

|| From the mighty pen of Sanjay ||



BRAHMA BABA'S APPROACH



Sometimes people ask whether Brahma Baba generally acted intuitively or logically. Whether he thought over issues rationally and scientifically or he did not apply his mind much but rather acted on the spur of the moment as guided by his inner voice. Again, was his approach to problems



BRAHMA BABA

and application of solutions at the micro and limited level or at macro level on a grand scale? Also, did Baba understand the difficulties of others and guided them in their problems under static conditions or under dynamic conditions?

In this connection, it should be understood that Baba's approach was a combination of all of these. Baba had a

very dynamic personality and he looked at things under dynamic conditions and yet he was static, rather firm, like a rock as far as basic principles of life are concerned.

Baba's Macro approach

Baba's approach was, in truth, macro. He called it 'behad' = unlimited. His mind thought of an action or project in all its three aspects of time and in terms of its effect upon all the mankind as a whole. He said, "We should think of the future results of an action and should keep in mind whether it would be beneficial if others also follow it." He called it the *Loka-Sangraha* aspect of an action and he wanted to see an action on a wider canvas of intellect. He wanted big things, big charts, big pictures and big or spacious spiritual centres, and schemes which have lasting effect and mass appeal.

His message also was for mankind as a whole and he talked of the spiritual welfare of all through the guidance of God, the Father of all mankind. He wanted the whole world to be

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HONOURING RAJYOGINI DADI JANKI,

Chief of Brahma Kumaris and

RAJYOGINI DADI HIRDAY MOHINI,

Addl. Chief of Brahma Kumaris



GREETINGS GREETINGS GREETINGS GREETINGS GREETINGS GREETINGS GREETINGS GREETINGS GREETINGS

Over the centuries, people have been venerating and honouring Religious Founders in each religion from time to time. Rather, the followers of each religion feel highly honoured in celebrating the birthdays of their Religious Founders. The teachings of these Messengers have been found to be very useful as per the times and situation in the world. However the world drama scenario is such that it follows the law of ‘increasing decay’ starting with Golden Age through Silver, Copper and Iron Ages. We are now at a junction where people of all faiths, though finding some solace in their worship and recitation of their respective scriptures, appear to be grasping at the limited; seekers are on the search for tangible, spiritual experiences. Sometimes followers of the same faith divide themselves in different groups leading to differences of opinion and settlement of accounts with violent means. At

such a time, genuine seekers are looking for a way out to withdraw and detach from the noisy and violent atmosphere and connect with the Supreme Being, thereby upholding the highest tenets of religion (spiritual values). There are many groups all over the world who are pursuing these goals with their own respective practices or meditations, and yet the atmosphere all over the world paints a very grim picture for humanity even in terms of basic survival. Perhaps that’s the reason why religions seem to have lost its core strength, resulting in a weakening of the application of values in peoples’ lives.

About 80 years ago, one religious-minded devotee of Hindu faith, heard God’s call of awakening: Dada Lekhraj experienced divine visions and became a visionary for re-installation of values in the lives of individuals. Under God’s direct command, a very different but revolutionary

spiritual educational institution came into being, in 1937, at Hyderabad-Sindh and Karachi. The new outfit was given the name, “Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya”. The uniqueness of this new institution happened to be the Spiritual and Administrative system created as per guidance of the Supreme Being. When the institution began in Hyderabad-Sindh (now Pakistan), most of the beneficiaries who joined the institution (then known as Om Mandali) as regular devotee-students were several families who brought along young children. Until then, women played a very conservative role of being just daughters, wives, and home-makers but with the advent of Om Mandali middle-aged women and young girls started playing a unique leadership role in this newly formed spiritual institution. As part of their intense training, they did spend 14 long years in learning and practising the

depths of Spirituality as enshrined in the Shrimad Bhagwad Gita and other scriptures. During long hours of meditation, they would chant 'Om', and this charismatic and soothing voice inspired the practitioners to experience peace of mind and happiness through elevated actions.

Depending on the level of spirituality and teaching, the role of leadership was bestowed onto Mateshwari Saraswati, Didi Manmohini, Dadi Prakash Maniji, and other senior Dadis. Most of the founding members, who became valuable spiritual teachers in different parts of India, have proceeded on their journey in the Advanced Party group. Presently our most respected Dadi Jankiji, Dadi Gulzarji and Dadi Ratan Mohiniji continue to carry Incorporeal Supreme Father, God Shiva's flag around the globe to awaken the conscience of human beings to become worthy children of God.

It's a very joyous occasion that we started off the New Year 2016 by celebrating the completion of 100 years of Rajyogini Dadi Jankiji, Chief of Brahma Kumaris. Dadiji was born in 1916, in the northern province of Sindh. Since her early days, the concern for well-being of others has been a



the founding members.

After serving throughout India in the years following independence, she moved to London, UK, in 1974 and from there her vision and drive saw the organisation's teachings carried into more than 120 countries. Now internationally acknowledged as a great spiritual leader, Dadi's lifelong focus has been to align her mind and heart to God's will and purpose. She experiences God as a source of pure love and wisdom, and has made those qualities the foundation of her life. This spiritual strength enables her to be a beacon of light in the lives of others. Through the structured and disciplined method of spiritual development, she has shown thousands of people of all backgrounds and walks of life how to regain true self-respect, becoming free of addictive and negative tendencies and thereby able to contribute more to present-day society as well as a future world.

Dadiji has steered the

driving force in her life. She began her spiritual apprenticeship in 1937 at the age of 21 and was one of

development of several international projects promoting values and action at the grass-root level. In 1992, Dadi was invited to be one of the ten Keepers of Wisdom, an eminent group of world spiritual leaders convened to advise the Earth Summit in Brazil on the fundamental spiritual dilemmas which underpin current worldwide environment issues.

In 1997, the Janki Foundation for Global Health Care was established and launched in her honour in London. A charitable trust, it supports the work of the Global Hospital and Research Centre in Mt Abu, Rajasthan, as well as promoting greater awareness of holistic health and the spiritual dimension of health care world-wide.

In 2004, she was awarded the Medal of Independence by The King of Jordan for humanitarian work. She is an international patron of Rights and Humanity, patron of the World Congress of Faiths and a member of the Global Peace Initiative of Women.

Dadi was invited as a major speaker at the Parliament of the World's Religions and addressed the closing plenary session together with the Dalai Lama and other representatives of the major faiths, Melbourne, Australia, December 2009.

In the build-up to her 100th year, Dadi Jankiji continues to travel extensively, enabling leaders from the realms of politics, religion, science, medicine, education and other fields to generate spiritual strength by renewing their link with the Supreme Soul.



Respected Dadi Jankiji deserves to be honoured and decorated with garlands of love and affection from all the sisters and brothers from across the globe.

One of the very prominent figures of this spiritual institution (Yagya) is Rajyogini Dadi Hirday Mohiniji, Additional Chief of Brahma Kumaris. At the age of eight, Dadi Gulzar was one of the original members of a boarding school set up in Sindh in 1937 by Brahma Baba. Within a few years, she was bestowed with the special gift of being a Trance-Medium, with the ability to travel to the Subtle Region with her subtle

consciousness, and receive Godly messages from time to time for the betterment of individuals and society. There were a number of other Trance-Messengers who used to specially offer *Bhog* to the Supreme at different Brahma Kumaris Centres in the late 60s, but due to Dadi Hirday Mohiniji's natural, pure and divine nature, she earned the role of being the corporeal medium of Avyakt BapDada (the combined form of Incorporeal God Shiva and angelic Father Brahma). We celebrate her 88 years out of which she has been a Trance-Medium for over 75

years. Dadiji has also played the powerful role of being the most valuable medium for transmission of Godly wisdom during meetings of Avyakt BapDada with members of the divine family.

Dadi Gulzarji has a deep belief in human potential for the creation of a better world. Since childhood, she has had divine visions of a future world where technology, together with social, economic and political structures, are in alignment with highest human values, and where harmony, peace and prosperity prevail. Dadi Gulzarji is also the Director of Brahma Kumaris centres in Delhi and neighbouring areas.

We extend our good wishes that Respected Dadi Gulzarji follows the footsteps of Dadi Jankiji in crossing the milestone of her own century, so that no one in the world remains without receiving God's message through her revered self. ●

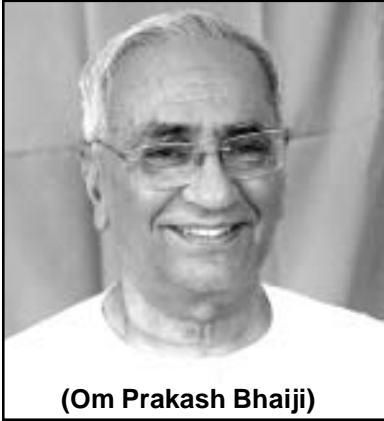
OUR BELOVED BROTHER B.K. OM PRAKASH 'BHAJI' OF INDORE, FLIES TO A NEW DESTINATION

It is with deep regard in our hearts that we pay our respects to beloved B.K. Om Prakash Bhaiji as the soul embarked on a journey on 25th December 2015 to new destinations, after being a very dedicated Brahma Kumar, Godly Student and Server for over 58 years.

His curiosity of knowing and learning, and organisational skills were matchless. On a

personal level he set a great example of being a leader by truly living a very pious Rajyogi life. He managed his Godly Service Wing (Media) as well as services in Indore and Chattisgarh Zones with a high degree of divinity. The Spiritual Museums, and various activities of Conferences and Seminars, organised under his guidance were unique in serving VIPs, IPs and the general public.

One very special example that needs to be quoted is how Om



(Om Prakash Bhaiji)

Prakash Bhaiji and his service companions inspired the Chief Minister and other Ministers as well as MLAs of Chhattisgarh (both the Ruling and Opposition Parties) to visit the Brahma Kumaris Headquarters for a 3-day retreat few years back.

The best gift to the divine family, which he lovingly

nurtured, is the 'Divine Life Girls' Hostel' in Indore that has been very successful in enhancing the all-round Personality Development of girl students. Some of them have gone on to become brilliant Brahma Kumaris Teachers and are looking after spiritual service in different areas of India.

