

¶ From the mighty pen of Sanjay ¶

THE UPROAR IN THE COURT

When all human souls on this earth are attacked viciously by *Maya*, i.e. five vices – Sex-Lust, Anger, Greed, Attachment and Ego; when all thoughts, words and deeds become vicious, Incorporeal God Shiva reincarnates in Dada Lekhraj at the time of extreme irreligiousness, in order to fulfil His promise of Shrimad Bhagwat Gita. Dada Lekhraj was a diamond merchant of Sind province and an ardent devotee of Shri Narayan. He is God's corporeal medium to bestow His Godly Knowledge upon the human souls to give them their God-Fatherly birthright of Liberation and Fruition. However, there are very few lucky souls who recognize God's incarnation and follow His innovative path of Purity and Self Sovereignty. That is why, initially, when God started preaching His Godly discourse through Dada Lekhraj (who was later renamed as Brahma Baba); many failed to recognize Him and understand this new but benevolent path for the humanity and started protesting and even obstructing those who had started following it – women and girls. Initially, this Godly mission was called 'Om Mandali' and those who protested it and picketed against it were called 'Anti Om Mandali', who even filed a court case against Brahma Baba on the grounds of provoking their women relatives towards the path of purity and as such disturbing their family life. However, in the court, Mamma represented the Om Mandali and answered the court and the plaintiff. Here are some excerpts from conversation between the Judge and Mateshwari Jagdamba Saraswati or Mamma (known as Om Radhe then), a fearless lioness in the face of bombardment by the Judge:

Judge: "First you must take the Gita in your hand and say under oath that you will tell the truth."

Radhe: "What is the oath and what is to be spoken?"

Judge: "Take the Gita in your hand and say, I believe God to be omnipresent, and I will speak the truth and nothing but truth."

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Rates of Subscription for "THE WORLD RENEWAL"

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Annual Rs.100/- Rs. 1000/-
Life Rs.2,000/- Rs. 10,000/-
Subscriptions payable through
Money Order/Cash or Demand
Draft (*In the name of 'The World
Renewal'*) may be sent to:

**Om Shanti Printing Press,
Shantivan-307510,
Abu Road, Rajasthan, INDIA.**
For further information regarding
subscription,
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Mobile:09414006904, (02974)-228125



MATESHWARI SARASWATI – BESTOWER OF BLESSINGS



There comes a turning point in everyone's life where someone special becomes instrumental for significant and magical change. There are a good number of the Brahma Kumaris and Brahma Kumars who have received direct spiritual sustenance from our Holy Mother Jagdamba Saraswati.

At the age of around 20, I happened to land at the Brahma Kumaris Centre in Colaba, Mumbai, on 1st February 1959 to learn meditation from the divine BK Sisters. Some of my friends from the Indian Navy joined me as students of this

unique Learning Centre. We had just beginning to understand the basics of Spiritual Knowledge and Rajyoga Meditation when we heard that Mateshwariji (fondly called Mamma) was to arrive in Mumbai after her tour of Bangalore. In preparation for Mamma's visit, the Centre premises were shifted to Waterloo Mansion, opp. Regal Cinema, in Colaba. This new place was very close to Lion's Gate where our ship of the Indian Navy was docked for repairs, so we were very fortunate to participate in Mamma's evening lectures that were organized by the

instrument Sisters from 5.00-6.00 p.m., for the benefit of all BK students of Centres in Mumbai. Mamma's *drishti* during the meditations would give us very powerful experiences before she showered us with her sweet words of wisdom, for about 45 minutes, every evening. Mamma's murlis gave us deep insights into *Gyan* as **her explanations on different subjects of Godly knowledge were vast, logical, and experience-oriented.** Everyone felt so enriched, and overflowed with happiness on receiving direct spiritual sustenance from her.

Though Mamma was younger than some of the other senior sisters of the yagya, her depth of spiritual wisdom and pure motherly vibrations endeared her to all. Souls would feel her divine motherly love, and feel enriched by that spiritual relationship based on unconditional love. Her inspiring talks not only clarified the depths of knowledge about Self, Supreme, Karma, World Drama, and the importance of Purity in thought, word and deeds, also but



B.K. Bro. Nirwair is standing with our **beloved Mateshwari ji** in a charming posture.

inspired us to feel proud of engaging ourselves in Godly service of **‘World Transformation through Self-Transformation’**. That one month of her stay in Mumbai during March 1959 became the firm foundation of our spiritual lives.

During her life-time until 1965, she played a very important role in moulding my spiritual life, by teaching me the **importance of self-discipline and service of others**. Whether in Madhuban or Mumbai, I had the fortune of learning many aspects of *Yagya* Service through Mamma. Her

drishti filled with blessings and loving guidance taught me the art of sharing spiritual wisdom through speech, pictorial presentations and discussions.

Mamma played a very important role in making me understand the value of dedicating one’s life in God’s unlimited World Service. Her guidance and motherly love inspired me to engage myself fully in Godly Service, for which I sought and got release from the Indian Navy in the year 1963. From the time I left my job, I have kept Mamma’s advice

along with BapDada’s *Shrimat* very close to my heart and tried my best to live a very simple but spiritually-enriched life by following the footsteps of our beloved Spiritual Parents (Mamma and Baba). Mama always insisted that we should be very firm on the Brahmin spiritual disciplines, and ever-ready in Godly Service. Mama’s dignity, pure love and wisdom, based on *Shrimat* have long acted as a beacon of light on my spiritual journey of 55 years.

Salutations to you, my dearest Mamma!



HON’BLE SHRI NARENDRA MODI – OUR BELOVED NEW PRIME MINISTER



Our hearty congratulations to Mr. Narendra Modi for the wonderful grand success in the recently contested General Elections!

Multifold congratulations to the Bharatiya Janta Party for securing absolute Majority. Multimillion fold congratulations to Shri Rajnath Singh for maintaining his vision for great leadership in Shri Narendra Modi, to contest and win the Elections, after declaration of his Prime Ministerial candidature! The Manifesto of the Party was well prepared as per the aspirations of the masses. These steps became the bedrock for lacs of Indians to join in over 400

rallies addressed by Shri Modi all over Bharat. The entire campaign was so unique and dynamic, surpassing that of all Opposition Parties, as we learn from media reports.

Shri Modi’s style of functioning during the Elections and after the formation of the Central Government is so unique, and has already created an atmosphere of hope and betterment. The way he has formed his Council of Ministers seems to be well thought out to make the systems of the Government more effective and people-friendly. There have been several popular leaders previously but the change seems

to be **more of newness in style of governance**. The vibrations and enthusiasm among the masses are very high, and their aspirations would demand urgent action on all levels from Shri Modi, his Council of Ministers, and the Central Government functionaries. The way in which Shri Modi assured the nation of positive action (through the media before entering the Parliament) motivates us to have high hopes for better and fast-acting governance, free from all kinds of negativities.

We extend our best wishes to Shri Narendra Modi and his new team of Union Ministers and

other officials! Everyone knows that it is going to be a herculean task to turn a new page in politics and leadership, but we are sure that Shri Modi's vision of new Bharat would bring benefit to all sections of society.

It is crucial to mention the present atmosphere of insecurity and crime against women that requires urgent steps to alter the mindset of law offenders. **This may need large-scale efforts through educational institutions as well as the mass media to awaken everyone to the age-old, solid principles of a value-based society.** We must get rid of crime against womenfolk through transformation of

beastly vision to that of spiritual, divine vision; this is not an impractical or impossible fantasy, but the call of the time that should not be ignored... **Let the electronic media take up the mission of informing and educating the masses about the beauty of living by ethics, values, and morality.** Women who are brutally raped, abused, tortured and burnt alive every day are most definitely creation of the same Supreme Father, who is Creator of all. Their rights and dignity cannot be forsaken. We have to work towards re-emerging spiritual vision and the attitude of equality and respect in the minds and hearts of our people, and teach

them to shun violence towards children and women.

Violence of any kind, towards any living creature, is of course uncalled for and disgraceful, and everyone needs to learn to be calm, peaceful and sensible. Demonic behavior would lead us further into hell, but divine actions will help in creating the new Bharat of our dreams full of peace, love and plenty. May we understand this Universal Law of Karma and live up to it! There is never any attainment without genuine and consistent efforts, so starting today, let us work our way to a secure, peaceful, and loving future.

– B.K. Nirwair

***CONDOLENCE MESSAGE ON THE SUDDEN DEMISE OF SHRI
GOPINATH MUNDE, UNION MINISTER FOR RURAL
DEVELOPMENT & PANCHAYATI RAJ
(12th December 1949 – 3rd June 2014)***

We extend our heartfelt condolences and sympathies to Mrs. Munde, Mrs Pankaja Palwe-Munde (eldest daughter and Member of Legislative Assembly of Maharashtra representing BJP), and other members of the esteemed family of Shri Gopinath Munde, Indian politician from Maharashtra, on his untimely and sudden demise.

Shri Munde had been member of Maharashtra's

Legislative Assembly (MLA) for five terms during 1980-1985 and 1990-2009. He was also the leader of opposition in the Assembly during 1992-1995. He held the post of Deputy Chief Minister of Maharashtra in 1995-1999. Having been elected to Lok Sabha in 2009 and 2014, he served as the Deputy Leader of the BJP in the Lok Sabha. He was appointed in Shri Narendra Modi's cabinet and took the oath on 26th May 2014.

He will always be remembered as a great friend and leader of the masses, who set an example of rising steadily through service of the people.

May Incorporeal Supreme Father God Shiva bestow the departed soul his rightful place amongst noble souls, and bestow enough strength to the bereaved family members and supporters to bear this irreplaceable loss.

