

|| From the mighty pen of Sanjay ||

FESTIVAL OF SHIV JAYANTI – THE DAY TO VOW SPIRITUAL REVOLUTION

Today, very few are aware of the fact that Mahashivratri is a memorial of the reincarnation of the Incorporeal God, Father Shiva on the earth and of a great spiritual revolution. He empowered the mothers – the precursors of this revolution and named them – Shiva Shaktis. God Shiva performed this task at a time when the knowledge of the soul had vanished from this world. The human souls had become completely materialistic and their mind and conduct were greatly polluted. Every human being, despite having the urge for peace and happiness, was scandalizing and disquieting other human beings. Consequently, man had become distressed, sad, disquieted and blind.

He became arrogant and with the ambition of conquering the nature, he was not only disposed to devastate the nature, but was devastating his own nature too. The population had exploded so much that the earth did not have sufficient grains and water to cater to the needs of the people. Seeing her children thirsty-hungry, the mother earth was worried; but despite this, her progeny – the human creatures, indulged in all types of vices and were degrading their health and character.

Population was also increasing day by day and so were their problems. Being engrossed in anger, greed and attachment, man was inventing such arms through which the possibility of extinction of the entire human community began to be manifested. Despite being abound with all material possessions, people yearned for peace, but they remained very far from it. Cheerfulness disappeared; everywhere there was the atmosphere of fear, susceptibility and enmity. All were repeatedly calling for mercy. This earth had become like a hot griddle and the human beings dwelling on it had become like burnt corpse. At such a time, the most benevolent God Shiva, through the physical medium of Prajapita Brahma, cooled this world which was on fire. He gave the nectar of knowledge to the human beings who were lost in the darkness of ignorance.

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HERALDING DEITYISM: GOD SHIVA REVEALS THE TRUTH RESULTING IN MAHA SHIVRATRI FESTIVAL

As every year, the devout Hindus would be celebrating Maha Shivratri on 7th March 2016. It is worth noting an article that appeared in The Times of India, Ahmedabad edition, by the name "*Anamika: This Religion Had No Name*", page 14th, on 4th February. Authored by Sri Chandrasekharendra Saraswatiji, and abridged from 'Deivatthin Kural' by Kanchi Periyaval, courtesy: Kanchi Kamakoti Peetam, the article takes the reader back to the origin of the "Hindu religion" and shares surprising facts about how the religion came to be. Some pertinent excerpts are shared below:

'We speak of the "Hindu religion", but the religion denoted by the term did not in fact have such a name originally. According to some, the word "Hindu" means "love"; others say a Hindu is one who

disapproves of himsa or violence. The term "Hindu religion" does not occur in any ancient shastra... The name "Hindu" was given to us by foreigners... However it may be, "Hinduism" was not the name of our religion in the distant past...Our basic texts do not refer to our faith by any name...

'Our religion predating all these (other religions) had spread all over the world. Since there was no other religion to speak about then it was not necessary to give it a name... Who was the founder of the Hindu religion? Was it Vyasa...or was it Krishna Paramatman... but both Vyasa and Krishna state that the vedas existed before them...are we to point to the rishis, the seers who gave us the vedic mantras, as founders of our religion? But they themselves declare: "We did not create the Vedas...It is true the Mantras

became manifest to the world through us... But the mantras were not composed by us but *revealed* by us. When we sat meditating with our minds under control, the mantras were perceived by us in space... We did not compose them (the seers are not mantra-kartas)...

'The sages saw them and made a gift of them to the world...In fact we must feel happy that we have the great good fortune to be heirs to a religion that is eternal.'

While accepting the bare truth from Sri Chandrasekharendra Saraswatiji's article, we further find ourselves fortunate to now be exposed to the Truth about the Supreme Being, as shared by Incorporeal God Shiva, and the three aspects of His creation in this Confluence Age. The main revelations are as follows:

- ▶ 1. God is One – God is Shiva, the Benevolent one, the eternal Creator.