Special bhog was offered in honour of the departed soul at Shantivan campus through the Trance-Medium of B.K. Sis. Rukmani. The Godly message that was shared spoke eloquently about the elevated *sanskars* of Om Prakash Bhaiji: **He always had zeal and enthusiasm for spiritual service; he was always concerned about helping others overcome their drawbacks; he very lovingly gave the donation of**

life to many others by introducing them to spirituality; he knew how to merge situations and not make them into a mountain; he kept the spiritual family together by weaving the BK teachers and other Brahmins into one thread of love.

The popularity of Om Prakash Bhaiji was very evident from the love and respect he received from members of the BK family, as well as VIPs and IPs of Madhya Pradesh and Chhattisgarh States, who participated in his 5000-strong funeral procession.

Om Prakash Bhaiji would always act as a powerful, inspirational guiding force for the Brahma Kumaris family. ●

SPECIAL LOVING GREETINGS FOR A VERY, VERY HAPPY AND PROSPEROUS NEW YEAR!

The New Year 2016 has come with new vision and new hopes for everyone to feel inspired, be courageous and set definite goals to be achieved during this year.

When we analyse the digits '2016', we see that '2' denotes Avyakt BapDada, the Incorporeal Supreme Being and angelic Spiritual Father Brahma, who are continually guiding us to achieve '16' celestial degrees of divine qualities. We have been motivated from time to time to accomplish our set goals, so can 2016 be the glorious year of our final victory over negativity and

peacelessness!

May our divine lives act as the flag of revelation to fly high and glorify our beloved Supreme Parents, Spiritual Guides and Commander of the Shiv-Shakti Pandav Army! With the power of the Almighty, let's hope these aims become 100% reality to unveil beauty of all the divine qualities as famously portrayed in the lives of Golden-Age Deities, Shri Lakshmi and Shri Narayan.

Wishing all of you a very happy New Year and ever-prosperous new life!

OM SHANTI

B.K. Nirwair

AN EXPERIENCE WITH BRAHMA BABA

– B.K. Asha, ORC, Delhi



Asha Didi

I am very fortunate that I along with my parents met Baba in January 1958 at Kanpur. At that time there was no formal centre in Kanpur. I was just eight and a half years old. Mamma and Baba used to come to Delhi, Kanpur, Mumbai and Punjab during winter as Mount Abu was very cold those days.

I do not exactly remember, but probably it was May 1959 (during our school summer vacations) when I first went with my parents to sweet Madhuban. From Kanpur nearly a group of 40 departed and we were a part of it. Baba and Mamma used to meet each one personally as well as in the group. On the very first day of our arrival, I met both my 'Aloukik' parents. Baba would ask some or other question to everyone, e.g. "Have you met Baba before?" Or He would ask the mothers, "How many children do you have?" (To give regular answers we were well trained by our teachers).

When it was my turn, I sat in

front of Baba. He gave me such sweet, powerful '*drishti*' that tears started rolling down my eyes. Baba asked me why I was in tears. I did not know what to reply. Baba extended his arms and took me in his lap. I forgot the world, He asked me: "Have you met Baba before?" I said "No Baba, I am meeting you for the first time". Baba smiled. Then I discovered that my teacher was looking at me and I remembered what to say, I immediately corrected myself and said "Yes Baba, I met you 5000 years ago". Baba laughed and laughed, then patted my back and said, "Child has learnt the lesson well". As children, we did not understand 'Gyan' much but this sentence of Baba became a blessing for me. Reading Murli everyday became an important part of my daily routine. I am proud to record that since then, I have never missed even a single Murli.

During the same visit, we had an opportunity to have a special personal meeting with Baba in

which he gave me directions for my life. We were sitting in front of Baba's room on a cot (Baba, my father, my mother and myself) and looking at me, Baba said to my father, "You must give this child good education and that too in English medium I will send her abroad".

Let me share, at that time, around 1959-60, there were no centres abroad but Baba visualized and he did send me on several tours abroad! Baba is '*Jani Jananhar*' (Knows everything).

Every year, we used to visit Madhuban during summer vacations. It is as though I grew up in Madhuban only.

I have memorable incidents from my last meeting with Baba. We were seven Kumaris sitting in Baba's room, from Banglore visiting Madhuban. Manmohini Didi said to Baba that Asha gives lectures in English. Baba used to encourage Kumaris, so he asked me to speak in the evening class and said that he would also come to listen. I nodded and said "Ji Baba". The topic that he gave

me was World Peace. Baba's personality was so charismatic that one would forget everything sitting in front of him. When I came out of Baba's room, I realized what I had said to Baba. How could this happen? No, I am not going to speak, that too in front of Baba. Sister Rosy who was also our teacher said, 'there is no other way out, you will have to speak'. It was evening class in History Hall, I sat on the 'Gaddi' and hurriedly spoke on the subject decided. Inside I was feeling very happy and said to myself, "Thank God! Baba did not come". But Baba was very clever and great. He did not come inside but stood outside the hall and from the first window heard me speak.

After finishing, I came down the 'sandali' and Baba entered. Sister Nalini of Ghatkopar, Mumbai, and Sister Lata of Surat shared how Baba heard the whole speech. That evening Baba spoke the Murlī on World Peace. Then he started calling me 'Englishwālī'.

My last meeting with Baba was in 1968 after that I did not meet him in corporeal form. It was again summer vacation and I was in the second year of University. Sister Santosh of Meerut, Neera (my younger sister) and myself went to Baba's room to say 'Good Night' to him. Baba gave me very powerful, love-full 'drishti' and said "Child, always remember whatever I do, others will follow". At that time I did not realize why Baba said so. But after one year I had the realization. Since then I found Baba has put me in various roles where I have to constantly remember Baba's words which are like a 'Vardan' to me. To my surprise when I met him for the first time in Avyakt form in 1969 (Teachers training), he again said "You have to make others also like yourself". These words always ring in my ears and keep me attentive and alert.

SHIV BABA CAN SHAPE MY SPIRITUAL PATH

– **BK Manjula**, Guwahati, Assam

Shiv Baba! With obedience, I offer the flower of my heart to You. Do keep showering the grace of your abundant compassion on me. The only gift I could offer is the faith I have in you. Please make use of me as a tool in your cosmic play. Protect me always and see that I move carefree under your control. I pray to you, with absolute devotion, to bless me do my duties with noble thoughts and in true spirit. It is sufficient if the responsibilities entrusted to me are good and capable of being shouldered by me.

You are the Supreme Bliss that can lead me ever from behind. You are the very élan vital of my life. You, the Supreme Soul, do grant me the pleasure of following you and relieve me from all weariness and sluggishness of bearing burdens. Please do take care of me and help me to constantly purify my life, so as to become worthy of becoming equal to you. I want to dwell in the state of Ever-New Joy, divinely assured am I of your perfect protection in every hour of my life. I solicit your help to get my heart tied to your Absolute Reality. Won't you make the complete set of my thoughts into a garland of flowers put around you? Baba! I would like to be the creeper of light embracing You, if You fill my heart with your divine, serene peace. You alone can shape my spiritual destiny.

WITH OR WITHOUT EGO

With ego, you lash out when someone insults, disagrees or criticises you.
Without ego, you're able to accept your flaws without compromising your self worth.

BRAHMA BABA

– EMBODIMENT OF DIGNITY, HUMILITY, DIVINITY

– B.K. Mohini, New York

Normally when we join a group, and undertake a journey to meet a spiritually elevated person, our mind starts contemplating his physical appearance, based on the description we have read in the books or the impression formed by looking at his photograph, or even on the basis of experiences narrated by those who have met him before. This would be true when we talk of sages and saints.

I had the fortune of having my first meeting with Pitashri Brahma Baba, in the year 1958. I vividly recollect how my attention was immensely drawn to his inner radiant personality. In physical appearance, Baba looked extremely royal, but simple – he combined dignity with humility. He looked like an embodiment of spiritual knowledge and a perfect Raja Yogi. He emitted vibrations of love and affection, purity and peace, contentment and tranquillity.

Vibrations of Divinity

We had been told that Brahma Baba is the corporeal

medium of The Supreme Soul – Incorporeal God Shiva and acts as His chariot and that we could meet God through Brahma’s medium. I continued to gaze at Brahma Baba and his impressive and elegant personality and was really amazed to notice how the constant company of God Shiva had transformed him, both spiritually and physically, so much that merely by remaining in his presence, even an ordinary person could get the feelings and vibrations of divinity.

The very first lesson taught in this spiritual university is to feel and realize, ‘I am a soul, child of the holiest Supreme Soul, God, and I should endeavour to become pure and holy like my Supreme Father.’ My first meeting with Brahma Baba gave me the feeling and experience of having met the Supreme Soul—God Himself, for as I learnt later, God Father Shiva manifests His innumerable qualities and virtues through the medium of Brahma. This was when my search and longing for God changed into recognition



Mohini Didi

and realization. At the same time, the realization also came that Brahma Baba is the Father of the humanity, the New Man, Adi Dev. Along with this came the inner thought that I should also follow in Brahma Baba’s footsteps.

Constant Bestower and Donor:

I could also notice that in the company of God Shiva, Brahma Baba himself had become fulfilled, accomplished and a constant bestower, and donor. No formal words of blessings were spoken, yet it was my experience that I, the soul, was being bestowed and blessed with some subtle light and might. This experience of light and might was so strong that it developed

into a determined thought that I must become a worthy child of Shiv Baba and Brahma Baba. In a way, the process of inner transformation started taking place. The process of some natural change inside me was set in motion. Brahma Baba's looks started drawing up an illustration or a picture of a Perfect Being. I am not trying to narrate his description, but this is what was going on inside me. I might say that I saw him as an image of Perfection, and just a few moments of his presence began to create inside me the pure and positive desire and thoughts to become pure and elevated. He was indeed a living idol, who really created an ideal aim and objective in my entire life. Like this, I had many other experiences during my subsequent meetings with Brahma Baba. After the brief meeting, we had a chance to listen to his talk. He spoke simple words, but those words were full of wisdom and every word of his was a blessing and a boon. Every act, every movement of his body left a permanent impression on my mind, and set the path to be followed by us. Purity, wisdom and truth were being transmitted through each word that he spoke.

Free from influences

As we all know, Brahma Baba occupied a very elevated position in the material as well as spiritual world but his relationship with us, whom he affectionately called 'sweet and beloved children' was extremely sweet, loving and friendly. His company was so attractive and affable that I would go to Mount Abu and meet him very frequently. This continued for full 11 years. At the time of my first meeting in the year 1958, I was only 16 years old and he was 82. But at no time did I experience any barrier; there was no difference of age, no generation gap. His Company always made me feel free from all *loukik* (bodily, worldly) bondages. This is because he was himself free from the bondage of the vices

of previous karmas, and all sorts of influences and impacts. You could talk to him freely like a friend, like a child, learn from him continuously and feel confident in his presence.

