

|| From the mighty pen of Sanjay ||



## HUMAN VALUES



When a person does not receive the desired treatment from another person, he is often heard saying that the latter lacks humanity or that he is a disgraceful man, i.e., a degraded human being. In today's social milieu, when people do not hesitate to deprive others of their rights and treat them barbarously, and like to see vulgarity and nudity demonstrated everywhere—in literature, in art, in the movie or on the stage of a theatre – we hear some people saying that man today has become debased or that he has come down to the level of an animal. Worse still, when one country drops bombs on hospitals, places of worship as also on residential places of another country, we hear words like: “Humanity has departed from this world” or that “Man has become worse than a beast”, in fact, a veritable devil. On other occasions when talk is on the subject of neighbourly treatment, the relationship between factory owners and their workers or, again between the rich and the poor, in general, we hear words such as “Man has become stone-hearted”, that even the sight of poor children crying from hunger or lying on stones in the scorching heat in the month of June does not move him to pity. Such words have become very common as: “We wonder where humanity has fled!”

In the face of all this talk and comments, the question arises: What is the principal difference between man and demon, man and beast or man and devil? Or, in other words, what are the human values or attributes because of which man has been placed on the highest pedestal? Or, what is it that justifies his rank as the highest and the noblest being in God's creation?

### THE MAIN HUMAN VALUES

In this context it would not be out of place to briefly mention here some of the values due to which man is considered 'human' and distinct from other species.

### FORGIVENESS, MERCY OR COMPASSION

In the foregoing paragraph, we compared man with beast. A beast is barbarous; it never thinks of good of others. Beasts

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### Rates of Subscription for "THE WORLD RENEWAL"

**INDIA** **FOREIGN**

**Annual** Rs.100/- Rs. 1000/-  
**Life** Rs.2,000/- Rs. 10,000/-

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

**Om Shanti Printing Press,  
Shantivan-307510,  
Abu Road, Rajasthan, INDIA.**

For further information regarding  
subscription,

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**Mobile:09414006904, (02974)-228125**



The festival of Deepawali brings newness in many ways: the first thing is newness in human spirit, that is in the way people start thinking positively, behaving as gentle beings, smiling like flowers, and filling their actions with divinity perhaps out of love for (or fear of) Shri Lakshmi who is meant to descend to shower wealth. These days most of the mobile companies, TV manufacturers and online shopping networks are extremely busy advertising sale of their gadgets, home appliances and much more to attract consumers. As we learn from the newspapers, the sales of new brands of motor vehicles are making records! Real estate people are also selling their apartments like hot cakes... Sometimes one wonders whether Shri Lakshmi is supposed to shower wealth and prosperity on her devotees, or the devotees are bound to shower wealth on the Consumer Companies!

It would be nice to think about the traditional ways of celebrating Diwali, which would bring us close to the real spirit of Diwali celebrations. Just as we clean our residences, carry out white-wash/painting of our walls, refurbish our furniture etc, **this is also the time for us to sit back and think about the internal transformation we need to bring about in our manner of thinking, interactions with others, and feeding our minds with positive thoughts.** Otherwise there won't be any significant 'newness' in our lives, which is the whole purpose of honouring Diwali.

Rather than spending extravagantly on items of luxury, eatables and fireworks, let's use that money more judiciously. On auspicious occasions the sensible, rich devout always think of helping the less fortunate or serving poor patients by providing better means of service in hospitals, schools and other community projects. Such acts

of charity on festive occasions bring a lot of happiness to the hearts for both the donors and recipients. Animal- and bird-lovers use these occasions to create means of feeding their favourite living creatures at different places, which are often talked about. So it is heart-warming to see individuals using their time and energy for higher social purposes.

Diwali of course is the period when the rich as well as the poor seek blessings of goddess Shri Lakshmi; the beautiful custom of purchasing new vessels, gold items, home appliances, jewellery etc. is followed through with dedication. Members of the entire family, whether of high social standing or otherwise, must have new outfits and accessories in special and vibrant colours. The new radiant clothes itself send out the message that 'we are celebrating Diwali whole-heartedly!' Children and Youth love to research and try out the latest types of fire-crackers, while the elders continue to enjoy their *phool-jhadis* (hand-held sparklers that burn slowly while emitting colored flames). If you happen to be in a large city like Ahmedabad, or even the smallest village of India, you would be over-whelmed by the deafening sounds of firecrackers burning all night long!

The fun and enjoyment is incomplete without an astonishingly large array of sweets and delicious fruits. It's a must for every household to bring home different kinds of sweets to please the taste-buds of the elderly, youth and children.

The modern fashion is to go out and spend the evening especially in open-air restaurants or hill stations because people like to enjoy their meals where they can be one with nature, and also observe the fireworks.

As the series of events and festivities take speed and unfold, so does the intense worship of Shri Lakshmi; a great number of householders



spend Diwali night just praying for blessings of the presiding Goddess, which is a sincere sign of their faith.

As we delve deeper into the meaning of Diwali, we remember how rich is the mythology of Bharat in value-education as symbolised by the story of Ramayana. Educated philosophers and thinkers spend Deepavali recalling the story of when Shri Ram and Shri Sita returned to Ayodhya after being in exile for 14 years. Apart from the spectrum of episodes and emotions that the Ramayana takes us through, one significant lesson is about how it's believed that King Bharat ruled Ayodhya as a Trustee on behalf of Shri Ram for 14 long years, expressing his love and reverence by keeping Shri Ram's footwear on the throne... This is a huge contrast to what we see in the modern world, where certain individuals lose sleep and integrity in finding ruthless ways to come into power and then retain it for decades... we've been hearing such stories recently in different parts of the world, but more so from neighbouring countries.

**How can we think of bringing about a change of attitude and thinking with the spirit of Diwali?** Will it be accomplished by cleaning/painting of our houses, or spending exorbitantly on new clothes, jewellery, gifts and accessories, and enjoying fireworks? Or will it happen by sweetening each other's mouths with a variety of rich sweets? **The spirit of Diwali is in fact a reminder to us to live a divine life full of virtues and create an atmosphere like the famous, often remembered Ram Rajya.** Even simply from the mythological story of Ramayana, we learn that the citizens of that age had led very healthy, wealthy, happy and honest lives. They never needed to lock their houses since there was no fear of any burglary or deceit. The famous adage associated with it is: "*Ram Raja, Ram Praja, Ram Sahukar. Jiye nagari basey daata, dharma ka upkaar...*" So just contemplate on what can be

said about the Golden Age, which preceded Ram Rajya. This aspect of human history remains a mystery because people know better about Ram Rajya instead of the world sovereignty of Golden Age when the doubly-crowned deities, Shri Lakshmi and Shri Narayan were bestowed with peacock-thrones. We are presently passing through a phase in the World Cycle which is very important from a mythological or historical point of view. **The Festival of Lights is celebrated when the world is suffering through the darkest night in terms of ignorance of who we are, who God is, how we need to conduct our lives based on virtue and spiritual powers, which is all portrayed by darkness surrounding the entire world.**

The tradition of lighting the lamps one by one signifies the enlightenment of souls, which begins when the ever-enlightened Supreme Soul descends on earth to re-educate and awaken humanity. It's a very auspicious period in the history of humanity when we human souls have the fortune of being face-to-face with the Supreme Being, to regain our spiritual powers, and learn about the real world history. As per His promise, the Supreme Soul plays the important roles through Prajapita Brahma as our most beloved Supreme Father, the greatest Supreme Teacher of Spiritual knowledge and lastly, the One to accompany us on the return journey to our sweet home of Silence as *Satguru*. Those human souls who recognise God's work, and His descent on earth for us, celebrate Deepawali constantly in the purest, most loving and dignified way by remaining naturally in the consciousness of being spiritual beings, and interacting with others in the same consciousness. This is the most beautiful way of greeting each other, and sharing the beauty of God's wisdom through sweetness in our speech.

***Wishing you a very, very Happy Diwali and prosperous New Year!***



**Shri Lakshmi and Shri Narayan,  
The World Empress and World Emperor  
of the ensuing Golden Age**

It was an extraordinary celebration of Deepavali with Avyakt BapDada and the BK divine family, represented by about 20,000 sisters and brothers from India and 55 other countries, who gathered in the Diamond Hall on 3rd November 2015. The elevated versions shared on that day, though very simple, held so much depth for inculcation. This was a very beautiful gift for all of us for our spiritual Diwali, the essence of which we share below for the benefit of our readers:

☪ *This spiritual meeting between the Supreme Father and the children is so lovely. This meeting is a meeting that makes you immortal.*

☪ *What is emerging from each one's lips? Wah Baba! Wah! And, these words are emerging from the Father's lips: Wah My long-lost and now-found children! Wah! Wah! The*

*song of 'Wah! Wah!' can be heard coming from everyone's lips.*

☪ *All are loved by God. So, this is a gathering of those who are loved by God. Each one of you may be numberwise, but the main support of all of you is One.*

☪ *Each one is a specially beloved long-lost and now-found child of Baba. From each one's face, it is experienced that each one of you has the Father in your heart.*

☪ *No matter how many children there are, wherever they may be and whatever they may be like, each one is loved by the Father.*

☪ *The Father saw that each child has love for the Father and this is why each one is continuing to move along. If you have no connection with the Father, from where would you get power? You are moving along by taking power from the Father. If you do not even remember the Father, from where will you receive power? Each one has a relationship with the Father.*

☪ *The Father is always with every child. The Father is only One and yet can fulfil His responsibility to everyone. You have the Father's company. So, you are the Father's companions. The Father is with each one of you and will remain with you.*

☪ *To reveal God, the Father, to the world means while doing everything, to have all relationships with the one Father. So, the basis of having a relationship with the Father is very good.*

☪ *This is the time of the Iron Age, so whatever little bit happens to the health, there will be all of this at this time. However, while facing everything, change a crucifix into a thorn by having remembrance of the Father. It may come to you in the form of a crucifix, but by having remembrance of the Father, make it become like a thorn. Om Shanti*

*– B.K. Nirwair*

## DO I EXPERIENCE SUPER-SENSUOUS JOY?

– Rajyogini Dadi Janki, The Chief of Brahma Kumaris

**T**wo most important points from a spiritual view are: Who am I and who is mine? 'I' and 'mine'. Previously we used to say, I belong to this religion and this country. Now,



when we say 'I', it means that I am a soul, a peaceful soul. The essence of knowledge is to remain soul-conscious and to renounce body-consciousness and to free the self from attachment to the body and bodily relationships. We also have to become free from the influence of nature and *sanskars*. Remember; where there is attachment there is no peace.