- ▶ 2. The Creator establishes the *Adi Sanatan* Deity Religion (as the saying goes, God created Man in His own image). The age of worship-worthy deities followed the transformation from Kaliyug to Purushottam Sangam Yug, and then on to Satyug. During the age of Truth (Satyug), all the rulers and the ruled belonged to one Deity World Sovereignty, as there was no other religion and therefore no need to give any specific name.
- ▶ 3. All the elevated divine beings of Satyuga transformed their spiritual attributes at the Confluence Age into divine virtues, on the basis of the revealed truth about the Creator and His creation of Brahmins, through Prajapita Brahma. Those who make the most genuine, highest form of spiritual endeavours go on to become the image of the deities, Shri Krishna and Shri Radhe, who in their adult form are named Shri Narayan and Shri Lakshmi of the Golden Age.
- Wherever the people of Bharat reside, they rejoice in celebrating Maha Shivratri, symbolic of God's reincarnation. On the path of *Bhakti*, there are many different stories connected with Maha Shivratri that herald the supremacy of God Shiva. However mythology is mythology, and reality can be revealed by no one else but the Divine Being, God Shiva, Himself. The manner of revealing the Truth is so unique: it occurs through divine visions, direct communication with human souls through the medium of Prajapita Brahma, and through the emergence of firm believers who follow God's teachings and aim to elevate their lives to the highest degree possible. Once a person understands the truth about the Divine Being, the three aspects of His Creation and transition from the most elevated stage: *satopradhan to sato, rajo and tamo*, she/he is motivated to become a loving, faithful child of the Supreme and elevate oneself to a god-like life.
- There is a powerful domino effect at the end time of the Iron Age, the extreme depth of Kaliyug, when ordinary human beings become enlightened through spiritual wisdom as revealed by the Supreme, leading to them sowing seeds of righteous karma through which human souls are able to return to their original pivotal purity, and reflect the worship-worthy deities of the Golden Age in their new 'avatar' or spiritual lifestyle. The transformation has been taking place for decades and is now becoming more evident from the lives of millions who have inculcated Godly teachings, and become courageous to conquer Maya (symbolic name for the five main vices) which is why the adage goes, "***The conqueror of Maya becomes a conqueror of the World: Maya-jeet so Jagat-jeet***".
- The best way to celebrate Maha Shivratri would be to reawaken our inner selves and live our lives as per the highest code of conduct (*Shrimat*) to become the real images of Shri Lakshmi and Shri Narayan. May Maha Shivratri celebrations this year mark the beginning of a new life for everyone so as to become enlightened instruments of world transformation! That would be the best way to praise and remember Incorporeal God Shiva on Maha Shivratri, and ensure that each and every moment thereafter becomes a life of celebration.

DADI JANKJI'S 100TH BIRTHDAY CELEBRATION ALONG WITH FELICITATION OF DADI HIRDAY MOHINIJI FOR HER ROLE AS TRANCE MEDIUM CONCLUDES



The Brahma Kumaris' Shantivan campus, at Abu Road, was decorated very lovingly with the attractive lighting, flags and flowers to host the most valuable 3-day festival, from 29th-31st January 2016. A variety of programmes were held to highlight the spiritual services rendered to society by Rajyogini Dadi Jankiji (who has completed 100 years on 1st January 2016) and Rajyogini Dadi Hirday Mohiniji (who has completed 47 years as a Trance Medium). Both the Dadijis belong to the founding generation of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, who had undergone 14 long years of initiation practice and 66 years

of service of the highest degree to society irrespective of caste, creed, religion or gender. Both Dadijis have played heroic roles and continue to inspire thousands of seekers of spiritual learning. The best part that they play is that of connecting lovers and followers of spirituality with the Supreme Being, on the basis of exactness of knowledge of the Creator and His Creation, and the art of Easy Rajyoga.

About 10,000 spiritually-inclined high profile guests and regular students of the Brahma Kumaris, representing all regions of Bharat and some other countries, came together for the festivities. Everyone felt highly blessed and proud to be part of

the celebrations, and to be exposed to words of wisdom from both the Dadijis and other distinguished Speakers. We share a glimpse of the beautiful rainbow of personalities that truly humbled us with their generous sharing of good wishes for our Dadijis:

- ★ H.E. Mr OP Kohli,
Governor of Gujarat
- ★ H.E. Mrs Mridula Sinha,
Governor of Goa
- ★ H.E. Mrs Draupadi Murmu,
Governor of Jharkhand
- ★ Mr Ram Baran Yadav,
Former President of Nepal
- ★ Mr JP Nadda, Union
Minister for Health and
Family Welfare
- ★ Mr Haribhai Parthibhai