– **BRAHMA KUMARIS,
MOUNTABU (RAJ)**

MAMMA LOOKED LIKE COMPLETE MAMMA



– Rajyogini Dadi Janki, Shantivan

Howsoever we may praise Mamma, it will not be full appreciation since she is Mother Saraswati incarnate. In her, we saw the *sanskars* of *Satyuga*. Baba's Murli and Mamma's banjo are very famous. You must have seen the picture of Mamma playing the banjo. She used to sing Baba's songs with lots of love. We also experienced goddess Kaali in her. By going in front of her, all would be liberated. Even it is Mamma only who is goddess of coolness (Sheetala). There are many temples of Mamma depicting her as Mother Sheetala. In the form of World Mother (Jagat Amba), she is offered offerings. Whatever we eat from Godly Yagya is nothing but the offerings offered to the Yagya Mother. The pan of the Yagya is the pan of Draupadi, which will never be emptied. Mamma was earlier Radhe, then she became Saraswati and then Mother Jagadamba. From Mamma, the embodiment of volcano was experienced quite often. I shall not say that

Mamma used to just remember Shiv Baba, but remembrance was reflected from Mamma's face. Spirituality in personality, love and regard for Supreme Soul God Shiva and accuracy in study – these were qualities of Mamma. There was so much attraction in Mamma's hands that if one put his/her hands in Mamma's hands, the latter would become bodiless. Mamma learnt so much from Baba that she became number one in inculcation. While listening to Mamma's discourse, one's intellect would be fixed in the remembrance of Shiv Baba and *Paramdham* (Incorporeal World). The wonder was that though we were seated in front of Mamma, we had the feel of Shiv Baba. When we saw Mamma, she seemed perfect and complete. There was so much attraction in her words that the listeners would forget body-consciousness and feel being a native of *Paramdham*.

Once Mamma said, "If you receive any teaching from someone keep it with care. Never ever have a thought why



Mateshwari ji
(Mamma)

you were given the advice because you had committed no mistake. The teaching may prove to be useful at some point of time". Since then, I've noted the advice and whenever I get any teaching, a piece of advice or suggestion, from any brother or sister, I keep the same in the box of my intellect with care; I've never challenged his or her authority to advise me. Thus, the desire of learning was aroused by Mamma. When I was assigned the service of a nurse in the *yagya*, I learnt patience from Mamma. Baba used to speak Murli over telephone (from Baba Bhawan), and Mamma would listen to it in Kunj Bhawan even when there was a lot of noise around. We should also be careful that we have to become an embodiment of sobriety, politeness and truthfulness like Mamma.

Once I told one of the BK sister-friends that I was a bit afraid of Mamma. When Mamma came to know about it, she held my hand, took me to

the tennis court and said, "Are you really afraid of me?" I said, "I am not afraid, but perhaps I feel somewhat shy of talking to you." From that moment, she made me feel very light. Whenever I came in front of her, she would say, "Come, sit." Baba also made me come closer. By coming face to face and near her, it became easier to become equal. Mamma never spoke anything with impatience and force. She would understand in a second when someone's waste thoughts started. She would speak so sweetly as if she was singing a lullaby, but with that lullaby, one would not feel sleepy, instead the soul would stand up.

Mamma knew how to teach others just through gaze. Once I asked, "Mamma, what do I have to do?" First, she didn't say anything; then she said, "Is everything well?", and added indicatively, "Do you keep anyone's bad quality in your mind?" From that day, I kept a check on what I heard. We will become peaceful and generous, when our mind is clean. It was Mamma only from whom I learnt what the power of remembrance is. Mamma stayed with us in Pune for one and a half month. It didn't seem that Mamma had any physical trouble. Mamma would daily

receive the notes written by Dadi Shantamani. Mamma would read notes, read Baba's Murli and also listened to Murli through tape recorder. Mamma was Baba's obedient daughter, who would remain unshakeable and immovable under all circumstances. On listening to the news of someone's leaving the mortal coil, she would simply say, "OK, Drama".

Once, Mamma had gone to Bangalore to meet *Yagya* children. The brothers and sisters there received a lot of love from her, thus, while Mamma was bidding adieu, all became emotional. But Mamma remained in her unshakeable state. The brothers and sisters asked, "Mamma, would you forget us once you leave us?" Mamma replied in her simple and natural manner, "What else will I do?" Mamma always remained immovable and unshakeable on the point of Drama.

When Baba had gone to Mumbai for operation, we were also there. Many people would ask, "Is he your guru?" Then, Baba said, "Children, tell them that he is BapDada, then, it would be easier to elucidate." Since then the BapDada name became famous. After having been operated upon, Baba was shifted to his room in the

hospital. His body was covered with a bed sheet. He began to say, "Give it to me, I have to write Murli." He wrote six-page Murli. How much love Baba has for us! We asked Mamma why Baba didn't feel troubled. Mamma said, "Otherwise, people would say that he experienced pain because he suffered from it." I saw the state of Baba at that moment; it was so wonderful. Despite being in the body, He was completely free from the effect of the body.

BEING POSITIVE

A person constantly communicates his/her attitude. When one has a positive attitude, (even when nothing is positive around), there is a change visible because of one's own positivity. There is an atmosphere of positivity and power created where people are able to change too. A positive attitude is created through positive thoughts and feelings.

When I am positive I am able to experience my inner power in the most challenging situations. I don't feel helpless because of the situation, but am able to bring out the best from within me. I get the best of everything and am also able to inspire people to bring out the best from people too.

|| From the Melodies of Mateshwari ji ||

THIS IS NOT AN ORDINARY GATHERING: STUDY IS PRACTICAL HERE



The main difference between this spiritual gathering and others is that this is based on Godly study, where main emphasis is on practical life, i.e., inculcation rather than just preaching. During this study one needs to keep in mind: who we are and what we should do. Now, what we need to do is to move on practically; put that into practice. Our action becomes elevated through such practice. This means bringing purity into practical life. Don't just think: 'Our time was used in a worthwhile way, by listening; we liked it.' If we don't imbibe the teachings, we can't become good just by listening to the knowledge; purity cannot be realised. As everything depends on actions, we must pay attention on actions and try to translate the knowledge into practice.

THE EMPHASIS HERE IS ON ACTIONS

During student life, a lot of attention is paid so that the



Mateshwari ji

students study properly and imbibe every aspect of knowledge. This is not an ordinary gathering in which it doesn't matter whether one listens to or not. Here it is believed that no one can become pure by merely having a glimpse of something. On the path of *bhakti*, this sort of belief has existed for a long period of time, and still continues. This is known as blind faith.

Here, one has to recognize one's true identity, and bring that into action. This is why everything depends on practical activity here. The emphasis is on

actions. So it is asked—do you imbibe purity? Do you feel changes within yourself? Are you experiencing being free of the five vices? If there are no changes, one should seek a remedy; and only if one gives one's report to the mother (Brahma Baba, the Corporeal Medium of God Shiva) and father (God Shiva, i.e. Shiv Baba) can they give a remedy.

THIS IS A STUDY

This is a study. One who studies will know his weak subjects. Only if he tells the teacher, 'I am weak in such and such subject', can the teacher give the remedy! It is the duty of every student to tell what his/her weakness is so that their teacher gives them some remedy and he/she can move forward.

Hence, one must look at oneself: "Have there been changes in me?" If there are no changes, one should understand that one has not moved forward. Thus, one must pay full attention to one's practical life, continuing to perform clean actions.

IMBIBE AND MOVE FORWARD

Here, we have to change practically. Only then can we understand that our future is becoming elevated. We have to keep all these things in mind, imbibe practically, and continue to move forward.

WRITING OUR OWN DESTINY



– B.K. Tanu Vohra, Ludhiana

Many a time, I pause to reflect why it happens that we suddenly develop affinity for some people and dislike some others without any apparent reasons. What is it that attracts us; is it the physical beauty or the qualities of the soul of that person? How hypocrite it is to be friends with good looking people when our heart craves for more understanding and loving souls? At the end of the day who are we cheating.....? Ourselves!

We are all in a race to change the society. A small thought coupled with an individual's introspective workshop would actually amount to a bigger change and contribution towards society. Each one taking his or her own guarantee and working for his or her own holistic development would certainly make the world a better place to live in. We all have forgotten the fact that the first victim of our anger is "We ourselves". Our angry state results in losing our mental balance, thereby, affecting our

decision making power, which leads to high BP, heartache and many more. The taste of anger is first experienced by us and then it flows to others, draining out all energy in the form of hatred, jealousy and competition. Eventually our competition is with ourselves only. How can you compete with others when your input factors as well as your satisfaction factors are different from others? Each one of us has a different definition of success. Introspect and then ask yourself, 'Will I be really happy having a bank balance of millions of rupees?' For all who say yes, I wonder then, what makes them cry when they lose their near-

ones?

We actually have chosen to be happy with conditions not realizing that anything conditional can never be fulfilling. Our happiness is dependent on XYZ factors while I believe that once you learn to be happy XYZ factors follow. You might not believe but I have experienced this. And for all the people who say that a particular person is irresponsible, incompetent and weak to take charge of his/her own happiness; such a soul will always have reasons and may be too weak to take up his own challenges in life.

The day we realize that it's absolutely our own journey towards light; the day we learn to take charge of our actions; the moment we stop blaming others for our miseries, that very day we ourselves shall be able to write our own destiny.

Inner satisfaction brings creativity.

Situation:

Quite often I find myself trying to keep pace with the things that I have always been doing.

I seem to be caught up in the routine to the extent that I experience monotony. I then cannot think of any newness that I can bring in my life.

Solution:

It is only with my inner balance and satisfaction that I can bring creativity in my life. For this, while doing the routine jobs that I am involved in throughout the day; I need to make special effort to keep myself content with the things that are going on. I also need to think of new innovative ways of doing them. Then I will not experience boredom in my life.



MATESHWARI JAGADAMBA SARASWATI



– B.K. Surendran, Bangalore

Incorporeal God Shiva descended to establish a new world-order of purity, peace and happiness through the power of Rajyoga. At the outset, He selects a few souls who are destined to be with Him when the process of establishment of Golden Age starts. He teaches them the real knowledge. Since He is unseen to the outside world, His students show Him and introduce Him to the world. These souls are His children on the one hand and on the other they are His students also. They are the roots and trunk of the human genealogical tree. Brahma and Saraswati are the heads of the Brahmins who have the distinction of being the first and the best students of God.

