

|| From the mighty pen of Sanjay ||



## RAKSHA BANDHAN IS THE BOND OF PURITY



For centuries, every year, on the eve of Raksha Bandhan, sisters tie their brothers with Rakhi, i.e. a loving bond of Protection. But, it must be pondered here how far the brothers have been successful in fulfilling this bond and how far the sisters have been successful in tying the same with such a pure feeling? From experience, all will say that today this festival has become just an opportunity of celebrating little bit happiness and observing the ritual, otherwise, neither anyone celebrates it by fulfilling it as a bond nor anyone thinks of any aspect of protection sincerely.

### **Not only sisters, but brothers also need protection**

We see that on the day of Raksha Bandhan, little sisters also tie Rakhi to their little brothers. But it must be pondered how can such young children have the thought of protection in their mind? Even matured brothers cannot protect their sisters. In today's time, not only sisters need protection, but brothers also need protection. Moreover, a brother and a sister may be living miles away from each other; in that case, the former cannot reach the latter in time on this occasion. A few days ago, it was reported in newspapers that in Mumbai a servant in the absence of his master tried to harm the dignity of his master's wife; finding no other way of support, that lady committed suicide by jumping from upstairs. In such a case, how can a brother reach to protect his sister? Thus, the question arises what is the real significance of Raksha Bandhan?

### **This Bond is of Dharma, i.e. Dharana or Inculcation**

As far as the disease, poverty and various forms of calamity are concerned, the same are the results of human-being's own deeds. Until he improves, changes his deeds, makes his nature sweet and divine, there is no alternative of protection. Hence, it is clear that Raksha Bandhan is not any apparent thing, but is a bond of *Dharma* or Purity. Those who protect dharma are protected by the *dharma*. Those who remain pure in their

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## ***THE GREAT SIGNIFICANCE OF RAKSHA BANDHAN VIS-A-VIS DADI PRAKASHMANIJI***



**R**aksha Bandhan has been celebrated in Bharat over centuries. According to history, this festival is connected with so many mythological events. During the Mughal days, it also became a very historical event in solving some very tedious problems. However, when we think about the present environment all around, people do celebrate Raksha Bandhan with a lot of religious fervour, as it is specially related with the most pious relationship between a sister and a brother. There are many, many aspects connected with how it is celebrated, as it falls in the month of *Shravan* when Lord Shiva bestows boons and blessings on being pleased with the offering of just a few *BelPatra* (leaves of Bel Tree) and a small urn of pure water. We now understand the deep and close significance of God Shiva's connection with this great festival at a time of undeniable iron-agedness of the world where a very low and narrow outlook is harboured

towards sisters, and females in general, we know that Incorporeal God Shiva descends onto the World-Drama stage to emphasize the beauty of pure vision, attitude, and the power, which gives birth to within human consciousness, ensuring regard towards not just blood-related sisters, but all of womankind. When the social network and community at large understand and accept the spiritual significance of Raksha Bandhan, the daily horrific crimes against girls and women would cease completely, thereby solving a big universal problem which is on the increase year after year.

Dadi Prakash Mani was one of those great exponents of this philosophy who threaded the entire global family of humankind in this sacred thread. Her appeal to all brothers and sisters around the world, who came in contact with her, was to realise that leading a pure life would definitely result in real peace and happiness for not just this

birth, but many births to come. Her loving *drishti* and divine touch, while tying the Rakhi, used to work like a magnet on every soul. During her lifetime, the number of BKs following a spiritual lifestyle had reached over a million across the globe. They all belonged to different religions, communities and countries and still continue to spread the message of Raksha Bandhan. Till date, even those from the Western countries and the African sub-continent value the spirit of this festival, and most willingly and lovingly offer their wrists for the Brahma Kumaris sisters to tie Rakhis on, and sweeten their mouths with special *toli* (sweet).

After celebrating Raksha Bandhan, we follow it up with celebrations of Shri Krishna Janamashatami, symbolic of the establishment of an era full of innocence, purity, love, affection, smile and happiness. Every year people celebrate these festivals with a lot of religious fervour, which unfortunately lasts only for a few weeks. It would be beneficial to adopt the spiritual wisdom and power behind these festivals into our daily lives.

The Spiritual Rakhis need to be tied on the wrists of brothers, and even sisters, as it carries the message of how to discipline and enhance young

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minds. Youth age is such that if their energies are not suppressed but guided properly towards positive and creative activities, they can definitely bring heaven onto earth... We are regularly jolted by the news of how innocent children and women are being molested, tortured, and sometimes even burned alive or killed. Rather than aggravate hearts by only talking about these situations, it is essential that mindsets are transformed and spiritual values inculcated and strengthened with the help of courses in schools, and if possible, even in colleges. At tender and vulnerable ages, if the young minds are given purpose, proper guidance with loving care and respect, and made aware of our pure relationship between sisters and brothers as children of God, the violence against young children and adults can be eradicated.

As we learn from the media, there is a silent spread of different kinds of addictions within society which ruin young minds to the extent that they are not able to judge between right and wrong. Impulse thinking takes over and brings on temporary gratification, but little do people realise that their lives will be ruined ultimately. Every young man and woman aspires

for a great, sustainable future, which is very good, but only attainable with the support of spirituality and deep connection with the Supreme.

On this holy festival, let the message: **‘May you be holy and happy forever!’** reach the young community, in particular, to enable them to think beyond the present, and truly conceptualise a future for the self as well as for society at large. May the conscience of our elders, youth and children awaken to the need of ushering in a glorious future for one and all! That would undoubtedly be the real celebration of Raksha Bandhan.

The Supreme Father of Humanity has been emphasising again and again for over 77 years the importance of leading a life of purity for the dawn of Golden Age of the world. When we live by these principles, we can celebrate the memorial of our much-loved festival, Janamashtami, where Shri Krishna’s life symbolises excellence, beauty, virtues and truth. His pure innocence is not based on ignorance but that based on proper wisdom and *sattvick karma* in life. So let us aim to re-educate our children and the masses, about the true significance of Indian

festivals.

Let us understand the great treasures of virtues and wisdom with proper research, and then propagate the same through modern media channels.

Let us work towards revolutionising our future so that we can assure everyone quite emphatically that *‘Ache din aane wale hain...’*

**For the benefit of our readers, we wish to share some inspirations of spiritual Gyan so that they may enjoy and imbibe the same during the powerful month of August:**

► *The festival of Rakhi begins at this most auspicious confluence age. It is later celebrated when the path of devotion begins. This is called an eternal festival. You have to tell everyone to have a rakhi tied for becoming pure. Establishment of the pure world takes place through Brahma. This is why the tying of rakhi to become pure is celebrated. This festival should be considered to be the greatest.*

► *Do you know your power of silence very well? Or, do you forget its importance because you have*



received many other powers? Since atomic power is able to carry out elevated tasks through science, then what can the power of the soul (atma), the power of God, not do?

► **Can you not transform the tamoguni (impure) elements through your pure stage? Can you not gain victory over adverse circumstances with your own original stage?**

► **Order your power to tolerate to make a task successful and then see how success is already guaranteed! However, instead of ordering it, what do you do? Instead of ordering it, you become afraid of it. "How will I be able to tolerate this? How will I be able to face this? Will I be able to do this or not?" When you have this type of fear, you are unable to order this power. Become fearless of being a conqueror of Maya.**

► **Do all of you move along whilst constantly considering yourselves to be God's companions, and constantly experience, "I eat with You, I sit with You"? Do you consider yourselves to be combined with the Father? Never**

**think that you are alone.**

Constantly keep your Companion with you and you will remain constantly happy; you will dance in happiness day and night whilst creating your own future and that of others.

When you consider yourself to be alone, Maya (negativity) comes to you. **No one else can find such a Companion as the One God you have found.**

► **When you constantly use the speciality that you have received according to the Drama you will also be able to see the speciality of others.** It is because you do not look at the speciality, but look at other things, that there is defeat. Keep each one's speciality in your awareness. **Be faithful with one another and the motives and intentions of others will change.**

► **When someone is saying something defamatory, then, instead of supporting that one, transform the motive behind the meaning of the words. This practice is needed, otherwise, when one hears something about someone from another, the third person hears something from the second**

person, then **those wasteful things spread into the atmosphere due to which the atmosphere is not able to be powerful.** Therefore, always have good wishes and benevolent feelings for everyone.

► **Let everyone just see souls swinging in happiness. Let there be spirituality in every word. According to the time, your stage should also be very elevated. The meaning of the ascending stage is to go beyond what you were like before and continue to move ahead.**

► **When it is a particular season, you pay special attention according to the season to remaining safe from it. When it is raining, you will pay the attention of keeping an umbrella or a raincoat with you. When it is cold, you will wear warm clothes. Similarly, at the present time, Maya is carrying out the special task of putting a curtain of negative feelings and intentions on the mind and intellect. Therefore, adopt some special means of safety. The easiest method for this is to become stable in the point form.**

– B.K. Nirwair

# EXPERIENCE WITH DADI PRAKASHMANI

– B.K. Asha, ORC, Delhi



I feel myself a multi-million-fold fortunate soul to have received divine motherly sustenance from Dadi Prakashmani ji which helped me to fix my goal in life. It was our fortune that many times Dadi Ji stepped in our house with her lotus steps and purified it. Whenever Dadi Ji came to our house, she would always ask “Asha, whose Asha (Hope) are you?” I would always answer, “Dadi Ji, I am Shiv Baba’s Asha.” Dadi Ji was destined to help me taking leave from my *loki* father.

Dadi Ji taught me how to do every service and helped me to

excel in it. From explaining Godly Knowledge in spiritual exhibitions to organise big programmes, she taught me everything. It was my great fortune that I got a chance to do service with Dadi Ji. She believed that a BK teacher must be royal, detached from everyone, should love Baba’s *Murli*, and must be accurate and punctual. Dadi Ji was always interested in teachers’ training. She had a great wish in her mind that somehow these Kumaris become free from bondages of old world and surrender themselves completely to Baba. Whenever Dadi had a discussion

with kumaris, she would always ask, “What all are you being taught?” She would say that besides *Murli* class and giving lectures, Kumaris must also learn worldly chores so that they are not dependent on anyone.