- Chaudhary, Union Minister of state for Home Affairs
- ★ Mr. Gulab Chand Kataria, Rajasthan Home Minister
- ★ Mr Surendra Goyal, Minister of Rural Development and Panchayati Raj, Govt. of Rajasthan
- ★ Swami Sampurnanda of Ramakrishna Mission, Kolkata
- ★ Sd. Charanjit Singh Atwal, Speaker, Punjab Vidhan Sabha
- ★ Shree 1008 Shrishail Jagadguru Channa Sidharam Panditaradhya Shivacharya Mahaswamijee, Jagadguru Suryasimhasan Mahapeeth Shrisailam-Shrishail Peetha
- ★ Acharya Dr Lokesh Muni, Social Reformer, Writer and Poet
- ★ Reverend Michael Moran, Lifetime Peace and Civil Rights Activist, Interfaith Unity Minister, Sacramento, USA
- ★ Revered Margaret from Sacramento, USA
- ★ Mr Robin Ramsay, Actor from Australia
- ★ Mr Gulab Kothari, Editor-in-Chief, Rajasthan Patrika, Jaipur
- ★ Dr. Ved Pratap Vedit, Chairman, Council For Indian Foreign Policy
- ★ Mrs Ranjana Kumar, Renowned Banker and Commissioner Central Vigilance Commission
- ★ T.S. Sehdev, Opposition leader of Chattisgarh,
- ★ Padmashree Dr G Bhakthavatsalam, Chairman, KG Hospital, Coimbatore
- (This is just a representation of the splendid line-up of Speakers that graced the 3-day events. The contribution of every Speaker as well as the audience was immense and much appreciated.)
- Everyone spoke very highly of their observations of the Dadis, the teachings of the Institution and the benefit that both have brought to society at large all over the world. The entire programme was meticulously prepared and executed by experienced and enthusiastic BK sisters and brothers led by BK Mruthyunjaya, Executive Secretary, Brahma Kumaris of the Institution, who entertained the guests not only by serving sumptuous meals, but also by providing relishing food for thought through the Rajyoga Meditation Discourses, Cultural Programmes, and launching of several new projects of spiritual service to different sections of society.
- The artistes from different backgrounds including **Mr Albert Asadullin** (renowned Russian singer), **Divine Light Cultural Group** from Russia, **Ms Gracy Singh** and Group from Mumbai, **Dr Padmaja Venkatesh** (Bharatnatyam Dancer from Bangalore), **Mr Abhijeet** (Playback Singer from Mumbai), **Chand Mishra's Dance Group** from Mumbai, **Mrs Manjula Ramaswamy Dance Group** from Secunderabad, **Shakti Niketan** from Indore, **Global Hospital Wellness Group** from Mt. Abu and others were so natural and creative in their presentations; they kept the audience spell-bound, and claimed the loudest applause throughout the Sessions.
- The aura of the entire complex was charged with positive vibrations to ensure that both guests and hosts celebrated every moment with broad smiles and high spirits.
- May our beloved and respected Dadis continue to keep Incorporeal God Shiva Baba's flag flying high, as they patiently guide humanity on the path of divinity, righteousness and Rajyoga meditation as beacons of light for many more years to come!!
- *B.K. Nirwair*

LET BEAUTIFUL THINGS ECHO IN THE MIND....



– Rajyogini Dadi Janki, Chief of Brahma Kumaris

There is so much happiness and where does it all come from? Where did we learn how to smile? Fly on the flying carpet and don't come down.



Dadi Jankiji

Q: According to the present time it feels like the final moments are close so what kind of efforts do we need to make to constantly remain flying and enable others to fly?

This is everyone's desire to keep flying. Avyakt BapDada has given so much sustenance and there may be a few BKs who have taken sustenance from Brahma Baba too. I have taken this. My heart desires that just as I have drawn Baba's sustenance (I never asked for

sustenance from Baba), others can too. Now according to Drama, Avyakt BapDada calls me on stage and whispers in my ears. Baba is on the right and on my left is fortune. What else is left? The heart, mind, intellect and resolves. Each one should ask: 'Is The Comforter of Hearts my companion?' As a detached observer, we see how good and easy the knowledge we receive is. There is no need to read or write too much...one should just remain introverted and always be happy and flying.

I have taken so much benefit from introversion. When we don't go into extroversion, we enjoy silence so much. I can see how everyone loves silence. The effort for success is the effort of the heart.

It is important to remain unshakeable and immovable with no mischief or desires for anything. No comparison, dislike or jealousy. These things bring a great loss. We have to check our *drishti* in relationship to these vices. We must check our attitude and awareness closely. What do we keep in our

awareness? Do we hold on to whatever Baba has taught us or do we remember anything else? The strength of time is such that we receive the fruit of all the actions we perform. We receive fruit through karma and power through Yoga.

Effort makers are those who maintain attention on themselves and receive the benefit from this. During the last three years, Brahma Baba didn't come out of Pandav Bhawan gates. He would be either in his hut or his room and where the Tower of Peace is. He would take us for a walk. I remember this very well. We would have such great chitchat with Him. The office was outside where Ishu Dadi would sit and Baba would sit in a chair too. Dada Vishwa Ratan would often sleep out there. He was such a good protector of the home at that time. I am sharing this because even a little carelessness or laziness doesn't allow us to make good effort. One must never waste his/her time being lazy, or in going here and there. One must have heard what people say about

me....that I care, share and inspire.

I share what Baba has said. Baba has inspired me so much that the heart desires to keep the hand of *Shrimat* over my head. This hand is not heavy. Why do we experience heaviness? When we think about what is old and what has happened in the past. It is important to free oneself from this. We continue to study the teachings that God has given us. He has His hopes in us and we, His children, should use our time in a worthwhile way. Those who have surrendered their mind, body and wealth, their thoughts, words and actions will be elevated and express happiness. Beautiful things echo inside the mind.

I saw how Baba's stage remained unshakeable and immovable despite having the responsibility of the *Yagya*. One day I was sitting on Mamma's bed and it was cold so I had a shawl around me, and Baba came in and asked, 'What are you doing, child?' I told him that I was sitting on Mamma's bed and feeling Mamma's stage in me.

