directions of none else but God, it will not involve any tiring effort to accomplish. A *karmayogi's* actions would also be without any bondage of the body. Since all his actions are under the direct supervision of God, there can be no bondage nor can there be any displeasure, whatever the nature of his actions.

In nutshell, a *Karmayogi* fills himself with power which transforms his actions from the material to the divine; it also leads to a change in his sanskars. He also attempts through his actions to draw upon the qualities of the Supreme. Thus, he not only rises above the mundane but also tends to display in his actions the ideal traits of a divine personality.

We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. See how nature – trees, flowers, grass – grows in silence see the stars, the moon and the sun, how they move in silence...we need silence to be able to touch souls.

**–Mother Teresa**

# SAY “OM SHANTI”



– **B.K. Vijay Bhasker,**  
Khandagiri, Bhubaneshwar

Generally people greet each other with “Hello”, “Namaste”, “Namaskar” and so on, as per their culture or society. However, the students of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya greet and address everyone with “Om Shanti”. This two-word address has a place of immense importance in Indian culture and its literature.

The word “Om Shanti” not only reminds us that we are “Peaceful and Pure Souls” but also brings to our knowledge that we are the most beloved Children of our Supreme Father, God Shiva. He is an incorporeal Point of Light, the Almighty, whom we call “Shiv Baba”.

When we come to know that He is our Father, there is no need of praying for His love, begging Him to help us, pleading for His mercy upon us or requesting Him to fulfill our wants or to bless us with health, wealth and happiness etc., in life.

Praying and pleading God for protection prove that we do not have faith and confidence in Him. It shows that there is an

element of uncertainty and wavering of faith in Him. We remain doubtful with thoughts – “my work will be done or not”, “my problem will get solved or not”, “whether I will be successful or not” and so on. Normally the children in the company of their worldly father are least bothered about anything and always remain carefree and happy. Then as the Children of the Supreme Father, there is no question of fear at all in our life because we know He is always with us. We know it is our birth right to get everything from our Divine Father.

As we remind ourselves that we are the direct children of God, it gives us a sense of belonging. I belong to the Father and He belongs to me. So, pronouncing “Om Shanti” with understanding brings so much of confidence in us. It reminds us of our own eternal form and helps to remain in the consciousness and awareness of our divine relationship with the Supreme. It is not the sign of any cult.

The greeting ‘Sat Sri Akal’

indicates that the speaker comes from a Sikh family; ‘Namastey’ denotes the speaker is Hindu; ‘Asallaam-ale-kum’ brings to mind the Muslim culture. However, “Om Shanti” reveals that “I am a pure Soul, ever in peace”. It makes us “soul-conscious” and opens our Spiritual Heart to the entire universe and makes us compassionate for the whole mankind. We can extend the healing power of love and peace to the mankind trapped in the vicious slush of mental and physical sufferings. The elements of nature have also lost their balance. The whole world has become chaotic and sits on the dangerous dump of ammunitions which may turn the Earth into fragments any time.

It is, therefore, high time to serve the world. Since physically it may not be possible on such a large scale, the purpose can be achieved only through our soul-conscious state.

When we are soul-conscious, we consider all souls to be children of God, we develop the feeling of a family where everyone belongs to one another. In the soul-conscious state we can send our thought vibrations full of love and kindness to the entire globe, thus healing the nature and the

world. We start thinking positive for the welfare of others; friends or foes, alike. We receive positive energy from the Almighty and transmit it through our mind to the needy and the suffering. This is the “Rajyoga” (Meditation) taught to us by the Supreme Father. There are twin benefits of this process – 1. Our account of Charity grows and 2. Those who receive the vibrations start getting better, feel comfortable and find relief even if not cured totally. By rendering such services, we realize the purpose of our living on this Earth. This brings happiness and satisfaction in our life makes us blissful. In return, the Supreme Father serves His children as per His promise in *Shrimat Bhagwad Gita*, “*Y o g a k s h e m a m Vahamyaham.*”

The loving grace and presence of God not only bring peace and tranquility in our life but also help us to connect with other souls with an attitude of love, acceptance and understanding. Therefore, let us always say “Om Shanti” with thoughts of peace and blessings to everyone.