Dadi Ji had unbreakable and unlimited love with Baba. Thus, I liked getting *drishti* (spiritual gaze) from Dadi very much. I would say, “Dadi, I don’t need any gift; just give me *drishti*.” Therefore, she would give *drishti* with great love and affection. Dadi had a very broad and deep thinking. She asked, “Asha, are you a devotee?” She meant that taking *drishti* is also a ritual performed in devotion path. She advised us to become knowledgefull soul.

Once we were doing *yog bhatti*. At the end of *bhatti*, every sister would go one by one in front of Dadi and Dadi would hug her. Due to my body-consciousness, I would be the last one to go. I went and sat in front of her. Dadi gave me *drishti* and put her head in my lap. All my astonished friends would comment, “What a great



Dadi Prakashmani giving affectionate pat to B.K. Asha.

luck you have that such a great Dadi put her head in your lap?"

Once there was a program in Delhi. I wore an imported saree and came out. Dadi Ji saw me from top to bottom and asked, "What is your today's program?" I said, "Dadi Ji, I have to receive people at the reception." Dadi Ji said, "Asha, you are a Brahma Kumari and a Brahma Kumari does not wear a saree like this." Dadi Ji's words had such a great impact on me that since then, I never wore an imported saree.

Like Brahma Baba, Dadi was also like a 'Gardener' of Madhuban, i.e. forest of honey. She was so much concerned for each and every inmate of Madhuban. One day, I was having lunch with Dadi Ji. Suddenly, someone came and told her that one thousand mangoes had come from somewhere. Hearing this, I felt so happy. However, before I could say something, Dadi Ji said, "Asha, have you ever thought that I must also send something to my great Madhuban home?" Sis. Munni confirmed that she always brought, but Dadi said, "She does, but not for everyone". I replied to Dadi that this was indeed true. Thus, being a generous and large-hearted soul, Dadi taught me how to serve our great *Yagya* and the divine family.



A Tribute to  
Godly Jewel –  
Anthony Strano



**B**ro. Anthony Strano, who was the first overseas Brahma Kumar of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya (PPBKIVV), left his mortal coil on 26<sup>th</sup> July 2014 in Salvador (Brazil), after a massive heart attack.

Ever since he joined PPBKIVV, which is now spread in more than 140 countries, Bro. Anthony Strano was very faithful, obedient and honest child of Incorporeal God Shiva.

Originally belonging to Australia, Bro. Anthony played a very, very important and enlightening role in serving innumerable souls around the world, while being responsible for the Godly service in Greece, in particular, ever since the very beginning of his spiritual birth. His nobility, solemnity, gentleness, depth of connection with God Shiva, attention towards his own spiritual well-being, and loving interactions with the divine family as well as contacts and VIPs/IPs, endeared him to One and all in every nook and corner of the world.

Throughout his entire spiritual life, he made his mind, breath, thought and time successful in Godly remembrance and selfless service to the humankind. He always gave respect and regard to the senior Dadis and BK Brothers. and Sisters of this divine family. He had accumulated so much positive credit by virtue of serving the people of the world that he received blessings from all of them. Due to his unlimited Godly service for 36 years, the condolence messages on his demise are continuously being received by us. The entire team of 'The World Renewal' pays its hearty tribute to this great noble soul of BapDada.

## THE JEWEL OF LIGHT – DADI PRAKASHMANI

(Rajyogini Dadi Prakashmani performed the role of Chief Administrative Head of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya from 1969 to 2007, and under her able guidance, the organisation flourished by leaps and bounds. **B.K. Sister Usha**, a senior Rajyoga teacher and Self-Management Leadership faculty at BKs International Hq., Mount Abu, had a golden opportunity to be guided and inspired by Dadi ji for many years. On the occasion of 7<sup>th</sup> Remembrance Day of Dadi Prakashmani Ji, the sister shares the specialties and sterling qualities of Dadi ji, in this comprehensive interview with **B.K. Yogesh Kumar**, which will greatly benefit the spiritual aspirants and our esteemed readers worldwide. – Editor)

**Q. Didi, how did you join Brahma Kumaris organization?**

**Ans.** We were residing in Zambia in Africa in 1974 when B.K. Sister Vedanti went there on Godly service. Her spiritual discourse had a deep impact on me and I became a sincere follower. However, it was during our visit to Madhuban that year, incidentally the maiden visit by

any overseas B.K. followers when I came in contact with Dadi Prakashmani. The elevated environment of Madhuban left indelible marks on every aspect of my life. The next year, my father decided to come to India and I expressed my desire of being a Brahma Kumari and serving here at Madhuban.

It was Dadi Prakashmani who



B.K. Usha  
being  
lovingly  
hugged by  
Dadi  
Prakashmani.

very lovingly, but accurately tried to find out the real motive of my significant decision of life. When she was convinced that I had deep rooted desire of achieving spiritual goals by dedicating my life to the service of Shiv Baba, she blessed me. The next morning after the Murli class, she announced that I had decided to surrender myself to the Godly Service. Again, I was the first sister to get surrendered formally to Godly Service at Madhuban. You can understand it turned out to be a festive occasion at Madhuban.

After that Dadi Ji not only looked after me as the most caring and loving mother but also as an intimate friend and guiding teacher. She had her own way of teaching. Initially, I could not adjust to the food here, but when Dadi learnt that I had not been taking the food, she invited me as her guest for lunch and served me all dishes of my taste. She also added that in future, I would take my meals with her. In no time, I realized my mistake and started taking the normal food being served to other brothers and sisters.

**Q. What inspiration did you get from Dadi ji?**

**Ans.** I think it will take me many lives to forget the motherly and divine affection that Dadi Ji showered upon me. I recall an

incident when during a meditational class, amongst the group there was a person with some psychological problem and who had been brought there by his family with the hope of cure through spiritual discourse. During one such session, the man gazed at me and started following me. Terrified as I was, I ran to escape the person, but he continued to follow. Soon a brother came my way and helped me. But I was badly shaken and started crying. Dadiji learnt about the unfortunate incident. She took me in her lap, loved me like a mother and assured me that nothing wrong could happen to me. The person did not have the courage even to touch me since I was the true daughter of God Shiva, i.e. Shiv Baba. Her benevolent hand on my head and her soothing words had the most consoling impact on me.

***Q. Didi, what was Dadi ji's personal spiritual effort?***

**Ans.** While staying at the Pandav Bhawan, my room was just above that of Dadiji's room so that every time I left or went to my room, I had to go through her room. Naturally, I met her very often and that gave me the spiritual experience and blessings. As such we would also listen to Dadiji reading the *Murli* and share many of her

experiences with Baba.

Once she equated the Dadi's insistence of Baba with the Mahabharata episode of Krishna leaving to have a battle with Kansa. As Radha had laid herself on Krishna way, dissuading him from going, Dadiji also laid herself on Baba's way asking him to stay there in that building for the night. It was her dedication that she ultimately won and Baba promised to accept her request.

On another occasion, she told us how she and Dadi Seetu had to face hostile situation on account of a public protest against the organization. When they failed to control and were locked inside the centre and were unable to procure even the essential provisions, Dadiji wrote to Baba asking for help. The response came in a two word message from Baba 'Nothing New'. No doubt Baba later on sent Jagdish Bhai to resolve the issue, but Baba's message made them learn to solve their problems in their own way and not depend on the external help.

Another thing that impressed me about Dadiji was the fact that she met every party or group visiting Madhuban and asking about their comfort of food and stay. She would pay due respect to each member of the party. She was so careful about others'

honour that in the presence of visitors, she would not address the inmates with their first name but would respectfully address them as 'Sister Shieli' or 'Sister Usha'.

***Q. Dadi ji remained Chief Administrative Head for 38 years. What were her specialties because of which this Godly knowledge has spread to every nook and corner of the world?***

**Ans.** As a leader of the *Yagya*, Dadiji never thought that she was superior to others. Instead, she had love and respect for all, howsoever small or insignificant one's role might be. That is why she could lead people with her and people across the world followed her words with more love and devotion than with a sense of assigned duty. She had also the habit of checking thoroughly before implementing any idea or plan.

I clearly remember when I started the Self-Management Course, she asked me to explain every little bit of the course before it was taken to the classroom. After having seen the academic side of my course she just said, "Now I will teach you Shiv Baba's Management Course." She had developed an inborn taste in the management and would ask me to give the



tapes of my lessons, so that she could find out whether some changes or corrections were needed in them. She would listen to the tapes during her journey time and would make it a point to give her opinion when she came back. Believe me, for me that has been real learning about the Self-management. I have not only polished my style and content but Dadiji's guidance opened new vistas of learning and teaching before me. How thankful I feel to her today!

I must say her best quality was not leading from the front, but taking everyone along with her.

**Q. How was Dadi ji's last Karmateet state (state of completion and perfection)?**

**Ans.** The last few months of Dadiji's worldly life had been agonizing from the health point of view. We thought that she might be passing through a very painful aspect of life, but were pleasantly surprised that she responded to the visits of well-wishers like a perfectly normal person. She would open her eyes in the most alert manner and respond to the questions in a fully awake condition of mind. Sister Munni was surprised when she visited Dadiji in the hospital and when to her question 'Dadiji how are you?' she responded smilingly "Better than you." Her face or gestures never showed any pain, sorrow or suffering. She always seemed to be in a deep meditative posture. If we asked her anything, her state was so elevated that her answers were short and very accurate to the point.

**Q. What message did Dadi's life give to the entire world?**

**A.** The main slogan or motto of Dadi ji's life was – Be an instrument, be egoless and be pure. Her nature was as pure as river Ganga.