The ones who prepare food are very fortunate. For the first five years in London, I would prepare the food. When Baba first gave me directions to go

abroad, I first said "No" and then Baba with a lot of love, took me to class with Him. He then asked me in class whether I ever experienced sorrow. I looked at Him and with a lot of love told Him, "No, I don't receive sorrow or give sorrow." Then it doesn't matter what happens. As a detached observer, when we churn, reflect and think on things deeply, we can use Gyan....in our words, in the way we move, through our interactions and our behaviour. We need to receive and give respect. I saw Baba and Mamma do this in a practical way. I paid attention to my actions and relationships to such an extent that others should not feel heavy with me, especially those who I live with. Heaviness happens in our thoughts, words and actions so one should pay attention to all these three. Others should see that Baba is our Mother, Father, Friend, Teacher and Satguru. I have never said 'I am tired, or fed-up and I have never asked to be left alone. It doesn't matter what my state of health is, I am always happy to meet people. I stayed for 16 years in Pune and naturally did *Yagya* service there. I had such a deep desire to do *yagya* service and now I see others doing this.

Baba once went to Dilwala

Temple to see our memorial and a few days later he asked me to go and find 'my alcove'. I was very happy to hear it from Baba. Baba taught me such things that I can never forget. Wherever we do service, we should make sure that whoever makes food remembers Baba and offers *bhog*. One should never forget this.

Baba used to live an extremely simple life within Pandav Bhavan. During the 'beggary part', we had no grains at all and so the one in charge of the kitchen would wait until Dada Vishwa Ratan had been to the post office to see what money had been sent in the mail and food was cooked on the basis of this. Many left during this time, and I felt pity for them. Many souls even now don't have the aim to harmonise their traits. Let our interaction be based on honesty and love so that others may say that we are wonderful souls. We are wonderful because we don't speak waste, or listen to waste.

I can tell you about the wonderful efforts of the ancestor souls. I can give their introduction very well, as I knew them all. And I wonder why I am still in this body today and I ask Baba what is the point of keeping me in this body. Someone told me there is no

visa at the moment for me to go to the advance party. This is how they joke with me. Baba is the One who makes me move. How does He do this? It is so wonderful.

Let's smile in a natural way. Let the whole gathering smile. The *Yagya* is so huge now, including the kitchen. Yet in Pandav Bhawan the kitchen is still as it was in Baba's days. We should pay attention to be accurate with karma yoga as this is *yagya* service. Baba is happy and we are also happy. He is making us the knowers of the third eye, the knowers of the three aspects of time and the knowers of the three worlds.

This is the True Diwala Temple

When we touch our hearts we remember sweet Baba. Sweet Baba loves us and we love Baba. Each and every soul is very good. Baba loves and remembers everyone. How much love He has for us is seen in the *murlis*.

The more one has a soul-conscious stage, the more one has love for the one Father. Rajyoga is very easy yoga. We say Rajyoga, easy yoga. Most of us have seen the Diwala Temple. Practically we are all sitting in the Diwala Temple. This is the true Diwala Temple. It is wonderful. This Diwala Temple is natural.

There are many wonderful things in the *murlis*. Baba speaks of being worthy of worship and worshippers. We are becoming worthy of worship. We must ask ourselves – are we becoming worthy of worship?

Baba has talked about doing service through the picture of Kalpa Tree

In the beginning Dadi was in Bombay and when Dadi was in her *loukik* home, her home was very small. The balcony was very small in size. In those days Baba asked Dada Vishwa Ratan to explain more about the Tree. There were many good souls who would come and listen and they would become happy.

While reading the *murli*, Dadi experiences extra happiness when Baba gives directions and they are being followed practically. Whatever Baba says is happening practically.

Everyone's heart says: Baba I will look at you always to mould my life.

SPARKS OF PURITY

Words! They are all around me! I see them. I use them. Harsh words, soothing words, biting words; words that give pain and sorrow; words that give joy and pleasure. They are vital to communication. When words are spoken there are reactions, negative or positive. Either thoughts are triggered or emotions fired or actions performed. Words colour our behaviour. And how lovely it is to hear words that are calm and free from rancour and aggression. To hear words that lift the soul and leave it with renewed vigour. Such words are the sparks of purity. It is important to remember that my speech indicates what is in my mind. As the thinking, so the words uttered. Mental calmness makes my words calm. A pure mind makes for pure words. It is said that speech may exalt someone to kingship or send him to the gallows. I should never let myself indulge in false, bitter and vicious speech. My words should reflect my true, inner nature, that of purity and peace. Words, once spoken, can never be recalled. They reverberate all around, beyond our control. Today, as I utter words, what effect will they have on those who hear them? Will they be the words that are poisonous and cause pain? Or will my tongue be like that of the nightingale, sweet and so, so very soothing and lovely to the ear?