When we belong to Shiv Baba, we receive unlimited happiness. Now, we have learnt how to remove sorrow from our

lives. God made me belong to Him and so bodily relationships are only for namesake. We are receiving *avyakt* sustenance, through knowledge and through yoga. At the time of leaving this body, no-one should be remembered and this is what we are preparing for now.

We have found three jewels; Baba, *Murli* and Madhuban. We have received the sovereignty. We now have those personality traits. The fortune of someone can be seen from the palms of his or her hands. It is natural... In the same way, we can see someone's fortune through his or her actions.

Remember: Food influences the mind. Also, one is coloured by the company one keeps. As is the company, so is the colour. When we become God's, we eat food that has been cooked in His remembrance. We don't just eat food to sustain the body but to the mind as well. Those who prepare food should prepare it with love and happiness. The expansion of this *Yagya* is such that at first there were just a few hundreds, then thousands and now... hundreds of thousands.

We have learnt the importance of pure food. Since the day we have found God, everything about our lives has changed. From whom do we listen now and from whom do we eat? This influences and colours our personality.

Whilst staying in the household, we need to be detached from the body and bodily relations and love one Father. This is the world of five elements and the body is made up of the five elements. The world has changed so much: previously there were not so many people. Now, everything has expanded and so has the number of people. Everything is going into its extreme stage. It is the time to become *satopradhan* through the remembrance of God Shiva. He has taught us to swing in the swing of super-sensuous joy.

How can we swing in the swing of super-sensuous joy? By controlling our sense organs. This is what God Shiva teaches us. We are not pulled by the eyes. We don't have the greed to eat particular type of food. We connect with Him and everything becomes easy and natural for us. We have to move to the stage of seeing no evil, hearing no evil, speaking no evil and thinking no evil. Shiv Baba has taught us what to think about.

(Contd. on page no. 18)

# SPIRITUAL SIGNIFICANCE OF DUSSEHRA AND DIWALI

–Yogi Khem Jokhoo, Trinidad

**D**iwali opens the gates to Heaven or the Golden Age. The descent of God Shiva on earth is called Shivratri and God Shiva's main mission is to destroy the ten heads of the evil spirits called Ravan, celebrated as 'Dussehra'. This event closes the doors of the prison of karmic bondage and opens the doors to liberation and salvation so that the world may celebrate 'Diwali'; the true Diwali – the 'coronation of Shri Lakshmi and Shri Narayan' as the first Empress and Emperor of the Golden Age.

## **Diwali begins with God's Promise in Gita**

The essence of Diwali is the removal of the 'darkness of ignorance of the vices' with the 'light of knowledge of God'. This revelation can be found in the Gita C4v7-8 where God promises that He will 'descend on human body' when there is unrighteousness and irreligiousness in the world. He states very clearly that His descent is for the sole purpose

to protect the virtuous, to destroy the evil (Dussehra) and to re-establish dharma for the return of the deity kingdom celebrated as Diwali. Diwali opens the doors of the Golden Age and it is the beginning of the new world.

## **The Herb of Knowledge is the Fuel for Dussehra**

The other festivals are memorials depicting the spiritual journey of souls in this Confluence Age. Shivratri depicts the removal of the 'darkness of ignorance' called Ravan and the establishment of 'Ramrajya'. First, God imparts the teaching of the Gita through the lotus lips of Arjuna also called Brahma and this is celebrated as Gita Jayanti. Those who imbibed, inculcated and practised the elevated directions of the Gita become immovable and unshakable in *Gyan* (knowledge) and Yoga.

*Gyan* and Yoga is the invincible weapon called the 'Brahma Astra' that Rama is shown to use in order to destroy the powerful Ravan, which is

now celebrated as Dussehra. All other weapons made Ravan only unconscious allowing him to recover and fight again. Recall the story of Prahalad when Shiva destroyed the king; it was neither day nor night, for it was the dawn, the period between the Iron and Golden Age, known as the confluence of the two ages. He destroyed the king with neither weapons nor force but with the power of *Shrimat* (Elevated Adiva) of the Gita. Tulsidas called this weapon the 'Brahma Astra' and the 'herb of knowledge' carried by Hanuman as '*Sanjeewani-booti*'. All the scriptural myths have some spiritual significance.

## **Celebration of Victorious Festivals**

Shivratri, the most important festival among all, shows how God Shiva destroys the evils of the world (Dussehra) and ultimately purifies all the souls and the elements, freeing humanity from the bondage of karma and the chains of Ravan. Shivratri heralds the beginning of the Confluence Age and the start of the incognito Mahabharata war that is the war between the virtues and the vices. This is the war between the incorporeal Rama and incognito Ravan.

## **Krishna and Radhe Glorify the Golden Age**

Krishna's birth signals the beginning of another cycle of

5000 years of the new world establishment. Radhe is born a few years after Krishna. They both belong to separate kingdoms. About 25 years into the new cycle, Radhe and Krishna get married through a ceremony called 'Swayamvara' and become Shri Lakshmi and Shri Narayan. This marriage is the coronation of Shri Lakshmi and Shri Narayan as the first empress and emperor of the Golden Age. This coronation is the festival of Diwali signifying the end of the dark ages and the conquest over the five vices depicted as Dussehra. This marks the beginning of the Golden Age also called Satyug, Heaven, or Paradise as called by Christ or *Ram Rajya* as Bapu Gandhi ji imagined.

### Qualities to become like Shri Lakshmi and Shri Narayan

Diwali reminds us of our main aim and object to acquire and attain the following attributes and qualifications necessary to have the perfection of god and goddess, Shri Lakshmi and Shri Narayan.

▶ Being completely vice-less is



being free from Lust, Anger, Greed, Attachment and Ego.

- ▶ Possess 16 celestial degrees purity, which is perfection in the sixteen (16) arts of life.
- ▶ All-virtuous, is to be the embodiment of the thirty-six (36) virtues.
- ▶ All-powerful, is to use the eight powers in every thought, action and relationships.
- ▶ Completely Non-Violent, is the characteristic of the deity religion.

### Diwali is the Conquest of Light over Darkness

Diwali is celebrated on the darkest night of the month of Kartik. This is in remembrance of the victory over the dark forces of degradation and dehumanization immediately before the Confluence Age or Shivratri. This is why Diwali is

celebrated as the conquest of light over darkness or good over evil. Kartik itself is about taking a bath in the ocean but this is only symbolic. Kartik literally means change or transformation from the old to the new. Kartik is the last festival in the year and it celebrates the conquest of the virtues over the vices by 'bathing in the Ocean of knowledge' to cleanse the soul of all the impurities accumulated in the dark ages. It is to change from being ordinary man called 'nar' to the elevated perfect man or deity called 'Narayan'.

### Diwali is the Memorial of World Transformation

The entire celebration is a memorial of our transformation from being ordinary degraded human beings to pure perfect human beings called deities. This happens in the Confluence Age when God Shiva incarnates on earth to reveal the knowledge of the Creator and creation, the drama of human souls and the Eternal World Drama. Diwali marks the beginning of the Golden Age in the new Time Cycle.

## DREAM ON

Why have we forgotten how to dream? With our innocence gone, and the entertainment industry doing all the work for us, we quickly lose our capacity to dream possible futures. Stop. Close your eyes. And dream again. Put the stars in your dreams. And then reach for them. No need to struggle. Simply nurture the dream, sustain the vision, and watch it come true. It must; it's the law.

## WHY THE SUPREME SOUL IS CALLED GOD



**T**he Father says: 'Whereas all souls come in the cycle of birth and death, it's only ME who does not come into this cycle. This is why it is sung that My coming is not like that of a human. Human beings come in this cycle as per their *karmas*; I don't come in that manner. I take the support of nature (the body) to bestow knowledge. My coming and playing a part is different from the way others do. My task is much greater than that of all other souls.'

Although Christ came, and Buddha came, they are known as religious fathers or religious souls. They can be called the founders of religions as well. However, they cannot be called the Creator of the world. One who establishes religion cannot be called the Creator. God is different from all others, isn't He? This is why He is known as God, the Supreme Soul. God personally explains all these things.

### God Comes Here in Disguise

They call out to Him in the song: 'You come in disguise, and



Mateshwari ji

You come by changing your form. Come to the Earth, leaving Your throne in the sky.' He doesn't live in the sky. He lives beyond the sky. You can call it *Brahama-tatva*, or 'Paramdham'.

Souls, and the Supreme Soul, reside there. It has the form of an egg; it can be called Universe or Cosmos or Brahmand, or *Brahma-tatva*. It is also known as the Incorporeal World. This is why it is said, 'You come down here in disguise, changing Your form' because when He comes, He takes on a corporeal form. So God has to change His form.

It is said, 'We, the incorporeal souls are tired of acting in the

corporeal form; You should come and free us, because only You can liberate us from bondage.' How would The Incorporeal Supreme Soul come here? He has to become corporeal, and this is what is known as changing the form, or coming in disguise. He is the all-powerful One, so He has to come to liberate everyone.

### The Father Comes Only When the Entire World Becomes Irreligious

He is the Almighty. We have no might—everything is gone. We don't have that power anymore. *Maya* has overpowered us; this is why it is said, 'You come and liberate us from unhappiness and disquiet.' The Father comes and says: 'I have come now. While on the path of devotion, you used to call me so I have come.' People thought that He comes whenever and wherever there is sin or irreligiousness, to bring awareness. But by saying this, they have made God omnipresent.

The Father says: 'I will come only once, at the time of extreme irreligiousness and degradation, not any time and in any age. I am the Creator of the world and so when the whole world becomes irreligious, only then will I come and get the irreligious world destroyed. It's not a question of one person being,





irreligious. In that case, irreligiousness could never be removed from the world. Sometimes people say, irreligiousness was always present in the world, it was never destroyed; but the Father gives the knowledge of time cycle. There was a time when this world was absolutely viceless and was called Heaven or Paradise.

It isn't that one person is in Heaven and another is in Hell. The whole world is either Hell, or Heaven. When the consciousness of the souls was pure and elevated, the world was called Heaven and as the souls turned impure and vicious, the world turned into Hell.

### **The Father Establishes Heaven for His Children**

The Father is called Heavenly God Father. People think God lives in Heaven, and so He is called Heavenly God Father. If God is in Heaven, what benefit it has for us? What does He do for us? The Father dwells happily in Heaven, and His children in Hell, experiencing sorrow – is that possible? Even in the Corporeal World, it doesn't happen that a father is living happily and His children are in sorrow.