Whenever there was a meeting of BK teachers, she would never address the gathering saying "This is my opinion", "I want this", "I said this" etc. Instead, the emphasis would be on 'Baba likes this'. Dadi was untouched with the feelings of 'I' and 'my'. The feeling of being instrumental, egoless and pure nature was Dadi's slogan and so was her practical life. The only message which she wanted to give to the entire world through her life was that God Shiva's every child must follow Him in word and spirit and without the slightest ego or obligation. Thus, the real tribute to Dadi ji would be to follow her in her footsteps.

## DADI PRAKASHMANI

– B.K. Sapna, (ORC) Delhi

O sweetest Dadi Maa,  
You are the Queen of flowers.  
You are the Ganges of knowledge,  
An incarnation of Virtues and Powers.

Your spiritual Life gives us inspiration,  
For you were stable in every situation.  
Your divine thoughts are so strong;  
You're Baba's voice; He sings your song.



That your unique and divine attraction!  
We like your teachings and ultimate perfection.  
So beautiful is your divine history,  
Thou art Angel of earth and the story of victory.

Your divine touch and gaze still we feel,  
Like a divine angel, their wounds you heal.  
O God's true daughter and prime messenger,  
Today, we revere you and remember!!

# GOD AND I: AN UNBREAKABLE BOND



– B.K. Urvashi, Pandav Bhawan, Mount Abu

As a new student of the Brahma Kumaris institution, my initial visits to Mount Abu were primarily to celebrate the festival of Raksha Bandhan. Whether you resonate with the spiritual significance of Rakhi: **‘the Bond of Protection’**, or are just becoming aware of it, may I say that those days of experiencing the festival at Pandav Bhawan Campus were worth their weight in diamonds!

The delightful monsoon weather of Mt Abu; the nurturing atmosphere of deep meditation, the coming together of spiritual family to re-commit themselves to determined thoughts of inner transformation; the loving patience of the Dadis as they sat for hours greeting each soul, applying the *tilak* of self-awareness and tying the spiritual *Rakhi* on each wrist while exchanging *drishti* (spiritual vision of love and power) on behalf of the Supreme Protector, Shiv Baba... I don't think I can capture it completely on paper but do hope you will

feel the **vibrations of unconditional love, support and oneness that I absorbed every year, and continue to feel every August.**

Over a couple of decades, I continued to see how the sacred relationships between our beloved Divine Companion and us, and within the spiritual family across more than 137 countries, live on as a result of our faith in pure, elevated consciousness and lifestyle.

My fondest memories of my first trip is of Dadi Prakashmani, who in just a couple of meetings, made my family feel that we belonged to God and this spiritual family in the most natural, binding way. Dadi's uninhibited and loving personality, her precise manner of sharing Baba's *Murlis*, her unimposing yet comforting presence were some of the qualities that motivated us to aim for the near-impossible goal of being God's worthy instruments, as she was and still is...

At the time, my mother and her daughters were new pilgrims

on the path of spirituality, facing lack of support and ridicule from family and friends, but **looking at Dadi, I personally understood what it meant to live without insecurity or doubt.** These were completely non-existent in Dadi's persona! Without any profound talk or 'sermon', Dadi was able to put us at ease and encourage us not to live in 'fear'. I don't know how she or the land of Madhuban did it, but I would return from each trip valuing spiritual lifestyle, feeling more confident about imbibing it, and creating self-respect based on truth, love and wisdom.

Our Dadis, seniors and the Brahma Kumaris' teachings have never instructed us to defy or disrespect society, tradition or old belief systems; however they have helped us realize that one should not follow rituals or societal rules out of fear for displeasing our elders or the majority or the Almighty. Or more significantly, not adhere helplessly to what a male-dominated society sees 'proper' for a female to do with her education, body, lifestyle, and inheritance etc. etc. **As young individuals in a competitive, unsafe, and volatile world, 'self-doubt', 'anxiety', 'distrust', 'fear of rejection or not fitting in' can become second nature if we are not**

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**careful.** It is a smart move to imbibe the symbolic teachings of Raksha Bandhan, so that we are more aware of our spiritual potential, and can chart life towards stability and fulfillment.

1) Living with the awareness and attitude of being separate from the physical accessories of name, education, status and wealth, and **to stabilize more in the consciousness of being an eternal living energy (Soul),**

2) Design a **strong, transparent relationship with the Divine**, the Supreme, our constant Companion and Guide. These realizations have personally aided me personally in developing: – a more stable mind; a clearer intellect; a heart that trusts others and the drama of life but is not gullible; will-power to succeed in whatever I strive for, but not sacrifice relationships or values in the bargain; the sense to perform actions that benefit myself and others, and reap attainments forever; and a loving partnership with God. He alone could have awakened me to the reality of ‘I, the soul’ being far more important and powerful than my physical, genetic, and intellectual blue-print.

The love of God has taught me how to live enthusiastically, devoid of arrogance or carelessness. He has convinced me that a positive, elevated attitude and actions will always safeguard me from ill-effects. He continues to empower me so that I am not overly-dependent on another human being or a career or wealth to secure my happiness, self-worth and role in life. He doesn’t want me to beg or barter for the above from even Himself, the Almighty!

With such a Spiritual Light House guiding my life, where do I have the time or space to feel unprotected, unloved and un-sustained?! I find it amazing that the Cycle of Time should have brought together Raksha Bandhan and the ascent of Dadi Prakashmani, ‘Jewel of Light’ to her next elevated role (25th August) within the same month! Join me in honouring the festival and commemorating the divine ascent of Dadiji, by taking time for introspection and assessing one’s spiritual journey. Let’s polish ourselves, and spread the light of goodness, just like our beloved Dadi did.

### Understand Others’ love for You

While a man was polishing his new car, his 6 year old son picked up a stone and scratched lines on the side of the car. In anger, the man took the child’s hand and hit it many times; not realizing he was using a wrench. At the hospital, the child lost all his fingers due to multiple fractures. When the child saw his father.....with painful eyes he asked, ‘Dad when will my fingers grow back?’ The man was so hurt and speechless; he went back to his car and kicked it a lot of times. Devastated by his own actions.....sitting in front of that car he looked at the scratches; the child had written ‘LOVE YOU DAD’. The next day that man committed suicide. Anger and Love have no limits; choose the latter to have a beautiful, lovely life..... Things are to be used and people are to be loved. But the problem in today’s world is that, **people are used and things are loved....** In this year, let’s be careful to keep this thought in mind: *Things are to be used, but people are to be loved. Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits they become character; watch your character; it becomes your destiny. If you follow these tips, you might change someone’s life.*

Do you know the relationship between your two eyes? They blink together, move together, cry together, see things together and sleep together. Even though they never see each other. Brotherhood should be just like that! Life is vanity without our loved ones.

## THE CAUSE OF HUMAN DOWNFALL IS THE FIVE VICES



**I**t is these five vices which make human beings fall from their elevated state and their actions become corrupted. Now the Father sits and explains how to reform one's actions, and make them elevated. The Father says that you will attain constant happiness – you will become ever-healthy, ever-happy, and will attain the facility of constant happiness in life – through elevated actions. It is not possible to attain happiness without elevated actions. That purpose will not be served merely by having a desire for peace and happiness. One must know the method, the *yukti*.

Today in the world people are seeking different methods for world peace; and they try a lot to attain many facilities for happiness. However, in practice, there is no gain. Today, science has reached so far and so high! They have reached the moon and the stars. Despite reaching so high, however, life is going down.

What is the foundation for elevating our life? The



Mateshwari ji

foundation is purity. First purity, then peace and prosperity follow. There is no peace and prosperity without purity. Actions become elevated only through purity. If actions are not elevated, how can we enjoy elevated fruit? How can we reap good fruit if actions are not right? We receive fruit from karma. We have the desire to eat fruit, but where is it to come from? Now, we should sow the seed for it.

This is a battlefield. It is mentioned in the Gita that this is a battlefield. This is known as the field of actions: whatever we sow, we reap. However, we must have the right knowledge

of what to do and what not to do.

### **We Become Elevated through Elevated Actions.**

Everyone knows that one has to speak the truth, never tell lies, never deceive anyone, and never do sinful actions. This is common information that we all know. But we must also know what truth is. It is right that we must speak the truth, but what is truth? The truth is to know who I am. We are souls, and our *karmas* [actions] have connection with soul. Through these *karmas*, we become elevated, and these are the cause of our downfall also. So we should have an accurate knowledge of all these aspects. To understand the soul, and God, the Creator; and to know the secrets of *karma*, is called knowing the truth. Nobody can follow the path of truth unless one knows all these aspects.

Some think that they don't give sorrow to anyone, and have never deceived anyone, so they believe themselves to be true. However, this is wrong, because as long as man has the five vices in him, he continues to commit sins. There is no one in the world, who doesn't have vices in him. Everyone has vices; but poor ones don't know what vice is. They think: 'How anything can be done without anger! How can the world expand without sex lust! How can children be

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sustained without attachment!’ Some people think that the world cannot continue to move without these five vices.

This is wrong. Without these vices, our world had been ever-happy. It was known as Heaven. Was there anyone vicious in Heaven? No. Our ancestors, Shri Lakshmi and Shri Narayan, the residents of Heaven, were they vicious? No. If they had vices in them, why would their pictures be worshipped today? What does one say when one goes to the Lakshmi-Narayan temple? ‘You are completely virtuous...’ One says this. Or does one say, ‘You are completely vicious...’?

Why does one say that he or she is vice-less? There is a contrast between the vicious, and vice-less. In front of the deities, we say for ourselves that we are vicious, sinners, degraded, deceitful; and that you (gods and goddesses) are completely vice-less, complete in all virtues ... We say this. Why do we say this? Definitely there is a difference. Vice-less means being free from vices, i.e. no vices at all. The Golden Age is known as the viceless world. That world of ours flourished with this power, the power of being viceless or power of purity. Vice is not a power. We fell because of vice.

We have to understand how to elevate this world; what we should do for this. This is known as knowing the truth.