## SWEET ELEVATED VERSIONS OF MATESHWARI JAGDAMBA SARASWATI: WHAT IS THE REAL MEANING OF THE WORD “OM”?

**S**ince we say “Om shanti”, we first of all have to understand the meaning of the word “Om”

in the real sense. When we ask people, they give a long and complicated meaning of the word “Om”. Many people chant “Om” very long and loudly. They have even made

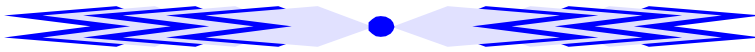


a huge scripture on “Om” but, in fact,

the meaning of “Om” is not so long and complicated. God Himself has explained to us a very simple and easy meaning of “Om”. That meaning is explained to us by God so that we can meet Him. God clearly says: Children, the meaning of Om is: I am a soul and my original religion is that of being an embodiment of peace. We now have to remain stable in the meaning of Om. Om means: I, the soul, am a child of God. The main thing is that we simply have to stabilise ourselves in the meaning of “Om”, not just recite “Om” loudly. This has to be retained in the intellect. You have to remain stable in the meaning of “Om”. Although those people give a long explanation of the word “Om”, they do not remain stable in that form. However, we know the form of Om and that is why we are able to remain stable in that form. We also know that God is the Seed form and that we have now received all the knowledge of how God, the Seed, has created the whole tree.

The root of all suffering is desire. – **Buddha**

# RAJYOGA—PANACEA FOR LIFE



— B.K. Suchi Kumar, Hyderabad

**B**orn and brought up in a Hindu family, I got my education in Hyderabad. Since my childhood, I have been inclined towards religion and righteous way of life. I believed in the unity of mankind and would visit holy places of all religions. As a child, I often used to think that performing good deeds and doing charity is something that humanity needs today. These *sanskars* helped me take the role of an active social worker in my childhood itself. An electrical engineer by qualification and an analyst by profession, I have been employed in an international I.T. organization for about eight years.

Though I had been listening to sister Shivani on Aastha Channel since 2008, it was actually in October 2010 when I finally decided to visit the Brahma Kumaris, in a perplexed state of mind. I had reached a depression and all I needed was some peace of mind and strength to cope with the existing situation. The first lesson on

soul, during the Seven-Day course, was easy to understand as I had already read the Gita a couple of times. What seemed to me the herculean task was sitting in yoga. As soon as B.K. sister would start a commentary on the soul, I would start getting restless and I could not concentrate at all. The commentary lasted for five minutes which it appeared like five hours to me. Such was my mental state.

I would sit in Baba's room and cry, hoping and praying for things to change and improve. Meditation was a tough nut to crack. I could not slow down my thoughts. Over time, things started getting better. I found solace in Baba's gyan. Situations remained the same but I found myself less disturbed. Now, I had started enjoying yoga. Yoga helps the soul stay calm, avoid waste thoughts and remain steadfast and strong internally. I started looking forward to visiting the center and sitting in Baba's room to enjoy His company. I was in love with Baba, Murlis,

yoga and the divine family. Within three months, I was a different person—totally out of depression and very happy with life. People around me started commenting that I had become calm. After regular practice of yoga, I started getting less impacted by the negativity in outside world. I found that my powers to tolerate and cooperate were increasing, even when others' behavior was not appropriate. Now, with better understanding and regular churning of knowledge, I have become stable and less prone to mood swings. Earlier when I would see outrageous scenes on television or would read violent cases in the newspaper, I would get very disturbed. Now that I realize this is a part of Drama which is fair and perfect, I find myself much more compassionate and detached.

With time the challenges in life took a new shape. Following *Shrimat* was getting difficult as my parents are not in gyan. Satvic food, without onion and garlic, was difficult to get. With long office hours at times I find it a little difficult to come home and cook. However, over time I ensured that I take only *Satvic* food as I noticed that non satvic food impacts yoga. To have harmony at home, I cook for the family whenever possible, in

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Baba's remembrance and try to remain more patient and tolerant. At times, I need to go to bed late due to long office meetings and work. I, therefore, find it difficult to get up for yoga during Amritvela. In such cases, I meditate as soon as I wake up.