Persons of all age groups felt very comfortable and at ease with him, because he used to give company through his subtle personality. His foremost desire was to create powerful, active and accurate children – children who could help others to become like the father and also to render unlimited and untiring service to humanity. I have had many, many wonderful experiences in my life in the sweet attractive and elevated company of Brahma Baba – our sweet Baba.

I ASK GOD

– BK SobhaSubhadra, Hyderabad

I ask God to be always with me,
To hold me tight and not to leave me!

I ask God to hear my pray,
And understand what indeed I want to say.

I ask God to cradle me in His arms,
To keep me away from any harms!

I ask God to hold my hands tight,
That makes my burdens light.

I ask God to stay by my-side,
For, He is my real life-guide.

I ask God to always stay in my heart,
So that each day I get a new start.

Now God asks me, 'O dear!
Don't you experience my power?
I am in front of you, and have been with you
forever'.

I am there to satisfy you in every manner.
Come, be my partner and make life better

I WAS BOUND BY BABA'S DIVINE CHARISMA



—B.K. Om Prakash, Indore

[The writer of this experience, Brahma Kumar Om Prakash 'Bhaiji' was a very serviceable soul. He received this divine knowledge in student life, in 1955, and was fortunate to get the direct guidance and sustenance of Brahma Baba and was instrumental in spreading divine message particularly in Indore region, Madhya Pradesh. Bro. Om Prakash was an avid reader of The World Renewal and often appreciated its contribution in spreading Godly message throughout the world. He had been ailing for some time and left his mortal coil on 25th December 2015. We pay our heartiest tributes to this divine soul. — EDITOR]

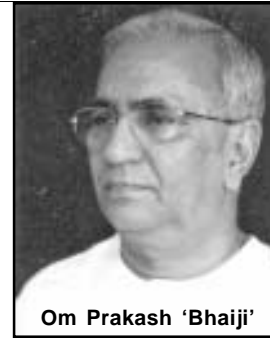


I came in Godly knowledge in 1955. I was then a final year student of B.Sc. Our family used to live in Ambala Cantt. In neighbourhood, a widow mother was living. Her parents' house was in Gurgaon where a B.K. Centre had been opened. She got an opportunity to go to the centre and even though she didn't understand the knowledge much, she developed great love for the sisters and invited them to her house.

Mother started going to BK Centre

On the invitation of that mother, two sisters went to her house in Ambala. One was Sis. Leela (who was doing Godly service in Secunderabad), the other was her associate Sis.

Krishna. The mother, on whose invitation the sisters had come, didn't have much interaction with people but sisters used to insist her to do the service of bestowing Godly knowledge to the people. That mother told my mother that two goddesses had come who gave very good knowledge. Then I said to my mother, "Tell me what they speak about". Even though my mother couldn't understand much knowledge, but she was very much impressed by the sisters' divine love which she kept speaking about. After a few days, my mother made arrangement of their stay in Geeta Bhawan and the spiritual discourse was started there and my mother started attending it daily.



Om Prakash 'Bhaiji'

The picture of Kalpa Tree and Definition of Karma Yoga

One day the sisters said that they had a picture of *Kalpa* Tree which was published from Japan and they wanted to get it framed for Godly service. My mother brought it home for me to get it framed. I liked the picture very much because it had the photos of all the gods and goddesses. I went to the market and got the work done. The sisters were amazed to see the frame, and they asked my mother, "Who got it done?" When my mother told them about me, they expressed their desire to meet me. My mother would insist me daily to go to Geeta Bhawan and meet the sisters. I would think that since I was so educated, I would grill them and this would make them uncomfortable. Finally, one day my mother took me to the centre and introduced me to the sisters. At Geeta Bhawan, daily 500-600 people used to come to listen to the spiritual discourse. While roaming in the evening, my

friend and I went there and seated ourselves in the back. While listening to them, I liked one of the points they mentioned. They said, while performing a karma, the link should be connected with God; this is Karma Yoga. I'd read many books of different writers but this definition of Karma Yoga looked very easy, true and good. Then, I began to listen to the spiritual discourse daily. When the sisters came to know, they called me to meet them.

Impressed by the point of Drama

When I went to meet the sisters, Sister Leela told me the point of Drama that we had met earlier also in the same way and the same room was there. When I came to know that this Drama is eternal, then the receding admiration towards God thrived. Thereafter, I kept on listening to the sister for one and a half hour and all my questions dissolved. I felt deep vibrations of purity from the sisters. It was evident that what they were speaking was truth.

Brahma Kumari sisters stayed at our house

When the priest of Geeta Bhawan of Sanatan Dharma Mandal came to know about the discourses, he got very angry. That time my mother had gone to a pilgrimage on fulfilment of her wish. She was accompanied by the entire family. The priest used to have meals at our home.

When my mother returned and noticed that because of behaviour of the priest, the group of BK students had ceased to come, she rebuked him asking him why he did that during their absence. The sisters said, "It's alright as we have given message to Baba that we'd go back home." But my mother insisted that the sisters should stay in our house till some other arrangement was made. That time, we used to live in a rented house as our own house was being built. We allowed the sisters to stay in the upper portion of the house where I used to study. It was during this time that Dadi Janki also came. Three sisters got themselves accommodated in one room. For two months, the sisters remained in our house and daily the spiritual classes were conducted. After some days, a house was found for the sisters. The rent at that time was just Rs. 32.

Experience of Loving & Affectionate Lap of Sweet Baba

In 1956, I went to Mount Abu along with BK Sisters to meet beloved most Baba. During those days Headquarters was at Kota House Mt. Abu. Since the time I got this Godly knowledge I was eager waiting to meet Baba face to face. At last the time came & we reached Mt. Abu to meet Baba at Kota House. The group was waiting in a Hall and finally, Brahma

Baba (the corporeal medium of God Shiva, whom we lovingly call Shiv Baba) came to meet all of us. It seemed as if a cool and sweet breeze touched me and passed through my being, the tiredness of life's journey disappeared and was replaced by new zeal. I felt for some time as if I'd forgotten everything and was watching my long lost Father (God Shiva). I just kept watching. I didn't know even where from I had come there and what I had to do? Or how I should welcome and meet Baba? In fact, I wasn't told by anyone how to welcome and meet Baba. I just kept watching Baba and I came closer and closer to Baba and then I went to the loving and affectionate lap of my sweet Baba and like a small child, experienced peace and happiness. I cannot express the joy, peace and unlimited love that I experienced from Baba at that time. It was just my Baba and myself! So, this was my first meeting in which I was left spell bound by his spiritual charisma.

God's order to join college

Before meeting Baba, I had a wish to become an engineer. In 1956, Thapar Institute of Engineering was opened in Patiala and I got selected in it. In the meantime, I also got Godly knowledge. Thus, when I got the letter of selection, I was not so happy because then my aim was to become like Sri Narayan and not an engineer. In my opinion,



there are many engineers; but are they happy? I wanted to dedicate my life for world service. I shared my wish with my mother that I didn't want to become an engineer but my father was adamant that I should join the institute.

When the sisters came to know about it, they wrote a letter to Baba, "Baba, here, a conflict is going on in an instrument family." On this, Baba replied, "Sweet child, Om Prakash, you're a very good instrument of Godly Service; it is Baba's advice that you should join the Engineering college. This will also help to do much service." I thought, since God has said this, I must follow His advice. There, I met Bro. Atam Prakash and we used to have discussion on spiritual knowledge.

In the college, everyone would get a separate room. My room was adjacent to the room of Bro. Atam Prakash. I used to meditate and read *murli* in my room. Bro. Atam used to come in my room. Sometimes, he would sing songs on 'Mother India'. I'd ask him which Mother India he was referring to; then he would reply that it was mother earth. Then, I'd tell him that mother earth is non-living thing. Thus, a spiritual conversation started between us. Then, I shared the knowledge of soul with him. Initially, he debated with me for 3-4 days; but later he agreed that

we're not bodies but souls. One day I needed a matchstick. I went to Bro. Atam's room for the first time. I said, "Bro. Atam, I need a matchstick; do you have it?" He opened a box and started searching it. As I sat on his chair, I looked in the room; it was written at many places, 'I'm a soul, not a body'. Thus, Bro. Atam also began to inculcate knowledge and listen to *Murli*.

Baba gave a letter and *Toli* (Sweet) to Bro. Atam Prakash

Thereafter, Baba's letter came from Madhuban that both Baba and Mamma were coming to Rajouri Garden, Delhi to celebrate Diwali with spiritual children. They were coming from Madhuban to Delhi for the first time. Bro. Atam Prakash came to me carrying a bag and said, "I'm going to Delhi to meet Baba and Mamma". I wrote a letter and gave it to him. After staying there for some days and meeting Baba-Mamma, Bro. Atam came to my house at Ambala Cantt. He gave me Baba's letter and a box of *tolis*. Baba wrote in the letter, "Child, this child is coming; he'll give you all the news; this child is very qualified and promising and he'll do a lot of service." After reading the letter, it seemed to me that since Baba himself had given him the certificate, Atam Prakash must be a good brother. Thereafter, we both went to Patiala where we were supposed to open a centre. We left the

hostel and began to stay in the rented centre. Here, Dadi Janki ji also stayed with us and became instrumental for service at various places. We learnt a lot from Dadiji and under her guidance, the centre in Patiala was opened.

Respect for others'

Feelings

Once, I had brought a party of some brothers and sisters of Jabalpur to meet Baba at Madhuban. In this party, an old mother had brought some rice and she had a hearty wish that these should be cooked in Madhuban. She shared her wish with me. I wondered what the little amount of rice would do. By the way, I went to Baba and apprised him of that mother's wish. Baba immediately called Bholi Dadi (Bholi who was in charge of Baba's kitchen in Madhuban) and said, "Whatever amount of milk you have got, don't curdle it; tomorrow *kheer* will be made from that milk. A mother has bought some rice; you make *kheer* from the same rice." Then, on the next day *kheer* was made from the same rice and it was served along with the meals to all the BK brothers and sisters in the class. On this, that mother's happiness knew no bounds. Baba was such a Benefactor of the Poor. To Baba what mattered was the feelings/intentions of the child. He understood everyone's feelings and respected the same. ●

ADI DEV BRAHMA

– **B.K. Banshidhar**, Bhubaneswar

Hinduism perceives the whole creation and its cosmic activity as the work of three fundamental forces symbolized by three deities, who constitute the Hindu Trinity or ‘Trimurti’: Brahma – the creator, Vishnu – the sustainer, and Shankar – the destroyer.