## FORGIVE TO FORGET

A key principle to remain light and stable in relationships is – **forgive and forget** – it’s a well-known principle – one that we sometimes find difficult to practise. It can be modified to **forgive to forget**. Sometimes we spend many years with so much bitterness inside us for a particular person, with an inner violence of wanting to make the other **pay** (emotions of revenge), the one who has supposedly hurt you. If you don’t strike back immediately, you at least want to keep this *guilt card* in your pocket, to be pulled out at a later date: “Oh yes, well what about the time when you....” We keep this bitterness inside us because we haven’t forgiven. **It does not resolve the situation; the only thing it does is increase our pain, makes us heavy and does not let us remain in peace. So the key is that if we do not forgive, we cannot forget.** When someone has offended or insulted us, the last thing we want to do is to let it go. And yet, if our desire is to have a healthy, lasting relationship, that is exactly what we’ve got to do.

Sometimes, when it is a question of a broken relationship, it is not only a matter of forgiving the other, but of forgiving yourself for having allowed yourself to enter that experience. It was you that took the step to allow that experience to be entered into. If you hadn’t taken that step, you wouldn’t have had that experience. You accepted that challenge, that relationship, and what might happen in it – you were aware of the possibilities when you entered in the relationship. **So not only do you have to learn to forgive the other, but also to forgive yourself in such situations.** Only then will you be able to forget.

# TIME FOR INTENSE SPIRITUAL ENDEAVOUR

– B.K. Surendran, Bangalore

**W**e are all in the field of spiritual effort-making. God, the Supreme, is teaching us many intrinsic spiritual truths and their practical applications. He teaches us as to how we should strike a balance between knowledge and virtues, *karma* and meditation, soul-consciousness and body-consciousness, wisdom and feelings etc. More importantly, He also teaches us how to maintain a steady balance of *karma* and yoga to become *karma-yogis*. Practice of soul-consciousness should go hand in hand with the practice of meditation. We must create special time to practise soul-consciousness. It is the precondition for the remembrance of the Supreme and this aspect has been reinforced by Him everyday in His Godly versions, *Murlis*. However, it is widely observed that the effort to combine *karma* with yoga is not given the importance it deserves. If our aim is to achieve '*karmateet*' stage, i.e. beyond the state of the

consequence of *Karma*, it is predominantly important to have the awareness of being a soul while performing our worldly affairs. If we constantly bring about a wave of intense efforts in our own life, then we can also trigger waves of intense efforts in others. We must bring about zeal and enthusiasm in others. We should see that we do not come under the influence of those who do not make efforts, but instead we must motivate and empower them. The Lord wants all of us to intensify the effort-making because He loves all the intense effort-makers. He has promised that those, who maintain courage, will definitely receive help. It is necessary for us to have the intense desire 'I definitely have to become this. I have to do this'. When a problem or an adverse situation comes up, we should not slacken our efforts. **We must review our endeavour during *Amritvela*, i.e. Nectar Time, and reinforce our efforts.** Let us take this chance while focusing on the different aspects of intense effort making as

desired by the Supreme Soul, God Shiva which are briefly shared with the esteemed readers.

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- ▶ 2. The Lord wants us to enjoy an obstacle-free life. We must avoid waste in thoughts, words, deeds and relationships. We must give attention to see that we personally lead an obstacle-free life while not creating any obstacles for others. Thoughts form the basis for my words and actions and so the more I pay attention to make my thoughts positive, the more positive impact it will have on my words,

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deeds and relationships. We can particularly notice that thoughts of anger, ego, hatred, ill-will, jealousy fear etc., is the force that pollutes our Minds. **When our mind is caught up with negativity of any kind, we cannot focus on anything positive. We need to look at positive aspect in the situation. In this way,** an obstacle outside can be converted into an opportunity or a challenge or a learning experience. It all depends on us.

► 3. He wants us to look inside honestly and sincerely to understand what the weaknesses are that we have, which are creating hurdles in our spiritual progress. Similarly, we can also honestly review our intentions and try to understand what the virtues are that we need to imbibe in our life. This should be an ongoing programme which should form a part of our intense effort- making process until we reach the *karmateet* stage.

► 4. God wants us to empower our attitude – *vritti* – and create powerful vibrations which should spread far and wide so that those who come under the influence of such

vibrations will also be inspired to change their attitude. **Preaching and speaking is not going to work as fast as the vibrations can to change the mindset and attitude of the people.** Our soul-conscious attitude should be empowered with the remembrance of the Supreme Soul. We should see ourselves as World-Transformers and radiate spiritual rays of light and might to others and spread the power of peace and happiness in the world. We must give all the burdens to the Lord and be happy at all times. It is the time to give *sakash* – powerful vibrations of purity and peace to the world to hasten the process of transformation.

► 5. **Unexpectedly anything can happen to this world or even in our own life.** Therefore, we should be ever-ready to face them. We should have the intoxication and enthusiasm to reveal God through our features and character. We are able to march forward in the path of effort-making thanks to God's love and cooperation. So, it is time to convey the Godly message to each and

every soul. God has Himself made us instruments to spread the message of truth and love. All we need is to have a loving and faithful intellect, to be honest, humble and trustworthy. If we have pure love and become worthy, then we will be able to reveal God and His divine message.

► 6. We should watch our thoughts, words and actions. When a thought or word or action goes against the *shrimat* – *Godly code of conduct*, it becomes a sin. We must use the power of realization to discriminate between right and wrong, virtue and sin, truth and falsehood. Unless we realize our mistakes and follies, we will not be able to transform our life. **We should see that our mistakes or misdeeds must never be repeated again.** We must exercise the power of realization constantly and use the virtue of determination so that we do not become careless in our efforts. Then we will be able to win over all the obstacles that come our way in our spiritual path. So, attention please. It is time for intense effort-making.

There is no substitute for hard work. – *Thomas Edison*

# HOW AN ATHEIST BECAME A THEIST

– Prayag Raj Upreti, Kathmandu, Nepal

I was an atheist till the age of 30 years, even though my parents were Hindus and they believed in the existence of God. They used to worship five deities – Ganesh, Devi, Shaligram or Shiva, Vishnu and Surya (*Panchayan Devata*). My parents suggested me to worship our five deities at the time when my father was not at home. I followed their advice and used to worship only to obey them because I had no interest in it as I didn't believe in God or the deities. I believed that nature and science are everything. There is nothing except the things given by the nature and the discovery of science. The natural things which I see around me are the only universal facts and truths. The God, Deities and Religion are nothing more than the fear and terror created by clever and selfish human beings for their personal gains. Everything should be viewed and reviewed on scientific logic, cause and effect.

However, after the age of 30,

I began to question my atheist beliefs and thoughts. Perhaps it was an important turning point in my life. I reviewed and rethought on my atheist beliefs and made the following observations:

**Is nature everything? Who is the creator of nature? Does God really exist? Doesn't religion have any meaning and significance? If it is so, why majority of the world population is in favour of religion and believe in the existence of God?** Science has made remarkable contribution to the welfare and the luxurious life of the human beings. But, is science everything? If it is so, why science is unable to keep human beings alive forever? Up till date science has not been able to check human beings from dying. There must be an invisible power to manage and control the whole universe (including the nature and science). Finally, I concluded that such invisible

power must be the Incorporeal Supreme Being, who is known by different names as God, Allah, *Ishwar* etc.

On this background, I had my transformation from atheism to theism. From being a firm atheist, I turned to be a believer in spirituality and existence of God.

So far as my transformation from non-vegetarian to vegetarian life is concerned, I am greatly indebted to Brahma Kumaris Organisation.

Before not more than 10 years, I was a non-vegetarian. I couldn't imagine being a vegetarian. One day, in the year 2006 I was with one of my friends – Mr. Raj Kumar Khadka at my home-village Lalbandi, Sarlahi. He requested me to accompany him to a small one-storeyed Brahma Kumari centre. Inside the hall, some people (men and women) were sitting on the floor. We both also had our seats on the floor. Soon, the hall was packed. Some people were standing at the doorstep and outside the hall.

In the meantime, one sister clad white dress entered into the hall and took her seat (on *Sandali*). She was Brahma Kumari Sister Prabha. The announcer announced the beginning of the program and I came to know that it was the



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pictorial exhibition of the B.K. Centre, Lalbandi.

This program motivated us to know further more about spiritual knowledge imparted by Brahma Kumaris. We were encouraged to participate in the 7-day Rajyoga course. Thereafter, we began to listen to the Godly Versions known as Flute of Knowledge (*Gyan Murli*). Till then, I had decided to become a vegetarian. The interesting and remarkable thing was that Brahma Kumari sisters didn't advise me to become a vegetarian, but I myself decided to follow vegetarianism. I think that it happened due to the power of spiritual knowledge.

**Thereafter, with regard to non-vegetarianism, the following perception was developed in my mind –**

“There is no basic difference in the body structure (physical appearance) of human beings and animals. Both have a head, a mouth, two ears, two eyes, a nose, same red blood; same body systems (digestive, blood circulatory, muscular, skeleton, respiratory, nervous, glandular and reproductive). So it will be inhuman to kill the animals and eat their flesh. They should also be given their right to live in this world.”

#### SPARKLING DIAMOND

*Accumulate the treasures of elevated thoughts, save the waste and make it best. Use the power of the mind in actions through which the world is able to have a glimpse of a sparkling diamond.*

## WHAT ARE THOUGHT VIBRATIONS?

The word 'atmosphere' has two meanings. One refers to the physical air around us and the other to the more subtle effect that thought vibrations are created in a particular space. No one can deny that the atmosphere of a crowded restaurant is different from that of a temple. This is mainly because of the effect of different types of thoughts and feelings in that space. Even someone deaf and blind would have the ability to pick up the difference. Sound vibrations are invisible but their impact isn't; a pneumatic drill or a jet breaking the sound barrier jolt both our minds (non-physical effect) and the walls of our houses (physical effect). Thought vibrations can't be seen but their non-physical as well as physical impact is even more powerful and influential. The panic that people generate during a stampede or an earthquake and the euphoria (absolute joy) of victory in a World Cup Cricket final game are examples of how thoughts create an atmosphere.