God establishes Heaven for us; that is why He is called Heavenly God Father. The

Father says: 'I'm called Father because I create a world of happiness for you; I make you happy. I am beyond happiness and sorrow. I don't go through sorrow or happiness. Happiness is for those who undergo sorrow. For Me, there is no question of Hell or Heaven; however, I am the One who creates Heaven. I got this name [Heavenly God Father] on the basis of My task. I'm not the one who sits in Heaven or experiences its pleasure.'

The Father has done something great for us children, that is why we remember Him. If a father didn't do anything for His children, and didn't even ask how they were, would the children remember that father? No, they wouldn't. This is the infinite Father. He is the destroyer of sorrow and the bestower of happiness. He created Heaven for us; and that is why we praise Him as Heavenly God Father. Heaven and Hell are for us.

### **Incarnation Means Descent**

Heaven and Hell are for us, the human-beings of this physical world. The Father is the One who creates Heaven. He says: 'I come to do a job for you. I descend from the incorporeal world, and this is why My incarnation is commemorated.'

'If I were omnipresent, I would have been sitting here already, and so what would be the need to call Me? If I were to sit here, always, being omnipresent, then there would be no question of you becoming unhappy at all. If I'm sitting here and there is still sorrow and disquiet, then there is no meaning in My staying here.'

If a minister is in his post and yet there is sorrow, people would tell him there is no point in his being in the post. They would ask him to leave the post. Similarly, if the Father were to sit here being omnipresent, whilst His children were unhappy and disquiet, we would tell him to leave His post of God-ship, wouldn't we! 'You, the Ocean of Peace, Ocean of Happiness, are sitting here and we, Your children, are unhappy – so what for are You here?'

This is why God says: 'You insult Me by calling me omnipresent. Neither am I sitting inside anyone, nor am I omnipresent in the world outside. Would it be possible for you children to be unhappy in My presence here? Never! It's impossible for My children to be unhappy while I'm here. I come from My abode and establish a world full of happiness for you children who are here in My

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# INTROVERSION AND INTROSPECTION

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**W**e are in a world of attractions, pomp and show, play and display, showbiz and drama. Normally people are extroverts. There is a mad race for earning more and more wealth, acquiring and possessing material things, gaining and regaining powerful posts and positions, seeking trophies, awards and rewards. On the way we can find that people are unhappy, miserable and dissatisfied. Very few of them spare time to look inside as to what is happening in real life. Introversion has great value in worldly and also spiritual life. Introversion is the art of looking inside, listening to the soundless sound of the inner portal, smelling the fragrance of the feelings of life inside, speaking to the incorporeal self, and tasting the unique experience of unfolding the latencies of the self. Past is gone and future is yet to be born. The present belongs to us. What is available is the present which is the reality. This realisation comes to us when we withdraw to the inner portals. We are able to be with us when we become

–**B.K. Surendran**, Bangalore introverts.

## **External and Internal face**

We must know that the world has two faces. One is the external face and the other is the internal face. We also have two faces. Normally people look at the external face of the world with their external face. They look with the gross eyes and listen with the gross ears. An introvert looks with the eye of knowledge, listens with reference to the reality of life. We all know that this world is constantly changing. The scenes, sceneries, bodily beings, events and incidents are always attracting us. Normally people go by the changes taking place in the external world. Everything we look at changes and becomes old. When we look with the eye of knowledge, we look at the ever changing five elements, the soul, the self-effulgent form of the Supreme, the soul world, the subtle world, the emerging new world, and the angelic form of the souls, which cannot be seen with the gross eyes. When we look at the world with the gross eyes, we are carried away by the glitz and

glamour of physical gross objects which may be animate or inanimate. But when we start looking at the internal face of the world, we are baffled to find that we are trapped in a constantly changing world. We cannot trust these entities. The truth lies in our true eternal identity— that of a shining star – the soul that drives the body. Although mind and matter are deeply connected but the soul is the essence of who we are and this subtle understanding in itself is liberating.

## **Introversion for inner stability**

An introvert looks at the mind, intellect, thoughts and feelings. He is a detached observer, a silent spectator and a witness. He can understand that this world is a huge drama stage and all the souls wearing the costume of body are playing their respective roles. An introvert keeps a watch over himself to see that he is not influenced by the goings-on in the world. He enjoys the scene of sorrow and happiness with equipoise and understanding. He is able to be in a stable position even in destabilising and severely opposing situations. He enjoys the taste of peace, silence and solitude. In this stage, he deals with others as souls. He is conscious that the body does not belong to him, but he is using the



and providing assistance to the world transformation-mission of God. Introversion helps us to be in a state of intoxication of meditation and enriches the life with divine virtues. It becomes easier for us to maintain bodily purity, and purity in thoughts, words and deeds. It helps us to maintain mental and intellectual concentration, which in turn helps us to develop quick decision making abilities. Introversion helps us to study the Godly Knowledge in depth and apply that knowledge in life. We are able to be what we are in truth and enjoy that true existence while being busy in the field of life. We become free from all kinds of wastes – waste thoughts, words, deeds, relationships and connections. We become true karma yogis as we maintain constant attention on our mind and intellect. We are able to discriminate men and matters, events and eventualities in their right perspective and initiate the right course of action. Whatever we do through our mouth, eyes, ears and sense organs will result in the enrichment of the self – the soul. We will be in the mind-set of “think no evil, see no evil, talk no evil and do no evil”. Whatever we do, we do it through our sense organs in soul-consciousness with an

instrumentality. We come into the field of action, perform our role and after that, just like a tortoise we can withdraw from the outside world. We are aware that we are dead from the gross world and have taken a spiritual birth for rendering Godly Service. My body belongs to God and we stay in the body as guests. We experience super-sensuous joy. Introversion is the sign of being an embodiment of knowledge and purity.

In fact the aim and object of a spiritual seeker is to imbibe and experience introversion. In such a stage of life, an introvert is always in a meditative mood and develops his divine virtues naturally. We are able to understand even the minutest trace of impurity and remove them. We come to like long hours of meditation and also naturally develop interest in deeper study of Godly knowledge and render Godly service with renewed interest and enthusiasm.

#### **Introspection**

It is our experience that when we practise introversion, we have a lot of time to introspect. We are able to watch our thoughts, feelings and emotions. We are able to evaluate our stage of life. Our intentions, desires, expectations, aspirations, wishes, whims and fancies are seen with clarity and

then to suit to our well-being and also for the betterment of others. We are able to teach ourselves the need for generating the best thoughts and feelings. Life seen from outside is the manifestation of life inside. Life should be proper at subtle level hence, it should be regulated from the subtle level. Introspection means to engage the self in self-talk, self-teaching and self-transformation. When we start introspecting, we can refer our stream of thoughts to see that it conforms to universal principles of living, moral laws, ethical laws and values in life. We are able to see that the feelings emanating from our thoughts are conducive to our growth and others’ well-being. We can ensure that the thoughts and emotions are not creating disturbance in our mind, thus enjoy and celebrate the good feelings that are spread in our surroundings.

#### **Generating positive feelings and emotions**

When we practise introspection, we are able to avoid negative, waste and vice-ridden thoughts and convert those thoughts into pure, positive, pleasant and elevated ones. We are able to decide what kind of thoughts can elevate our life to a state of stability, purity, peace and

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prosperity. We come to realise that even though we are living in the external world, our real world is inside us. The world situations keep on changing as time passes by. There are people who move along with the outside situations but some of them get annoyed by them. But, when we are focused inside and are closely doing introspection of our thoughts, reactions, responses and the feelings emanating there-from, we are capable of regulating our inner state of life according to our needs and requirements. We can be what we want to be at all times and we need not depend on others for our well-being. Introspection helps us to realise the harmful consequences of generating thoughts like hatred, jealousy, anger, ego, arrogance, opposition, ill will and the related feelings and can transform them

into thoughts of humility, simplicity, tolerance, love, co-operation, enthusiasm, zeal and creativity. Our quality of life is decided by the quality thoughts that we generate. We are able to constantly weigh the pros and cons of negative thoughts and also positive thoughts and the feelings and emotions that are spread by these thoughts. Based on the experience, we learn to take a final decision not to generate negative, waste and vicious thoughts whatever they maybe, instead, we determine to cultivate the habit of generating only positive, pleasant and elevated thoughts. The most important pure thoughts are those thoughts which are related with the seven divine core virtues of the self.

Introversion and introspection are the two very important and subtle effort making processes

which enable us to enrich ourselves to attain the stage of liberation and fruition. Churning is the essence of introversion and introspection. The churning on the discus can be a beautiful experience which not only wards off all undesirable, polluted and useless thoughts, but also it elevates one to the level of total fulfilment and world sovereign stage. Constant remembrance of God is again the most powerful thought process which can fill the self with a lot of spiritual energy. When we remember God with a lot of interest, love, submission and reverence, we experience the presence of God. Meditation teaches us to face life from the inside when we learn to become silent and connect with Supreme, we find the Strength to change and heal the self and the whole world. This is the need of the hour.

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### SPIRITUAL PROGRESS

There is benefit for you in every situation. If, that is, you know how to look for it. The idea behind steady spiritual progress is to see every circumstance and situation (particularly those that challenge you) as a tailor-made lesson in your personal plan for self-development. For example, in a situation where hurtful or angry words were exchanged, why not see it as the chance either to perceive things about your own character which need changing or to rehearse some virtue or quality that you need to put into practice more often? Actually, we should be grateful for the opportunity to evaluate ourselves. In this way you can transform anything into a constructive lesson. Never think that you've learnt enough and now can stop. You should love it when people try to correct you or give you advice. It keeps you alert and gives you plenty of opportunity to put your truth into practice. It's a sign of great danger to be unable to accept criticism and instead use your understanding to criticise others. Realise deeply the significance of every moment, and your spiritual progress will be assured.

# IS YOUR LIFE A CELEBRATION?

– BK Rose Mary

There are some people who have made their lives a celebration. What is the secret? They distinguish the changeable from the unchangeable, and their temporary nature from their eternal nature; and they make wise choices, proving to be **CREATORS** rather than reactors.