When I came to the Brahma Kumaris, I was searching for peace. I wanted to get rid of the mental turbulence and needless to say I came to the right place for the right thing. I found support from God. What else could I have asked for then? Now, sometimes I am thrilled with the love and affection I get from the B.K. family but sometimes I also miss the worldly attractions such as enjoying party food etc. In one of the *Avaykt Murlis*, Baba had asked if the limited attainments of Maya still attract children. I confess that in my case, it does. I, however try to keep myself away from *Maya's* attractions. I know I have a long way to go and have to make constant effort. Whenever I fail in my efforts or I don't live up to my expectations, I look at waves. Waves are inspiring not because they rise and fall but each time they fall, they never fail to rise again.

I find myself in a dilemma when I think about future. Working for an MNC does not give me enough time to devote to Baba's service. However, I have decided to leave it to Drama and focus on preparing for Baba Milan in the coming season. I have decided to do the homework given by BapDada diligently, to enjoy the forthcoming Milan as much as I can. Morning yoga, reading the Murlis, traffic control, and night chart and satvic food is something I follow regularly.

It has been close to three years now and I may not boast of any extraordinary experiences, but I am really inspired by this divine way of life. I am here more because I get a lot of love and care, and it is a safe place for sincere spiritual seekers.

A few things which I have learned here are

never to get disheartened seeing others. Each soul has its own journey and each soul's effort is different. Comparing does not help, it just adds to stress. Baba's versions or *Shrimat* are guidelines for a better life. In case due to any circumstance, if you are unable to follow if fully, don't feel guilty. Guilt is also body-consciousness. Continue making efforts to follow *shrimat* as much as possible. Yoga and effort making should be consistent. To reap maximum benefits, practise meditation daily. Maya will attack; the key is to continue fighting and making effort. Finally, it is my journey and my part in the Drama with Baba. I am unique and so is my part and journey!

## INNER GLOW

– Saanj Thimmayya, Bangalore

**Oh, to seek and create happiness  
In a cruel world so full of tears,  
Each face a picture of loneliness  
Every heart a knot of many fears.**

**Many hapless, looking for an anchor,  
Someone to keep you safe and secure.  
Hearts heavy and burdened with rancour,  
Yet searching for something that's pure.**

**Within the deep recesses of you and me,  
Looking for the essence of existence,  
Seeking high and low, yet failing to see  
The perennial source of all our radiance.**

**Twinkle and glow, sparkle and shine,  
In each personality a heavenly star.  
For deep within, lies a sacred shrine  
A radiant beauty that glows from afar.**

**Burst into the blazing flames of love  
Learning to 'let go' and to just 'be'.  
Seek, blessings from the One above  
And set your radiant Inner Self free.**



# RELIGION



– Raghunathan Vyaghrapuri, Gurgaon

What is ‘religion’? Most people who consider themselves secular in their outlook as well as tolerant monks and priests of a few tolerant religions, give it a convenient definition, convenient to buttress their secular credentials: “Each religion is a road leading to God”, like the proverb “All roads lead to Rome”. Yet the followers of most religions will never agree to this simple ‘secular definition’; because they have been brainwashed to look at humanity in two blocks: those who follow one’s religion are ‘believers’ or the ‘faithful’ and the rest are ‘non-believers’ or the ‘unfaithful’. Each has his own ‘god’ and proclaims with conviction that his god is the only God and the gods of others are not gods but demons! For them, only their individual road leads to ‘Rome’ and the rest to ‘hell’! So, the oversimplified definition is not accepted by most of the human beings, though it may be good to adopt that definition in order to inculcate tolerance amongst people belonging to varied beliefs and thereby ensure

peace in the society.