On a subtler level, many of us have the experience of basic telepathy – 'I was just thinking of you and you called'. Thoughts connect individuals over large distances. Doctors inform us that over 90% of the physical body's illnesses have a psychosomatic (mental) origin i.e. they are a direct or indirect result of our state of mind. That makes the human body the prime example of how thoughts affect matter.

Since the world is made up of the collective, personal worlds of all individuals, it's easy to see how the international political, economic and social atmosphere is nothing more than the collective effects of all our thoughts.

– **Brahma Kumaris**

# SPIRITUALITY AND VEGETARIANISM

– B.K. Shailaja,

Sanjeeva Reddy Nagar, Secunderabad

Every one in this world aspires to have a perfect, prosperous, peaceful life. Spirituality paves the way to a stable, simple, satisfied life. Spirituality deals with the mind and a Rajyogi learns to master his/her mind through different methods. According to modern science, our Vedic scriptures, scientists, rishis, Bhagwad Geeta; everyone talks of importance of *satwik* (ontological) food. *Satwik* food has beneficial effect on our mind and body. Mahatma Gandhiji, Albert Einstein, Narendra Modi are a few great personalities who were/are pure vegetarians.

Therefore, *satwik* food is one way how a Rajyogi can soothe and quieten his thought as well as calm down his mind. *Satwik* food habits increase our physical and mental vitality making it easier to experience clarity, lightness and peace of mind. As is famously said:

There are also a number of sayings extolling the benefits of

vegetarian. For example, **A Healthy mind in a Healthy body, As the food, so the mind. You are, what you eat.**

It is said that brain chemicals (Serotonin, dopamine, acetylcholine) influence the way we think, feel and behave and they are triggered by what we eat. Regular use of caffeine, alcohol and certain drugs shows their harmful effects on the behaviour of a person, so one can understand how food can affect our personality.

Fruits and vegetables are a major source of nutrition and influence our body-system with positive energy and also have a higher vibration aura than animal product. Spiritual people believe in AURAS. Kirilian photography shows us that a force field remains around dead or amputated tissue of an animal. It is said that you adopt that animal aura when you eat a dead animal.

Meat-eating is a sign of spiritual ignorance and keeps one away from developing

compassion and mercy towards fellow beings. According to Law of Karma – whatever pain we cause to others, we get back the same. When animals are slaughtered, fear and aggression hormones are shot into their cells and remain there for long. Thus, meat eating creates negative emotions which impairs our effective personality.

Non-Vegetarian foods carry excessive amount of protein which is dangerous. The prime danger being that uric acid attacks kidneys, breaking down the kidney cells called nephrons resulting in condition is called Nephritis. Excessive intake of fats can result in having a high level of cholesterol leading to heart attacks, blood pressure etc.

Meats are frozen for a long period of times. Some meat (especially poultry) are frozen up to two years. Cold temperatures do not kill all species of bacteria. Meat can stay in the intestine for at least four days until it is digested. Have you ever seen what happens to a piece of meat that stays in sun for three days? This long stay of meat in intestine can cause cancer. Tigers or Lions who eat meat and grow strong on it have acid based digestive system. Our hydrochloric acid is not enough to fully digest meat. Also their intestines are in straight run of

about five feet long, not twisted and turned, compacted into small area unlike the human intestine which is twenty feet long. **Therefore, Non-vegetarians are at higher risk of:-**

- a) **Colon Cancer**
- b) **Food-poisoning**
- c) **Kidney damage**
- d) **Heart disease**

Vegetarian food-fruits, vegetables, whole grains etc., are gifts of Mother Nature that create positive energy in our body. Also protein that comes from vegetarian food is easy to digest. Vegetarians can have a longer life-span than the non-vegetarians. You can see the cows, goats, gorillas, elephants, rhinoceroses etc. are all vegetarians (herbivores) but look, how tough these animals are, not to mention their life span which is longer as compared to the carnivores (meat eating animals).

### **YOU ARE WHAT YOU EAT**

To lead a peaceful, perfect, contented life, you must choose to adopt a *satwik* and simple lifestyle. You need to follow your inner guidance and honour, love and respect yourself. Learn from experience and understanding why you need to choose vegetarianism. "As the food, so the mind." Let *satwik* food guide your life, manage your mind and enlighten you spiritually, so that you walk on the path of God-realization and Self-realization which is the purpose of a Rajyogi. Become a Self-sovereign and a true RAJYOGI. Lead a peaceful life.

## THREAD OF PURITY



Binding all in the bond of Purity,  
Let's establish the Heaven;  
Through soul-consciousness,  
Let's celebrate Raksha Bandhan.

Leaving His and our Supreme Abode,  
Father Shiva ties us 'Rakhi' for brotherhood.  
He – Redeemer of sins and bestower of Heaven,  
Our true brother, friend, consort and companion.  
With His remembrance, let's celebrate true independence,  
Through soul-consciousness, let's celebrate Raksha Bandhan.

True Rakhi is symbolic of Purity and Amicability;  
Supreme Soul God Himself ties, establishing Divinity.  
Protecting us from miseries with protective armour;  
Reveal the message of Sacred Rakhi in every nook and corner.

Tie this divine thread to Hindu, Muslim, Sikh or Christian;  
Through soul-consciousness, let's celebrate Raksha Bandhan.

With *Tilak* of Soul-consciousness and sweet of sweet words,  
The blessing of 'Be Pure, Be Yogi', welcome heavenly treat.  
Memorial of the greatest Godly duty at the Confluence;  
Inspires us to be in Godly Company sans vicious influence.  
Tying this Godly thread, let's cure religious dehydration;  
Through soul-consciousness, let's celebrate Raksha Bandhan.

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# ***PLACEBO EFFECT, THOUGHT POWER AND INNOVATIVE RESEARCH***



– **Dr. Dilip V. Kaundinya MD, Mumbai**

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**A**ncient Indian science of healing has tremendous depth of understanding the superfine machine called BMSO or a human being. The current research in neuroscience also reveals the tremendous, all round vision about human health.

## **Edgar Cayce supports the *Karma Theory***

The first phenomenon that surprises most of us is: **Why do bad things happen to apparently good people?** Srimad Bhagavad Gita tells us that bad *karma* in the past births is the reason. What **Edgar Cayce**, the famous psychic reader told under the spell of hypnosis probably proves all that has been mentioned in Bhagavad Gita. These are known as Cayce's Readings. It is the story about us, our relationship to the Universe and *Karma* theory given in Bhagavad Gita. He spoke, "Ignorance does not grant an exemption from great spiritual laws governing the

entire Universe for millions of years precisely and without a hiccup. We all have a soul constantly watching over our actions and enjoying its own Experiences and thoughts. We all have a greater plan and purpose before we came here. That is why the author says "We are not human beings undergoing spiritual experience but spiritual beings who are undergoing human experience. When we resist the purpose we have chosen to fulfill, we encounter more and more pain, sufferings, difficulties and seemingly 'bad luck'. If we violate someone's free will, we may require another lifetime to 'Balance' ourselves out by enduring similar hardships. Whatever we measure out to others, 'Good' or 'Bad' will be measured back to us. We can eliminate this entire vicious cycle by practising pure forgiveness and acceptance. Peace and happiness are within ourselves provided we function according

to eternal spiritual laws.

**Dr. Thomas Garret**, a therapeutic hypnotist, who pioneered the treatment of shell-shocked soldiers in the First World War, recorded an astounding experience with one of his private patients. The young man was emotionally upset over a broken romance. In hypnotic trance, he told that he and his fiancée fought over a trivial matter and she returned the engagement ring. Dr. Garret told the person under hypnosis that he could visit the woman he loved and see personally how she feels about him. Dr. Garret further suggested that he could leave the body in astral form and travel directly to his fiancée's house. After a gap of some time, the entranced person told that he was standing in front of the closed door of the house. Dr. Garret instructed him that he could pass through the door and tell him what she was doing. The entranced person reported "She is writing a letter to him apologizing for her part in the quarrel and expressing the hope of reconciliation; Next day the young man received the letter from his sweetheart which he had read telepathically. (Now is it difficult to believe that 'Entry in body of another person' mentioned in yogic scriptures is not a myth?)

The research of **Dr. Nelson**

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**and Dr. Dean Radin [2001]- Mass Mind Attention and Intention and Global consciousness Project**—provides the most striking and persuasive evidence that mass Mind Attention and Intention affect the physical world. If enough of us meditated with thoughts of love and peace, we could smoothen out ‘Kozyrev Flow of time’ and bring about global peace and harmony. **Tsunamis of violence in human mind bring about the tsunamis in the physical world.** Dr. Nelson says—“Thought does matter. Western concept that the thoughts are not important is wrong.”

**Dr. Glen Rein, University of London, made stunning discoveries that DNA behaves in direct response to our thoughts and undergoes DNA winding or DNA unwinding, and both of them have health consequences.** The senders having psychic power with the most coherent brain wave patterns had the strongest ability to change the structure of DNA. This means our thoughts can actually create physical and chemical changes in the structure of DNA molecule. (Gene therapy by thoughts?) **Valerie Sadyrin** was able to wind in DNA in Dr. Rein’s

laboratory in California from his home in Moscow; thousands of miles away during a thirty minute period of time. **The key factor that was necessary was ‘Heartfelt focused’ thought.** Dr. Rein has proved that love has a direct beneficial and measurable effect on DNA.

This may explain the science behind the *Yog-Bhattis* carried out by the **Brahma Kumaris** organization in which intense and volcanic meditation is practised for sending vibrations of love and peace throughout the world or specifically to those souls who are under immense suffering due to bomb blast or any other catastrophe. This may also provide the explanation of cure by Reiki from a very long distance.