## **You can change your physical health**

Our human body is an incredible machine which has its own cleaning mechanism inside. Skin eliminates sweat, respiratory tract expels carbon dioxide and mucus, the kidneys eliminate urine, the digestive tract eliminates stool and so on. What will happen if our life-style increases the accumulation of wastes and toxins in our bodies? They will provide a fertile environment for germs to grow and multiply, inviting diseases. This explains why some who interact with those with contagious diseases, do not get them while some of them get it. Besides, certain unhealthy eating habits and life-style may not

cause immediate adverse result in the body as its organs are capable of handling the harm to some extent. For example, kidney may not show major symptoms of defect till it has lost approximately 80% of its function. Situation is like cutting a tree down by axe—it takes many hitting for the tree to come down. By the time body shows some symptoms, it may be too late. No wonder, diseases linked to life-style choices kill 16 million people each year, reports *World Health Organization*. That means if lifestyle is changed, diseases [except those related to hereditary/*karmic* account] can be minimized.

With some basic knowledge about your body and mind you can minimize diseases. Observe those who have minimum diseases, and arrive at your own conclusion. Health is mostly related to what you feed to your stomach and mind. People who are not stressed but have loving relationships, peace, joyfulness, cleanliness, inner strength, practical wisdom and balance, have stronger immunity, hence

most of such people enjoy good health. Some of them further minimize their diseases by choosing a healthy food-habit which means they know the following:

**(1) What to Eat:** There is food that harms, and there is food that helps/heals which are called ontological, food rich in life-force, fresh, vegetarian, easily digestible, nourishing, prepared with minimum spices. “If you shift to a diet more about plant-based foods, you are likelier to live healthier and experience less chronic disease,” says Dr. David Katz of the Yale University. It also means avoiding or minimising processed food that often contains artificial chemicals which can add to wastes and toxins in the body and also activate disease-causing genes that might have stayed dormant otherwise. Hence strike a balance between cooked foods (which have less vitality, enzymes, proteins and vitamins) and sprouts (which have more of them), because you are what you eat.

**(2) How Much to Eat:** in moderation, may be about half of one’s capacity.

**(3) How to Eat:** slowly, in gratitude and in remembrance of God, with full attention on eating, and chewing well



before swallowing which makes digestion easier and prevents improperly digested food from entering blood and causing a wide range of adverse effects to health.

**(4) How Many Times:** You may decide this by looking at your body's response. The ancient Greeks (the finest of people, physically and mentally, that ever lived) ate only two meals a day. Their better health might be due to the fact that body turns into cleansing work once digestion work is over whereas frequent eating keeps body always engaged in digestion work only with no time left for cleansing.

**(5) When to Eat:** only when you are hungry, which means normally 4-5 hour gap between each meal / intake. The stomach takes about 3 to 4 hours for a meal to be fully digested (fatty food would take even longer time to digest). Many who eat their supper before sun-set and go to sleep after 3-4 hours experience a good rest for the body during sleep that enables them to get up early in the morning rejuvenated and refreshed. [In addition, some people practise things such as deep-breathing, occasional fasting, enema, *jala-neti* (nasal cleaning)... etc. all of which can give

additional help to body in its cleansing process].

It was easy for Mahatma Gandhi to adopt the above food-habits; for he knew that food is all about fuelling the body (rather than filling the body) and "the real seat of taste is not the tongue but the mind, and best relish is when we eat after we feel hungry for some time." Interestingly, Rajyogini Dadi Janki poetically summarized the above principles when she said: "Curry, Hurry, and Worry" are at the root of many diseases.

#### **Follow your Eternal Nature**

Water boils and becomes vapour when in contact with adequate heat; and when the cause of boiling is removed, it returns to liquidity which is its eternal nature. Similarly, the eternal nature of us souls is to be in harmony with others—especially with our Heavenly Father, being linked to His qualities through remembrance of Him (Gita 12:2, 3, 4, 20; 16:1-3). Once in material body, soul's affinity gradually changes from parents to friends, to life-partner, to wealth, to fame ... and so on. And soul never finds fulfilment in any of those as they are all temporary and unreal. On the contrary, if one returns to his eternal nature of connecting himself to God, life becomes a celebration, because this is the

most natural thing to do as both soul and Supreme Soul are eternal, and both share the same qualities. Also, God takes the role as Father, Preceptor, Companion, Sweet Heart, Mother, Teacher and Almighty as the need may be, thus giving you His infinite source of power, purity, joy, love, peace, knowledge and bliss. When you have God Almighty playing such a variety of roles in your life, you have 'a life of happiness at every moment' making your life a celebration.

People who have studied *Rajyoga* Meditation from *Brahma Kumaris*, never lament on any situation asking: "Why did God permit this to happen to me?" Because, they know GOD PLAYS NO PART in such events. He comes in the Auspicious Confluence Age (*Sangamyuga*) and shows the path of Heaven to His children. In this period, He, using His medium Brahma, trains the willing ones for Golden Age and teaches them *Rajyoga* which enables them to remain in His loving remembrance and also to view all experiences from a spiritual perspective. Good news is that you can also make your life a celebration! It's very easy! Contact your nearby *Rajyoga* Study Centre, and ask for a free study—one hour daily for a week!

## *THE REAL DIWALI OF SOUL - CONSCIOUSNESS*

– BK Shikha, Pune

**D**o we ever wonder how the coming of Diwali brings cheer and enthusiasm unparalleled to anything else? We can't explain why we prepare for it so many days in advance. We get everything new, share gifts and celebrate. There is a wave of happiness felt by everyone without knowing the reason. The festival marks a new beginning – that happened once upon a time the memory of which is etched in the soul.

We light lamps to mark the festival. What does it signify? Light brings clarity and hope. Darkness brings confusion and uneasiness. Taking it to an unlimited perspective, knowledge is light because it brings clarity. Ignorance brings fear—of the unknown. A fear that each of us face in today's world. What is this knowledge that can give us complete control over things? It's the knowledge of who we are, where we came from, what is the purpose of human life, how the responsibility of humans is much higher than other creatures. And what is going to happen next?

When we can stand at a high point, we can see everything in the right perspective with great clarity. And then there is no chaos. But who can give us this holistic knowledge of the past, present and future of the world drama? The one who always stands at that high point and never comes into the cycle; always above and beyond the play happening on world drama stage. And when He comes and gives us the right perspective and lights the lamp of knowledge there comes true light. It marks the beginning of the establishment of a new world order.

Each one of us holds so many memories of what has happened in the past. These memories are not just from this birth but from past so many births which have gone to a deeper level and have made our subconscious mind so heavy. Even physically we don't want to be heavy and spend so much time and energy to become lean. But, what about our mental heaviness? To be mentally light, we need a capability to understand what to remember and what to forget. We often

remember the wrong things. Deep in our mind, we carry the baggage of hurt and sad feelings, feelings of mistrust, and feelings of betrayal. This makes our subconscious mind heavy, our intellect scarred. Sometimes to the extent that people can't even afford a good night's sleep without the help of some external medication. The reason of all this is that we have forgotten our true identity. We have forgotten who we are, who is our father, what is the property that our father gave us, and where we need to go now.

When it's time to return home, the Father comes and teaches us what to remember and what to forget. On Diwali, traders in India close their old accounts and start new ones. It's actually the closing of old accounts with the souls and of all these uncomfortable feelings which are making us heavy. And start a new account, a fresh one with the memory that we are all soul brothers, children of one father and now it's time to return to our original home. When it's time to end any play, all actors shake hands and exchange good feelings, irrespective of the kind of part they played. They realise that it was just a play, just a game and when it gets over we forget the bad things and go home with a happy feeling.

We not only forget all these

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old bad feelings and unlearn the wrong habits, but we also prepare for the next round of play. We again learn how to act correctly. What is the right way to play the part and come into relationships? We practise a lifestyle of happiness and peace because we prepare to go to a world of Happiness Peace and Purity. These resolves of peace and happiness go with us as these impressions become deep on the soul. And this closing of the old and beginning of the new happens with the ignition of one powerful, positive thought. Just like a rocket needs a very strong propellant to push it into the outer space, similarly we are so caught in the gravity of negativity and waste that we need this propellant of a strong and powerful thought that I have to change. I choose the life of peace and happiness. Only with my change will the world around me change. This strong thought of benevolence gives us the power to break this bondage of body consciousness and fly to the world of soul consciousness, where we are free and light, our capabilities are unlimited and life is an enjoyment. It's not a burden, but is meant to give us happiness just like children go down each day to play with their friends.

Turning from body-consciousness to soul consciousness is as strong and powerful an experience as lighting a powerful bomb and we do fireworks on Diwali to symbolize this. When the soul is completely enlightened with Godly knowledge, it marks the beginning of a new chapter. We close all old accounts of body-consciousness and become light and loving again. We become truly soul conscious and attain our perfect stage. This is marked by worshiping and invoking Shree Lakshmi. Shree Lakshmi and Shree Narayan symbolize the highest stage or the stage of perfection that a human soul can achieve. They signify divine qualities of the soul. Shree Lakshmi is shown as always showering wealth and blessings. That is because when the soul is in a perfect stage it's always giving, spreading love and happiness, sharing Godly gifts with all of God's children. Our true nature is benevolence. We feel the happiest by making others happy.

This is how God teaches us to celebrate Diwali in its true sense which marks the beginning of a new world order.

(Contd. from page no. 7)

One must check right now, in what way do I think? Do I think the thoughts filled with love, peace and happiness? *We cannot stay without thinking but my thoughts should be such that they give good experiences to me and to others as well. He is teaching us how to make our sense organs cool and calm. He has told us not to have any desire. He wants us to have a diamond-like life. We use our wealth in a beneficial way and thus, turn that wealth into diamonds for our own future. How is this Yagya running? Shiv Baba knows everything... Dadi has never been shopping. Many go for shopping and through that they give themselves temporary happiness. The world has changed so much... One moment people are happy and the next they are crying. Here, Shiv Baba has taught us to be happy all the time. He has shown us how to remove all traces of sorrow from our lives.*

*Our lives are about using Shiv Baba's knowledge to create good experiences for ourselves and for others. We are instruments for this. It is the time to become a sample...of divine virtues.*



# THE DESTRUCTION

– B.K. Snigdha Chakraborti, Garia, Kolkata

**D**estruction!!! Don't worry; it is not the end of humanity or wiping out of the human civilization but only the end of the Iron Age, which is necessary for the establishment of the Golden age.