Brahma is considered to be the creator of the universe and of all beings and is regarded as the Father of Dharmas or religions. Dharma can be described as the observance of natural, universal laws which enables humans to be contented and happy, and saves them from degradation and suffering. Dharma is the moral law combined with spiritual discipline that guides one’s life. Hindus consider dharma the very foundation of life. In the Hindu pantheon, Brahma is commonly represented as having four heads, four arms, sometimes having 100 arms and as per other scriptures having 1000 arms and red skin. Unlike other Hindu gods, Brahma carries no weapon in his hands. He holds a water-pot, a spoon, a book of

prayers or the Vedas, a rosary and sometimes a lotus. He sits on a lotus in lotus pose and moves around on a white swan, a bird known for possessing the magical ability to separate milk from a mixture of water and milk. Brahma is often depicted as having long white beard, with each of his heads reciting the four Vedas.

The scriptures sing his praise: “Brahma vande Jagat-Guru” i.e. “Respect Brahma as Preceptor of the world.”, because Brahma has taught the whole world the moral codes and ethics of life. Brahma is also called ‘Indra’ i.e. the conqueror of sensuality. These things represent Brahma as a learned man having sufficient knowledge of the world. As Brahma is shown with scriptures in his hand, some people say Brahma has saved Vedas, the main religious scriptures of Hinduism from demons. It is also said that whenever any problems were faced by deities, they would approach him to consult and to be saved from humiliations. The arms of Brahma represent the Brahmins of this Confluence

Age who cooperate whole heartedly with Prajapita Brahma for establishing the deity Sovereignty on the Godly advice of God Shiva.

Brahma is always depicted old, having a beard. This means Brahma is not a deity but an aged human being having knowledge and experience. The true spiritual knowledge of the world is delivered by God Himself through Brahma. A new world is established which is called Paradise or Heaven or *Satyug* where there is no trace of sorrows and sufferings. The five elements and the nature are pure. Procreation takes place not by sex-lust but by pure enormous willpower through meditation taught by God Himself. To transform this old world into Heaven, Supreme Father God Shiva incarnated in the corporeal medium of an old man Dada Lekhraj at the age of 60 and renamed him Prajapita Brahma. Dada Lekhraj was a wealthy jeweller of Sindh but in the year 1936, he experienced a series of visions which led to his disenchantment with the worldly affairs.

At first, he had a vision of Golden age in which he saw tiny shining stars descending on this earth becoming princes and princesses. Then he visualized in another trance, the destruction

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RAJYOGA FOR BLISS AND PEACE

– BK Dr. Dilip V. Kaundinya MD, Mumbai

Spiritual wisdom and spiritual evolution depend on achieving higher and higher and purer and purer consciousness. Siddhartha Gautama or Lord Buddha prescribed a technique for spiritual purification called as *Vipassana*. It elaborates that our original consciousness in pure, calm and deep like a serene lake. This is called as undifferentiated consciousness. Thoughts, emotions and desires act like stone thrown into water of the lake creating turbulence and waves. Restoring the original quality of the consciousness depends on identifying the nature of the waves which contribute to our *Vrutti* or Nature. This first step to emancipation is called as differentiated Perception. The root cause of sufferings is clinging to our habits, ego and insatiable longing. Dharma means laws of nature which govern the whole Universe. Today, in Iron Age the meaning of Dharma has deteriorated to divisions and sub-division of human race into multiple sects. Mind consists of four processes—*Vinnana* or undifferentiated

consciousness, *Sana* means Perception or differentiated consciousness, *Vedana* means the sensation that arises from perception and *Sankhara* means reaction to the sensation. **‘I’ means** ego or instinctive assertion of our identity. The technique of *Vipassana* challenges this **unreal identity** and brings about self-purification. *Met-Bhavana* or *Shubh Bhavana* becomes an essential component in *Vipassana*.

Russian R & D institutes identify the existence of benevolent, healing energy that functions on **love** and pervades through whole of the Universe. Dr. Deepak Chopra calls this Universal consciousness as **Macrocosm**. Lord Buddha calls the innumerable indivisible subatomic particles of the Universe as **Kala pas**. Dr. Deepak Chopra calls this subconscious unit called as mind as **Microcosm**.

All such terminologies have given rise to a massive confusion in human consciousness. I have experienced a stint of nearly four years in ISKON, a global organization with millions of

followers. **Gaur Gaurang Prabhu**, an international speaker for ISKON, used to come to Sir J J Hospital to deliver the divine knowledge about Krishna Consciousness. His charisma attracted several ardent followers in medical students as well as teaching staff. Mesmerizing lectures on divinity in easy and understandable fashion, chanting and prayers used to bring great solace to me who was passing through a very difficult and stressful time in life. Undisturbed mental peace was the sole desire at that point of time. Perhaps I had completed my pre-ordained and precise role in Bhakti yog. So there was arranged an event for my **further spiritual progress**. I prostrated in front of the wonderfully decorated deity. A celestial voice told me “Hare Krishna”, your feet are pointing towards the statue of Prabhu La Pada. I changed my position. Once again the celestial voice gave the word of caution. In desperation I asked: Scriptures tell us that **God is omnipresent**. So even the floor on which we walk must be having God. Is this not a sin? An enchantment of the sort happened and I shifted to Patanjali Kriya yog for self realization. One question that always plagued me was what exactly the meaning of

Supreme Godhead? All of the learned speakers told me that focus of consciousness on the Lotus feet of Lord Krishna takes us to the Supreme Godhead. My questions never elicited a satisfactory answer.

Patanjali kriya is a technique that involves Yama, Niyama, Asana, Pranayam, Dhyana, Dharana, Pratyahaar and Samadhi. Today I believe that Kriya yog has been a result of mystical experiences [**Sakshatkars**] to the sage Patanjali . The knowledge was for the liberation of mankind from sufferings. Holy Quran and Brahma Kumaris Rajayoga also have been communicated through such phenomenon. The kriya involves a regular practice of kriya yog. Anything that is done regularly becomes a **sadhana** and a process of self purification. The kriyas are aimed at raising the consciousness for basal Rajasik and Tamasik consciousness to a higher, purer and most powerful Soul-consciousness. All the same the terms soul, God, spiritual effort, spiritual equilibrium, consciousness remained very vague for me. Experience of ever blissful existence or *Satchitanand* state remained very transient and irregular.

Then one day the Supreme Soul brought me, the soul, to a Brahma Kuamris Rajyoga centre. A free of cost Seven-Day foundation course in true spiritualism emancipated me from various doubts, questions and queries. Spiritual knowledge became a medical science of Powerful Points called as **Receptorology**. Wonderful car manufactured by the Supreme Consciousness is **BMSO**–Body Mind Soul Organism. It is controlled by these Points. Attempt by the author to give scientific credibility to ancient spiritual knowledge at MAHAMICROCON 2015 at LTMC, College, Sion, Mumbai brought a silver medal and prestigious Dr. Hardas Pathak oration award as per Drama.

The most commonly experienced sign and symptom of attaining a state of soul consciousness is everlasting bliss and mental peace within 5 minutes of practice of BK-Rajayoga. A novel **Spiritual Health Clinic** (S.H.C.) at St. George Hospital, near CST Railway station, Mumbai, imparts free of cost training in **Scientific version of Rajayoga** called as R-MBSRP, Rajayoga- Mindfulness Based Stress Reduction Programme.

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of this old world and the loss of human lives through atomic wars, natural calamities such as flood, earthquakes and famine and through civil wars.

Lastly he had a vision in which God gave His introduction as Shiva. Dada Lekhraj recognized the Supreme Father Shiva and became an instrument of God. He established ‘Om Mandali’ and later renamed it as ‘Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya’. He, with the inmates, faced a lot of protests from the society but he faced all opposition as he knew that this was the task of God Father Shiva. He possessed exceptional attributes as he helped others to shed off human flaws and weaknesses especially the five vices which had brought the total downfall of the society. He proceeded tirelessly on the path of perfection. He gave a new definition of purity and set a high moral standard for private and public lives. He was dragged to court, faced volatile mob, and even a threat to his life. But he overcame everything with his love, compassion and tolerance.

Brahma Baba was a man with determined will power and incessant love towards God. He undertook the task of building a new world having good and absolutely purified character. Let everyone of us recognize Adi Dev Brahma and lend our full cooperation in this noble mission of establishing the Golden Age or Heaven on this earth.

|| From the Melodies of Mateshwari Jagdamba Saraswati ||

WHY THE SUPREME SOUL IS CALLED GOD



Each soul has its own body, its own part. Each soul is different and has a different role in this World Drama. Yes, due to karma, one receives a body, and again takes another, and then the next and so on. So, one takes many bodies, but it isn't that there is one soul in everyone – it is according to the soul's karmic account that he takes a particular body. Each body has a soul; each soul has its own body, and its own part, in the different births.

Similarly, the Father says that He also has a part. It isn't that everybody's part is His part. The Father sits and explains all these things. God says: 'Look, people say that each soul takes 8.4 million incarnations but for Me they say I'm in every particle! They put Me in mud and stone. They take Me even farther to 8.4 million species. If you were to count every particle, how much would that make? It would become more than 8.4 million. They have put themselves in 8.4 million species – and they throw Me in



everything. Actually, the human-beings don't take 8.4 million births. The maximum is 84 births. It is wonderful that they have put themselves into 8.4 million births, and thrown God into every particle – What ignorance!

Only God Knows About Himself

Once, a person met a Brahma Kumari. He said, "God is omnipresent, He is in all". Then that Brahma Kumari asked, "Does omnipresent mean God is present in dung as well? Look, if God is also in that, why do you remember Him specially? Why do you worship Him? Do you keep that dung in front of you,

and remember Him?" See how confused people in the world are! Even the learned scholars and pundits have maligned Him in the name of His glorification. However, only God knows about Himself, doesn't He? Only we, the Godly children, know about ourselves.