I am not an atheist nor am I a very religious person. I believe in God’s existence more as a form of ‘force’ or ‘energy’ with which one can align oneself and stay in unison with it. That notwithstanding, I find Richard Dawkins’ “God Delusion” to be a convincing book in many parts. I shall restrict myself here to the part which is germane to the topic under discussion. If a child is born to a Christian or Muslim parents, is the child a ‘Christian child’ or ‘Muslim child’ as the case may be? In today’s society and the societal systems and establishments we have evolved over centuries, the answer is ‘yes, the child is a Christian or Muslim depending upon its parenthood’. Does the child feel so at the time of birth or in the initial years? No. The child is just a child; we start indoctrinating the child depending upon what religion we as parents were asked or ‘conditioned’ to follow by our parents and the society around us. Dawkins very clearly exposes how a child born to

parents of a specific religion is forced to believe that he/she also belongs to that religion. This part from this book, I liked most, for no one can contest the fact that no new born child carries with it a sticker that he/she is supposed to follow the dogmas and rituals that his/her father and mother have been following without ever questioning them, because they were handed down to them by their society or community or clerics! Amy Chua’s memoirs, ‘The battle hymn of a Tiger Mother’, which has recently hit the stands, brings this out very well: **We were told that our parents knew what is best for us and so we followed what they told us, blindly.** We never applied our mind – if we did, we were chided; we were told that the priests/clerics/hymns/psalms have ordained that we follow what we have been told. Anyone who questions commits a sacrilege! This is what Amy brings out in her book: how with the iron fist her mother imposed upon her and her sister everything including what courses she and her sister were to study and what games they should play. Because she knew what is best for them! If they tried to oppose they were made to stand the whole night in the cold outside the house half naked!

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(Equivalent of the religious ostracism that takes place in almost all the societies or the ‘fatwas’ issued by the Muslim clerics to murder the perceived blasphemer!!) At the end of the story, the daughter rebels and shouts at the dictatorial Mother ‘I hate you; you ruined my life’.

In a broader sense, by indoctrinating the innocent child with our beliefs and prejudices – the basis for which we are ourselves unsure except that they were time-honoured societal cum religious norms – are we not killing the ‘instincts’ of imagination, creativity and curiosity of the child? If we say we (meaning our ancestors or the priests and clerics who have laid down the dogmatic rules and rituals) know what is best for the child, so did Stalin impose his prejudices and preferences on almost the whole of Slav race; so believed Hitler, Mao and innumerable dictators! Religion thus is a codification of dictatorial dictums, threatening the people who oppose with punishments, violence and indignities by a collective body called ‘the society or religious community’. Is it not boorish and primitive existence? How can, therefore, **‘Religion’ be the road to God?**

A child when born is

irreligious. If he/she is allowed total independence of thought, then the child will start questioning the various forms of existence, the process of births and deaths, the variety of forms of manifestation of Nature and then evolve his/her own religion or ‘road to God or Truth’. He/She will never have any intolerance to others following different routes in search of ‘God or Truth’, for he/she will understand that there is no single way in which all communicate with God (I use this term to refer to the ultimate Energy of the Total Consciousness of entire cosmic manifestation which includes we earthlings as well) and be in communion with Him; in fact, because the child was allowed to grow in an atmosphere of ‘free thoughts’ without any dogma or ritual superimposed on him/her, he/she when grown up is comfortable with whatever method each follows to seek ‘the ultimate truth’, the objective being just one and the same. Only, if such freedom of growing up is allowed in the entire society, we can accept the secular definition: ‘all religions lead to the same God’. In that sense if we are six billion people on the earth today, there are six billion religions and

all of them lead to the same point of zenith – call it “God” or “the realization of the Truth”. I dare say that there may be groups attending mass in churches, praying (doing ‘*namaz*’) in mosques and attending ‘bhajans and poojas’. But the individual in each of these groups even as he/she is engaged in the ‘combined activity’, is communicating with God in his/her own way. Each has a way to plead, implore, seek God, rituals notwithstanding: that is what is called the unison of the soul with the ‘total consciousness’. The greater the unison, the greater is the resonance. That is why the degree of ‘realization’ each attains varies from person to person. The ones who achieve the greatest resonance become the Swami Vivekanandas and Mother Teresas.