Let us take inspiration from the life of divine mother Jagadamba Saraswati and emulate her spiritual efforts. Following are some of the special aspects of her spiritual endeavours and achievements:-

Mamma was the most

obedient student and servant of God. She used to receive each and every direction of Baba with a unique response ‘Yes Baba’ without a further thought and implemented those directions in letter and spirit. She was very accurate in her spiritual studies. She used to draw everyone’s attention towards God while they listened to her lectures.

► She was soul-conscious to the very core and had a pure spiritual personality. She had a natural disinterest towards the worldly affairs and would tell everybody to consider every minute as the last minute of their life.

► She used to say that an effort-maker means the one who translates the lessons of God into practical life immediately and does not postpone the implementation. He or she understands that ‘nothing is new’; everything happens for the good and is stable on Drama.

► She would tell everybody that



we are just instruments of God and He is getting the things done through us. So, we should remain a detached observer. Her catchy slogan was ‘*Hukumi Hukam Chala raha hai*’ – means God is giving orders and overseeing implementation of those orders.

► She was a natural yogi. She used to keep her intellect clean, clear and plain so that she could remember Baba in a natural way. She would be awake by 2.30 a.m. for *Amritvela* (Nectar Time) meditation every day in spite of her failing health. She would tell everybody, “The ailment is to the body and the soul is not afflicted with the sickness. If we love Baba, everything gets merged in His remembrance.”

► She was an embodiment of sweetness, humility, truth, maturity, seriousness, tolerance and cheerfulness. Her presence transformed the vicious attitude of people.

SHIV BABA – MY SON

– BK Usha, Pitam Pura, Delhi

I was born in a rich family and enjoyed ample amenities and comforts. As my family had great faith in God, I also developed firm faith in Him. At dawn, when everybody was asleep, I would get up, take bath and spend my time in prayers and other religious activities.

Consequent upon my marriage, I gave birth to three daughters over a period of time. Everyone in the family aspired to have a son, an heir. This void brought me close to God. When my fourth daughter was born, the entire house plunged in deep despondence and pain but somehow I summoned great power and explained to everyone that we are bestowed with Durga and should celebrate her birth. At that time my devotion was at its peak. I would recite ‘Om Namah Shivaya’ incessantly and followed many religious activities. I would fast for 40 days and eat food without salt as it is a devotional ritual. I would observe fast on Navratras and adorn all goddesses. While performing all these rituals with

love and dedication, a voice resounded in my ears, “Mother, I have come to take away your sorrow.” But my question was: “Why can’t I see you?”

Adversity brings us closer to God

I had complete faith in my destiny and believed that whatever was happening, was for the good. I kept on telling God, “You cannot part with me.” At this juncture, an elderly woman became instrumental in introducing me to the B.K. philosophy. Gradually, she started bringing Murli for me. I would get a great respite and relief after reading Godly versions. Encouraged by her, I also completed the 7-Day Rajyoga Course. I would lock my youngest daughter in the custody of God, lock the house and go to do the course. When I would come back, the child was always safe and cheerful.

Mother, I have come to take away your sorrows

One day, at the Gita Pathshala I was told that Avyakt BapDada, i.e. God Shiva (Shiv Baba) and

Brahma Baba would come at Madhuban. “You must remember Him in the evening.”

I was such a novice in *Gyan*. When in the evening, I sat down to remember Him, all I could say, “Baba, I don’t know, how to remember you. You are here on the earth; just show me the path to reach You.” At that very moment, Brahma Baba manifested as a little boy and keeping His hand on my head, said, “Mother, I have come to liberate you of your sorrows.”

The tears started flowing from my eyes. These were tears of love, bliss and peace. Since that day, I have forged the relation of Mother and son with Him. He is my heir! Just imagine my fortune. I started enjoying new and unique experiences. When I offered Bhog to my little Baba, I experienced as if He was saying, “Mother, there is no salt in the food. I will anyway eat but your other children will refuse.” I tasted and realised that really there was no salt.

I’m proud of my son, who is with me in this life and after the life, who is incorporeal unborn, selfless and so very egoless! When I get tired, He massages my head and relaxes my feet. He sings lullabies for me and makes me sleep in His lap.

God is my son

My youngest daughter is peace personified. She

celebrates her birthday at centre. She is a teenager now and her every birthday is celebrated at both the centres 'Shakti Nagar' and 'Pitam Pura' with Bhog. She visits Madhuban every year and dedicates all her pocket money in 'Yagya service.' She has won many prizes for cultural and extra-curricular activities in Om Shanti Retreat Centre (ORC). All my four daughters have made Shiv Baba their brother. They celebrate His birthday with great pomp and show. Brahma Bhojan is organized for BK Brothers and Sisters. People start congratulating me a week prior to Shivratri. All relatives feel proud of me for the fact that my son is none other than God.

Baba fed me

Once I offered milk and fruit to Shiv Baba for Bhog. In the evening when I again kept fruits before my son (Shiv Baba); He said, "Mother, will you sleep hungry?" I want to eat proper food." My eyes were welled up with tears because there was nobody at home and all had gone to attend a function. He knew that I had not cooked for myself.

Received letter from Dadi Prakashmani Ji

My role was that of Bounded Gopika (Bandheli Gopika). After my role of Gyan began, I used

to write letters to Baba once or twice a month. I had never been out of the house before but after receiving the Gyan, I started going to post office myself for posting my letters and sending monetary cooperation. I would, in turn, get a return slip from Ishu Dadi ji. It continued for about four years. My joy knew no bounds when I got a letter and Toli from Dadi Prakashmani ji. I kissed it in reverence. Dadi ji had written, "Oh, True Gopika! Remain merged in the ocean of bliss and adoration. In the fire of supreme thoughts and good wishes, burn all your bondages and present yourself before Baba!"

I kissed the grounds of Madhuban

Soon I got freed from all my bondages. Leaving my four daughters with their maternal grandmother, I reached Madhuban to have a rendezvous with Baba. Baba said, "Mother, your son is waiting for you! I want to see you; will you come or not?" I forgot all my comforts, had no appetite and there was only one thing in my mind that my son was waiting for me. When I reached Shakti Nagar centre, the concerned BK sisters and other brothers and sisters were showering flowers to bid adieu; there was a lot of

hustle and bustle to make last minute arrangements but I was completely lost in my own thoughts of Baba. I kissed the land of Madhuban when I reached there because my son, my own Baba had come there. The tears of joy rolled down my eyes and we kept admiring each other. I wanted to stay there. Dadi gave me Teacher's badge at Madhuban. Those days Baba used to walk down the stage; He came down and gave me the blissful *drishti* (gaze) and filled me with tremendous powers. It was the most blissful union with God – the union of Mother and Son who had parted to meet in the Confluence Age.

Yoga healed my eyes

My eyes had got infected to such an extent that my cornea was affected by it. All the doctors had given up. When I sat next to Baba, He said, "Supreme Surgeon is with you; why are you running from pillar to post?" For eleven consecutive days, I sat in yoga at *Amritvela* (Nectar Time) for the recovery of my eyes. The magic of the magician Baba worked and my eyes got absolutely normal the fourth day.

You are Shiva's Mother

I don't forget the days when I would step out for the centre and father-in-law would speak

harshly and would stop me from going to the Centre but I would go out stealthily from the back door. Yet, my father-in-law would get to know the truth. One day. I firmly but lovingly asked him, "Have you got my death's guarantee card?" After that he became comparatively peaceful. Once he had a heart attack; I assured him that he would be alright and encouraged him to offer Bhog to God at the Centre. He went to Ashram and liked it so much there that he committed to offer Bhog from his side every month. From then onwards, Bhog has been offered every month, although he is no more.

All I could say that his Great Grandson (Shiv Baba) had liberated him by doing his last rituals. When my father-in-law left his body, I used to cook all the three meals for forty people, during the day. I used to ask Baba, "How will it happen"? Baba said, "When your Brahma Mother could make arrangement for 400 children without any hitch, why do you worry?" And it was incredible that I could cook savoury food and that too so very accurately. No doubt he does everything for us.

I'm blessed to have the most powerful, most fortunate son in the world, nay in the entire universe! I hope and wish that everybody gets to have such an heir! He is indeed the apple of my eyes! ●

THE LIBERATOR

– **B.K. Bhabagrahi**, Odisha

Quote He, "I'm the Liberator in unseen guise,
O little one! Come and listen to what I sermonize.
My task is unique and wonderful,
I come here to make you too peaceful

My world is above the physical World,
There being no air, not even heat and cold.
There no Sun, Moon, planet, or star is visible
No dimensional concept of time and distance possible.

The place is silent, still and ever unchangeable,
Full of golden-red light, but grossly invisible.
The World being neither gross nor subtle,
Beyond all, it's called – The World Incorporeal.

That's the World of peace – my home original,
Where ye all souls eternally live – all so beautiful.
The world now you live in is thoroughly vicious,
As the ten-headed demon makes you body-conscious.

You all are filled with gloom by notorious vampire,
It transforms heaven into hell, snatching divine empire.
Your heavenly kingdom gets turned into a den of vice–
Lust, Anger, Attachment, Ego and Avarice.

Descended onto earth from highest heaven,
Manifested in this old man's flesh
since Nineteen Hundred Thirty Seven.

Leaving His seat of spirit with Heavenly agreement,
Chose Brahma to be His sole-instrument
Lovingly He gazed! Caressingly touched!
As if put spell upon me

He murmured! "O my darling! My Love!
Am I to you yet unknown!"
Love me! Remember me! I'm thine!
You are mine!"

He continued His loving-hymn
Until I was lost, completely surrendered
Bewildered! Thrilled! Memory opened!
Meanwhile the core of my being, stolen I felt!
It is only He! I see! Who is ever mine!
Only My beloved! liberator of mine!



AN EXPERIENCE



— B.K Shubham, O.R.C(Delhi)

I belong to a well to do joint-family from Haryana. Since my childhood my parents used to keep me away from the attractions of the outside world. They tried to inculcate in me good values and high moral standards in my formative years. My father often narrated stories of great personalities.