This is why the Father says: 'No human can know me. Only I come and reveal Myself. Only I have knowledge in this regard. Besides knowing Myself, I also know what you are, because you are My creation. You cannot know Me, because I'm not your creation. You are My creation and therefore I know you thoroughly. Only the Creator will know the creation; only a father knows his children. I'm the Father of you all but I have no father. So I have to come and explain about Myself, and about you. No one other than Me can explain these Eternal Truths. This is why you sing in My praise that I am the Ocean of Knowledge, knowledge-full.'

Can everyone be knowledge-full? If God were omnipresent, there would have been no ignorance. God's qualities should have been in everyone. How could it be possible for God to be sitting in everyone, while His qualities do not exist in them? What would He do sitting inside them? Is God fallacious, that He is sitting in everyone and yet

people are stealing, and committing sins?

This is why the Father says: 'Children – I'm not omnipresent. I'm not in everyone. The five vices are present in everyone, not Me. I come and give knowledge. It isn't that I enter everyone and give knowledge. I come and give knowledge to all.' This is why scriptures say that God speaks.

If He had given knowledge sitting inside everyone, or through inspirations, then how could the scriptures have been created? Was the Bible created from inspirations? Christ spoke; later on the Bible was created. Whatever the religious fathers spoke, religious scriptures were created in accordance with their preaching. Likewise, God also comes here, and gives knowledge. He speaks the Godly versions.

Therefore, the Father says: 'I also come and give knowledge. To give knowledge, and explain, I have to speak. Explanation is not possible through the eyes. I come as a Teacher, and so I have to teach. I have to speak in order to teach. Definitely, I have to take the support of someone's mouth in order to speak. It isn't that I speak from the sky, or from up above, or from inside, etc. To explain; I have to speak; and only after I speak, you imbibe knowledge. Everything is like that. Some people think there is a voice within; that God speaks from within. Did God speak to Arjuna sitting inside him? Did God give inspirations? He preached to him, didn't He?' So, one has to understand these things.

RELIGIOUS HARMONY

– Rajbala Singh , New Delhi

GOD is the creator
He is the father
To all on this earth
Then why is this dearth?

Religions are the ritual or rite
They are the paths narrow or wide
They all lead to the same eternity
Alas! Why divided is the fraternity?

The base of all religions is innocent
Malicious mind-sets have made them different
The walls of fanaticism did us great harm
Let's unite and come arm in arm.

GOD is the father hence we the brethren
Can He be happy to see us war-fallen?
For a petty cause, calling each other moron
Harmony makes deity while hatred, the demon.

Children of the same Father, we are a family
Let's celebrate the diversity, it is lively and lovely
Let's respect temple, mosque, gurudwara and church
Broaden mental horizon; don't leave humanity in the lurch.

IMPORTANCE OF DISCIPLINE IN LIFE



— Aradhya, Class IX, Panchkula

In today's world, most of the people are oblivious of the word 'Discipline'. There is no esteem given to it. There are many great prodigies such as Albert Einstein, Mahatma Gandhi etc who stirred the lives of many people and the latter consider them as their mentors. But people are unaware of the fact that these great men could achieve these great heights by doing a lot of hard work and by making their lives 'Disciplined'.

The people should change their demeanor regarding 'Discipline'. Nowadays there is no prospect of people getting into a habit of making discipline a strict 'principle' of life. There should be no gall towards it. It is true that in the olden times, students used to be more disciplined than the students of today. The student-teacher chemistry was perfect. The children now are so ill-mannered that in the absence of teacher, they speak

pathetic words. This surely has an adverse effect on their character and conduct. As student life is the foundation of the entire life, utmost importance should be given to imbibing discipline in life.

We observe that in our environment also, everything has an ecological balance. There is a particular time for sun to rise and set. And of course there is a particular time for seasons to come in order. So we can also make some timely changes in our lives too.

Change is necessary and it is a rule of life. New values come and old ones pass by. But there are some exceptions. There are some values which are of immense importance for mankind to progress and succeed in life. If those principles and values are adopted in life, they can be extremely helpful in making our future bright.

People all over the globe take pride in speaking about

their mentors. Those who inspire us could be our father, mother or any great personality. They stir lives of other people by working hard. So it is possible indeed for us to stir the lives of other people and make them call us 'great prodigies'. All it takes is to make ourselves disciplined.

If we want to cherish our lives, we will have to maintain an equal balance of everything whether it is the case of studies or any other activity. It depends on how much importance discipline has in our lives. And after seeing all the consequences of leading a careless life, the proverb could apparently be made that 'Discipline – the code of conduct'.

BE CREATIVE

Every day is an opportunity to be creative – the canvas is your mind, the brushes and colours are your thoughts and feelings, the panorama is your story, the complete picture is a work of art called, 'my life'. Be careful what you put on the canvas of your mind today – it matters.

GOD, MY FRIEND!



—BK Ved Guliani, Hisar

Man has worshipped God since ages. He has been praying to Him in one way or the other. But has he ever talked to Him, has man ever tried to communicate with Him on equal footing or has man treated God as one of his relatives or a friend? This all may sound whimsical but the truth is that man has always been in awe of His grandeur and power and therefore he has more or less prayed to Him out of fear and to escape punishment or for one favour or the other and for His mercies of little and big bounties.

The truth of the matter is that man has treated himself as a pitiable helpless creature before God and has always waited for the mercy of the Almighty. He has tried to please Him with praises and songs of His bounties and blessings. He has promised Him offerings and has also kept fasts of one or the other type only to please and convince Him of his love and honour for Him. But unfortunately man himself has found all these ways and deeds of pleasing the Supreme insufficient and unsure of

attaining the desired goal.

Ironically man calls Him ‘Mother & Father’, ‘Relative & Friend’ (*Tvameiv mata ch pita tvameiv, tvameiv bandhu....*), but has never treated Him in one capacity only. We have all the time been bringing our pains and sufferings, our complaints and grouses, our desires and wishes etc. to Him and have hoped that He would be happy with us. Are we happy with a person – an employee, a friend or a relative – who is always complaining about one thing or the other? How can we expect Him to be happy with us and bless us with whatever we want? Have we ever talked to Him as a friend? Have we ever confided in Him what is inside us? Have we ever tried to find out what are His likings and what are His expectations from us? Let us some day try and meet Him as a friend and behave with Him accordingly.

But before we can undertake such an elevated initiative, we must also take care of a thing or two essential for such a meeting. The very first requisite would be that we should have a feeling and conviction of ‘kinship’,

‘belongingness’, ‘closeness’ or whatever you may call it. In Hindi, we use the word ‘Apnapan’ to explain such closeness. You can confide even the most secret things of life in one who is very close to you.

So, I need to have unshakable faith that beyond Him there can be no well-wisher I can depend upon. I also need to assure myself and Him as well that He knows my inside out. And all this is not for any consideration or compensation in return. It is because He is my ‘own’ and He needs no bribe from me to do what I want Him to. I need not try to assure Him that I would observe fasts or would make offerings if He granted my wish. He should do this simply because I am His own child.

Secondly, if God is my close relative and friend, I can communicate with Him informally and on equal footing, as friends are not only dependable, they are quite informal as well. For example, if I need to talk to my officer, my employer, or my subordinate, my attitude and tone of speech would be different in each case. But when I communicate with a close friend of mine, I am supposed to have no inhibitions nor do I keep any secrets from such a friend. Friends have a particular bond of love between them which puts no conditions

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THE VIRTUE OF ADAPTABILITY



—BK Jegasothy, Jaffna (Sri Lanka)

All beings need adaptability, for instance a cuckoo (Chatrak) bird cannot build the nest of its own. It lays its eggs in the nest of the crow and watches the crow's nest until it is caught. Crow feeds the young ones until it realises, that they are not its young ones through their sound. When the crow finds out that it is not its young ones, it tries to chase it away. The mother watches the crow's nest till that time and then it comes and takes her young ones and protects them. A cat moves very softly like Maya to catch a rat. The rats hide themselves from the cat with their instinct. The cuckoo birds take only pure water from the rain drops. They always wait till the rain comes. The elephant, the huge animal stretches its trunk far and wide to gather enough foods for its existence. A huge animal needs a lot of food. In the same way human beings too need adaptability. Thoughts of human beings make them a master creator of their own creation. Human beings must enjoy their creativity without being possessed by it. In order to

accomplish things that may seem to be complex or challenging, cultivate the virtue of adaptability and thereby make your nature simple. Then of course difficult thing becomes easy.

Human beings too need adaptability; even before a baby is born, the mother takes the food that is necessary for the child that is developing as a foetus. She restricts herself for the welfare of the child. When the child is born, she showers all her love on the child and makes the child into a good citizen. The proverb says – “The hand that rocks the cradle rules the world” – that is the mother rules the world through bringing up useful citizens. The child in return looks after his parents in their old age. So, adaptability is necessary for smooth existence.

The BK family too, considers this virtue of adaptability as an urgent need for a collective responsibility. God Shiva's children, who are spiritual aspirants, should not have a delicate nature. They should be able to adjust themselves according to the time and circumstances. We should be

able to accommodate all opposition with firm faith. The power to adjust paves the way to victory. When we go to other countries to do divine service, we have to adapt ourselves according to the religion and cult, language, civilisation of that particular place.

Father Brahma would become a child to the children and he would take the responsibility of a mother and look after the children carefully. Father Brahma would become an adult with the adults. He adjusted himself to a life of extreme scarcity also. So each and every aspirant should be able to adjust to any circumstance, according to the situation. We should be very cautious when we move along, as the climb is very steep. Like the train climbing up a steep mountain needs two engines – one in front and the other on the rear. God Shiva's children too need engines to be steady at this delicate hour.

Experience every adverse situation with patience and learn the truth embedded in that particular situation. Subtle intellect like Angad will help to mould the intellect according to circumstances. The softness of humility and the height of powers help to solve any problem. Follow the father's directions to become a constant and easy

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STONE THAT BUILDERS REJECTED HAS BECOME THE CORNER STONE!

—BK Rose Mary

Five years back what happened in my city prepared my mind to embrace the BK teachings. A young girl was on her way back from her work. A thief snatched her gold chain and ran away. She too ran after him and caught him, twisted his arms from behind, recovered her valuables. A Traffic Police vehicle that was passing by intervened and took the culprit into custody. Later it was found that the thief was actually a policeman who was also on his way back after duty; and robbery was his hobby. When the report appeared in the newspapers the next day, the Chief Minister of the State and high ups in the Police Department decided to directly appoint this exceptionally courageous and well-educated girl, if she would be willing, as an Inspector of Police. She was quite happy and the readers too were very happy to know this wonderful outcome.