Often people have the idea of destruction as something that will bring an end of the entire human civilization. But what they don't realise is that what they call human civilization is far from being civilized. Are human-beings today really civilized? Each one of us needs to ask ourselves this simple question. Does wearing a branded dress or putting on a fake smile on our face to make ourselves more marketable really make us civilized? Don't we think ill of others even while putting up a friendly face towards them? Don't we become angry at the slightest of inconvenience and are jealous of others' achievements and proud of our own? Aren't we greedy and never satisfied with whatever we have? These are the simple questions which if answered will lead us to the conclusion that we destroyed the human civilization

when we lost our natural qualities of peace, love, humility, honesty, etc. Today what we call civilization is a mere show. We try to hide our weaknesses under the tag of degrees, money, achievements etc.

But the anomaly is that the destruction that we think will destroy the human civilization will actually restore it back. It will restore a world of peace, prosperity and happiness. There man will really be civilized i.e. they will not possess any of the vices or weaknesses. Destruction as is thought of will be very fearful where all the five elements of nature and the natural calamities will be in their full force to wipe out the impurity from the world. In addition, man-made calamities like nuclear bombs, civil wars will also lead to a large-scale cleansing. But these will take place only to reveal a fresh and beautiful world called Heaven, a new beginning. It will be a clean-up process in which all the vices and evil will be wiped out and a world of virtues and divinity will be established.

We believe that destruction

will eventually take place as Hell should come to an end before Heaven can be established. You must be thinking how I can say this so surely. That is because this has been revealed by God Himself. Now do you think God wants to frighten us? Certainly not! He just warns us so that we may transform ourselves before the due date. He wants us to inherit the fortune of Heaven so He tells us to imbibe all the virtues that make us divine and deity-like. These virtues are the only eligibility certificates that will help us cross the gates of the Heaven. So, to make ourselves eligible for a place in Heaven shouldn't we just follow what He says?

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presence.

'You sing: "Come down, and liberate us from our sorrows." To incarnate means to be present, to come here. So how can you say I'm omnipresent? If I were omnipresent there wouldn't be sorrow, disquiet and sinful actions. When there are sinful actions, there is sorrow. If there is sinful action, it means Maya (five vices) is there. Maya is omnipresent now. Maya and not me, is present in every one. I come to liberate you from sorrow and suffering, from the bondage of Maya.'

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# COURAGE

– BK Jegasothi, Jaffna, Sri Lanka

**C**hanging from shells into diamonds is the call of time. We, ‘the long lost now found’ children of the most beloved God Shiva are becoming heirs of the new world once again. So the call of time is to make the fortune and claim our inheritance. Courage is the breath of this spiritual life. The unlimited Supreme Father has taught us Rajyoga, which can also be practised easily while leading the life of a house holder. Unlike the *Rishis*, the ascetics, we have to perform our actions while living with the family. The only difference is, we have to be detached and be in loving remembrance of the Supreme Soul God Father, while doing every action.

Courage! Divine brother!! Do not stumble. No one can shake your faith in the unlimited Father. Courage paves the way to the sweet Silence Home and makes you into a juicy fruit of the garden of the Golden Age. Courage makes you an elevated soul and shows the way to be cheerful through your appearance and purity in thoughts, words and actions. For half the time cycle, we were tainted by the five vices

but now the call of time is to become equal to the Supreme Father, and reveal the Father to everyone. Be a master of your personal effort and self-progress.

Self-transformation is the necessary factor for world transformation. Courage is needed to keep our heart honest and clean. We come into connections with people of different types; therefore have courage to discern and to make accurate decisions. Pay attention to every thought, word and action, then success is inevitable. What are the two wings of the flying stage in spiritual life? Godly Knowledge and His remembrance! Gyan and Yoga, lead to courage, zeal and enthusiasm. If there is no zeal and enthusiasm, there will be tiredness and laziness and success will seem difficult. The more we remain busy in inculcating divine knowledge and establishing Yoga, the closer we come to our Supreme Father and our love for Him increases.

The sign of love is to surrender. When we surrender everything out of love, life becomes easy and possible.

Brahmin life is the birth of love; we are born to love the Father. True aspirants are born to have unlimited disinterest with this old world, and to come into the arms of the Most Beloved Shiv Baba. They are born to be sustained by God and to merge in the Ocean of Love. They are born to live in the heart-throne of the Comforter of the Hearts. Consequently, this love leads to the birth of an angel. An ordinary soul is transformed into an angel through true love of God. Hence, one needs to pluck up courage to transform all that is bad into good through true love. Courage paves the way to make towards the path of peace, happiness and purity. Courage helps to make us the light of the world and enlighten and transform other souls.

The speciality of Brahmin life is to be united while there is diversity of language, culture and religious faith. Become lost in God’s love and be a pure and charitable soul. Then the world of sorrow will disappear and the gateway to heaven will open. Like Brahma Baba, constantly have the zeal and enthusiasm to make everyone special. Become an expert in how to think. Always keep the mind busy in a useful way, and then wasteful and distracting thoughts will not trouble you. Before you speak, stabilize

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yourself and take strength from your inner space of silence, so that when you speak your words; they will be few but more meaningful. We Brahmin souls are God's creation, so we don't lack anything and we need not beg for anything. By using our treasures economically, we experience great success with less effort.

When we climb up a steep mountain and when we are at its top then everything down below seems very beautiful and we forget the tiredness of climbing the mountain. No doubt, life is but a steep climb; the ones who have the courage to climb see themselves transform into beautiful angels—angels with pure feeling and good wishes for everyone. The angels stay combined with the unlimited Father and feel His love and protection. The angels spread the power of the spiritual vibrations. Therefore, be courageous! It takes courage to step out of the ordinary; it takes courage to let go of your self-imposed limitations; it takes courage to have a broad vision—a vision of being an elevated soul, of an angel; it takes courage to climb your own internal mountains of jealousy, anger, self-doubt and all those feelings that bring you down. And those who muster the courage are called Heroes.

## The Spiritual Seed and the Human World Tree

Spirituality introduces God or the Supreme Being as a seed, a point of reference, the spiritual Pole Star, remembered by all souls all over the world. But over a period of time, with an experience of linking my mind and intellect with Him, we realize that although He is a seed, a point, He is not a non-living seed but a living one with a unique personality of His own, a personality which no one can match, a personality of spiritual truth, of beauty, of purity, of generosity, of love, of giving, of peace, of humility, of bliss, of power, of sweetness etc. How is this possible? We normally think of a seed as inactive or dormant, despite the enormous potential that lies within it, due to which it gives rise to a complete tree and bears fruits and other products. God is the seed of the human world tree. When I see virtues around me, whether they be in all human souls including deities, prophets, saints and the founders of the great religions or animals or nature, I know that ultimately this comes from God but God is not all pervasive, i.e. He is not present in all humans or nature or in the divine souls, but everything that is good in them comes from the virtues that are present in God or basically from the personality of God (mentioned above), because the tree is the creation of the seed, so all that is positive in the tree has come from the Source, the seed, perhaps sometime in the past. But, despite the goodness which is visible; today, disquiet and pain do not seem to have reduced, and have probably increased, if we look behind the false covering of material success. The goodness is only in small patches. So what is the need of our times?

To spiritually uplift myself, I, being a part of the creation, a part of the tree, need to catch the positive energy within God, the creator, the seed. This energy is subtle, in that it is non-physical, but it is also glowing like light, and in meditation I can catch that glow, absorb it and feel its spiritual embrace healing me and making me complete or full. At the present moment, recognizing this need, the Supreme Being is shining the light of His personality through pure thought and vibrations more brightly than ever into the human world tree, inviting us: Oh sweet child, come and reclaim for yourselves your birthright, the inheritance of truth, by absorbing the qualities inherent in me through meditation or a spiritual link with me

# IS WORLD PEACE REALLY POSSIBLE?

– BK Dr. Gaurav Aggarwal, Hapur

We keep talking about peace in every Conference, every World Peace Meet and in every other gathering but can world peace ever be a reality? Every state, every government, every non-governmental organization, every other human being is talking about a world order of peace. An average citizen on the street is not only concerned about food, clothing and shelter, but also about experiencing peace. How much have all the Nobel laureates, put together, been able to contribute for real, on-the-ground, identifiable, quantifiable world peace?

We too at Brahma Kumaris are performing regular, worldwide, powerful, mass meditation for the past several years for world peace, but is it really working in any way? Is it really worth it? How do we know that it is giving the results that it is intended to? Can we all collectively bring about world peace?

**Yes, it is possible'!**

The entire seed of creating a world order of peace lies in a

single thought. It is famously quoted – mind your thoughts, they become words; mind your words, they become actions; mind your actions, they become habits; mind your habits, they become character; mind your character, it becomes your destiny. This powerful immemorial quote is indeed a derivation of profound depth. The thoughts are powerful elements of communication, with literally 'wings' in them. In terms of quantum physics or in meta-physical terms, thoughts are photons of energy transmittable from mind to mind (consciousness to consciousness) in a matter of fraction of a second. This has been proved as recently as November, 2014 in an experiment conducted at University of Washington in Seattle where neuro-scientists described a direct brain-to-brain interface between humans who co-operatively played a simple video game. The study included a sender and a receiver who sat in separate buildings about half a mile apart and were unable

to interact with each other in any way—except for the link between their brains.

The sender was in front of a computer game in which he had to defend a city by firing cannon on the enemy. But he could not use his hand and the only way he could defend the city was by thinking about moving his hand to fire the cannon. On the other side, the receiver sat wearing headphones in a dark room—with no ability to see computer game – and his hand positioned over the touchpad that could actually fire the cannon. If the brain-to-brain interface between them was successful, the receiver's hand would twitch, pressing the touchpad and firing the cannon that were displayed on the sender's computer screen. The research was successful as researchers found that accuracy of firing increased when sender accurately executed the thought to send the 'fire' command. In simple worlds, it proved the power of focused and powerful thinking. Earlier in 2014, a company in Barcelona (Spain) called Starlab described transmitting short words like 'hola' and 'ciao' between the brains of individuals sitting thousands of miles apart in India and France which proved for the first time to the world that telepathy exists.

If we continuously harbour



powerful focused positive thoughts laden with images of peace, practise a purposeful peaceful life and promulgate it to the people around us, we can become instruments of transmitting 'vibrations' of peace (read, photons of energy laden with peaceful thoughts) to our immediate environment. These vibrations have the effect of being reproduced into the minds (read, consciousness) of people receiving them. If people receiving them repeatedly think, wonder and ponder upon the thoughts so received, their minds are going to reverberate with thoughts containing ideas and images of a peaceful nature. Imagine all this happening in the minds of depressed, aggressive, violent or even criminal behaviour-prone persons. Such repeated vibrations are going to bring some form of change in their thinking and behaviour over time. A change in behaviour is very likely going to lead to a change in habits of such individuals..... that too for the better.