Permit me to digress a bit here. I shall return to the topic at the close of the paragraph: Before the dogmas of rituals and ‘Manu’s rules’ were imposed on the human society in the geographical territory that we call the ‘Indian sub-continent’ today, the child who was born ‘free’, was allowed to grow up in total freedom. He was merely taught to be grateful to his parents and teachers and

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hospitable to the guests: “*Matru Devo bhava, Pitru Devo bhava, Acharya Devo bhava, Atithi Devo Bhava*” (Mother is your God, Father is your God, Teacher is your God and the Guest is your God). Beyond that he was not put to any indoctrination: He was not asked to worship X God or Y God, nor was he told that he belonged to A or B religion. By the time he was five years old, he was sent off with the teacher to the forest school called ‘gurukul’. Here the teacher taught him academics, arts and crafts and above all allowed him to be with Nature so that he learnt the art to survive, he saw the Nature in its various forms, hues and seasons and so was able to understand the “Brahma”(the Truth). That is why this stage of growing up was called “*Brahmacharya*” (Brahma acharya – self teaching of the ‘Truth’, the truth of existence, the truth of cosmic manifestation and benevolence and the connecting cord between the individual soul and the common ‘total Consciousness’ or say “God”).

That was the way of life called ‘Hindu way of life’, before it was seized by the priests and clerics who in their anxiety to regulate the society, brought in dogmas, rules and

rituals. If you look at ‘Hindu way of life’ in its purest form, you will realize (if you are able to think objectively without any prejudice of your conditioned mind) that each child when born is a ‘Hindu’ free to choose his/her own methodology to communicate and stay in communion with God. Please note that I am making a clear distinction between “Hindu way of life” which is the basic, unadulterated way of existence of the human soul and “Hinduism”. When it becomes “ism”, it also becomes a mundane religion like any other having its own set rules, unexplained and illogical dogmas and superstitious rituals.

So, to my mind, religion is not a path to God. It is depicted as one so as to instill fear—literally ‘the fear of God’. Any religion is basically a code book/ a rule book for its followers. Such code books were necessary in order to bring orderliness in the society so that as a community the followers followed a certain set of rules. And these rules have been interspersed with certain spirituality so that the rules are invoked by the ‘will and command of God’. As Voltaire said ‘if there is no god, let us invent one!’.

Religion is the aggregation of the thoughts of a philosopher,

who incidentally is also a mass leader. Obviously, the thought process of any one as relating to ‘existence’ is kindled by ‘Nature’ and so also in case of the originator of a religion: In as much as Judaism, Christianity and Islam were enunciated by the ‘messiahs’ who were born and grew up in the harsh deserts, their thought process was based on ‘uniformity’ (Nature manifesting itself in unending expanse of desert sand). That is why all these religions indoctrinate the people that those who follow their religion are ‘the believers’ and the rest ‘non believers’. Because desert conditions are very harsh, these religions also believed in conversions through coercion, force and violence. These religions were born to lay down code rules for warring Arab tribes; so there is always an element to force and subjugate the unruly and the opposing tribes.

As opposed to this, Hinduism, even after it became a ‘religion’ with its rituals and prejudices, was not the thought process of any single individual. It is the aggregation of the thought processes of many persons who saw ‘Nature’ manifesting itself in diverse forms: as snow-capped mountains, lush green river valleys, breezy sea shores,

thick forests and also deserts, with varied flora and fauna. That is why, even when the 'Hindu way of life' got itself 'ismed' into 'Hinduism', it has remained a pacifist religion, believing in diversity. It is one religion which does not believe in 'conversions', least of all through violence. This position of course is slowly changing with 'religious fundamentalism' being preached by some 'misguided' Hindu chauvinists.

What I was trying to explain was that if we remove the external veneer of 'the religion by birth' that has been thrown as an uneasy cloak on every human being, we see that the individual soul is irreligious and is always yearning for 'freedom of space and thought', so that the soul can find in its own way, what is its link with the entire Cosmos. And, as I said in a previous paragraph, that is the 'Hindu way of life'. If we are thus able to see the souls in the humanity in their purest, innocent forms, they are all 'Hindus'. There is no need for all the religious wars, 'Jihads' and the so called 'clashes of civilizations'. If our forefathers had been as wise, there would have been no crusades, no colonization and no conversions through missionary zeal or through bloody wars.