RE-EMERGENCE OF UNIVERSAL RELIGION





– B.K. Surendran, Bangalore

There are many religions in the world. These religions have been established by individuals or are known by the names of the individuals who became instrumental in founding them. In fact, the founders of these religions did not know that they had taken birth to establish a particular religion. They also did not announce to the world that they were establishing a religion. When we go into the philosophy and practice of these religions, we can understand that these founders had professed and preached certain values in life. For example, Islam professes the value of love, brotherhood, submission to God, abstinence, purity and worship; Buddhism professes the value of right views, right resolve, right conduct, right efforts and the aspiration to attain *nirvana*; Christianity professes the value of love, sacrifice, service, compassion, justice, faith, hope and charity; Sikhism professes truth, contentment, compassion, and spiritual discipline. It is also not clear that these values were the only values spelt out by the

founders. Even many of the values highlighted by the founders have been either discarded or distorted by the followers over the years.

In fact, during the lifetime of these founders, their philosophies were not accepted by the masses as a religion, instead they were chased and persecuted in many ways. These philosophies were accepted by a few people only after two or three generations. Ibrahim was not a Muslim, Jesus Christ was not a Christian, Buddha was not a Buddhist and Guru Nanak was not a Sikh. They were teachers of human kind who provided solace and succour to those who were suffering from persecutions of various kinds at their place of birth. These atrocities were based on blind faith and wrong belief systems existing in the society when they took birth at their respective places. These religions were founded with the soul power of those great souls but now stand divided and disintegrated into different sects and sub-sects and the values have also been distorted to suit to the

necessities and conveniences of the present day preachers.

Adi Sanatan – Ancient most – Deity Religion

The most ancient deity religion is the true religion of Bharat which is the oldest and the foundation of all other religions. Deities were the Kings, Queens and subjects of the Golden Age, when Sri Lakshmi and Sri Narayan were the Empress and Emperor of the world. During Copper Age, when the members of this religion came under the influence of vices, they were no longer eligible to be considered as belonging to deity religion hence came to be known as descendants of *Sanatan* – Ancient Dharma or later as Hindus. Moreover, the values which these souls cherished were distorted and perverted. Hinduism is not a religion as such but a term referring to a vast reservoir of ancient beliefs, practices, philosophies and traditions that originate and prevail in Bharat. It does not have an identified religious founder.

Time of founding deity religion by God Himself

It is said that religion is might. Ancient most deity religion was powerful because this religion was founded by the Supreme Soul God Shiva Himself at the end of Iron Age when unrighteousness and

irreligiousness reigned supreme. The first religion on the earth is founded by the Creator Himself. We all know that for any kind of advancement and progress in life, education is the basis. Hence, He teaches Spiritual Knowledge and Rajyoga Meditation and this becomes the basis for the establishment of Adi Sanatan Deity Religion. God, the Supreme, is Incorporeal Self-Effulgent Light who does not take birth as human souls do. God establishes One Religion and One Kingdom in the new world. The members of this religion and the subjects of Heavenly kingdom are the same souls, who are the students of God in Confluence Age, the leap age, between the end of Iron Age and the beginning of Golden Age. These souls were taught, trained and empowered by the God Himself during the Confluence Age. As a consequence of the divine teachings, they attain 16 celestial degrees, and become completely pure, virtuous, viceless and righteous, eligible for Heavenly World. The conspicuous distinction between different Prophets/founders and God is that the Prophets and founders of other religions did not know that they were here to establish a religion, while God

comes to renew and replenish the lost beauty and purity of 'Adi Sanatan Devi Devta Dharma'.

God teaches establishment of one religion and One Kingdom.

This is the time when God is teaching the human souls and preparing them for the new world. He has established Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya and its study centres are spread over the five continents of the world. God teaches the souls to become soul-conscious while performing the various activities of daily life. He advises to constantly remember Him and Him alone, to draw spiritual power from Him and pass on to the world the Light and Love of The Supreme. The practice of meditation helps us to become self-sovereign and ruler of the sense organs and also of the faculties of mind, intellect and propensities. God reveals His own identity, the beginning, the

middle and the end of this world drama and the knowledge of the three worlds. He also teaches the karma philosophy and the method to perform virtuous karma. He bestows spiritual powers, blessings and God Fatherly Birthright of Heavenly Kingdom which help the souls to aim for perfection. The Rajyoga meditation taught by God empowers the souls—physically, mentally, socially and spiritually.

Unity, integrity, sovereignty, world peace and universal brotherhood will be established through the teachings of God. His intervention in the affairs of the world is a natural process at the end of the world drama cycle – 5000 years – and that time is now. God is now on the earth as Supreme Father, Supreme Teacher and Supreme Preceptor. The days are not far away when we will have only One Universal Religion and One Kingdom.

LIFE

Ignorance makes you believe that life functions haphazardly. Wisdom teaches you that everything that happens in this theatre of life has profound significance. What you see today is not the fruit of chance but a fruit from seeds planted in the past. Plant seeds of peace now and you will create a life of peace in the future



A MIRACULOUS NIGHT!