Consequentially, their kith and kin who interact with such persons on a daily basis are definitely going to recognise and appreciate a perceptible change in their character. The character is the ultimate element in determining the destiny of a

person. If character is lost, everything is lost. If character is peace-preserved, everything is peace-preserved. That my dear friends, is the real power of a single peaceful thought.

History is witness to the fact that for decades, negotiations as well as wars have been going on between governments to contain genocide, conflicts and disputes in order to attain a state of peace among the masses. History is also witness to the results of such efforts; while a few issues might have been resolved, more deadly and unimaginable ones (terrorist states) have cropped up and are threatening the very existence of mankind. So, nothing seems to have worked. The requirement now is to re-establish the world peace through powerful, purposeful vibration of peace, love and kindness. As a beginning, we need to initiate with a single peaceful thought, for that is the seed of world peace.

This is now an era when nothing else seems to work conclusively. The only hope is that of outreaching the depressed and despaired through the efforts of mass meditation. And what better than the tried, tested and proven benefits of Rajyoga meditation! It is in practice for almost 80 years

now. It started with a single person and now has lakhs of regular practitioners the world over. It costs nothing and has the potential to transform the lives of the entire human race.

The seed of world peace is sown in the mind. We need to water it and let this seed germinate and make ourselves peaceful before attempting to make the world so. If we are at peace, the world is at peace. We are what we think.

Finally, is it possible for all of us to work together for this cause? If we look back, it has never been possible. And who shall unite all of us? Well, no human being has been able to do that till now. It is only the Supreme Soul, God Himself who can do it. It is He who teaches the souls Rajyoga meditation, transforms their thoughts, words, actions and character and turns them into a unified force to re-establish a peaceful world, a better world for all of us to go into. And He has made a beginning with Brahma Kumars and Brahma Kumaris. Now is the time for all of us to unite and follow the teachings of God Himself.

**To make others  
dependant on you is  
not an act of charity.**



# REALAND ULTIMATE JUSTICE

– B.K. Amar Singh (Advocate), Bharatpur

Shakespeare has said that this world is a stage and we are all actors playing our respective roles on it. The Ocean of knowledge, The Incorporeal Supreme God Father Shiva, through the corporeal medium of Prajapita Brahma, has revealed that this World drama is eternal and it runs in a cyclic manner. The duration of this cycle is 5000 years, consisting of Golden, Silver, Copper and Iron Ages of 1250 years each. In the beginning of the World Drama i.e., in the Golden Age, only about 9 lakh souls, come on the stage from the Soul World. This number goes on increasing with the passage of time and all the souls come down on this stage from the soul world by the end of the cycle.

During the first two ages, the Golden and Silver ages spread over 2500 years, the inhabitants of this world are soul-conscious and full of divine virtues and are therefore, known as deities. Their population becomes about 33 crores by the end of The Silver Age and they are known as 33 crore deities. They are

completely vice-less and doubly non-violent. There is therefore, neither any sin nor any wrongdoing in these two Ages. The paradise is known for absence of disease, grief, old age and death. There is no physical or mental suffering of any kind. Society is totally crime-free in these two Ages. There is religio-political unity. Rulers are benevolent, who treat their subjects very kindly and lovingly. There is complete peace and harmony in the society. Even the scientific inventions are free from misuse and accidents. There are no natural calamities whatsoever. All the five elements of nature are also vice-less, flourishing and work in harmony. There is no necessity of administration of justice, police and jails etc., of any kind in these two Ages.

However, with the advent of Copper Age, deities grow body-conscious. In other words, they forget that they are souls and consider themselves only as bodies and interact with each other as such. This gives rise to vices of lust, anger, greed, attachment, ego etc. Therefore,

their actions are vitiated and they lose their divinity. Hence the kingdom of Ravana i.e. the five vices of lust, anger, greed, attachment and ego, comes to be established throughout the world. New religions of Islam, Buddhism and Christianity come to existence by Ibrahim, Gautama Buddha and Christ respectively. Self-control is lost as a result of body-consciousness. Human actions become vicious and sinful and result into wrong-doings to each other. Disquiet, anxiety and fear make the society grief-stricken. The Law of Karma, based on the principle of ‘as you sow, so shall you reap’, becomes ineffective as a deterrent. Even the establishment of above mentioned new religions fail to arrest the social and moral downfall. Hence courts and various systems of administration of justice come to be established. But even the authority of Rules, Religions, science and that of worldly courts of justice fail to stop the eclipse of values from the society as the entire humanity is virtually imprisoned by Ravana (Five Vices). People start crying ‘Oh the Purifier of the impure souls, come and liberate us from the prison of Ravana.’ This symbolizes the filing of a suit or a case in the court of The Supreme Justice also known as

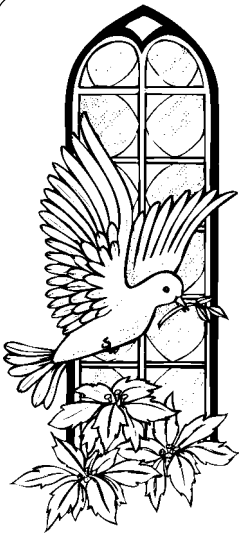
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‘*Dharmraj*’, for the liberation of the souls from the prison of Ravana. On this prayer or cry, The Supreme God Father Shiva takes the Divine descent.

But unlike the prevalent system of administration of justice, He does not start hearing the case and pronounce judgment straight away. He first gives all the souls a fair chance of self-reformation and, for this purpose; He has established Prajapita Brahma Kumari Ishwariya Vishwa Vidyalaya which is having more than 8500 centres in more than 140 countries throughout the world. The Supreme God Father, through the corporeal medium of

Prajapita Brahma, is imparting spiritual knowledge and teachings of Rajyoga meditation through these centres. This spiritual knowledge and Rajyoga meditation enable the souls to get purified and burn their past account of wrong actions and inculcate divine virtues. Lakhs and lakhs of people have been taking benefit of this golden opportunity for the past 79 years. But the Age of Confluence is fast drawing towards the end. Those who do not reform themselves, will have to appear before the *Dharmraj*, who will dispense justice which is known as the real and ultimate justice. All the impure souls will

be made to realise their past wrong doings and will be subjected to severe punishment by means of civil wars, natural calamities and atomic war. Nobody will be allowed to escape from their misdeeds. But those who are found to have reformed themselves fully through His constant love-full remembrance and Godly service of giving Godly message to others, will be rewarded and will be allowed to enter honourably into the Paradise which is to come soon after the great destruction. Let us, therefore, be alert that this is the time to wake up as is rightly said ‘Now or Never.’



### INCREASING THE POWER OF DISCRIMINATION TO IMPROVE ACTIONS

Many people feel internally and complain that their intellect is not as clear as they would like. One of the aims of meditation and spiritual knowledge is to make the intellect strong, clear and clean, as a result of which there is an increase in the power of discrimination. An increase in this power helps us maintain a sense of what is right and wrong while performing actions and implement that awareness.

Meditation brings about self-realizations whereby you realise what is happening inside you. If we are to act in an appropriate way, we need to be aware and be awake to the consequences (results) of our actions. The voice of the conscience brings with it that state of awareness, awakening, realising and discrimination.

During meditation, you are completely focused on the present moment of spiritual empowerment and not distracted by: karmas which are necessary but unnecessary to be thought of that time, noise, unrelated ideas of the past and the future, mental chatter, etc., basically everything that separates you from your true spiritual self. In this way you can listen to yourself within and as a result ensure to the maximum extent that your karmas are appropriate and accurate.

# SPIRITUALITY OF GURU NANAK DEV

– Prof. (retd.) Amrit Lal Madan, Kaithal



Guru Nanak Dev ji

India is a great land of ancient civilization and culture enriched by the wisdoms and visions of many a preceptor, visionary and spiritualist from age to age. Guru Nanak, born over five Hundred years ago, is one of these luminaries. There have been saints and sages who have laid more emphasis on complete or partial renunciation of this illusory world in their spiritual discourses. For them, the world is a myth without any substantial content but not for Guru Nanak, who in his teachings maintained a healthy balance between the material and the spiritual. While getting fully involved in this eternal world drama of Soul, Matter, and God, he tilled his ancestral land and also sold grains like an ordinary shopkeeper weighing it chanting the name Tera Tera (Yours o Lord), thus revealing his godly nature even in his budding youth.

Yet, soon after, he began to till the inner land of mind, intellect, and soul, and brought hundreds of his admirers to his own ways of life, away from the

ordinary run for greed and lust. As an untiring traveller, he undertook long journeys in the pursuit of truth and peace. He travelled all over India from the Himalyas to the Vindhya and beyond. He also visited foreign lands including Iraq, and the holy Mecca and Medina, all on foot or by meagre means, but everywhere he asked his listeners and followers to listen to their inner music of *Ek Omkaar*, and follow the clear whisperings of the conscience, leaving out irrational thinking and illogical practices. During these travels, he himself would exclaim in wonder at the marvels and the vastness of the creation uttering 'Waahe Guru' 'Waahe Guru' at every step as tribute to the doings of The Lord.

Those were also the times of communal strife between the two major communities due to the rulers' manipulations. But the great Guru steered clear of these muddy waters by preaching the truth of One God, the invisible One, but as a point of light that dispels all pervading darkness (*Miti dhundh jag*

*chanan hoya*) of ignorance and falsehoods.

Some of the hymns and verses mentioned in the scriptures of Sikh religion, viz. Guru Granth Sahib, Darbar Sahib, Japji Sahib are mentioned in *Sakar Murlis*, i.e., Godly versions spoken by God Shiva through the medium of Prajapita Brahma, as follows:

*Atma-Parmatma Alag Rahe Bahu Kaal, Sundar Mela Kar Diya Jab Satguru Mila Dalal* (Soul and Supreme Soul remained separated for ages; their communion has been so beautiful when He, the preceptor met the souls in the form of an agent\*)

*Moot Paleeti Kappad Dhoye* (God cleanses the impure and vicious souls)

*Manushya se Devta kiye Karat Na Laagi Vaar* (It did not take God long to transform human beings into deities)

*Ek Onkar, Karta Purakh, Nirbhya, Nirvair, Akaal Murat, Ajooni* (God is one, He is the doer, He is fearless, He is



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sans enmity. He is not subjected to birth and death as human beings).