**Dr. Peter Gariaev** was able to completely transform a frog’s embryo into salamander embryo causing a complete fast processing mutation without conventional gene splicing using nothing more than a green laser beam, an energy wave, which is healing. The same thing happened when the thought energy waves from persons with psychic powers were used. They meditated with ‘Heart-felt focus’ of thoughts about transformation on the frog’s embryo, wishing it to turn into salamander embryo. **(This may**

**explain the effect of curses or blessings from powerful and pure souls).**

**Dr. Dzang Kangeng** motivated by Kozyrev carried out a transfer of genetic code from one species to another by nothing more than an energy wave. He placed a duck in a five-sided chamber and covered it with a domed mirror. Five sides of the pentagon had holes with funnels fixed onto it. Each funnel had a pipe that fed into the adjoining room where there was a pregnant mother hen. The duck was then zapped for five days with a high frequency electrostatic generator. Amazingly when the hen laid eggs what hatched out of them were half duck and half chicken hybrids. After one year, hybrids weighed 70 percent more than normal chicken.

**Publication in Journal of offenders’ rehabilitation [1993] – ‘Heal the world by healing yourself’ – Brahma Kumaris tell it in a bit different way Self-transformation for World Transformation.**

A group of about 7000 people gathered at three different times for a period over two years. These people got together and meditated with thoughts of love and peace. This innovative procedure reduced all acts of

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terrorism and violence by a phenomenal 72 per cent. Fifty other publications proved that the effect really works. In another study, violent crimes and rapes in Washington DC were decreased by 23 per cent over a period of two months. When the meditations were stopped, very soon the crime rate went up to higher than original level.

**In this context, Dr. Len's Hawaiian Ho'oponopono-(wishing good for others) is also relevant. Dr. Hew Len,** a Hawaiian psychiatrist, discovered that a similar technique could **increase health and happiness** in the psychiatric ward he managed. Criminally insane and dangerous patients were kept in the ward. Psychologists quit on a monthly basis. Reporting sick by the staff was phenomenal. Care-takers would walk in the ward with their backs against the wall, afraid of being attacked by the patients. Dr. Len, in addition to drugs administered a novel therapy. After the rounds, he would sit in his chamber and hold each patient's case file in his hand. He would then keep saying—"I am sorry. I love you. Please forgive me." This was Dr. Len's Ho'oponopono technique. Within a few months, a miracle happened. The patients that were shackled were allowed to walk freely. Others started getting off their heavy medication. The staff started enjoying coming back to work. Soon the staff outnumbered the patients. Today the ward is closed.

**Flynn effect – Why placebos, on – medicinal substances giving cure, have become more powerful than drugs?**

It has been estimated that nearly 40000 human genes have undergone mutation in such a way that indicates as if human beings

are getting evolved into a superior race. **Is this the beginning of the so-called Golden Age mentioned in Hinduism?** New I.Q. scales have been devised. Shockingly, the persons who scored the best 10 per cent with previous scale would now be amongst weakest 5 per cent. Furthermore, the number of people, whose scores would rank them as geniuses, has increased by twenty times. There is an overall increase in Happiness index. Happiness prevents our bodies from getting sick.

Studies in Journal of happiness since 1980 revealed that 'Placebo effect' has become very powerful within a short time. Osiris Therapeutics, USA, had to suspend their trials of a drug for Crohn's disease in March 2009 as the participants were getting unusually high response to placebos. Eli Lilly had to abandon a new drug to treat schizophrenia when the volunteers showed 200 per cent increase in response to the placebos. Big Pharma companies are now saying "Their drugs are not weaker. 'Placebo effect' is getting stronger."

In nutshell, do not dismiss spiritual and yogic practices as blind faith and unscientific. Give them a try and have the proof of your own experience for 'Experience is the best teacher in life'.

## GOLDEN SUNRISE

– Sidhi, London

Sunset approaches we are barely sane;  
Longing for the sun to rise again.  
Our reunion with God is not far away,  
But we need to be purer day by day.

It's going to be the start of a great New Age,  
For which we write purity on every fresh page.  
Happiness and love will soon surround all,  
With the golden sunrise after a long downfall.

# THE REAL INDEPENDENCE

– B.K. Yogesh Kumar, BK Colony, Shantivan

Sixty seven years ago, we Indians got independence from the hundreds of years of anarchic, humiliating British rule. Thanks to the invaluable contributions by innumerable freedom fighters of our great nation, India became an Independent country on 15th August 1947. And the reason why we can breathe today in independent Bharat is because of those famous and unsung real heroes and heroines of Mother India who sacrificed their lives to give us freedom. Hailing from different parts of the country, they applied different methods but had one aim, i.e. to liberate Mother India from the British rule. Undoubtedly the names of all these martyrs will forever be written in the golden letters in the history of Indian Independence.

However, if we analyse the situation of the present Bharat since its independence, we'll find that, the situation has in fact worsened. Apart from the drastic increase in the existing problems such as poverty,

overpopulation, unemployment, dowry etc., some more grave problems such as terrorism, crimes against women, ever-increasing corruption in politics, administration etc., have marred the development and caused deterioration in the law and order situation of the country.

Considering the overall present picture as prevailing in Bharat, let us ask ourselves: "Was this the kind of Independence which our great patriots had dreamt of for us?" Many believe that during the British rule we were far better than what we are now. So, it is clear that we have failed to make our nation Ram Rajya which was the dream of Bapuji (Mahatma Gandhi), the Father of our Nation.

What are the reasons behind the unprecedented grave situation that we are facing today? There is constant fear of war because of conflicting relationships between most of the neighbouring countries. The nature is also showing the signs of deterioration due to

degradation of human values. Sex-Lust, Anger, Greed, Attachment, Ego, Jealousy, Enmity etc., are omnipresent. In fact, it is these vices which are responsible for the present state of chaos and feeling of insecurity and the unavoidable mass destruction of the world in general and Bharat in particular.

It must be understood that these vices are nothing but the real Maya or devil Ravana which have maligned us and made us body-conscious, thus making us forget our real identity. That is why we have become sorrowful, disease-prone, weak and subject to untimely death. It is because of these vices that our youths have been addicted to drugs, alcohol etc. The presence of these very vices has resulted in the degradation of character of man which is quite evident from the ever-rising crimes against women and various forms of exploitation of women and children.

It is the time of Doomsday about which it has been mentioned in the holy Quran that at such a juncture God comes from His Supreme Abode to liberate us souls from the graveyard. It is the same time now when the Supreme Father (Param Pita) of all fathers has descended from His Supreme Abode to liberate us

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from the real foreigner, i.e. 'Ravana', who is our real enemy. Ravana is none other than our own vices or weaknesses. It is this Ravana who has made the erstwhile Golden Sparrow Bharat into a country that is morally and spiritually bankrupt. In order to re-create the Rama Rajya, the world Bapu, the Supreme Father, the Supreme Soul, God Shiva, has come down to earth and has been teaching Rajyoga through the corporeal medium of Brahma Baba since 1936-37.

He has been teaching about the Soul, the Supreme Soul; the beginning, middle and end of the world-cycle, and *Karma* Philosophy through the Corporeal Medium of Dada Lekhraj who was later renamed by God Shiva as Prajapita Brahma. He has formed a completely non-violent army of Shiv Shaktis and Pandavas (i.e. those women and men) who practise Rajyoga in their daily life in letter and spirit. He is enabling us to become completely vice-less, i.e. pure and self-sovereign. His main teaching to us is to be soul-conscious and to remember Him only.

By following the teachings of the Supreme Father, we become completely viceless and create the right atmosphere for the

upcoming new Golden Age which is going to be a very pure era, the *Satyuga*. People, take birth in that Era on the basis of the divine qualities they develop in the present *Kaliyuga*. In that new world, everyone will be completely pure; they will be like deities and it will be a virtual heaven, a peaceful and happy world!

So, let us now understand how these vices have affected us souls so negatively and viciously and how we can attain real independence from them.

► **Vice of Lust:** As per Godly knowledge, this is the No. 1 vice, which has tarnished the purity of souls which were once deities in Golden Age and Silver Age. It starts from the body-consciousness which starts from identifying with the physical self and later induces us to commit the greatest sin amongst all. This vice along with the vice of anger has been mentioned in even Shrimad Bhagwat Gita as the greatest enemy of the mankind. This single vice has made this world a dirty and impure world. It makes one's mind criminal. A person under the influence of this greatest subtle enemy loses the conscience of right and wrong and is induced towards immorality and in some cases lead to heinous crimes. This is the vice that has turned this erstwhile Golden Sparrow

Bharat or Paradise into hell, for it has maligned the intellect of human soul and has resulted in the downfall of character. Now in the present auspicious Confluence Age, God Shiva, who is the Ocean of Knowledge, Purity, Love, Peace and Compassion reveals to us that being the children of one Supreme Father, we are all soul brothers. This state of awareness constantly civilizes our eye and His remembrance absolves us of our past sins and makes us worship worthy, i.e. deities in the forthcoming Golden Age. It must be noted that God Shiva is establishing a pure household in the form of Shri Lakshmi and Shri Narayan – the empress and emperor of the forthcoming Golden Age.

► **Anger:** This is another main vice which results in the destruction of us human souls. It is the most common vice. Just a few words said under the influence of anger cause pain and wounds in the mind of the others and results in the break-up of relationships or create bitterness between them. Such a person sooner or later becomes isolated as everyone wants to avoid such a person. However, if we learn and practise Rajyoga being taught by Incorporeal God Shiva, we get the realization that we are souls and peace is our true nature. Thus, we are able



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to change our vicious attitude into positive one. As we increase our self-awareness, we are able to see everything with positive attitude, give regard and receive regard. Thus, we are able to transform even our enemies into our friends.

► **Greed:** Even though it is a subtle vice but its consequences are very dangerous. Greed or avarice comes from the wants or desire to accumulate wealth, possessions etc. unnecessarily at the cost of causing loss to others. It begins with a subtle thought: 'I want to have this' or the belief that 'more is better' and satisfying the desires becomes more of an addiction thus eroding our sense of morality. It results in many social evils such as bribery, forgery, deceit, murder etc. In order to conquer it, God advises us to have pure temptation of receiving God Fatherly Birthright of Paradise from Him, which is possible when we imbibe the most precious divine knowledge and make our life virtuous like that of a deity.