My parents were introduced to Godly knowledge when I was 9 year old. Initially there was opposition from our family by the elders of the house. But gradually with time, realising God's grace and help in our everyday life, my whole family started going to centre (ORC, Delhi). At that time I was too young to completely grasp and understand Godly knowledge. But as I reached 5th grade, I repeated my seven day's course. I began following Godly instructions like eating only homemade food as I understood "As the food so is the soul". With this practice, the soul became strong. Gradually, I also started listening to Baba's Murlis and doing meditation. It was wonder of meditation that my performance in studies which was quite difficult for me initially

became easy. Earlier I had to put much effort and had a baggage in mind to perform better but now studying became an easy task. In every passing grade, I stood at 1st position.

In 8th grade, I qualified the prestigious NTSE scholarship exam. In 10th grade, my CGPA was 10/10. I got 96% marks in my 12th grade's board exams. I cleared the JEE exam and now I am studying in IIT Delhi, the No.1 Engineering Institute of India. Getting into IIT is itself an uphill task, but with Baba's help and implementing his teachings in my life, I never took burden and with ease I cracked the exam. There has never been any pressure or burden on me to perform. I just worked hard and followed every instruction of Baba in my daily life. It is a usual scenario that with children, their parents too come under pressure during this engineering entrance exam. But due to Baba's knowledge and wisdom, my parents were always relaxed.

My classmates always questioned me as to how I remained tension free at all times. I would tell them that

Baba says "Always keep attention, not tension". As it was destined Baba gave me my share of Godly service, through my good academic performance. I did a lot of Godly service as I told the secret behind my success to be RAJYOGA MEDITATION. Following Brahma Baba's footsteps, I have not only been outshining in academic field but I have won numerous medals, shields, trophies and cash prizes in Math's, Science and Computer Olympiads. I have won many gold medals in inter-school sports as well as painting competitions.

We have a library comprising Godly literature at home. Reading Godly literature especially books written by B.K. Bro. Jagdish, listening to Shiv Baba's sweet songs are my hobbies. I give all the credit of my achievements to Shiv Baba. I just work hard and leave the rest to drama. We are mere actors on stage, so we must remain cool and contented as whatever happens is ordained and written in drama.

The aim of my life is to devote my mind, soul and body to Godly service. I want to invest my heart and soul in Godly service. In the end, I would like to tell all brothers and sisters to realize and follow Godly knowledge which will not only make them

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REFLECTIONS IN THE DEPTHS OF SILENCE



As I sit in silence ...I watch that my thoughts gradually slow down...5...4...3...2...1...I slowly focus my mind on my breathing...not forcefully...but gentle breathing...my breathing slowly becomes gentle and easy...now I visualise with the power of my intellect a beautiful scenario amidst the green woods with a river flowing by gently ...I look at the fountain flowing through the cliffs...I now try to hear their soft sounds...and as I sit here in this peaceful environment, I ask myself a question ...who am I? ...I say this is my body, my legs, my eyes...who is me...and here lies the answer in the scene I am relishing upon...the peaceful nature...I am a peaceful being...the consciousness...and the proof lies in the fact that I love and attract what I am...I visualise myself as a tiny point of consciousness just like a star residing at the centre of the forehead in between the

eyebrows...this is me ...I am the master of this body made of five elements...I just sit and reflect on the deep peace that resides within me ...this is me ...now in this silence I ask myself where do I come from...I understand that my home is very-very far away beyond matter...beyond the noises ...the world of silence...this is where I come from...and I understand that this world created by us human-beings is just a reflection of our conscious state of mind...a reflection of the self...now I also understand that the pollution and chaos in the world at present is a result of our chaotic mind ...I understand the importance to work on the self ...which will be in turn healing the world...I visualise my home ...a land of golden red light...an ocean of silence...our home...this is where I belong to...this is the home of all the consciousness...the world of energy beyond matter can ever reach...now I slowly reflect how I came into this world...we

all were perfect beings...and the world being a reflection was a world of peace and happiness... and how time passed and the world turned old like all other things do ... and we reached this chaotic stage of imperfection... I realise the importance of being perfect once again... as the entire cycle has to repeat once again ... from perfection to imperfection...even the law of entropy says so ... everything reaches from orderly to a disorderly state and comes back to its original orderly stage only at the presence of some external agent... that external agent that can bring all the consciousnesses to its original potential is the supreme consciousness the supreme being GOD... I understand now that He is just a point of conscient energy beyond all the myths and beliefs we humans have created about Him...and it is only by connecting to that supreme source that it will be possible for us to recharge ourselves...I realise that it will once again be possible to rule over this nature rather than nature ruling us...and the diseases which are now troubling us will have to take a leave ... OM SHANTI

An intense effort-maker is the one who doesn't repeat the mistake committed once. – **Mateshwari Jagdamba Saraswati**

MY DREAMS



– *Tanya Singh, Delhi*

Why are you always day dreaming, Sameer?, Sameer's mom said to him after he reached home from school. "What is it that is bothering you, son?" she said, after being a bit upset. "I am sorry for scolding you. I should not have done so for your bad result, beta, but I wish to see you on the heights of success. I have high expectations from you, son. I thought you would at least pass in all subjects." After listening to all this Sameer headed to his room. He had to answer his mom's words.

He had a cursory look at the room; everything seemed at its place. It was obviously done by mom. The books had been kept neatly on the table. The piano kept in the corner which was bathed in dust a day before did not have a particle of dust on it. But what Sameer was looking for did not catch his eyes. He was looking for his art book which contained his drawings. This was why Sameer did not like that others touch his belongings. Sad as he was, he

headed to the park. Children were playing in a happy and gay mood. Birds were chirping, and the sky was blue. It looked serene.

Just then, his mom called him. With heavy legs, he started for home. Suddenly, in the heap of old trash, he caught a glimpse of his art book. It was as if he was awakened from slumber; lightening struck his body. He picked it with glee. He had his supper and went to sleep. He was asleep in a short while.

Behold! What a sight it was! There was blue ocean everywhere and sea creatures swimming around him. Sameer was swimming in full speed. Dolphins were jumping in and out of water. He was so happy at this sight. Sameer slowed down, and hit the bed of the sea. Ah! The sea was so colourful. These colours were not even in his colour box. The sight of sea grass, conch shells, fish, were a few to count.

Suddenly, he was shaken by a shock. His mom woke him up from his slumber. Sameer did wake up, but the dream which

he had did the rounds of his mind. He got ready for school. Today he had his final golf competition. But the bad result in academics was what he could not shake off from his mind. He could not play his game as well to the best of his abilities. His team lost badly. He was jeered and booed everywhere. Little by little, everyone stopped talking to him because he was a loser in every field – at least, he thought so.

As he was coming out of his school, he was surprised to see a gathering at the notice board. To his curiosity, he went to see what the matter was. The point of discussion was that a painting competition was to be organized by a global foundation. The winner would get a chance to work with the leading painters of the world, and a handsome sum was to be paid to the school for the development of art-work in its premises. Everyone was speculating on who the lucky one would be.

After listening to this Sameer came back home, had his meal and retreated to his room. After a nap, he suddenly woke up, took his art book and started painting his thoughts on paper. Playing with colours was his favourite pastime. Suddenly, his weird dream started coming to his mind. All the things started

revolving round him as it was during his dream.

His paint brush was between his hands. Why was the dream haunting him again and again? He took a large canvas and started painting his mind. He painted the ocean, then he painted the dolphins, and a kid riding the blue dolphins. Little by little, everything from his mind was translated to art. The oceanic grass, the conch shells, the sea horses, the jelly fish— everything was taking shape on his canvas. He painted his mind on the canvas and went to sleep.

From the next day, everything was back to normal; school to home and vice versa. After a few days, while returning to his home, he saw that his cousin Riya, who also studied in his school, had come over to his home. She was a shy girl who kept to herself. They had a little chat on general issues, and after that she went home. A few days passed by. One day, when Sameer was sitting in his class, there was an announcement from the principal of the school, calling all the students to the assembly hall. The students were curious over being called upon suddenly in the 7th period.

When all the students had gathered, the principal addressed the gathering - “Dear students, I know that you must be inquisitive over why I have called you on such short notice. Before I come to the point, I would like to say that in this world every individual is different from others. In the same way everyone’s dream is different from others. To be successful, it is not necessary that one should be successful in academics. The work which gives you happiness should be done with true determination and spirit. I am happy to announce that a child who wants to live his dreams has been chosen by the global foundation for his work. He has seen a dream—a link to the sea via the humane way; a place where there is no bloodshed, no evil thoughts, where there is only love, compassion, and goodwill.”

All the students were curious to know who that lucky one was. The principal spoke again, “The talented one is none other than Sameer.” Sameer thought that he was still dreaming. Riya came on to the stage with his mom and explained how she had taken the canvas and sent it as an entry to the competition. Sameer’s mom took him in her arms and with a choking voice said, “Pardon me, son. I could not understand you and your talent.” Sameer’s shy cousin Riya had given wings to his dreams, to soar high. Sameer’s lost confidence returned. All eyes were moist; but these were the tears of joy.

SUBLIMITY OF THOUGHTS

– Abha Mittal, NOIDA

*Thoughts fill your whole world
In many a colour, hue and
mould,
They might fill it with
brightness,
Or in darkness keep it
submersed.*

*They might unravel the
treasure you mistook as
trash,
And orient your vision to
infinite beauty just in a flash.
They might enrich your world
and fill it with bliss,
Or they might disgrace it
and take it to abyss.*

*Slowly the thoughts of
beauty and grace yourself
surround,
And start seeping within and
get yourself in joy drowned,
Like seeds gently then they
begin to grow,
All which were once
mysteries now before you
bow.*

*If they are taken in
unattended, un-over-seen,
They might bring about
spite and spleen.
If they are watched well
before taken in,
They will bring about bliss
and joy within.*

BEAUTIFUL, LOVING AND VIRTUOUS



– Anu Chanana, Faridabad

I came across Sister Shivani's programme telecast in Astha TV around two years back and got hooked on to that. This positively impacted my way of thinking about me, the relationships and people around us. On one lucky day in June 2011, I went to the B.K. centre in our neighbourhood and started the Seven-Day course. I enjoyed the knowledge, sisters' love and support and the divine atmosphere of the centre. Then I started going to the centre every weekend to practise Rajyoga and listen to the Murlis. Regular practice of Rajyoga taught me to stay in positive thoughts. Negative and waste thoughts started melting away. This led to more confidence, energy, enthusiasm and 'feel good' factor in my daily life. It gave me an understanding that I am a spiritual being, eternal child of God. The knowledge enabled me to see others also

as spiritual beings and with this understanding I do not get caught in their names and behaviour. Instead, I am mostly able to maintain my happiness and give them happiness also. This feeling makes relationships much better than before.