*Mujh Nirgun Haare Mein Koi Gun Naahi, Aape Hi Taras Paroyi* ( in devotion, we call upon God to show mercy on us as we have lost all our basic values and virtues).

In order to teach the lesson of social harmony through precept, he took along with him two devout disciples belonging to different communities. They were Bala and Mardana, who accompanied the Guru not only physically, but also musically, playing on their instruments and invoking divine joys. Where else do we find such a fine example of inter-religious harmony?

Guru Nanak's spirituality was not confined to some unreal inner space or vacuum. He fervently listened to the hapless cries of the anguish of common masses being brutalised by the then rulers. But, sadly our seers were engrossed in their deep meditation sessions sitting unconcernedly in the caves of the high Himalayas. He approached them and exhorted them to come out of their cocoons and awaken and arouse the masses to fight these injustices and cruelties. For him spirituality was not a selfish endeavour for personal liberation and uplift but also a collective effort to get rid of certain evils; it should not be a hollow drumbeat.

Looking at this evolutionary existence where the Supreme Consciousness is still creating (and destroying, too) galaxies and solar systems, the great Guru in utter devotion and delight compares this phenomenon to a grand 'Aarti' (*Gagan mein thaal*) taking place all the time in a mood of worship and trance. This was his cosmic vision which included all types of contrariness and diversities of appearance and forms. Isn't there a lesson in such an all-inclusive Vision for all the diverse political, cultural and social forces of the present day world to forget their differences and get fused into one vibrant blissful existence of universal energy and matter in the name of One God, Allah, Ishwar or simply Sweet Baba as the esteemed Brahama Kumaris call Him? This would usher, in true sense, an age of World Renewal.



## LIVING LIFE ON THE SURFACE



In an ideal situation, the thoughts that run in my mind should be exactly those that I would like and I want. We do exert this control, that we possess, over our thoughts, but it is not complete and it is only sometimes. The more we become completely engrossed in our daily routine, the more our thoughts tend to become reactions to what goes on outside us. That's when they go out of control and our lives move in an unfocused way. As a result things don't work out as we might have desired. Then we develop a habit of blaming other people and circumstances, or we justify our pain by telling ourselves we are not very worthy or powerful enough. Often, these two inner strategies go together. The trouble is both are cover ups, preventing us from going for a long-term solution.

In this way, we tend to live our lives on a very superficial level, without taking the time to find the solution to what is going on wrong inside. Deeper difficulties remain hidden inside. I move from one scene of life to another – eating, watching television, studying in college, getting married, changing jobs, buying a new car or house, etc. without ever stopping. All these are part of living, but if I make them my whole and sole, my foundation, it's as if I skate across the surface of life without being in touch with the core. As time progresses, an inner shallowness develops. Then the feeling keeps growing inside that there must be more to life than this. I then, find that my relationships are not working out as I would have hoped and they are lacking in depth.

# OVERCOMING THE OBSTACLES IN LIFE

—*B.K. Banshidhar, Bhubaneswar*

**O**bstacle race is a sport in which a competitor, travelling on foot, must overcome various physical challenges that are in the form of obstacles. Mud and trail runs are combined and the races are designed to result in mental and physical collapse. Obstacles include, but are not limited to, climbing over walls, carrying heavy objects, traversing bodies of water, crawling under barbed wire and jumping through fire. Many obstacles are similar to those used in military training while others are unique and are employed throughout the course to test endurance, strength, speed and, dexterity. Races vary in both distance and challenge level, combining trial running, road racing, and cross country running.

We are also spiritual military force. Our lives are similar to obstacle racing for which we have to prepare our physical and mental states to face the reality of life. We have to test endurance, speed and dexterity with a sharp and powerful intellect. The obstacles that come in our way may be as high

as mountain and as small as mustard seed and, undoubtedly, we can cross them as we have the company of The Almighty Authority, the Supreme Father God Shiva. As it is said, the storm comes as Godly gift to give us success.

The obstacles come mainly from body-consciousness, from the family and friends, in the office and home, due to vain thoughts and old propensities of the self. The vain thoughts may be due to our own words, may be from relatives, may arise from own mind or from our own actions as well. Mind becomes our own enemy and creates a fort of negativity in the soul. When we are under our vicious circle of negativity, we are trapped like Abhimanyu in the Mahabharata war, we cannot pull out and at last we die. We have to face the karma philosophy, which states that we must settle the accounts of our past karma with smile and patience. That is possible only when we remain in the soul-conscious stage and play our roles as a detached observer. As rule of nature and drama, this

may be due to Newton's 3rd Law of Motion which states "Every action has equal and opposite reaction". Our accounts are in the process of settlement and our obstacles will be over very soon.

When an obstacle comes in office or from the divine family, our attitude should be cordial. We know that souls are in their last part of the drama and are acting out of resolves acquired from their last 84 births. Every soul in the world drama moves from good to bad. The soul has forgotten its divinity, virtues and powers and is tainted by five vices. Expectation from others is just like finding an oasis in the desert. We cannot change others, but we can change ourselves. We should give so much love that the person who wishes harm to us, realizes that he is on the wrong path and tries to transform himself. Once, a student from B.K. centre came to meet Brahma Baba at Madhuban with his teacher. The teacher complained that the student was troubling the sisters and spoke ill of the sisters. Baba heard this, but did not say anything. Before their departure, Godly gifts were presented. Baba gave more *tohi* (*Prasad*) to that student than others, presented him with larger number of gifts and also gave him a powerful spiritual gaze

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(*drishti*) with immense love. These made that student realize his fault. He wept and promised Baba that he would not ill treat the sisters any more. So, when we give pure love to others, it helps them to overcome their weaknesses.

As shown in the Ramayana, Hanuman had immense love for Sri Ram as he kept Sri Ram in his heart. With love for Sri Ram, he could cross any obstacle such as sea or mountain or could do any duty without feeling any setback. When The Supreme God Father is with us, no hindrance can stop us from reaching the destination. Laziness, carelessness, envy, jealousy and hatred are the other agents of obstacles which we face in our lives and all these are gateway to self-destruction. If we are determined and have positive thoughts, we can easily and joyfully overcome the obstacles. We tell that if God is our Friend and companion then nothing can block our progress.

Remembrance is the best tool to overcome any obstacle. Our evil thoughts from sub-conscious and unconscious mind is

removed and we become pure (*satopradhan*). A soul with beautiful and lovely virtues can achieve any target which looks impossible. This is known as divine power. The history tells that the devotee Meera had confronted so many obstacles but with remembrance of Lord Krishna, nothing wrong happened to her. Even a basket full of snakes was sent to her but surprisingly, the snakes did not bite her. To overcome any obstacle, one should remember 3 points of Godly Knowledge i.e. Soul, Supreme Soul and Drama. We should remember that the part played by a soul is predestined. What is happening in the drama is correct; drama never does injustice to anyone and it repeats after every 5000 years.

Another point is that everyone must practise the titles of self-esteem (*swamans*) given by The Almighty Authority at this Auspicious Confluence Age. The points of self-esteem comprise divine attributes and powers such as “I am Master Almighty”, “I am Master Light House and Might House”, “I am

Double Light Angel” etc. If we churn these points in soul-conscious stages 3 to 4 four times a day especially at the Nectar Time, we will experience the power to overcome any obstacle.

God also advises us to have feelings of respect and goodwill for others. Having good thoughts and good attitude towards others, even towards our enemy, cultivates positivity, happiness and success. This is possible only when we sail through the day with soul-consciousness and do not succumb to emotional negativity. If we always sit under the canopy of protection of God, the powers and virtues of The Supreme Soul will enable us to radiate positive energy and will carry us forward.

Last but not the least, hearing Godly versions (*Flute of Knowledge* or *Gyan Murli*) with apt attention and being in soul-conscious stage will assist us to cross any obstacle that may come in our way. Therefore, it is our foremost duty to practise throughout the day what Supreme Father teaches us.

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## SPIRITUAL LOVE

Just as a kite flies high, held only by a string, our intellect can rise to the heights of wisdom, pulled only by the thread of spiritual love.



**VEGETARIANS  
WITHOUT TEETH**  
(Don't Blame God - Blame Me!)

– B.K. David, Paignton, England

**P**eople sit in their cages of sorrow they have built for themselves and wonder why they are unhappy.

This endless pursuit of fake happiness that man has created for himself is temporary, superficial and without end. It is without end as man's sorrow is now without end. People have had enough suffering so they try to create ways, methods and live lifestyles, in short, 'golden cages of ease' that have endless comfort, but no happiness in them. Paradoxically it is people's comforts and riches which can all too easily cause them endless sorrow and send them into a spin on the hamster wheel of ignorance. It is on this wheel that most can be found chasing their tails for happiness.

**Sitting on the sofa of sorrow, surfing a sea that is salty and that can drown you**

Many unwittingly watch and become transfixed each evening staring at a thief who lives in the corner of a room in

their homes. He robs them of all their divine treasures and leaves them empty of peace and happiness. The lives spent this way looking at a television screen with its endless barrage of immorality and violence has denigrated values and robbed many of their happiness and contentment.

**Education for a new you – in a new world**

The true education of life begins with thinking of how to create a high life devoid of stimulation that creates temporary happiness or to lead a lifestyle that promotes satisfaction. This is the highest education in life that few are aware of, let alone undertaking and studying, and which requires the greatest attention. This highest education also offers the highest and greatest rewards. Access to a happy and content life is granted and achieved through this spiritual education that grows goodness and quality and weakens bad habits and sorrow at the same time.

**True happiness that becomes very remote through the toys that can kill**

People watch their toys (TV, PC) sitting on their soft sofas in a standard universal cage of lifestyle that promotes comfort and happiness in theory, it seldom delivers. These swings of bad habits give sorrow to all who swing on such swings. The world is now full of such swings and people swing on them in the hope of gaining happiness. The attainment of true happiness needs the glue of attention on your shoes and to follow a path and method that is more meaningful and devoid of falsehood.

**Total love versus total sorrow**

One really needs to be on the correct swing in order to gain the right result. The constant swinging with bad habits on your lap takes away all your happiness and leaves you with only sorrow as company. Only good habits have the ability and nature to create swings of happiness and the resultant feelings that come with truth.

Today's fashion of body-consciousness, selfishness and greed has closed everyone's third eye of wisdom and so he/she fails to recognize true happiness. People now use their two eyes to seek pleasures and excitement which mostly end in

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sorrow. People will never find happiness chasing it on the hamster wheel of sensory gratification. Everything has been tried many times in life from religion to love, from inventions to Hollywood, fine dining to fasting and dieting, yet nothing has ever cured anyone of the disease of discontentment that tortures the souls inside. It is the truth of the self and the Supreme which everyone seeks but they do not realise it.