– BK Anoop, Delhi

I had an ardent desire to know the facts about God, Nature and Souls. My corporeal father, a keen devotee of the Supreme Being, had taught me the *Mantras* so that I could chant in my heart and remember God. Although I was not aware of the real introduction of the Supreme Soul, yet I believed that the form of the Almighty must be like that of a star. Every morning and evening, I sat in remembrance of God. Whenever I prayed, I used to keep in front of my internal vision a point of light only.

I had been having conversation with BK Shukla for some days. He gave me a book titled Seven Days Course. I took the book and read it thoroughly. I liked the book. It was clear to me that God is bodiless (incorporeal) and that He, too, takes a human body on loan, enters it and then imparts the Knowledge of Easy Rajyoga. The concept of non-migration of the human soul into other species of animals or birds etc. also became clear in mind. I was interested to have a deep

realization of His form and attributes.

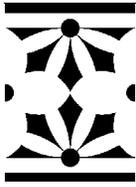
I read that book again and again. The more I read, more I was inspired to know of. The Sun had set and the night had fallen. I was lost in my own thoughts. Members of my family were sleeping. It was midnight now. There wasn't a wink of sleep in my eyes. I was continuously having the realization of the presence of the Supreme Father in front of my vision. I was feeling so light that I moved my hands and fingers just to feel whether these organs were made of light or the worldly materials.

I had a constant thought in my mind that I am a Soul and I am son of the Supreme Soul (God). This made me detached from the body and I flew into a strange world of widespread light and might. The Supreme Star was bestowing through divine rays – knowledge, peace, love, bliss and unseen might upon me. I least knew that hands of the clock or watch were revolving and revolving. It was about 4 O' Clock while I had a glance at the clock. Although I

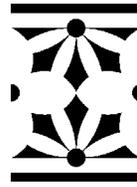
was quite conscious about my presence in the house, yet I was so much absorbed in the bliss and communion of the Incorporeal Father that I did not want that wonderful realization to let away from my memory.

The dawn appeared by and by. I was feeling myself as a beam of light and might. I got up to find whether I was feeling asleep or tired, but to my astonishment I was more fresh and awake. I was communicating infinite thanks to the Supreme Soul. The very moment I could recollect a scene as had been experienced by me five years ago. My cap was flown off while I was passing behind a plane standing on ground.

I was in full uniform and crossing a way where an aircraft was being checked for its serviceability. It was on ground but all its engines were in full speed. The wind produced by the engines created so much of thrust that the cap I wore was blown off and flown away rolling upon the waving grass behind the plane. Another person who was coming from opposite side lifted and gave the cap to me. I realized that my vices, by yoga, were being removed like a cap as described above. I wish everyone to conquer the vices through Easy Rajyoga!



THE GITA WAS SPOKEN BY GOD SHIVA



– Bro. Khem Jokhoo, Trinidad

God Shiva is the Supreme Soul. He is the only Soul that is not subjected to birth and death. God Shiva's form is a point of oval-shaped conscient white light, incorporeal, imperishable and eternal. That is why He is remembered in the form of the 'Shiva Lingam'. He resides in *Paramdham* or Soul-World. Human souls are subjected to birth and death. Human beings come on earth to play their human part for at least one birth up to a maximum of 84 births, in a cycle that lasts exactly 5000 years.

Why does Shiva Incarnate?

God Shiva incarnates once at the end of every cycle to protect the virtuous, destroy irreligiousness and re-establish righteousness or dharma. By incarnating into the body of an ordinary human being renamed as Prajapita Brahma, Gop Shiva imparts the divine knowledge and teaches the original ancient Raja Yoga in order to re-establish the Brahmin clan and

then the deity dynasty of the Golden Age, ruled by Shri Lakshmi and Shri Narayan. This is fixed in the predestined eternal world drama that is cyclical and repeats itself identically every 5000 years.

When does Shiva Incarnate?

Shiva's incarnation takes place in the last 100 years of the cycle in *kaliyug* which period is called auspicious Confluence Age. Revelation of God's descent is in C4V7 of Gita quote "Arjuna, whenever there is decline of righteousness and irreligiousness is in ascendant, then I body Myself forth". It is important to note: He says to "body myself" and not to "take birth". This is referred to as Shiva's "divine birth" and is celebrated as Shiv Jayanti. **Shiva's descent and incarnation at the end of the Iron Age is called Shivratri.** God Shiva advises in chapter 4, and specifically verses 1-5 that this immortal ancient yoga was taught to, quote verse 5, "I taught this immortal yoga to Vivaswan,

the Sun-god, Vivaswan conveyed it to his son Manu who taught it to his son Ikswaku". **He continues to advise that this yoga disappeared with the efflux of time and He descends once more to teach this "supreme secret to Vivaswan whose birth is at the beginning of creation".**

Who is Vivaswan?