Sometime back I was going through an unpleasant relationship with some members of our extended family. I thought that I was usually nice to them but got very upset when their behaviour was not up to what I had expected. I also started reacting negatively but I found that negativity and stress levels in the environment continued to increase. This affected my peace of mind as we all stay in the same house. After adopting Shiv Baba's powerful knowledge, I started looking at

the time when souls came from Paramdham; they were originally pure but acquired some weaknesses in due course. I learnt to look for some quality in them and paint their picture with that good quality in my mind. The knowledge also helped me to view the situation as my karmic account. With the power of Yoga, I stopped being miserable on account of others' behaviour, checked my reactions and started responding positively. The relationship between us became pleasant. **Most importantly, I got a feeling of power that my happiness and peace is not dependent on other people's attitude and behaviour.**

I feel blessed that Shiv Baba found me and made me His child. I cherish this loving relationship I have developed with the Supreme Father. He is teaching me to fulfil all needs of love, happiness from Him and pass this love and peace on to other souls and in the environment around. Baba is my constant companion and He is making me so beautiful, loving and virtuous.

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worthy in this life but for many lives to come. It is my heart-felt desire that all my spiritual brothers and sisters should also take the benefit of Shiv Baba's knowledge which I am experiencing and thus we should all make this world a better place to live in.

SUCCESS IS OUR BIRTHRIGHT

— Dhvani J., Chennai

It is said that roughly one person dies for every one person born each second, and that on an average, the world sees four births each second. The world's population today is estimated to be roughly 7.2 billion. 7.2 billion individuals inhabiting this planet - 7.2 billion unique minds - 7.2 billion unique souls. Each soul is a masterpiece. No two individuals are exactly the same in every aspect - we all know this. Each individual in this 7.2 billion has their own way of looking at the world, their own way of defining all elements of life, and their own way of thinking. The thought processes make each person unique. Having said this, it must also be noted that each person defines 'success' in a different way. While we live in a world where each person has the freedom of living their own kind of life, let us not forget that each person has their own dreams to fulfill. Each individual chooses the profession they like, and sets up a living according to their heart's content.

Success could have different meanings to different people.

Each person devotes their life for a certain cause — be it on a professional level, a social level, or a spiritual level. Based on how their minds are inclined, they know what would give them ultimate joy — the feeling that the ultimate goal of their lives are fulfilled. After all, we aren't born for no reason that we must die with nothing significantly done. We, as uplifted souls, know that we are here for a purpose. We are all here to achieve something - perform something that would be significantly beneficial - to either the environment, or to the society - either on a small scale or on a big scale — We are here to achieve something we set for ourselves as chosen goals. We are here to achieve - success — because success is, after all, our birthright.

Why then does it happen that not all people seem to achieve what they wished for? There could be innumerable obstacles in the journey of a person towards the goal. Once we reiterate to ourselves that success is our birthright, we would always find a way to fight

it through. After all, *where there is a will, there is a way.*

Let's kick-start ourselves. If we do not recognize what our destined success is, let us create our ambition - a goal - a dream - a vision. And as we envision our ultimate destination, let us not forget to get geared up for the path - no matter how rugged or smooth the terrain is. It could be a path filled with multiple obstacles and check points. We just need to ensure that the map is in our heads, that the seat belt called "courage" is worn intact, and that we are energised with the fuel called "will power". Planned "strategies to success" would steer our way. When we know something's wrong, we need to apply our brakes. We got to listen to our hearts, and to our brains. Thus, when well planned and calm, no obstacle would permanently stop our journey. Let's gear up, and reach our goals. After all, we are born to achieve.

A man can be as great as he wants to be. If you believe in yourself and have the courage, the determination, the dedication, the competitive drive and if you are willing to sacrifice the little things in life and pay the price for the things that are worthwhile, it can be done. —Vince Lombardi

THE RIGHT WAY

— B.K. Neha Sundari, Mumbai

Each time my mother shares this story, something within me quiets. A master and his disciple return home after a long penance only to find that the roof of their house is broken. The disciple is immediately disturbed and says “After such penance, couldn’t God have at least kept our roof intact – so we could get a good night’s sleep? The master simply smiles, and says, “Lord, your ways are your ways. You knew that during our penance we used to sleep under open skies, and you wanted us to continue seeing the stars. Lord, you are great.”

The disgruntled disciple lays the bed for both of them and soon they fall asleep. However, in the middle of the night, it suddenly begins to rain heavily. The disciple shouts in anger. “After all these days of penance, we have no roof and now it is raining!” He looks around to see that the master is no longer in his bed. As he walks out, he sees the master dancing in the rains with his hands raised above. Shocked, he asks the master “What are you doing?” The

master replies with a smile, “Lord, your ways are your ways. You knew that our penance had made us dirty and dusty, so you sent heavenly showers to clean us. Thank you, Lord. Your ways are your ways”!

Not able to stand it anymore, the disciple asks the Master, “How can you go on saying, “Lord, your ways are your ways?” The master smiles gently, and says, “To be honest with you – I don’t even know if there is a Lord. However, all I know is that your reaction to the

situation is making us angry and upset whereas my response is making me happy and peaceful. So my way must be the right way”. With that, he lifts his hands once again, and sways in the rains singing, “Lord, your ways are your ways.” For a while, the disciple just stares at him. Gradually, he smiles, lifts his hands, and says, “Lord, your ways are your ways” and begins to dance with his Master.

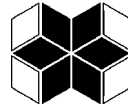
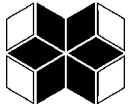
This story has given a direction to my life. Whenever I am in a dilemma, whether to do something or not, I ask myself, will it give me peace and happiness? If the answer is no, I immediately know that it is the wrong way. If the answer is yes, I know it is the right way.

THREE WORLDS

— B.K. Dathiah, Kalyandrug

As per Godly Knowledge manifested by God Shiva through His corporeal medium Prajapita Brahma, there are three worlds in all. The world in which we are located at present and which is situated in small part of ether (sky) is called the gross world. It is also called the Corporeal World as the conscient souls play their part here in bodily form. This world is a Drama of magnanimity. The earth of vast expanse is the stage, while the Sun, the moon and stars serve as the inexhaustible sources of light. There is no life of any kind in any of the stars or planets, except the earth. The life of action on the earth-plane has a definite plan, programme and purpose, based on the theory of cause and effect which is known fully to ‘the Creator’ and can be known through Him alone.

DO YOU ENJOY EVERY MOMENT OF YOUR LIFE?



—BK Joseph, Bangalore

Even when atheists present various explanations, they ultimately point to the one underlying truth that all human beings share a common origin. School text books teach that about 14 billion years ago, there was a “Big Bang” when an infinitesimally small and infinitely dense and hot point exploded, and this brought everything into existence. They also teach Theory of Evolution that says every form of life that exists, can trace its lineage back to one ancestral living organism 3.5 billion years ago. And religions on the other hand teach that we all came from God, through our parents. It’s like people talking about money in its varied forms, yet in essence they are all talking about the freedom that money is able to provide for them. Similarly, all explanations about origin of universe and life highlight one unmistakable truth: we are all related to each other hence life is all about relationship. We live in our bodies and we express ourselves

through our relationships. The more harmonious we are with our relationships, the more enjoyable our lives will be.

Let us examine three relationships which are the very basis of our happiness. All souls are RELATED through “One Heavenly Father.” All happenings are RELATED through “Sow and Reap” principle. All happenings within the soul are RELATED through mind-intellect-*sanskar* - mechanism. The more convinced a person of this truth is, the more will they try for healthy, beneficial relationships with those three ruling entities; hence they will enjoy their life more and more. Let’s see how.

► When viewed superficially, God becomes simply a distant entity. But an insight into His real nature builds a loving bond with Him. For example, famous scriptures present Him as our loving heavenly Father. (Gita 9:17; 14:4; Mathew 23:9, Bible) When you think of Him as your Father, there arises a feeling

automatically in you that you want to do everything that pleases Him. You do not stop here only, but enjoy trying all sorts of relationship with Him—Father, Preceptor, Companion, Sweet Heart, Mother, Teacher and Child and this enables you to be linked to infinite source of His qualities such as power, purity, joy, love, peace, wisdom and bliss respectively. See how the quality of your life changes when those qualities are your highlights.

► This leads to the next. When God is your Father, all human-beings automatically become your brothers and sisters. This helps you to have a pure motive in dealing with others, the result of which is peace and contentment—something no amount of money can buy for you. Besides, you take yourself as His child, a soul, acting in this physical costume. This helps you to restore your original relationship with your body—you simply re-establish your sovereignty over your body organs and senses. You become the king and your body becomes your kingdom. You enjoy a harmonious relationship with your body, and you feel light with regard to your body—



you no more feel weighed down by the body that gives you no trouble at all.

► All happenings are related—**ONE THING LEADS TO ANOTHER** which means there is a rule (The Principle of Sow and Reap) behind all happenings. Just like water finds its own level, an action produces its corresponding result/s which in turn becomes the cause for another result that goes on and on endlessly. Once an action is chosen, its result is determined. It is inexorable, impeccable, immutable, impartial and omnipresent. This knowledge helps one to cultivate good relationship with this Ruler, always choosing actions that bring beneficial results for the self and others.