► **Attachment:** It is another very common subtle vice which causes so many problems such as mental trauma, agony, bitterness, loneliness, etc. It is a web in which one gets stuck drastically. Because of body-consciousness, we forget that we were born in this world

alone and have to go alone. We start searching for a friend, a life partner etc., with the hope of sharing our joys and sorrows with him/her. It induces us to make decision based on favouritism. Attachment can be with relatives, friends and also with the possessions, status, objects etc. It creates dependence on our near and dear ones so much so that we cannot imagine our life living away or without them. Now in this present auspicious Confluence Age, God Shiva advises us to forget all bodies and bodily relationships and remember Him constantly, because it is only He who is our saviour and Ocean of Love, whose love is unlimited and unconditional. Since, as per Godly knowledge, this is our last birth in this *kalpa* (time cycle), what we all need to do is to recognize our most beloved Supreme Father and remember Him only and to have pure relationships with soul brothers. This will enable us to receive unlimited love and blessings from God Father.

► **Ego:** The last but not the least vice is that of ego, which is also very subtle. It is also called arrogance. An egoist or arrogant person usually thinks about himself or his friends, relatives and near and dear ones only. He may have an

arrogance of his skills, talents, intellect, special qualities etc. Sometimes a person, who has conquered all other vices, stumbles at this last hurdle. In that case, it gives birth to all of the vices yet again. Such a person usually says, "I'm right", "I do this", "I did this", "You know nothing". Such a person can very easily hurt the feelings of others. An egoist person is more likely to have the feeling of revenge and is prone to feel insulted very often. It starts with the feelings of 'I' and 'Me'. Now God Shiva advises us that whenever we say 'I', we should remember our original identity is: 'I am not a body but a soul, a point of light and I have complete control over my body, which is my chariot.' If I've such a remembrance, my every *karma* will be pure and divine. Further, if we think about 'my', we should remember 'My Baba' only, i.e. God Father who is Ocean of all virtues and powers. This remembrance will enable us to conquer ego.

If we follow God Father Shiva's divine knowledge and apply the same into our practical lives, we will not only be able to conquer all these vices, but will also be able to fulfil the dream of Ram *Rajya* of Bapuji, Mahatma Gandhi. That will be the real independence.

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# ONLY GOD CAN GIVE YOU THE NOURISHMENT AND INSIGHT TO ENJOY LIFE TO ITS FULLEST - AND THE POWER TO DIGEST IT

(Honesty Is A Fine Virtue And Can Take You Far – If You Can Walk In Its Shoes)

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– B.K David, Paignton, England

If the floodgates are open on your life, what are they open to? In my experience, they can only open up and allow four things in: Having been good, doing good, suffering (of the past) and doing bad.

## **Do You Know Someone?**

I know someone for whom the floodgates have really opened to suffering, immense suffering. They are clinging on to all things good in life, and are hoping the quicksand of their suffering and its causes do not drag them under. They are, in essence, very good, with a golden heart, good intentions, and a great love for God and truth, yet who can claim to be ever good in a world of such badness and complications as not to pick up some bruises?

## **God's Chocolate is Very Sweet and Sugar-Free.**

I do not think this person I know is alone in his immense suffering today, and in many ways it is inevitable, as this cycle of drama is now quickly coming to its end and all karmic

debts have to be repaid – in full. They may be small or large debts; they may manifest themselves in toothache, backache, financial ruin or relationship mayhem, even all of them. If any debt is owing and has been placed in your suitcase (soul) that you constantly carry round with you, then that is what you're going to have to pay back, and if that hurts and causes you suffering, then you only have yourself to blame. However, with God's help, 95% of the pain can be taken away.

The people of the world are all suffering and sick, and God wants you to distribute the ointment to help cure them all. To sit in a cave or be sitting glued to the TV on the sofa or asleep or lazing in bed, is never going to make you a Godly helper in His task, but you will be more of the problem than the solution to one needing help.

## **The Signpost Pointing At Yourself, Heaven and The Vices.**

God likes us to have an open

spiritual mind which allows us to travel and walk with comfortable shoes, light heart and clear aim. Without God's truth and purpose in our lives, our hearts become heavy, our aims become selfish and weak, we walk with a limp and start to become disabled and even crippled, and our minds start to become closed and we slowly go blind.

God likes that we learn to leave footprints of love and peace and become clever in making signposts that point away from the quicksand of the vices. Yet what God wishes and what man dictates and pushes others into, is quite different. A child wants to play in the dirt and the parents wish him to sit down, be quiet, study and make something of his life.

## **God Comes to Point Out Our Mistakes – and The Solution.**

God comes to simplify life; it's we who complicate it so much. Do you want to roll around in the dirt or move forward in life

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and accomplish and master it to its fullest degree? Do you want to remain dirty or have a very clean, bright and clear future? God only wants the best for us, and for us to put down the worst. You cannot hold both the best and worst in your hands at the same time, and if you work for God, you automatically have to put down the worst. Whatever, you carry round with you, then that is what you shall build each day. Most carry around falsehood and rubbish (vice and waste thought), so you can imagine what they build and the state of their lives.

**It's good to know and appreciate the Meaning and Value of Truth, Especially if You Want a Happy Life.**

If you are in debt (unhappy), then you yourself have created the debt in the first place. If at that time, you were ignorant of your suitcase (soul) opening and an I.O.U. being placed in it on your behalf, then that is no excuse at all. If you accidentally kick someone, can you say you are not responsible? This I.O.U. will have your name on it and it is this that now needs repaying. *Karma* is a tough law when it comes to repaying but we never think of this when we are happily enjoying ourselves in the wrong way and in so doing, creating a debt.

**Are You Walking Round In Life Making Yourself Blind?**

It's no good pleading ignorance now to what you did wrongly in the past. If you go round in life blowing everyone's candle out, you should not be surprised if one day your own world becomes completely dark.

**The Oil Of Dishonesty Makes the Gates Of Suffering Open All Too Easily.**

The floodgates of happiness can also open up just as suddenly and easily just as the gates of suffering can. However, these gates of happiness are now rarely seen open, are very rusty, often squeak and get stuck. We need great honesty and care in our lives if we are to open and keep open the gates that can allow our lives to be filled with happiness. Yet with most people walking round with the attitude of: If I've a hole (vice) in my one shoe, and two holes in my other shoe (life) then it really does not matter. It's of little wonder then that such people's lives are devoid of happiness.

Honesty really is the heartbeat to successful living and a life of happiness but its shoes are exacting and precise and not everyone can fit into them and feel comfortable. Many ignorantly walk a round

in muddy Wellingtons that are always three sizes too small and very uncomfortable to walk (live) in and naturally would take you to dirty places.

Honesty acts as an insurance policy and can protect you in times of difficulty. Dishonest people do not ever look happy and always feel uncomfortable with themselves and other people. Without honesty in your life, your heart will slowly grow weak and could stop beating at any moment. An honest heart is a strong heart.

To meet a truly honest person today may be an exception and appear rather boring. Dishonest people look and sound like sheep in the back of a lorry on the way to the slaughterhouse. The dishonest may not realize that the road they are travelling on is taking them on a dangerous journey and has a very sinister and dangerous end, but they will do one day.

**The Shoes That You Wear Decide Your Future and How You Look.**

For the honest amongst us, life is just beginning and for the dishonest, it's just ending. The two roads of honesty and dishonesty go in opposite directions and have very different rewards at both ends. At the end of one destination is a small crowd of happy smiling

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people and in stark contrast at the other end of the road are vast crowds of endless people crying in great distress on their knees.

**The Shoes of Truth Are Not Easy to Always Put On Each Day.**

All of this is dependent on which shoes you walk in today. The shoes of truth take effort to put on yes, but the Wellingtons of falsehood and lies are incredibly difficult and painful to take off as they are always such an incredibly tight fit and bound to pinch, cause blisters and make your feet bloody and very sore. These Wellingtons are not that difficult to put on and yet later, due to body-consciousness and the vices, are extremely difficult and almost impossible, to take off. I guess because these Wellingtons are more interesting and attractive and easier to initially put on than the shoes of truth, they have proved so popular. This does answer and make sense why there are so many crippled (such suffering) and limping people about.

**It's what A Person Is Like On the Inside That Counts.**

The tongue in the shoes of truth always makes its wearers speak the truth and impossible for them to lie whilst wearing

them. Yet for the Wellington boot-wearers with their heavy mud collected on their soles, makes them very tired and confused and easy for them to tell lie after lie with endless justification. The only thing they accomplish and end up doing is fooling those who care for them and robbing themselves of happiness. By telling lies, cheating and fooling others, they will only prove in the end to everyone, themselves included, that they really are very poor persons on the inside who are prepared to lie and cheat their way through life.

**A Thirst For Truth Helps You Keep Your Shoes Clean Whilst Walking Down The Unpredictable Lane of Life With Its Many Puddles and Hidden Pitfalls.**

A mouthful of the truth of water will do you far better and quench your thirst, than what having an endless tap of lies in your house will do for you. Most often drink from the tap of lies, not being content with a mouthful of truth. Most find truth too distasteful to swallow. Yet a drop of truth from God is infinitely better for you than an ocean of man's lies. For those who are thirsty for truth, there is only God's water in their cup (mind). Man's lies only create

an unquenchable thirst that will never go away, regardless of what they drink or how much of it.

**People Struggle and Work for Food That Is Dangerous to Eat**

People have become accustomed to living off breadcrumbs. Their lives are worth breadcrumbs, and they struggle having to work for even these. These breadcrumbs, at best, are average and become rather tasteless and dull, and at worst, turn poisonous. The bread (actions and reactions) of life becomes, without great care and attention, a mere habit that eventually makes you ill and diseased, mentally unstable and exhausted.