Vivaswan is Adi Dev Prajapita Brahma, whose next birth is that of Prince Krishna who is renamed Emperor Narayan, when he gets married to Radhe in the Golden Age or Sun dynasty. The Sun-god, also called "Surya Narayan", refers to the god Narayan of the sun dynasty. The Sun dynasty is the Golden Age or *Satyug*, just as the Moon dynasty is the Silver Age or Treta. Surya in this context does not mean the planet 'sun', it means the sun-dynasty. Shiva incarnated and 'bodied Himself' into Brahma to impart this immortal ancient yoga and the divine knowledge referred to as 'the supreme secret' in Gita c4v1-9. God says that when He incarnates, "a few out of millions and a few out of that few" recognize Him. **His incarnation will receive great defamation because Ravan would have done an excellent job by creating confusion in casteism,**

religion, languages, people as well as distribution of wealth and power. In the end of *kaliyug*, there will be innumerable religions and countless languages. He said that there would be great scepticism, doubts and suspicion and that the false prophets will be honoured instead of the genuine One. For it is written that “those with eyes will see and those with ears will hear”.

The Kalki Avatar

According to the scriptures in the path of devotion, it is predicted that the last prophet to descend in the cycle would be called the “Kalki Avatar” and sometimes written as “Kalanki” or “eklang”, which means defamation. He would be the spiritual freedom fighter to release humanity from the jail of Ravan, the chains of Maya and the grip of the vices. **The kalki avatar is Prajapita Brahma.**

Revelation of the Gita

The original, ancient, authentic Shrimad Bhagavad Gita was revealed by God Shiva when He incarnated into Brahma in the auspicious Confluence Age. Shiva spoke this Gita in the Confluence Age at the end of *kaliyug*, but it was written some 2500 years later in the Copper Age. This

makes the Gita the “Mother of all Scriptures” as Shrimad Bhagavad means the elevated versions of God. Shiva, through Brahma, destroyed the vices with the ‘code of ethics’ of the Gita and that was the condition for Krishna to be born in a pure world. Brahma followed “the pilgrimage of remembrance of Shiva” as quoted in the Gita as “manmannabhav”. This is easily the greatest mantra in the Gita that means to “fix your mind on Me” and it is the easiest method and path to attain liberation or *mukti*.

God Shiva and the Trimurti

In the path of devotion, God Shiva has been left out of the pictures depicting the Trimurti. The Trimurti includes Shiva and his three divine acts of Brahma as re-creator, Vishnu as sustainer and Shankar as transformer.

The Role of Brahma

Shiva creates and recreates through Brahma; that is why Brahma is referred to as the creator. Shiva transformed Brahma as the first Brahmin. All other Brahmins are mouth-born progenies created by Brahma through Shiva. The Brahmin clan is created and exists only in the Confluence Age.

The Role of Shankar

Deity Shankar is the transformer or destroyer of evil. His only function is to give inspiration to destroy the forces of evil and to assist in the purification and transformation of all souls and the restoration of the environment. Shankar is always shown in a meditative posture depicting his constant remembrance and having yoga with Shiva. **This is why Shankar is always shown with a Shiv Lingam in the palm of his right hand.** His clear message is that only the ‘power of yoga’ can burn the vices and remove the veil of Maya that has eclipsed the third eye. At the end of every chapter of the Gita, it gives the type of yoga required.

The Role of Vishnu

The third aspect of the Trimurti is the four-armed Vishnu whose function is to give sustenance to the austere souls. This is a very subtle aspect and must be clearly understood. Vishnu is the dual or combined form of Shri Lakshmi and Shri Narayan. The four arms represent the two arms each of both Shri Lakshmi and Shri Narayan. Therefore, Vishnu possesses both the masculine and feminine divine qualities, virtues and attributes of Shree Lakshmi and Shree

Narayan. Maha Lakshmi and Vishnu are but the same with different names and similar imagery.

The Complete Trimurti of Shiva

What is missing in the picture of the Trimurti in the path of devotion is God Shiva at the top of the picture as a point source of light spreading the divine rays of purity on Brahma, Vishnu and Shankar. This is the main reason that Shankar has been mistaken for Shiva.

God is not subjected to Birth and Rebirth in Gita

The devotees and lovers of the Gita must be immovable in their belief that God is not subjected to the cycle of birth and rebirth. God is 'abhogta' meaning that He is above the bondage of karma, nature and matter. Therefore, if God is 'abhogta', He surely does not have a mother or father nor does He ever take a human birth. In Gita c9v11, God tells Arjuna quote **"Fools, not knowing my supreme nature, think low of Me, the Lord of creation who have put on the human body. That is, they take me, who have appeared in human garb through my Yogamaya (divine potency) for the deliverance of the world, to be an ordinary mortal"**.