It was around that time that I happened to watch Sister Shivani's TV series called Awakening with Brahmakumaris. I liked the way she explained how we can take charge of our destiny. In one of the episodes, she spoke about the origin of Brahma Kumaris organization and explained how Dada Lekhraj was directly chosen by God Shiva to serve as His instrument in establishing the Golden Age, which is to follow the present Iron Age. When she explained that although Dada Lekhraj was materially very rich, he was passionately searching for God and for answers to vital

questions on meaning of life, I could draw an easy parallel with the above-mentioned girl. She proved to be a real police-woman by her action which attracted direct appointment by the Government. Similarly, at a time when most of the religious leaders were becoming materially rich, here was a materially rich man, Dada Lekhraj, who was turning highly spiritual, unwittingly fulfilling God's elevated standards! Thus, it was natural for God Shiva to appoint Dada Lekhraj as His instrument for Golden Age. He renamed him, according to his action, as Prajapita Brahma (great mind who would father many spiritual children like him) and commissioned him to establish an organization to be managed mainly by women of purity who would be the living foundation stones for the incoming Golden Age.

This is an interesting development. Because, men have been giving women only subordinate roles even though they formed the half of the total population, and were better in many respects. For example, women have 'STRONGER IMMUNITY' as they "have an extra copy of the female X-chromosome, while men have only one and a much smaller Y-chromosome." (<http://www.dailymail.co.uk/health/article-2042665/Women-superior-immune-systems-men.html>) In addition, many of the connections in a typical male brain run between the front and the back of the same side of the brain, whereas in women most of the connections go between left and right across

the two hemispheres. Thus the female connections link the left hemisphere (which is associated with LOGICAL thinking) with the right (which is linked with INTUITIVE thinking), and this explains why women tend to do better than men at intuitive tasks. (<http://www.livescience.com/41619-male-female-brains-wired-differently.html>)

The main role that a woman plays also makes her special. Mother is the FIRST TEACHER in our life. Great qualities like love, care, compassion, humility, humanity, sacrifice, tolerance, selfless service, devotion, dedication come naturally to women. (There may be a few exceptions which are insignificant). All our basic qualities, attitudes, temperaments, everything is influenced mostly by our mother. We experience the first divine love with our mother. No wonder, in India people worship female gods like Saraswati, Lakshmi, and Shakti as the goddesses of knowledge, wealth, and power respectively, which are three important things required for success and happiness.

In spite of the above points, the women, in general, were sidelined throughout the history. What has been the result? Men's rule has been literally ruinous, which has brought the world to the brink of destruction and to a dead-end—a fact that is becoming clearer and louder day by day. Listen to what NASA, which is the US Government agency responsible for the civilian space program as well as aeronautics and aerospace research, announced in the month of August, 2015: “Low-lying US states such as Florida are at risk of disappearing, as are some of the world's major cities such as Singapore and Tokyo. It may entirely eliminate some

Pacific island nations.” (<http://timesofindia.indiatimes.com/home/environment/global-warming/Sea-level-will-rise-by-3-feet-and-its-unavoidable-Nasa/articleshow/48692173.cms> (August 27, 2015))

Japan News Agency gave some more details under the main heading: “NASA WARNS NOTHING CAN STOP DANGEROUS SEA LEVEL RISE.” (<http://the-japan-news.com/news/article/0002383837>, 31/8/2015) Ice sheets in Greenland and Antarctica are melting faster than ever, and oceans are warming and expanding much more rapidly than they have in years past. “Right now we are committed to probably more than three feet [one meter] of sea level rise... there is no reason to expect that ice sheets will melt at the same pace as they did in the past. According to the laws of physics, they will deteriorate faster. And they already are.” (<http://www.japantimes.co.jp/news/2015/08/27/world/science-health-world/ice-sheets-thaw-speed-sea-level-rise-threatening-florida-tokyo-pacific-isles-nasa-scientists/#.VhtjMnKqqko>)

“In 2013, global CO2 emissions due to fossil fuel use (and cement production) were 36 gigatonnes (36000000000 metric tons); this is 61% higher than 1990 (the Kyoto Protocol reference year) and 2.3% higher than 2012” (<http://co2now.org/Current-CO2/CO2-Now/global-carbon-emissions.html>) Situation is likely to continue to worsen as leaders (religious and political) are dependent on the business people. This result of our attack on the climate is like a big hole in the ship called humanity. There are many other holes too brought by other key players. Religions have become divisive, safeguarding their own identity, teaching people

to seek material benefits from God and reducing God as a means to wealth/material desires (which will engender only GREED). Rulers have become the biggest arms-merchants (capitalizing on ANGER of nations). Business community is famous not only for its GREED but also for fomenting LUST which they lavishly use in their often erotic advertising tactics.

All these vices have transmuted the world into a literal hell despite the scientific progress we have achieved. (Bhagavad-Gita 16:21) In the last 100 years we have had many scientific achievements giving us equipments and tools capable of accomplishing things at a far greater speed and quantity. This gave more free time to people to engage in spiritual pursuits. But still most humans are busier and suffering from tension/stress than ever, always complaining about shortage of time. It is not easy to live in a world which conspires to pull us down with its busy schedules, over-crowded roads, stresses, tensions and constant negativity. What is needed today is a way to boost our spiritual energy and recover our lost divinity. Interestingly, Albert Einstein indirectly admitted that only an agency superior to humans can solve our problems: "No problem can be solved from the same level of consciousness that created it."

So far mostly men have dominated life which brought hell on earth. Now is the time when God Shiva Himself is transforming this world by helping souls to re-discover qualities such as PURITY, JOY, PEACE etc. The destiny that awaits the earth is not total destruction, but total transformation directed by God of the universe. How is He doing that? We invite you to take up a 7-day course, which is conducted for one hour daily, free of cost, by Brahma Kumaris. You are most welcome to visit the nearest Rajyoga Meditation Centre for this purpose.

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on either side. It is just love and dedication for each other.

However, I am of the opinion that even God likes us to have intimate relations with Him, be it as a friend or as any other relative. He too may be fed up with our attitude and habit of begging and bowing before Him all the time. He too might be waiting for us to treat Him on equal footing, treat Him as a friend or even as the Eternal Father, but don't make Him a stranger in His own eyes.

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yogi. Be an Angad. Challenge the test papers and be a master ocean of the knowledge. God Shiva children, master oceans of knowledge who are seated in Bapdada's (God Shiva and Brahma Baba) heart throne walk, tour around, eat and sleep but still be seated in Baba's heart throne. Hence we Brahmin souls are double light angels.

A body is the creation, the soul is the Master – Master of the obstacles and be master creator. Go through every scene in this drama with detachment and move along with the cheerfulness. By using the treasures economically, God's children experience greater power and success with less effort. Think first then speak and act with tolerance and adaptability. The thread to connect the gathering is faith and adaptability. Then God's children would have the light and might of an angel.

THE CURIOUS NATURE OF WATER

(The Cure to Unhappiness is to Stop Driving on the Wrong Side of the Road)

Careful inventory of many drops can make an ocean, somewhat like a never ending supermarket in heaven that has love for shelves and food.

What do you think is the greatest gift water gives you? To quench your thirst? To keep you alive? To wash you? To allow you to swim? Make you wet and cool? Grow your lawn? To wash your car? To grow your crops? Don't you just love water? Such a simple thing water and it's almost free and everywhere and we take it for granted, right? Yet take water away and you immediately have to take away humanity. Water, like the air you breathe, is essential—to life, to living, to happiness, to your family and their future.

They say we are made in the same image as God, and yet God has no image. No Two Drops Can Be the Same – Even With Military Precision.

If man's soul is like drop of water within his body, then surely, within God's soul is a

–B.K. David, Paignton, England

pure ocean that can wash over and clean these drops as made of the same substance that has the same home and origin. As is the Father, so is the child (you). As you cannot see God, you cannot really see you the soul that hides behind your eyes controlling all that you do and think. You my friend, can only see your car (vehicle of the soul that you, the soul, unknowingly drive about each day – and can crash and feel unhappiness so easily if you drive in ignorance as so many do).

Do not drive on the wrong side of the road in body consciousness and ignorance for you will crash head on for sure. Follow sweet Father Brahma's example as he only ever drove on the right side of the road behind wise Father Shiva. He often stopped at the traffic lights and took stock of what he was thinking and where he was going at that particular time in the day. This is so important to do and it took Brahma Baba all the way to heaven in number 1 position.

Nearly

Water does not nearly wash you or doesn't nearly finish your thirst or sort of wet you or nearly allow you to swim. Water by its nature, is most definite; it is always definitely wet, heavy and powerful and can be lifesaving or the taker of life. Water can come in a bottle or as a wave that can drown you. Water is flexible in the extreme, yet blink and you might miss it as it can be so subtle and out of sight.

Water is even more flexible than fire. Fire can be very dangerous but even that can be put out in a stroke by water. Water rules the world and is the big boss of our planet. Water, without doubt, will always definitely be wet, remain thirst quenching and present for you to swim in. Water will never argue back to you as it is the humble servant of karma and does as it is told. Water can also serve you favourably but first, it takes direct orders from karma, the supreme manager and Judge of life. Karma governs everyone and is fair down to the last drop and breath.

Water can definitely save your life or kill you; all depending on your past actions that are kept in your karmic account which is in the bank of your mind. We carry our past karma around with us in these banks in our heads that are open 24 hours a day for business. The



idea is to make your business (life) a profitable business in which there is constant gain and happiness and not constant loss which will lead to bankruptcy and sorrow.

‘Nearly’ is not found in water as part of its property or a characteristic of it. It’s the nature of water to flow downhill and not up, as water also has the nature to be definite and is never just ‘nearly’. Water is very precise and like the stars, is always there and cannot lie.

The stars are absolute, stable and at peace. Once water was like those stars in its nature but now it has become turbulent, dangerous and unpredictable as it reflects and reacts to human thought at every moment and has become a vehicle and busy worker of karma. Water rules and dominates the environment if it so wishes at any particular time. You can fight or complain to water (that karma) but you are fighting against yourself and what you have done in your past. To fight water’s (karma) reason and purpose is to hit ourselves on the head.