It is still not late for us to save our inner selves, i.e., souls. Let us, start with accepting that 'religion is a private affair' of an individual. Let us not intimidate the masses with the fear of God's wrath or through the brutalities of fundamentalism. Let us have our separate rules to run our societies, just as the laws of land passed by the people's bodies such as the Parliaments and senates. Leave 'religion' unto each self.

## WOMAN-THE HOME MAKER

– Neena Sharma, Delhi

The unsung heroine of household  
Albeit, she stands gallant and bold  
Wears an armour of Love, Laughter,  
Smiles, Sighs and Tears  
Confronts any situation sans any fear

An embodiment of Eight Powers—  
Power to withdraw, power to merge, power  
to face  
Power to withstand(endure), power to  
cooperate  
Glorify as her adornments  
For her inner beauty requires no  
ornaments!

As gentle as a Dove where Love and Care  
Is in the make  
Yet, thunderous like a Lioness  
Where principles are at stake  
Dignity and Royalty Personified!

Like a Swan, scrupulously discriminates  
Between Pebbles and Pearls  
The problems of Head and Heart, she  
liquidates  
An Epitome of prowess, the powers seven  
and eight  
The power to Judge and discriminate!

Amiable by nature, smiles in adversity  
Endears everybody with her sterling  
qualities  
Cures all with her tender touch  
She is disciplined, not a Law maker  
She, undoubtedly, is a true Home maker!

# WHO IS THE SERMONIZER OF GITA?



– BK Rajbala Singh, Powai, Mumbai

**S**hrimad Bhagwad Gita is privileged to enjoy never-dying glory as the highest read and revered scripture of the world. It is widely discussed and debated with intense interest and enthusiasm and its verses are often quoted by the scholars of different shades and sects to prove the authenticity of their statements. It is so much relevant even in the present scenario that it has been translated into maximum number of languages nationally and internationally as well. The Gita holds a paramount position for enlightening and awakening mankind into excellence and exuberance. Even our Indian court has recognised it as the most authentic scripture to swear on, which is a strong evidence to prove its significance, among the super-abundance of Hindu scriptures.

It will not be an exaggeration to state that the Gita is the most read and revered scripture that has ever existed on this planet. It is uttered by Incorporeal Supreme Soul, addressed to the

incorporeal souls about the spiritual knowledge mainly relating to the elimination of Maya Ravan i.e., the five notorious vices; Lust, Anger, Arrogance, Attachment and Greed along with imbibing of the virtues like Purity, Peace, Compassion, Love, Tolerance and so on.

The admirable teachings of the Gita relating to almost all the aspects of human life, and having the capacity to lead every person across all castes, communities and countries to a virtuous life cannot be addressed so narrowly to Arjun only as has been presumed in the Mahabharata. The fact of the matter is that GOD, who is the Supreme Father of the whole creation, wishes for the welfare and well-being of all and guides every seeker whosoever is inquisitive to learn. He, thereby, illuminates man's life through the teachings of the Gita.

The epic Gita contains the dialogues especially between Shri Krishna and Arjun on the

battlefield of Kurukshetra, when the Pandavas and the Kauravas with their respective armies are well arrayed on the battlefield, confronting each other. After watching all his kith and kin among the enemies, Arjun pales and numbs at the very thought of killing them, that too for petty material gains and is over-powered by utter despondency so terribly that he is reluctant to raise his bow at any cost. Shri Krishna, who condescends to play Arjun's charioteer and who is his friend, mentor, guide and what not, counsels him to perform his religious duty, without caring for its outcome, in order to save the dignity and honour of being a Kshatriya. The noticeable issue here is that with each dialogue, the name of the speaker is mentioned like 'Sanjay uvach', 'Arjun uvach' but with Krishna's dialogues the words are 'Shri Bhagwan uvach'. In order to reach an acceptable conclusion about whether Shri Krishna is entitled to be called GOD, let's analyse some of the predominant attributes defining and describing GOD, the Almighty:

1. GOD is light.
2. He is a Supreme energy (for the sake of convenience I am using 'He' for the Supreme though He has no gender.
3. He is above the cycle of birth

- and death hence not bound by the Law of Karma.
4. He transcends the barriers of time and space.
  5. His abode is Paramdham.
  6. He is Incorporeal.
  7. He is above all the dualities: male-female, day-night, joy-sorrow, young-old etc.
  8. He has no father, no mother.
  9. He manifests Himself or descends when He wills.
  10. We are the souls and He is the Supreme Soul.
  11. He is our Father and salvages us from sufferings as promised by Him in the verse – *yada yada hi dharmasya.....*

Now, with all due regards, if we evaluate Shri Krishna on the basis of the above referred criteria, we may conclude that although he is Satyug's wonderful deity endowed with all the divine accomplishments, yet he is a super human being, born of parents, undergoing pains and pleasures and ultimately meeting an end. Hence he is a deity but not GOD.

In the Gita, *Bhagwanuvach* (to Arjun), 'you cannot see me with your physical eyes'. This also implies for formless Supreme Soul and not for Shri Krishna because he was very much visible through his majestically beautiful body.

In most of the countries of the world, theists call GOD as their Supreme Father. They believe that He is light and an

energy. While only the Hindus, that too not unanimously, regard Shri Krishna as GOD incarnate but the world in general can never reach a consensus about accepting Shri Krishna as GOD. GOD, the omnipotent, is called the bestower of all happiness and the eliminator of all the sufferings. So it is He only who can be addressed as the liberator, which can never be the attribute of anyone except the Almighty:

*yadaa yadaa hi dharmasya ,  
glaanirbhavati bhaaratah  
Abhyutthaanamadharmasya,  
tadaatmaanm  
srrijaamyaham  
paritranaya  
sadhunan vinashaya cha  
dushkriritam  
dharmasansthanarthaya  
sanbhavami yuge yuge*

This verse occurs in the fourth chapter of the Gita and is oft-quoted as the evidence for God's assurance to descend on this earth when the world order falls into the bottomless pit of degradation, when there is lassitude, lewdness and lasciviousness all around. He then re-establishes a new social order called Satyug by annihilating the vicious and by protecting the upright. Satyug is an era which exists on this earth itself when all the inhabitants are hundred percent soul-conscious. Their purity and divinity pervade not only in each person, but also in each element of the

environment. The people residing in this epoch are called deities.

Shri Krishna, being the most virtuous, adorned with all the sixteen accomplishments, occupies the topmost position among the deities of Satyug. In the hierarchy of social order, Satyug ranks number one while Kalyug, comes at number four because the souls which are in its purest form in the golden age of Satyug, keep descending and crossing the Tretayug and then Dwaparyug and finally reach Kalyug, the iron age which is an era of complete chaos commotion, culpable cruelty, cunningness and corruption in its worst form. This is the Age when ethics and morality are butchered to pieces. Unfortunately presently we are living and experiencing this phase. The heinous and harrowing incidents have become the order of the day and have shuddered and shattered our spirits. This is the most apt time for GOD to salvage the mankind from the cruel clutches of the vices.

Lo! He has already come to keep His promise and has been redeeming us by washing off our vices which are the cause of our sorrows and sufferings. He is laying the foundation of the Golden Era i.e., Satyug, by purifying souls from the evils and simultaneously infusing them with virtues, powers and knowledge.

He has established Prajapita Brahma Kumari Ishwariya Vishwa Vidyalaya for this purpose. We may wonder when GOD is the supreme energy and above the bondage of life and death, then how come He salvages souls to usher in a new era? As GOD doesn't possess physical organs, he descends on the soul of Shri Krishna who is playing his last, eighty fourth role in the body of a diamond merchant Dada Lekhraj. Even in his last birth on this earth, he is still extraordinarily gifted with human attributes like religiosity, kindness, compassion and uprightness. GOD makes him His instrument for disseminating knowledge to purify people in order to make them worthy of entering the Golden Era. GOD is the Supreme Father of the whole existence whose divine role is to create a progeny of pure souls through the mouth of His human medium whom He gives the name Prajapita Brahma which is descriptive of the duty he is performing at His behest. We are required to know the fact that divine act of transforming Kalyug into Satyug falls within the ambit of GOD only.