This principle of one thing leading to another can be seen even within you—the soul. You, the soul, are able to think (mind), judge (intellect) and retain the imprints of the actions (*sanskaras*). These faculties of the soul are related to each other. Mind and intellect, with each of their acts, make your *sanskaras* stronger, which in turn influence both mind and intellect more strongly, and the cycle goes on. Now taking

advantage of this knowledge, one can keep his thoughts pure, which in turn would make his action pure, and consequently his *sanskaras* pure. Repeated action makes your *sanskaras* stronger, which makes your future actions of purity natural and easier. It is like repeated walking over a grass-land that creates a path; it will become harder if you keep on walking, but will vanish if you stop walking, so is with your *sanskaasr*. What is learnt can also be unlearned. *Sanskaras* can only impel, cannot compel. Hence soul can claim its rulership not only over the body, but also over one's *sanskaras*. Remember that what happens inside the being is what reality is; external manifestations are only its reflection. When you change, your reflection in the mirror too changes. The more you do, the more inspired you become to bring in more and more changes as you see the benefit yourself—you become more creative, bounce back more quickly from adversity, have a stronger immune system, and have stronger social relationships than others, all of which make your life more enjoyable and meaningful.

One may say “I know the above three things.” Good. But

is your knowing like one saying: “I KNOW swimming,” which means he is a swimmer, not a knower of the theory of swimming? Interestingly, **KNOWING** these three things denotes action and is equated to “taking refuge in God” and such ones are promised that they will have remembrance of them “even at the time of death.” (Gita 7:29, 30) What a grand prospect to live with! You wake up in the morning with the thoughts that preceded your sleep. So will be your next birth, which will begin with the *sanskaras* you developed in the previous birth. Three days after his physical death, Brahma Baba told his spiritual children: “You have the full force of the previous *Kalpa*.” (Murli 21.01.1969)

Our goal is to know the truth and live accordingly—to have a beneficial relationship with our heavenly Father, with the souls, and with the ruler of all the happenings. This is an individual as well as collective goal. Anything that supports and takes us nearer to this goal is right. The more harmonious we are with these three relationships, the more spiritual we will be and will enjoy every moment of our lives!

ATTITUDE IS THE MEANS TO UPLIFT



– Khem Jokhoo, Trinidad

A pure spiritual attitude is the most powerful virtue of the soul. Such a soul has the ability to meet and greet everyone with a vision of love, filled with good wishes and pure feelings of blessings as well as happiness. As one is in the awareness of soul-consciousness, there is a vision to see everyone as a soul. All thoughts, words or actions are for the benefit of everyone that includes nature and the elements.

On the other hand, when one is body-conscious, the attitude and feelings are influenced by the senses, nature and the vices. There is a tendency to see weaknesses and drawbacks in others inducing an attitude of hatred, envy and jealousy. Attitude, therefore, is the most powerful factor in creation of a happy or sorrowful atmosphere.

Understanding The Depth Of Attitude

In the spiritual world, attitude is the “feelings” generated when one is in

contact or in remembrance of people, things or situations.

These feelings are generally emotions from past experiences and memories. Feelings can either be positive or negative, loving or vexatious, although they can also be indifferent in new situations. If the past situation was positive, a feeling of enthusiasm emerges to relive that experience. If the experience was negative, then a feeling of anger or despondency emerges and depression follows that unpleasant memory. For example, when you remember or meet someone you had met before, if the meeting was a happy one, the same happy feelings will emerge and there would be some degree of eagerness to meet and greet to reignite those feelings of happiness experienced before. If your past meeting was bitter and it created hatred, envy or jealousy, these feelings would emerge and the tendency would be to cut short or avoid the meeting. The same thing

happens in facing situations or things. *Therefore, attitude is ingrained in our thoughts, feelings, vision and actions; it is our attitude that determines the quality of every relationship or connection. This is why attitude is the most powerful factor that influences our feelings and hence our vision how we see the world and finally our actions based on our vision.*

Attitude Has Fragrance, Aura And Charisma

In spiritual language, attitude is the fragrance emitted from one's thoughts similar to the fragrance that comes from flowers. *The fragrance emitted from your thoughts is the intentions and motives that are concealed in your thoughts. If your motive is selfless and pure, your loving vibrations are sure to create peace, love and happiness in the atmosphere and the fragrant aura will have the power to attract and transform others.* This fragrance and aura in a person is called charisma. Charisma is that magnetic attraction or compelling pull that simply draws people towards you. People are enriched simply by getting a glimpse or making eye contact and go into ecstasy or trance with a feeling of bliss. A

halo of white light is formed around the heads of spiritual people and it is also a form of protection for them from evil spirits.

The Most Powerful Form of Service

Attitude is an extremely important ingredient in donating “service through the mind” and in particular spiritual power (*drishti*) as reminded of in *Avyakt Murli* “**The Spiritual Father has seen that the easiest method for service is to create vibrations through your attitude and to create the atmosphere through your vibrations, because the attitude is the most powerful method of all.** Just as the rockets of science are able to fly very fast, in the same way, your spiritual attitude of good wishes and pure feelings will change your vision and your world”.

Spiritual Attitude can Remove Obstacles and Waste

The Spiritual Father reminds children in *Avyakt Murli* of 17-03-2007: “Of course you have many big *programmes* of serving through words, but each one of you has to create an atmosphere with your spiritual attitude and vibrations. The attitude of your mind

should always be clean. *If you have rubbish be in your mind; you will not be able to serve with a pure attitude. With negativity, you feel distressed in your own mind, don't you? So, first of all, check yourself: Is there any conflict in my own mind?*”

Method:

The Spiritual Father has advised that we should finish all waste thoughts in a second and spread the impact of best thoughts into the atmosphere. With a powerful mind, we can be successful in serving the world at large.

How to Give and Receive Spiritual Power

This transfer of spiritual power (*drishti* or *sakash*) is most effective when the giver as well as the receiver is in remembrance of the Spiritual Father at that moment. The Father advises in one of His *Avayakt Murlis* “**If you want to receive spiritual power (*drishti*), always keep the Spiritual Father in your vision (*drishti*). To take *drishti* means to merge the Father in your *drishti*.” *To overcome any attraction, always keep your thoughts in the remembrance of God and also when giving or receiving or exchanging feelings.***

Presently, a spiritual attitude is required to grow a powerful spiritual stage as well as to do service, however in times of upheavals; a pure attitude will provide the tolerance to be immovable and unshakable.

The Unlimited Power of a Spiritual Attitude

When you extend pure love to everyone with selfless motivation or you send good wishes and pure feelings to those who are in deep sorrow, or when you see the virtues rather than the weaknesses in people, it means you have an attitude of compassion. When you bless and uplift someone even as he/she defames you, this is an attitude of forgiveness. When you tolerate a situation and take responsibility as well as give co-operation even when not appreciated; that is an attitude of humility and self-respect. A spiritual attitude, therefore, takes the support of all the virtues, powers and spiritual knowledge and makes peace, happiness and prosperity your birthright. Every second, every moment and every breath of your life is nurtured by attitude. Let us, therefore, mould and nurture such a lofty attitude.



ANGER MANAGEMENT AND PREVENTION



– B.K. Shankarananda

Even though the vice anger comes next to sex-lust, yet it is very harmful and dangerous which paves the way of destruction of the human soul, that is why all major scriptures talk about its dangers:

"krodhad bhavati sammohah sammohat smriti-vibhramah smriti-bhramsad buddhi-naso buddhi-nasat pranasyati"
(**Bhagwat Gita: Chapter Two verse 63**) (**Meaning**)

In Shrimad Bhagwat Gita, God said: "O Arjuna, Delusion or wild idea arises from anger. The mind is bewildered by delusion. Reasoning is destroyed when the mind is bewildered. One falls down from the right path when reasoning is destroyed."

According to Bible:

My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires. James 1:19-20

According to holy Qur'an:

A man said to the Prophet "Advise me!" The Prophet said, "Do not become angry and furious." The man asked (the same) again and again, and the Prophet said in each case, "Do not become angry and furious."

In the present times of technological advancement, human values have suffered a lot in all areas of social life. It does not mean that technological advancement has caused degradation in human values but material advancement and spiritual upliftment are somehow not going hand in hand. It may be due to the negative intruders (lust, anger, greed, attachment, and ego) which have occupied the human mind in the long run. Anger in particular is the main culprit which has degraded human beings. Newspapers carry dreadful pictures of the impact of anger in human life. As our mind is not under our control, we need to train our mind to manage anger. According to Srimat Bhagawad Gita "One who has control over the mind

is tranquil in heat and cold, in pleasure and pain, and in honour and dishonour; and is ever steadfast with the Supreme Self." But the irony is that we have lost that controlling power of mind.

"For every minute you remain angry, you give up sixty seconds of peace of mind"—Ralph Waldo Emerson, American Poet.

"Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned"—**Gautama Buddha.**

"Anger dwells only in the bosom of fools"—Albert Einstein, American Physicist

"Anger blows out the lamp of the mind" – Robert Green Ingersoll, American Statesman and Orator.

Anger is one letter short of danger. We all know what anger is, and we've all felt it. When Anger gets out of control and turns destructive, there are problems at work place, in personal relationships and in the overall quality of our life. If anger is not controlled, it can lead to physiological as well as psychological problems.

THE NATURE OF ANGER

Anger is accompanied by physiological and biological changes; when we get angry, our heart rate and blood pressure go

up, as do the levels of our energy hormones, adrenaline, and noradrenalin.

Anger can be caused by both external and internal events. You could be angry at a specific person (Such as a co-worker or supervisor) or event (a traffic jam, a cancelled flight), or your anger could be caused by worrying or brooding about your personal problems. Memories of traumatic or enraging events can also trigger angry feelings.

Expressing Anger and the Effect of Anger

According to Charles Spielberger – the instinctive, natural way to express anger is to respond aggressively. Anger is a natural, adaptive response to threats; it inspires powerful, often aggressive, feelings and behaviours, which allow us to fight and to defend ourselves when we are attacked.

On the other hand, we can't physically lash out at every person or object that irritates or annoys us; laws, social norms, and common sense place limits on how far our anger can take us.