Sorrow, sorrow and more sorrow everywhere. Sorrow can be found behind you, next to you, in front of you and in you.

There is water everywhere today, as there is sorrow, sorrow and more sorrow everywhere

and water is often an uncomfortable blanket that covers that sorrow and can compound and magnify that sorrow many times over if need be with tears.

Can’t

Can’t is not an aspect you can also associate with water either – it can’t go here, it can’t go there, it can’t do this or that. Water can do anything that it wants at any time anywhere. You cannot argue or rationalise with water. Water will always do whatever it wants. Water can keep you alive, sustain you, clean you, wake you up, keep you warm, freeze you, refresh you, hydrate you, drown you and float you. Water does not have a mind of its own and is controlled by the unseen tide of karma. Karma can send waves of truth and goodness that will wash over you, making you feel happy and relaxed. Karma can just as easily produce waves of destruction throughout the world, and that includes your personal world. Karma is the giver of fruit or the hand that can take it away and leave poison in your hand instead. People think they can do whatever they like in life which they can and do, but there are direct and indirect consequences for all actions, be they good or bad.

Ignoring the repercussions of his actions is the greatest mistake and ignorance of mankind today

which results in him being man-unkind. He wants happiness, and gets unhappiness. Man wants health and success and yet gets ill-health and failure most of the time instead. All what happens to man is not by chance but by reason and reaction. It would be wise to keep this in mind whenever you think and before you act.

Can!

Water can do anything it wants anywhere anytime. Water is so versatile, slow, fast, still, clear, murky, deep, shallow, flat, rough, important, precious, common, a nuisance, essential, salty, annoying when it rains down on you, can scold you, freeze you, take you on a journey, hide from you or simply be a hot cup of tea for you to enjoy. There is nothing on earth to compare with the wonder and curious nature of water.

Drip for drip, ounce for ounce, water is far more valuable and important than gold. Would you die or even feel slightly uncomfortable and unwell if you had not got a gold ring on your finger for a month? How would you feel if you could not drink water for a month? You would be very dead at the end of the month. Water beats gold every time in every way, be it in versatility, value and pleasure. Gold will make you old with worry, whilst water will make you



young with its nature and life giving properties. Your food, your body and our planet is mainly water, so how valuable must it be? Take water away from you, and your life goes with it. Take gold away from you and you are left lighter in both mind and body.

There's no 'almost' with water

Water is the wonder of our world. Yet as we have it on tap 24 hours a day this treasure goes unnoticed. Such is water's power it can kill you in seconds or save your life for you to live. Water cannot half save your life or only half kill you. If you are having emergency dealings with water, it will either leave you fully dead or fully alive.

If only humanity could develop the same understanding, capacity, flexibility, logic and awareness for God and purity as can be sought for water.

As someone once rightly said, there is even water at the bottom of the ocean. There's even God, virtue and goodness in a supermarket.

We need do more than 'almost' learn

If we only almost learn, it means we also almost won. We should learn to become as clear as water; as cool; as flexible and adaptable; as warm; as useful; as deep as the ocean; as precious as the river that irrigates the fields; as refreshing as the tap to

a thirsty man; a fountain to those who are hot; as fun as a water park; as vigorous, dynamic and industrious as a waterfall; as calm as a lake; as dependable and as endless as the sea; as immovable as the arctic; as humble as an iceberg and as slippery as an ice cube and as desirable and sweet as an ice lolly on a hot summer's day, as clever as a Wishing Well to fulfil a person's wish.

I'm scared of make-up

It would be right in saying that I am scared of make-up, or more to the point, ladies who wear make-up. Why? You do not know what lies underneath the make-up; what it hides and what it is enhancing. Ladies love make-up, right? Yet make-up actually makes the person make-down. Make-up makes the person less of a person, less beautiful, more false. They might look greater on the outside but on the inside where it of course counts, they become more false.

The purpose of life is to become greater on the inside each day and become wiser and less false. People now become far less on the inside and far greater on the outside. The result is their happiness decreases each day whilst their sorrows increase accordingly to how they view themselves.

After the make-up (comes the reality)

After the make-up has been removed, you are left with truth. After the make-up has gone, can be seen the sadness and tears of having lost something in the past, like youthfulness, happiness, a friend, a lover, and a carefree nature. Make-up can hide reality, tears and sadness for only so long before truth must show its face.

Sacred make-up

Make-up has become a religion for many. It is a false religion as it breeds illusion and with that, falsehood, and should never be trusted. Many happily skate on this beautiful thin ice that make-up creates for them but it cracks so easily and each day they fall through that ice into the cold water in the privacy of their homes.

The solution is all too often to call upon that religion again the next day to save them. It is not war paint they paint on their face but the paint of true hope and desire for beauty and happiness. They end up fighting themselves and can only lose this battle as the battlefield is time itself. The only people who can beat time are the pure, innocent souls as they have all the time in the world as they are overflowing inside with peace, love and happiness that shapes their natural inner beauty that has to emerge on their outer face.

(... to be contd.)

‘SOUL-THE REALITY’ — SCIENTIFIC PROOFS

—Dr. Veena Mani, (Principal Scientist,
ICAR-National Dairy Research Institute), Karnal

In life questions like ‘Who I am’, ‘What is the objective of my life’ puzzle us many a time and we don’t get the true answer and thus the puzzle remains unsolved. The very basic reason is that we are too engrossed in the materialistic world and tuned merely to body-consciousness. We identify ourselves with physical body only, but the fact is that we are more than the physical body. In Shrimat Bhagwat Gita it is clearly written: “The soul is the eternal being (immortal) and changes the body like we change the clothes”. Since we are in body-consciousness even this deep knowledge about soul is wrongly interpreted and we say “*every ‘body’ has a soul in it which takes rebirths*”. **The slight shift in belief system from body-conscious to soul-conscious stage makes all the difference in our attitudes and karma.** At the time of death, soul departs and takes a new costume through which it expresses the recorded impressions/information and creates new ones as per the

karma in the present body and the process is repeated. The knowledge of “soul—the true self” is helpful not only in solving unresolved issues/pains/miseries in our lives, but it also makes the life more meaningful and worth enjoying. There are number of scientific evidence indicating its existence based on its appearance through specialized instruments, by studying near death experiences or reincarnation cases, which affirms that there is some driving force which keeps the human being alive.

Form of soul

Soul is a subtle energy like a tiny star situated in the centre of forehead and without it; physical body is unable to perform any activity, and we term it a dead body. It is composed of three faculties – thought, intellect and *sanskars* (impressions of thoughts and actions). Can it be seen by naked eyes or perceived through other senses? As it is metaphysical and not a physical thing, it is logical to comprehend that it cannot be seen through sense

organs and not even with the powerful microscope because it is a subtle energy requiring the intellect or divine insight.

Scientific investigations have shown that different living beings have different types of latent energy-spheres around them to their own characteristic emission. This emission called aura is the layer of energy which interconnects all other subtle bodies and also acts like a shield covering and protecting our more refined subtle bodies like the mental, emotional, spiritual and astral bodies. There are two types of auras – physical aura, constituted by bio-plasma and bio-flux and the psychic aura, which is a circular domain of subtle waves of *praña*. Dr. Barbara Brennan who is an atmospheric physicist, psychotherapist and research scientist for NASA has devoted more than 20 years to a study using her unique skill and has proven the existence of a multi-level human energy field — the aura. She states “the HEF (Human Energy Field) is a luminous body surrounding and interpenetrating the physical body, which emits its own characteristic radiation and is usually called the ‘aura’”. Theoretical models proposed based on these observations suggest that aura can be divided into seven layers called ‘bodies’,



which surround and interpenetrate each other in successive layers. Each succeeding body is of finer particles having higher vibrations than the body it surrounds. Barbara describes “all the seven layers sparkle like strings of many tiny, rapidly blinking lights, each blinking at a different rate. Thus all of us have **seven bodies** which occupy the same space at the same time, each one extending out beyond the last, something we are not used to in daily life”.

High voltage photographic techniques such as–electro-physiographic, corona discharge photography, and Kirlian photography are some of the proven techniques to measure the type and intensity of an aura. Significant alterations in the colours of the auras are formed in the state of shock, fear, mental disorder or psychological aberrations or those formed around diseased or weak parts of the body. These observations also helped formulating methods for the diagnosis or prediction of certain illnesses caused by biochemical or psychosomatic disorders. Dr. Thelma Moss of UCLA has observed and successfully recorded the eminent coronas around the fingertips of some yogis and

spiritually elevated persons.

Kirlian photography which is based on Kirlian effect–was first discovered by Russian scientist Semion Kirlian. It is a diagnostic technique that uses high-voltage, high-frequency electrical field and the electrical field interacts with an object (for example, a part of the human body) and is photographed as coloured image, which is believed to reflect a person’s aura. This technique is presently being used by doctors or health professionals in accurately assessing the various psychosomatic or depression like diseases and also in seeing the effect of treatments. The colour of the aura is greyish or darker in diseased conditions. So a person who is healthy at all these levels, has a bigger and brighter aura and vice versa in the case of an unhealthy person. Living beings can change their aura field dramatically and quickly. **This provides scientists with unique tools to study physics of LIFE and consciousness using bio-electrography.** Prof. Bunzen in Russia found that the response in Kirlian Aura seems to proceed (appear as soon or earlier than) electric processes in the brain during a decision making process. **Spiritually we can say that aura is our very**

own soul nature; it reflects our innermost thoughts, desires and feelings, emotions etc.

Dr. Donna and Feinstein are renowned personalities in this field who had shown the seven energy fields of the Human Aura explaining how the ethereal body exists prior to the physical body shapes it. **These evidences provide the science behind aura which is used for curing many psychosomatic problems. Donna Eden has given definition along with detailed explanation of different layers/chakras and drawings of aura on her website named *Eden Energy Medicine*.** The images of energy bodies as shown in ‘Handout Bank’ of the Energy Medicine institute (www.handoutbank.org) provide evidence for its existence.