#### **Today's endless pursuit of happiness**

All over the world, there are billions trying to pursue fake happiness with their lack of insightful judgement and awareness of long term consequences. Man has devised many ways to find superficial pleasures in junk food, jobs, hobbies, technology, holidays, wealth, looks, achievements and relationships but has failed to satisfy himself. Making oneself happy has become a full time job for many and which most are now totally obsessed with. Some take a more relaxed approach to this never ending chase but they also will join it full time soon as life robs everyone eventually of his/her inner treasures.

#### **Cell-fish**

People have grown to be super selfish, to the extent that

many shoot themselves in the foot with the bullets of greed, ignorance and arrogance. These bullets are very dangerous and can only be fired from a gun (mind) that lives in ignorance and fear.

**The invisible key that everyone carries hanging around their necks.**

#### **The key to happiness is with you**

Only a few can see this wonderful key as one needs to be aware of its existence and importance. This key opens many happy doors for you and others as well. The key to happiness is to give out happiness to whomever you meet throughout the day. There is a simple rule of thumb which I am sure you know but which we all are guilty of forgetting: the more happiness you give out, the more happiness will come back to you. A person who is selfish cannot give out true happiness and when he tries; it is conditional and for selfish gains. Better give a penny generously from your heart than £100 begrudgingly from your wallet of worry.

Selfishness clenches not only your fist but also your heart. A small heart leads only to a narrow life of just 'a bit here and there', a life which is not exciting and happy and devoid

of colour and love that can only come from a generous heart.

A person's future happiness is governed by his thoughts and actions today. Constantly clenched hands and wrapped arms do not allow a person to give, right? Arms that do not give, grow weak and hang down limp without life and purpose. Bitter people attract a bitter life. Sweet people get to eat cake which will have vitamins and vitality; such is the power of goodness and giving. A loving person with a true giving heart can fall out of an aeroplane without a parachute and still land safely on his feet.

#### **Humans get false teeth, lions don't**

The lion's teeth serve him well and without them, he'd starve. People are now equally and often more savage than the lion. Many have become more like beasts with their savagery. In essence, we are divine beings and not savage. Originally man was divine with virtues of Purity, Peace, truth and love for all. Modern man in many ways is totally opposite to his original form. Modern man has now grown into a monster of arrogance, greed and lust with fashion foods dripping blood and wearing clothes made with suffering and tears. Sex is the new religion in life and driving

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force for most worshippers.

People try to rescue themselves from their self-inflicted unhappiness by creating escape hatches, like drinking, relationships, careers, travel, holidays and hobbies. You think you can run and hide but you can never escape the 'real you' with all your hang ups, faults and moods. In fact, all your bad habits and personality traits follow you around the world wherever you go like your shadow.

If you want to live in a building that will last you, you need to build a strong foundation and with life the foundation rests with truth and honesty. Without these two essentials your life will lean over and eventually collapse. Many live in houses that are made with defective bricks and cement of lies, deceit and falsehood.

A poor foundation with no truth will lead to a poor life. It is only soul-consciousness that offers the right foundation to build a life upon. The soul alone has within it the blueprint to create true and lasting happiness. Today man is more like a monkey full of vices rather than a divine being overflowing with virtues and qualities. A monkey lives for food, sex, fun, with no sense of purpose or divinity in life. It is the values and ethics that make human beings superior than others and without them, humans are no better than animals.

Strangely, man's key to his future happiness lies paradoxically in his ignorance. His downfall and degradation paves the way for his enlightenment as at the time of extreme ignorance and degeneration of values, God Himself comes and gives the souls a glimpse of their perfect selves, changes their consciousness and takes them towards a life of divinity and happiness.

## THE MOST ELEVATED COMPANY OF GOD



– B.K. Dathiah, Kalyandurg

One should avoid bad company and should not indulge in vicious talking, reading or seeing. Whatever dealings are necessary with the vicious people, should be conducted by employing fully the Godly Knowledge one has attained lest one's spiritual advancement is hampered by evil talks and evil sights.

One must be very careful as one is bound to reap the fruits of one's own actions. Since death's calendar is unknown to man, one should always do only righteous acts, entertain only positive thoughts and meditate on the attributes of God only and should speak and share only His knowledge with others.

### **God alone can teach Godly Knowledge**

Just as a physical father himself and none else can impart knowledge about himself and his children, like-wise God, the Eternal Father of mankind, alone can reveal the knowledge about Himself and His creation. No human being can impart knowledge of the world history from its beginning to its end and the truth about its cyclic repetition, for none else is above this cycle and all are the progeny of God, the Creator. Therefore God Father Shiva Himself descends to impart the knowledge of the self, the Supreme Self and of the world drama wheel. Now it is high time to understand God's Knowledge, forge relationship with Him, inculcate His teachings and transform ourselves before the final bell of World Transformation rings, signalling our ascension from this Kaliyug or World of Sorrow to the Satyuga via Silence Home. It is now or never.

(Contd. from page no. 3)  
like the lion, tiger, or wolf, etc. prey upon others, and inflict pain on them to satisfy their own hunger. They live by attacking, killing and shedding blood of fellow animals or human-beings. Man, on the other hand, is expected to live in this world in accordance with the golden rule of 'live and let live'. Far from trampling upon others' rights, he is supposed to be fair and just in his dealings with other people. Thus, when a person acts upon the principle of 'might is right' or behaves cruelly towards others, he is considered to be devoid of humanity. This evidently means that goodwill towards fellow human-beings, fair play, sympathy, non-violence and mercy or compassion, are human values that must be lacking in him. Forgiveness is, of course, a part of these, for, without it there can be no mercy-which, in fact, gets limited in scope for the lack of it. Looking at this a little closely, we come to the conclusion that the word 'compassion' comprises all the above mentioned human

attributes. Where there is compassion, there cannot be violence, cruelty, selfishness, injustices, etc. On the contrary, these latter traits get supplanted by good ones – tolerance, patience, friendliness, co-operation, fellow-feeling etc., while a compassionate person automatically adopts renunciation, service and other similar virtues for the good of fellow beings. If we peep a little into this work-a-day world, we don't find anybody perfect in all respects. Thus, if a person does not forgive a lapse on the part of another, he should not expect to be forgiven by others, when, on another occasion, he becomes guilty of a lapse himself. Hence, to repent for a lapse and correct oneself as well as to forgive another's lapse is the way to make not only one's own life happy but also assure friendliness with others. Thus, love and not hate and forgiveness instead of resentment are the real human attributes. To transform one's own life by self-reform is a great virtue of humanity; to avenge a

wrong done to oneself, on the other hand, is a fall in one's grade of humanity. To do good even to the wrong-doer is a human value, whereas to reproach or insult is inhuman.

#### **WISHING WELL AND BEING A WELL-WISHER**

It is humanity that differentiates a man from a demon or a devil. Demon and devil, in seeking their selfish ends, don't care at all even if they injure others. Their behaviour towards others is arrogant and harmful. They always violate rules of conduct and morality as well as social conventions. A demon does not know the value of honesty, faithfulness, obedience and civility: whereas for a man these are basic values. Thus honesty, faithfulness, integrity, civility and etiquette/discipline or self-control and balance of mind are human virtues. These help to maintain stability, peace and love in human relations, otherwise there are troubles/quarrels and squabbles and consequent disquiet in the world.

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## VICES GIVE RISE TO DEMONIC VALUES

Devil, as distinguished from man, is anti-social, cruel and destructive. He commits crimes, disrupts social life by resorting to sabotage and vandalism and destroys the peace of the community. Looking from this point of view, passions like sex-lust, anger, avarice, attachment and arrogance obviously lead a person to devilish conduct. A sex-ridden person, for instance, commits offences like eve-teasing, criminal assault, molestation, abduction, rape, promiscuity and prostitution etc., thereby violating social peace and order. A person swayed by anger carries its fire and smoke here, there and everywhere, inflicting mental pain and the resultant remorse all around. With his harsh words piercing like poisonous arrows and his fiery fuming eyes and his boiling temper, he commits so many offences, all at once. A person dominated by greed, attachment or arrogance is liable to commit similar acts. It may thus be said that humility and innocence are human values whereas self-conceit and other passions are devilish traits. The Bible says 'God made man in His own image', surely then the man created by God must have been vice-less or Godly in His attributes. The presence of all these values or virtues is therefore, expected in Adam, the primeval ancestor of man (*aadmi*) as also in Manu, the progenitor of man (*manushya*). But we observe today that, owing to the disruption of these human values, this world has turned from heaven into hell. Hence, by the re-establishment of these values alone, *Satyuga* can be ushered into this world.

## IMPROVING YOUR RESPONSES BY MOVING FROM A STATE OF DOING TO BEING

This is a meditation exercise which you can practise anytime in the day when you are busy interacting with someone or a group of people. At that time, create the thoughts below, very, very slowly in your mind. Experience the essence of each thought – I am a soul and at peace with myself and the world around me... This scene, in which I find myself in, is one of many scenes in which I play a role... Now, I disconnect for a few seconds from what is happening around me... Mentally (not physically), I take a step back and just watch, as an observer, what is happening... I make no judgments – I just observe... As I observe, I see that each soul in the scene is playing its own unique role, according to its capability and understanding, because of which I accept each one completely without any conditions...

I remain patient in allowing this scene to develop in a natural way... I wait for an invitation to participate – it always comes finally... I have no desires from the situation... But, at the same time, I am happy to contribute towards achieving the most positive and effective result... In the meantime, I maintain my peace and share the energy of that peace with all around me as this is the most important contribution that I can make... I realize that simply by observing peacefully I am participating positively in this scene...

If you dedicate time to consciously practise the above meditation for a few moments in many actions during the day, you will finally find that you move into this state of just being (while yet doing) very, very naturally. You are not avoiding life or the world around you. Instead, you are learning to take control of your awareness and involvement, disconnect when you want, be more mentally sharp in understanding (what is visible as well as subtle or non-visible) all that is happening around you and give yourself the time and the personal space to respond accurately and positively.

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

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

**Associate Editors:** B.K. R.S. Bhatnagar, Shantivan; B.K. Ranjit Fuliya, Delhi and B.K. Ved Guliani, Hisar.

**Phone: (0091) 02974-228125 E-mail: worldrenewal@bkivv.org, omshantipress@bkivv.org**