After going through the significant facts stated above, we may conclude that the battle of Mahabharata was never fought physically, rather it is a metaphor to bring home to us the war waging between the opposite forces in our mind i.e., right and wrong, positivity and negativity. In these dark times, when Kalyug has reached its fag-end, the demonic tendencies are gathering momentum day by day, which are represented through the Kauravas who are hundred and the Pandavas, the symbol of goodness and virtues, who are just five in number. This is the apt time for GOD to come in order to transform the den of demons into the paradise of the pious by teaching Rajyoga. GOD prepares Shivshakti and Pandav *sena* to nullify the evil altogether and to lay the foundations of the sovereign kingdom of Golden era implicitly. He is our Father who is an ocean of compassion. How can He ask His one child to kill another child? So, it must be clear now that this Mahabharata is all about non-violent war. Moreover, if we

scan the Gita, there are eighteen chapters in it; and there is no reference to armies, soldiers or fighting except in the first chapter. From second to eighteenth, all the chapters deal with different types of yoga, three modes of material nature, *sat, raj* and *tam*, renunciation, surrender to the Supreme Soul and enlightenment. Is it not enough to prove that Mahabharata is not about any violent battle? Above all, it represents the current period of Kalyug we are passing through.

Although the people including the scholars and the laymen, are convinced by these stirring logical revelations: –

1. GOD is the sermoniser of the Gita.
2. It is all about the battle going on in the mind of man, Yet they dare not challenge the scriptures which are embedded in their psyche irrevocably. If we somehow manage to prepare a consensus regarding these two facts, it will bring an unprecedented change in human thinking about God and the so-called multiplicity of God.

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

### **Real Happiness lies in divine qualities and not in consumer goods**

In the final analysis, it can be said that the qualities in man determine the quality of his life and his peaceful and happy or disquiet and sorrowful state. But, it is a pity that man has been trying to find happiness in ruling over vast territories, possessing lot of property or wealth and having various comforts. He is trying to achieve success, name and fame of political and economic power even if he had to give up the divine qualities and resort to negative or demonical qualities. This has evidently led to degradation of the soul, degeneration of the society and disquiet and sufferings of various kinds.

### **Our present state indicates a fall**

If we accept this analysis of our present predicament, then we have to admit that we have had a fall in moral values and divine qualities and what we require today to extricate and uplift us from this situation is education that can restore the divine qualities in us. Our all

other efforts to make the world a better place to live in would be of no avail unless and until there is a qualitative change in our nature and behaviour.

### **Is qualitative improvement possible?**

In this context, some people express their pessimism about the possibility of such a change on a vast scale. They say that great religious leaders like Christ, Buddha and Mohammed tried their best to lead man up to moral heights but they did not succeed. They overlook the fact that even though the teachings of such great leaders generated many good qualities yet their wrong interpretation gave rise to some demoniac traits as well. For example, Buddhism, no doubt, preached non-violence but it promoted individualism and begging and gave the negative belief that the world has always been full of sorrow. Islam preached faith in one God but at the same time some of their followers vehemently denounced other religions, thus generating hatred. Christianity asked man to become good but it also preached the concept of 'original sin' and man's possible liberation only through Christ

and thus man's ceaseless efforts to be free from sins.

### **Complete peace comes from complete purity**

Complete peace, it should be remembered, comes from complete purity or full-fledged divine nature. Even a fraction of one demonical trait leads to lessening of peace in that proportion if not more.

It should also be noted that demonical qualities have linkages among themselves even as divine qualities are connected among themselves and strengthen and sustain each other. As liberation from one negative quality leads to at least some liberation from other negative qualities, similarly even our little effort to inculcate divine qualities can lead ultimately to a great change in our nature and result in enhancement in the quality of our inner happiness.

One must, therefore, in one's own interest and in the interest of building a better world, pay attention to the task of restoration of divine qualities. Therein lies the true hope of our own liberation and improvement of the material, social and spiritual condition of our world.

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