All of the seven nested aura fields have different functions to perform, and concentric *chakra* band indicates that each one intersects with aura field. Ethereal Field is fluid and being closer to physical body can interact with physical body. It extends up to 5 inches from body which can be detected by infrared camera. Second layer forms protective sheath around the Ethereal Field. Third field



(Mental/Emotional Field) seen as two fields emotional and mental body which is surrounded by Morph Field or 'ethereal template' or 'habit field', this layer of the aura holds the templates for all the fields within it. These templates are ideal forms which may or may not manifest in the inner layers. Physical as well mental or emotional illness affects this field. Fifth layer (The Celestial Field) is associated with higher spiritual forces, usually ascribed to the 6th and 7th *chakras*. The Celestial Field serves like an *antenna* to connect person with the Wisdom, Love, and Bliss of the Cosmos. Above scientific information can clearly be conceived by understanding of Godly Knowledge. Our most beloved 'God Shiva, i.e. Shiv **Baba – The Knowledge-full' has given us the clear vision in a very simple way about 'the soul'. The vibrations require no medium and can be sent to far off places, which is basis of power through mind.** These findings also confirm that "we are what we think" and depending upon our thought pattern we perform the acts which will design our destiny or so to say ultimately the state of universe.

New concept of 'Biocentrism' proposed by Dr. Robert Lanza

corroborates to the theories given by many spiritual masters. Dr. Lanza is pioneer in stem cell research and was selected for TIME magazine year 2014 amongst hundred most prestigious personalities in the world. According to this **new theory of Biocentrism**, the universe cannot exist without life and consciousness. **The theory challenges the old physiochemical paradigm, and poke into deeper questions regarding existence of soul**, and what are the truths and functions related with soul. This changes the concept about life and proves that it is not merely the activity of an admixture of carbon, nitrogen and a few other elements; it suggests the exalted possibility that life is fundamentally immortal. Dr. Lanza postulates "it is life that creates the universe instead of the other way around. **He asserts that current theories of the physical world do not work, and can never be made to work, unless you include consciousness (the observer) in the equation.** He admits that his theory doesn't provide all the answers but should serve as foundation stone for future research to explain the inner workings of the universe. **The 'Supreme Soul' has revealed**

all the truths about soul i.e., its form, abode, nature, and its journey in simple but logically convincing way.

Near death experiences

An article (dated: 29th Aug 2014, by Barbara Johnson) titled '**German scientists prove life after death**' is about the news regarding medical advancement to prove the existence of soul. A team of psychologists and medical doctors led by Dr. Berthold Ackermann conducted medically supervised clinical trials on 944 volunteers belonging to different religious faiths, Christian, Muslims, Jews, Hindus and atheists to study near death experiences. During the process, mixture of drugs including epinephrine and dimethyl tryptamine, were given to the volunteers, which allowed the body to survive the clinical death and the reanimation process without damage. Mixture of other drugs was used to put the body of the subject into coma temporarily, followed by reanimation process 18 minutes later. They have described that such a long duration of the experience was possible only by use of a new cardiopulmonary recitation (CPR) machine called the Auto Pulse. The scientists concluded from the study that all of the subjects had some memories of



their period of clinical death and majority of them described similar type of sensations. **Dr. Ackermann and his team, consider the observations as evidence for the existence of the afterlife and of a form of dualism between mind and body.**

“Most common memories include a feeling of detachment from the body, feelings of levitation, total serenity, security, warmth, the experience of absolute dissolution, and the presence of an overwhelming light” this is the conclusion which was drawn from the study.

Reincarnation of Soul

Evidence based on scientific studies has given a new meaning to the theory of reincarnation and now it is being proved that “we are eternal conscious energy which changes its physical costume (the body) birth after birth or describes the theory of reincarnation of soul”. Many programs have been telecast on life regression to further affirm this. **Institute for the Integration of Science, Intuition and spirit** (IISIS website 415.244.9658), which is a non profit international organization, is involved in research on reincarnation with the objective to have peaceful

and enlightened world. It conducts conferences from time to time in which evidential data/ observations from case studies are presented. The observation that souls take rebirth during which it can change religion, race, ethnic affiliation and gender from lifetime to lifetime has great societal implications. The knowledge can help us see ourselves in a broader way leading to universal brotherhood and thus create a more peaceful world. **These points have been cleared by the ‘Supreme Teacher’ who has given us knowledge about us** (that we human beings are the souls having physical bodies (costume) to perform its role) **and about Himself** (He is also a soul, though supreme in its virtues, HE is Father of all the souls, **so called *Parampita Param Atma*, the self explanatory name or appropriate adjective to be used for Him.**)

There are number of books on such type of studies. Dr. Adrian Finkelstein, one of the early pioneers in the field of past-life therapy and healing, authored a book ‘Your Past Lives and Healing Process’ published in 1985 and another book entitled ‘Marilyn Monroe Returns: the healing of a soul’ published in 2006. Dr. Walter

Semkiw authored a book ‘Return of Revolutionaries: the case for reincarnation and soul groups reunited’ in 2003 and ‘Born Again: reincarnation cases involving international celebrities’ published in 2006. ‘Life before life’ is another book written by Jim Tucker, who clearly demonstrates the fact that the religion changes as the soul takes new birth, thus proving the theory of soul and its rebirth as human being. ‘Many Lives Many Masters’ is another book written by Dr. Brian Weiss famous psychiatrist who practises in Miami, Florida. The book deals with the true story of his young patient. Dr Weiss tried hypnosis to cure her emotional problems in her present life. In the series of hypnosis sittings (under trance stage), she recalled not only past incidents related to her phobia but also recalled many “past life” memories which were the cause of her problems in the present life. ‘Same Soul, Many Bodies’ is a book by Dr Brian Weiss published in 2004. It reveals the truth that our future lives can be transformed by knowing the facts about true self – the soul which is eternal and it changes its physical body birth by birth. ‘Miracles Happened’ by the same author also confirms that

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transformed and the things to be done on a grand and magnanimous scale.

He also looked at things in their entirety. He did not believe in water-tight compartments. He did not divide issues into political, religious, economic, social aspects etc. but talked of solutions that affected all aspects of life and at all levels of existence. His conception of *Swaraj* (Self-rule) for example, had political, economic, cultural, social, moral and biological content; it had undivided political sovereignty, economic affluence, cultural and social sublimation and unity and moral excellence and was characterized by physical and mental health. His thought was that life is one and should be considered as such and not divided into pigeon holes.

The Kalpa Tree and the World Wheel – the two illustrations that he devised for illustrating the World History, give a macro view of the world or of time and society. And, moreover, in each one of these illustrations is history, religion, philosophy, metaphysics and ethics, all combined in one. These give a comprehensive world view, a cosmic vision, a broad perspective, an all-inclusive and

holistic study. The very title of these illustrations says that these depict religio-political history and geography of the world, i.e., in which religion, politics, science, history, geography and sociology all are one and at one place.

Similarly, Brahma Baba talked of liberation of all souls. Even when few people were listening to his teachings in his chamber, he said that he thought as though he was addressing the whole mankind or at least Brahma Kumars and Brahma Kumaris of all centres. He said that though there are individual differences, yet human nature, all over the world, is the same. He therefore prophesized that one day, these teachings will be adopted by people of all races and religions and looked on his discourses from that angle. He considered himself as the Father of the whole human race and not as a mere founder of an institution.

Baba also had a micro approach

And yet Baba had a micro approach as well. He paid heed to individual difficulties and individual *sanskaras*. He said that all are not identical and each one had also to be dealt with at their individual level of understanding and keeping in

view their individual background. Though mankind is one whole, yet each individual is separate and each one therefore requires personal attention and individual guidance. He therefore, did not neglect the micro aspect of things. As he wanted big things, he also favoured small and concise articles, brief talks and essence of knowledge. He wanted things to be tried on a small scale first and then to be applied on a mass scale or produced on a grand scale.

He thus took keen interest in the welfare of every individual. He gave individual guidance and spent some time with individuals and had personal relations with everyone at an individual level. He believed in raising the moral level of individuals and, through them building up a new man and a new society. It was the result of his individual attention and interest that those who came into contact with him became dedicated to the cause he enunciated and became his loyal and devoted children.

Baba worked as God's medium and also acted intuitively

Baba's work at micro or macro level was based not only on his intuitive planning or on his inner voice but also on deep understanding and spiritual

insights. Baba asked each one to apply their mind properly and well to the task allotted to them. He wanted each one to use their power of judgment and discretion and he appreciated intelligent and well-planned functioning. But, in his personal case, it was Shiv Baba also, who worked through him, adopting him as His medium. So, while he thought of solutions intuitively and acted on inner voice and also applied his mind, Shiv Baba also spoke through him and expressed His will through him.

Dynamic personality, firm on universal principles

Moreover, Baba had a dynamic outlook. He was willing to concede some concession and lighten the rigours of spiritual discipline in individual cases, if the situations demanded them, but at the same time, he was static as far as fundamental, universal and basic principles were concerned. It is, however, a major characteristic of his that he acted on *Shrimat*, i.e., as God Shiva's obiter dicta, covenants or edicts demanded. His voice was in fact, his Master's voice. Whether he

acted on a micro or macro level, dynamically or statically, he acted on God's advice and his voice had a moral and spiritual basis and had the motive of the good of all.

In Sind, when some leaders of the Anti Om Mandali asked him to give up his teachings of the principle of celibacy, his response was static. He did not budge from his principle of celibacy, which in fact, was based on God Shiva's dictum of total purity. He refused to persuade young girls to marry, saying that it was their personal decision and that his teachings of celibacy were for all though, each one was free to adopt it or reject it. But if someone was working in the military and had no arrangements for separate cooking, he took into consideration his individual difficulty and advised him to persuade his cook not to put onions or garlic in his vegetable dish and yet he permitted him to accept vegetarian meals from the common or community kitchen for the time being, whereas his original instruction for all was to eat food prepared in yogic state.

In short, it may be said that

Baba's approach was, in the main, spiritual and for the well-being of each one individually and for the world at large and in suggesting solutions, he acted on Shiv Baba's advice, which came to him spontaneously and fused with his intuition and appealed to his reason.

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many problems of human beings like hurt, pain and sufferings can be overcome and peace can be established in minds if we get to realize truth about eternity of soul.
To conclude: Since soul is a subtle energy which cannot be seen through eyes, it needs third eye of wisdom for its realization. This review provides some logical and convincing proofs for the existence of soul. The ultimate source, the Supreme Father has revealed the truth about our real Self (soul) and its journey and purpose of life in very simple way, this being the fact that 'truth is always simple and complete in itself, it needs no complexities to prove.'