People use a variety of both conscious and unconscious processes to deal with their angry feelings. The three main approaches are expressing, suppressing, and calming. Expressing your angry feelings

in an assertive manner is the healthiest way to express anger. To do this, you have to learn how to make clear what your needs are, and how to get them met, without hurting others. Being assertive doesn't mean being pushy or demanding; it means being respectful of yourself and others.

Anger can be suppressed, and then converted or redirected. This happens when you hold in your anger, stop thinking about it, and focus on something positive. The aim is to inhibit or overcome your anger and convert it into more constructive behaviour. The danger in this type of response is that if it isn't allowed outward expression, your anger can turn inward—on yourself. Anger turned inward may cause hypertension, high blood pressure, or depression.

Many people express their anger in inappropriate and harmful ways, including:

Anger explosions – some people have very little control over their anger and tend to explode in rages. Raging anger may lead to physical abuse or violence. A person who doesn't control his temper can isolate himself from family and friends. Some people who fly into rages have low self-esteem, and use their anger as a way to manipulate others and feel

powerful.

Anger repression – some people consider that anger is an inappropriate or 'bad' emotion, and choose to suppress it. However, bottled anger often turns into depression and anxiety. Some people vent their bottled anger at innocent parties, such as children or pets.

Unexpressed anger can create other problems. It can lead to pathological expressions of anger, such as passive-aggressive behaviour (getting back at people indirectly, without telling them why, rather than confronting them head-on) or a personality that seems perpetually cynical and hostile. People who are constantly putting others down, criticizing everything, and making cynical comments haven't learnt how to constructively express their anger. Not surprisingly, they aren't likely to have many successful relationships.

Finally, you can calm down inside. This means not just controlling your outward behaviour, but also controlling your internal responses, taking steps to lower your heart rate, calm yourself down, and let the feelings subside.

As Dr. Spielberger notes, "when none of these three techniques work, that's when someone—or something—is going

to get hurt."

Anger triggers the body's 'fight or flight' response. The adrenal glands flood the body with stress hormones, such as adrenaline and cortisol. Heart rate, blood pressure and respiration increase, the body temperature rises and the skin perspires.

The constant flood of stress chemicals and associated metabolic changes that accompany recurrent unmanaged anger can eventually cause harm to many different systems of the body. Some of the short and long-term health problems that have been linked to unmanaged anger include:

- Headache
- Digestion problems, such as abdominal pain
- Insomnia
- Increased anxiety
- Depression
- High blood pressure
- Skin problems, such as eczema
- Heart attack
- Stroke.

Anger Management

The goal of anger management is to reduce both your emotional feelings and the physiological arousal that anger causes. You can't get rid of, or avoid, the things or the people that enrage you, nor can you change them, but you can learn

to control your reactions.

There are psychological tests that measure the intensity of angry feelings, how prone to anger you are, and how well you handle it. But chances are good that if you do have a problem with anger, you already know it. If you find yourself acting in ways that seem out of control and frightening, you need help finding better ways to deal with this emotion.

There are many techniques or ways out to manage this uncontrolled anger such as: expressing anger in healthy ways without any harm to the self and others, long-term anger management, regular exercise in mood management, strategies to keep anger at bay like: relaxation technique, cognitive restructuring, better communication, using humour, counselling and so on. We are trying to control or manage anger logically, psychologically, physiologically, but not trying to manage it spiritually—which actually is the great missing link.

The above-mentioned ways can lessen or suppress anger to some extent, it may work in some cases or may not, or if it works otherwise it is unable to wipe out or uproot this negative trait completely from mind. I, therefore, would like to emphasize much on the internal

technique than something done outwardly. Anger including all other four vices attacks us from outside and in the form of thoughts penetrates in the mind and creates disturbances. So, it will definitely be effective to deal with them internally i.e. from within the self.

Spiritual technique or the technique of RAJYOGA helps us to know ourselves inwardly, devoid of external influences. It strengthens us from within through changing our thought process of pessimism to affirmative thoughts.

"Anger will never disappear so long as thoughts of resentment are cherished in the mind; it will disappear just as soon as thoughts of resentment are forgotten"—Mahatma Buddha. It is very easy to get angry on someone or anything else, but credit is not letting that anger conquers your mind. Anyone who angers you actually conquers you. And no one wants to be controlled or subjugated by someone else. But still we get angry, react as a fleeting annoyance or as full-fledged rage and show our weaknesses to all. "When anger rises, think of the consequences" – Confucius.

(Contd. on next issue)

(Contd. From may 2014 issue)

THERE ARE TOO MANY GODS IN THE WORLD

(The Deep Dark Hole, Heavy Shovel and Slippery Ladder)

– B.K. David, Paington. England

The result of everyone's wrong, false thinking and detrimental, wasteful, harmful and aggressive actions is that they disease the orchard and later set it on fire. Today's orchard is greatly poisoned and polluted and a very dangerous place to eat from. Yet what we eat, so we become, correspondingly diseased, burnt and unhappy. There is no escape but there is a solution to leading a happy life. We need to stop planting and sowing negative and false seeds. This is of paramount importance as it's the first step to creating healthy fruit for you to eat. Then you need to walk in another field where you can learn to sow only good seeds based on truth and enlightenment. In this new field of life, you can build yourself a healthy field that grows healthy fruit which you can eat and grow strong.

This is the only solution open

to you, me and the world. We really have to take it or leave it. There are now two fields in operation in life. Virtually everyone is in the field of sorrow and forever creating more sorrow for themselves. Yet step aside and through the Farmer's (God's) gate get into a field of awareness, effort, dedication, truth and love and you will eventually make a life for yourself that is moving on upwards and has an aim and you'll be able to leave behind for good your old field with its thick mud and poor and poisonous fruit which can only grow from within this field of ignorance. The field of ignorance is an unlimited field, a very crowded one, as everyone is always sowing negative seeds on it day and night.

You need the Farmer's guidance and wisdom as to when and how to sow these new seeds as all entering this field have the habit of ever sowing the

old seeds of sorrow for themselves. So guidance and knowledge and patience and wisdom are needed if one is to make this field a field of beauty, health and happiness. This is a field of effort and if you expect to just walk into a field of instant happiness then you'd be very mistaken indeed. You need to learn everything again in life anew in this new field. This is a new field where everything is new.

You, the soul, may well be very old but its introduction to you is very new and so is your introduction to God. For a new world, everything has to be new. You cannot make new shoes out of old worn out leather, can you? The soul is much like the Grand Canyon: you know it's there, you've heard much about it and you know it is very old and deep but when you first get to see it, it looks new to you. In spiritual terms, we know and hear of God and the soul often and yet, we really know little of either. We know of the Grand Canyon and it becomes alive and new the first time you see it for real. The soul and God come alive when you know what both are, where they come from and what the problem has been that stopped you from discovering them before. When you fully know and understand something and

can realise that something to be true, it comes alive before your eyes and in your mind; unlike before when it was just in a book or only spoken of.

Setting Sails In A Force 9 In A Leaking Boat

The time for change is fast running out and this time is as short and as long as you can hold your breath for. In the space of a breath, time will have run out to change ourselves for the better, and with it, any hope for this old world will also have vanished overnight. In the space of a yawn, a breath or a wink, the world will have completely changed and with it, its people. Whether the people like it or not, they will have to change or face the consequences if they don't learn swimming. Not learning to swim in a desert is not a crime or expected but not learning to swim when on an island surrounded by sea and with everyone around you drowning would be very unwise. This is like booking an airplane seat on a plane that carries not enough fuel for its flight duration and uses baggage handlers as pilots. We need to know how to live life successfully or else face the consequences of poor preparation in the wake of an impending storm of which the world has never seen the like of before. All storms and

catastrophes prior to the approaching storm are only infants. This storm will wash over and touch everyone's feet on the planet. For many, this storm will also touch their hearts and flood their countries and be deeper than a tall person in height.

You'll Waste Your Life Looking Out There For Happiness. Only By Looking Inside Yourself Will You Ever Find It.

We treat the body like king yet it should be just the servant of the diamond in the head. We run round all day trying to please ourselves and find some happiness through our bodily senses yet all we achieve are confining ourselves to prison for longer and longer stretches of time. We play with the keys that lock us in the cell of unhappiness. We think and feel the senses to be liberating and will give us freedom and pleasure, and although that may be true for a very limited period, the impacts and results of those sensual pleasures wear off very quickly, hence we have to play with them time and again. It's easy to see how we end up in a spiral of never ending searching and needing sensual pleasures to fill the void they leave within us. It's like for the time that we are digging a hole for ourselves we

are happy, and yet as soon as we stop, there is the feeling of emptiness within us. We don't have the wisdom to realise that it's the digging (the vices, sensual pleasures) and its resultant hole that is the cause to our unhappiness later. If we were not to dig (play with vice), then we'd not feel empty and the urge to dig again (vice).

Most people have now got themselves in this never ending dilemma of the more they do, the unhappier they make themselves. The holes they dig for themselves are varied, such as the holes of relationships, body-consciousness (vanity, ego), career, greed (wealth), food (greed). Most pursuits end in the person digging a hole for him to stand in and to later feel empty, alone, and the need for something in their life. They also feel that there is something missing as the one thing that will not go down or fit into their black hole is permanent happiness; hence their feeling of emptiness and feeling that happiness is missing from their life, which gives birth to their desire for fulfilment and to want something more from life.

Their holes of bad habits and sensual pleasure by their nature can only take them down and make them feel low and create a feeling of emptiness in their

lives. True value lies not in the hole and digging it, but in being able to walk away from the hole, i.e. vice, habit and bodily pleasure. To know the real prize in life does not reside down a hole is true enlightenment and can give the reward of a life of true and lasting happiness.

There is one very important aspect to life that especially surrounds the workings and laws governing this orchard of fruit that most live in, which if you can remember it and live by it, will make you so healthy and strong it will also enable you to walk out of your poor orchard with its poor fruit into a higher orchard whose fruit is incredible to taste. Try to always keep in the forefront of your mind that the fruits in your present field will not give you diabetes but will give you constant sorrow that you shall have to carry around with you everywhere you go. The ignorance of your mind will transmit to your arms and legs and cause you to act ignorantly. You must elevate your mind, arms, hands and legs to think and do good deeds. Only then will you be worthy of being transferred to the next elevated field and have the ability and wisdom to sow the seeds of goodness. Your new elevated actions produce, maintain and water the orchard trees that

grow healthy and delicious fruit for you to eat.