**Honesty Is The Best Policy.**

There are many habits in life that are so dangerous that they will kill you. Everyone is guilty of greed, attachment, body-consciousness or ego in their lives. With *karma*, two and two, always makes four. Although at the time it may look like two and two are making eight (people are escaping the result of their bad actions) or even 33 (making no sense at all, as they appear very happy), eventually the law of *karma* always adds up correctly and pays back.

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**Many Labour to Walk On Broken Glass  
When They Could Easily Put On  
Comfortable Godly Shoes That Know  
Which Way To Go.**

God has come with a whole loaf (life full of virtues, peace, love and happiness) for each soul to eat every day and enjoy to its fullest potential. This is a far cry from the few crumbs on offer today that most have to make do with. Everyone is now tired of these few stale crumbs which they have to labour so hard to acquire and which can all too easily lead to indigestion and heartburn. God has brought us the correct food (knowledge and awareness) to eat and which will make you so healthy, you'll walk in the right direction and be happy for thousands of years.

**Are You Wise Enough And Loving  
Enough To Become A Shepherd Or Are  
You Destined To Become Shepherd's  
Pie?**

Some choose to walk the wrong way down the path of labour and falsehood that takes them away from God, truth and heaven. But remember, it's a dark solitary path and one they will have to walk alone, even if they think they are surrounded by family and friends of a similar mind and who all think they are right. The 'sheep' always think they are right, leading a comfortable life grazing in the fields of ignorance, until the day comes when they are loaded on to a lorry and taken to the slaughter house. Only when they hear the screams of distress when being unloaded at the other end, will they realise their great mistake and the error of their ways. What would you call the driver of the crashed car who lay dying in its burning wreckage, who only then realized that he had been driving too fast to see clearly out of his windscreen? Realisation and clarity of

mind can save your life, said the shepherd of the sheep.

**Using Your Loaf (Mind) To Enable Others'  
Hearts Beat Next To God, Means You'll  
Never Go Hungry.**

Only God can give the knowledge, enlightenment and wisdom which enable you to experience life to its fullest potential, and the spiritual love to digest it. This knowledge and love fuels your arms, and the more you help others today, the greater, the richer, the sweeter, the lighter, the more nutritious the loaf you receive shall be. All loaves, by their nature, will be incredible in every way, yet the more incredible you become today in helping others, the more incredible your loaf (life) shall taste.

So, walk and lend a hand to God, and you'll walk in paradise soon and never again need a hand in anything; such is the power in this loaf and in this giving!

**THE CALL OF OUR  
TIME**

"At this time God, the Father of all souls, is giving us a chance to become elevated – let us take that chance. Let us continue to make our own individual effort to keep Him in front of us. Do not think about your own past or the past of others. Do not worry about the future either; but simply be concerned about creating your own present. Focus your efforts on keeping your thoughts elevated and pure. This will make your vision, your attitude, and your actions elevated and pure, and then you will be able to live a life that brings benefit to yourself and to the world."

**– Dadi Janki ji**

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(Contd. from page no. 3)

thoughts, words and deeds, are protected by their own good deeds; someone definitely becomes instrumental in helping them.

### **Why do sisters tie Rakhis to their brothers?**

Sisters have great love for their brothers. They can't see the moral downfall of their brothers and cannot accept their brothers being tied in the bondage of vices. Knowledgeable sisters know that a person in the bondage of vices will eventually be bonded in sorrow, miseries and untimely death. Therefore, they tie their brothers in the bond of purity and *dharma*. Hence, celebrating this festival from the perspective of physical relation is ignoring the secret of this great festival. Knowing the secret of tying of this bond is very essential for both – the one who is tying it and also the one who is tied with Rakhi.

### **Protect the fast of Purity**

This festival has been called as 'poison-breaking festival' or 'festival bestowing benevolence'; that also proves that it is something of a very high bond; the bond of thread is just a symbol. All of us know whether a lotus flower is symbolic of purity or just an adornment. When we tell



someone to become like the flower lotus, that doesn't mean that one should pluck it from a pond and hold it in his or her hand, but it means that just as a lotus flower, despite living in the dirty water, remains pure, detached and separate; similarly, one should become detached and disinterested. Likewise, 'Tie the bond of Protection' means 'observe the fast of purity'.

### **Purity is dear to Protector God**

The relation of brother and sister is sacred. The vision among brother and sister is very pure towards each other; there is never even a fraction of sex-lust in it. Therefore, from the relation of religion, sisters tie *Rakhi* to brothers, or Brahmins tie it to householders with the wish 'Brother, be pure because purity is dear to the Protector God.'

### **Great conduct makes the speech effective**

In fact, those sisters, who are not following the fast of celibacy or those Brahmins who are not

following this great fast, don't deserve to tie this bond of purity to anyone. The one, who doesn't follow any rule, neither has a right to give speech on this topic to anyone, nor can his or her speech influence people. In this context, the example from the life of Mahatma Gandhi will clarify this point more effectively. It is said that once a mother took her son to the prayer-assembly of Gandhi ji and said – "Mahatma ji, a son of mine eats a lot of jaggery, which is causing so many pimples, blemishes to him, but he still would not give up this habit; if you try to convince him, I'm sure he will agree." Gandhi ji said – "Okay, please bring him to me after a month, then I'll teach him about it." The mother went back. After one month, she came back and reminded Mahatma Gandhi ji of that incident. Now Gandhi ji advised the child not to eat the jaggery and the child accepted Gandhi ji's advice. Then, the mother asked Gandhi ji, "Wouldn't it have been more beneficial if you had told this to my son one month ago?" Gandhi ji said, "But, then, I didn't have the right to tell this." The mother was astonished and said, "So, what has made the difference in one month?" Gandhiji replied, "Since I myself gave up the habit of

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eating jaggery; that is why this impacted the child and he accepted my teaching.”

### **The beginning of the festival**

When those sisters who themselves observe the fast of celibacy in a knowledgeable manner or those Brahmins who remain pure in thoughts, words and deeds, tie Rakhis to their brothers or householders, only then the latter will get the inspiration to follow them. In the beginning, i.e. some time before the beginning of *Satyuga*, in Confluence Age, when those Brahmins who were following the teaching of Knowledge given by God Himself through the medium of Prajapita Brahma, followed the fast of Celibacy, they bound others also in this bond of purity and gave them Godly advice that they should sustain this fast. Thus, Raksha Bandhan or the festival of breaking the poison of vices started.

### **The glory of Shravan Month**

You know that this festival is celebrated every year in the Shravan month of Hindu calendar. This month is also called ‘Mal Maas’. This ritual also indicates that when the

whole world gets maligned with the vices such as Sex-Lust, Anger etc., then the Supreme Soul, God Shiva incarnates in the body of Prajapita Brahma and showers – the rain of Knowledge; those true and pure Brahmins, who listen to this Knowledge, take a vow of chastity. Then, these Brahmins bind the people with the bond of protection of purity.

### **True Mahaveer (Brave men) and Mahaveernis (Brave women)**

Thus, if we really need protection from ‘Death’, punishments from Yamraj, disease and sorrow, we need to get tied with this wonderful bond. In other words, we must take a vow to become completely pure in thoughts, words and deeds. Instead of tying Raksha Bandhan to others or getting tied with the same from others, firstly, we need to tie ourselves with this bond. If you have the urge to make your life elevated, if you have true love for God, then you need to take up this responsibility of purity. Getting tied with this true sacred thread is the job of true Mahaveers. How will the cowards protect someone? The Mahaveers and Mahaveernis are those, who are determined to wage a war

against the vice of sex-lust; those who in order to put off the flame of anger, get recruited in the spiritual brigade and those who have the courage to cross the mud of attachment and eradicate the ego through the sword of knowledge. Thus, if you want to truly celebrate Raksha Bandhan, then get tied with such a *Rakhi* so that you can attain the self-sovereignty of Paradise, through which you can receive God’s love. Then you won’t need protection from anyone anymore and through which all wishes will be fulfilled.

### **Take a vow to live a new life**

If you are having any relation and conduct of impurity with someone, then, on this day of purity, tie to one another this bond of purity. On the day of Raksha Bandhan, let’s take a vow that from this day we’ve been tied in the bond of purity and from now onward, our life will completely be a changed. In this life, we will protect our purity in thought, word and deed completely. We’ll also be careful about what we give and take and will pay attention towards karmic account so that the same doesn’t include

impurity of any sort. If we celebrate Raksha Bandhan only in this way, this country can become a great country and paradise and the dream of Gandhi ji of establishing Ram Rajya here will be fulfilled. That is why it is famously said, “when Indra’s wife tied Rakhi to him, he got the divine self-sovereignty of paradise and when Yamuna tied her brother Yam with this bondage, he bestowed this boon on humanity that on this day whoever ties *Rakhi* will be exempted from the punishment in Yam Lok. This proves that on the occasion of Raksha Bandhan one can attain the sovereignty of paradise and can be exempted from the punishment at the hands of Yam to stay in original nature of peace, love and purity and have a loving connection with God. It is God alone, who can be a truly-effective and loyal protector than any other human being.

## START THE DAY WELL

Is it a very good morning? If the day begins with my thoughts scattered in many different directions or with anxiety about a situation to occur later in the day, it will prove difficult to maintain a positive attitude throughout the day. This is because my first series of thoughts in the morning sets the pattern for the whole day. If I do not use the early morning hours to sort out my thoughts, what other time in the day will I find to perform such a task?

To sort out thoughts, there needs to be clarity in the intellect. I have to check and see if there are any wasteful thoughts and, if there are, then I need to remove them by adopting a positive and pure attitude. If there are wasteful thoughts: and I try to battle with them, it is as if I am giving them life and strength. Wasteful and negative thoughts are created by a weak mind; they have no real foundation; they are only paper tigers. Instead of battling with them, I should simply create pure, positive thoughts which will automatically displace the weak, wasteful ones. For example, instead of thinking, “I must not get angry, I must not get angry”, which is negative conditioning, it is better to think, and “I understand why they behave that way.”

– “JUST A MOVEMENT”

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