It is correct that we have to make effort in life to secure and earn the right to be happy. Yet by digging the hole for ourselves fuelled by the senses we are moving further and further away from real happiness. If you wish to go to town 'A' and yet take the turning and road that goes down to town 'B', you need not be surprised when at the end of the day you find yourself not in town 'A' but in town 'B'. If you want happiness but are always to be found digging yourself a hole of sorrow, you needn't be surprised when you look at your life, you will only see how unhappy you are. Everyone is digging, digging down and down with the shovel of vice and creating a hole of immense sorrow for himself/herself. There is nothing down the hole of vice other than sorrow. Yet the big paradox is that the more sorrow they experience, the more they keep on digging. The results are too obvious and for you everywhere to see.

Hiding away inside everyone is a diamond that can only be found through climbing and not digging. The only feelings to be found down today's holes and which can be picked up down the hole of vice, is sorrow. If you want real happiness you need to

climb the ladder of self-awareness which also requires effort, but in the opposite direction. The effort, that elevates you, requires truth and much dedication yet the rewards are more truth, deeper peace and eventual happiness. This ladder leads to a goal and place of ultimate truth. This ladder and its rungs are made of truth so it will have to take you higher and higher and elevate you with your effort. The other effort for vice takes you down, and leaves you crawling on the floor like a sick and hungry baby without a mother and father (self-discipline and knowledge).

**You Do Not Have To Live
In A Sick City And Allow
Yourself To Be Influenced
By Sick People.**

The world's people are crying in sorrow like a baby and they only stop when they have the bottle of vice in their hands or mouths. Yet it's this bottle that is making them more sick and weak. They walk down the road of ignorance thinking they are so clever, tall and so wonderful and then when they reach their usual destination of sorrow, they instantly find a reason to blame others for their feeling unhappy and for them choosing the wrong road on their ill-fated journey. A sick mind chooses a sick path which takes one to a

sick place where only the sick people live. Today everyone is sick and lives in the same sick town of vice and goes out every day to seek sensual pleasures which will make them even sicker. They walk the road of ignorance and arrogance and end up crippled in both mind and body. People should wake up and stop blaming others for the mess they find themselves in and realise that they can take control of their lives and start moving in a good direction with good thoughts and deeds.

There Is Such A Thing In Life As The Real Game Of Snakes And Ladders. Everyone Has Been Bitten By The Snake Of Vice And So Few Are On The Ladder Climbing.

No one can ever escape being on this board game of life but you can and should dodge the snakes to be found on this game board and thus remain safe and happy. There are many people walking round in this game who have been bitten by vice and lost a leg, finger, kidney, health, wealth, happiness, peace or have had a broken arm, nose or heart as vice exerts great pressure on both mind and body.

This game is endless and so are its unpleasant results if played wrongly, without care and by playing and sticking to the

rules. There are many snakes and many poisons in life; therefore, one really needs a good pair of shoes that knows of a good path that is safe and free from snakes. With these shoes (wisdom and sensibility), path and rule book at hand you can avoid the snakes and aim and focus on the ladder and start climbing with your nonslip shoes on and rule book whispering in your ears. With you aware that this ladder is elevating you with every step you take, you can relax and be safe in the knowledge that your path is true and has created this wonderful ladder of truth that takes you to a very high destination of truth. There is nothing but benefit in being on this ladder as there is nothing but loss, poison and pain to be had by landing on the snake of vice that will take you down in this game of victory and defeat.

Only by finding the hidden diamond in the clouds and storms of their minds will they be able to take the right road to happiness. The ladder to find the diamond within your mind that contains constant happiness is a very high and slippery ladder that requires constant attention, dedication, awareness and a head for spirituality. Now what are you going to do? This is a ladder that can take you very

high in life very quickly but which is easy to slip down and even fall off. Do you have the courage to climb such a ladder and a head for truth and spirituality?

I know this ladder is well worth the climb as you may feel that only your hole is worth the digging. The efforts and pursuits of both the hole and the ladder give fruit but only the one fruit is healthy, nourishing and makes you strong and gives you a positive outlook on life. If your hole and the world's holes were so good, then why aren't the people of the world so good and so happy? Their holes are starting to collapse in on top of them. If you do not believe me, just look about you and see the state of all the people that pass you by in the course of a single day. Do people look stressful or happy? Do they look full of worry and stress? Do they look happy? Do you see any of those people with a smile? Everyone is too busy digging his/her holes of sorrow for him/her or the day to smile. Then tomorrow they will emerge again from their houses needing to dig further down to try and quench their thirst for peace and happiness. Yet in their endless digging they will only move further away

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Radhe: “Judge Saheb, I see that you are present. But I do not know if God is present here. I am not able to see God with these physical eyes, so how can I take an oath that I see God in your presence? I only see you, the soul in the form of a judge. So if you agree, I am prepared to take this oath that I see a soul in the form of you, the Judge, as present, and whatever I say will be the truth.”

Upon hearing this strange answer, people in the court exclaimed in surprise. Many started laughing. Some approved of Om Radhe’s remarks and showed their joy by clapping. Some said aloud, “True, true,” or “she is right.”

The judge had never encountered such a situation before. He became a little angry, and pounded on his gavel. “Order, order,” he declared.

Judge: (looking at Radhe) “I am not God, so you need not take my oath. To take this oath in the name of God is the rule of the court, and we cannot break it.”

Radhe: (humbly and quietly) “Judge Saheb, you have said to tell the truth. In truth, I do not see that God is omnipresent. In fact, I see in everyone’s mind there is anger, greed, even lust, whereas I am not able to see

God, how can I take a false oath?”

Judge: “This is a court. This is not *Satsang*. You need not give Knowledge to me. Here this is the rule of law; if you break this law, you will be tried for insulting the court.”

Radhe: (fearlessly) “Just as you are not able to tolerate an insult to this court, I am not able to tolerate an insult to the Supreme Father of the world. Even in the Gita, God has said, “Whenever there is the darkness of irreligion, I descend.” Then how is it possible that God could be omnipresent in this world? The Supreme One is Knowledge, Joy and Love personified. He is the Ocean of peace and stability. In all others, there is today the domination of vices: anger, greed, lust. There are storms of passion and utter mental instability. There is disquiet and ignorance. So how can the Supreme Father be present in everyone?”

The Judge did not know how to reply. Silence filled the courtroom. Om Radhe had spoken with such authority and such obvious love of God that no one could oppose her, or even wish to. Even the Anti-Om Mandali representatives, who were present, seemed touched by her words. But the judge was

bound by the law, and so he had to act accordingly. At last, he said, “Regardless of what you believe, the rules of the court must be obeyed. There are no exceptions.”

Radhe: “Judge Saheb, I will not take a false oath under any circumstances.”

Judge: “Still, I am going to give you time to think it over. Then I will ask you once more.”

Radhe: “I have already thought over it.”

The judge was in a quandary. He sized up the young woman before him, and he decided that she could be frightened into taking the oath, so little did he understand. He ordered the bailiff to place handcuffs on her. The burly officer approached Radhe with his handcuffs; she stood fearlessly and faced him. The people in the hall held their breath. Could such a goddess really be subdued?

At the last moment, the judge ordered the officer to stop. He saw the threat was of no use. The officer retreated to the back of the hall as the audience applauded.

The judge gave up the idea of taking the oath from Om Radhe. She had won. But now the examination began in earnest, and the judge himself led the questioning.

Judge: "Why did you girls leave your homes and ran away to Dada?"

Radhe: "Judge Saheb, have you ever read the Shrimat Bhagvat scripture? Why did the *gopis* run to the Lord, intoxicated, when He played His flute? Why were not cases filed against them in court? The flute referred to in the scripture is actually the same Flute of Wisdom which we are hearing through the mouth of Dada. It is the incomparable knowledge of God.

"Let me ask you, Judge Saheb, if a man leaves his family and takes *sanyas* (renounces a householder's life) why is no legal case ever filed against him? In the eyes of God, men and women are equal. Now God has put the urn of Knowledge on the heads of women. So when we mothers have the opportunity of attaining purity and wisdom, naturally we cannot refuse. Why does everyone not rejoice over such new-found purity and elevation?

Why are these questions put to us? The answer is clear, Judge Saheb. Whatever difficulties have been put in our path, whatever hardships and abuses have been inflicted upon us by our own relatives and friends, are all a reaction to our purity."

The judge continued to put the sharpest questions he could think of to Om Radhe, but she turned back all the points with forthright and knowledgeable replies to the extent that the Judge also felt helpless, rather convinced with what Om Radhe said so boldly and convincingly.

(Contd. on page no. ...)

from what they desire. Most will only create more stress and sorrow for themselves in their pursuit down their hole (vice) of ignorance.

They dig by candlelight that gives such dim, fleeting light and warmth that one has to wonder why he/she does not climb out of his/her holes and into the light and start climbing the ladder of truth to find what he/she is craving for in life. Nothing of value resides down his or her holes. Only value can be found in climbing the ladder and at the top of the ladder. You may call this the ladder of effort that leads to complete fulfilment and a paradise. You may call their hole, the hole without end. Their hole is one of darkness, effort and suffering. Their hole is the hole that leads to a muddy hell which is dug with the sweat of sensual pleasures and bad habits.

You can pick up the shovel or the ladder and whichever you pick up will be the most important thing you will ever pick up. A destination and reward await you at both ends.

(Concluded)

REQUIREMENT:

- **B.K. Nursing Tutors** (two female and one male) for Global Hospital School of Nursing near Shivmani Home, Talhati, Abu Road.
- **Qualification:** B.Sc. Nursing and having minimum 1 year experience.
- **Contact:** either by E-mail - ghsn.abu@gmail.com or
- Phone No. 02974-228970 & Mobile No. 08094652109

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

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