God continues to advise in Gita c10 v3 quote, **"He who knows me in reality as without birth and without beginning, and as the supreme Lord of the universe, he, undeluded among men, is purged of all sins"**. The Gita continues to point out to the devotees that God is never in human form quote Gita c7v24, **"Not knowing My unsurpassable and un-decaying supreme nature, the unintelligent think Me, the Supreme Spirit beyond the reach of mind and senses, the embodiment of Truth, Knowledge and Bliss, to have assumed a visible human form"**.

C7V25 continues to expound on God form quote "Veiled by My Yogamaya, I am not manifest to all. Hence these ignorant folk do not recognize Me as the unborn and imperishable Supreme Spirit, that is, take Me to be subject to birth and death". Therefore, all the epithets in the Gita that refer to Krishna are but

the divine attributes of God Shiva who is the only One who can liberate mankind when trapped in the chains of Ravana. In summary, the name Krishna and the many other names in reference to Krishna in the Gita are epithets of God Shiva.

Shivratri and the Mahabharata War

The Mahabharata war took place in the Confluence Age. The Mahabharata war has a subtle part as well as a physical part. The conquest of the vices is the subtle part done through the pilgrimage of remembrance or yoga. The physical part is through nuclear wars, plagues, pestilence and natural calamities. Shivratri signals the beginning of the Mahabharata War.

Shivratri is the most important event in world history, yes world history, as this signifies the transformation of the old *Kaliyugi* world to the new world or the Golden Age. God Shiva establishes the deity religion of 'Sanatan Dharma' now called the 'Hindu Religion'.

INDEPENDENT OBSERVER

Peace ends when you are emotionally involved in a situation. The practice of being an independent observer helps you stay stable and calm. It is the best way to approach a decision in any circumstance.

BELIEF IN IMMORTALITY OF SOUL GETS STRONGER!

– BK Rose Mary

More and more people realise that they are more than their physical bodies. Although in schools, we are taught that we're just the activity of carbon and some proteins that live for a while and die later, not all scientists are prepared to follow this materialistic teaching.

Biocentrism – a new 'theory of everything' – challenges this traditional, materialistic model of reality and presents five scientific proofs that convincingly prove that there is something immaterial that survives bodily death. (<http://www.robertlanzabiocentrism.com/five-reasons-you-wont-die/>)

One of the five proofs is the application they make with the famous *First Law of Thermodynamics* (that energy cannot be created or destroyed but can be changed from one form to another). This irrefutable Law shows that physical body would disintegrate one day, but the 'me' feeling which is just a cloud of energy in one's head, doesn't go away at death. It is the immaterial, immutable, and ultimate

animating principle that exists independent of the body. Interestingly, Thomas Alva Edison who developed many devices (such as the motion picture camera, and electric light bulb, phonograph....) was so sure about the existence of immortal soul that he was actually on an unfinished ambitious project of developing a device, a sort of 'spirit phone' that could communicate with the spirit world, according to a nearly lost chapter of Edison's memoirs republished in France in the first week of March 2015 (*Times of India*, March 7, 2015)

Another stunning support comes from some prominent former non-believers. Dr. Michael Newton is a globally acclaimed Past Regression Therapist who heads the *Newton Institute for Life between Lives Hypnotherapy* (www.newtoninstitute.org) which trains Past Regression Therapists from all over the world. When he started Past Regression Therapy (treating the diseases rooted in the past lives), he could experience firsthand the great truth that souls

only change bodies, but never die, and also became a believer in God who is "with capabilities immensely superior". His conviction comes from case histories of over 70,000 persons who could recall their past-life memories. He writes: "I see the soul as an intelligent light energy. This energy appears to function as vibration wave similar to electromagnetic force but without the limitations of charged particles of matter. The soul energy does not appear to be uniform. Like a finger print, each soul has a unique identity." (*Destiny of Soul*, page 85) Dr. Brian L Weiss MD, Chairman Emeritus of Psychiatry at the Mount Sinai Medical Centre in Miami, was a Jew who never believed in the immortality of soul, but when he saw his patients giving evidence of past lives, he too not only accepted this belief but also started a Training Institute (www.brianweiss.com) that trains PR Therapists. Today, there is greater interest shown in this field with lots of PR Academies coming into existence worldwide.

Another prominent atheist, Dr. Ian Stevenson (who was director of the Division of Personality Studies at the University of Virginia) later not only turned a believer in the

immortality of soul but also became a strong advocate of reincarnation, documenting over 3,000 cases of children who remembered their past lives. While Ian Stevenson collected proofs from the East, Dr. Jim Tucker, Associate Professor of Psychiatry and Neurobehavioral Sciences at the University of Virginia School of Medicine, presented proofs from the West in his book *“Life Before Life: A Scientific Investigation of Children’s Memories of Previous Lives* HYPERLINK “http://en.wikipedia.org/wiki/Life_Before_Life”s.” He suggests that *Quantum Mechanics may offer a mechanism by which memories and emotions could carry over from one life to another.*

Though all these provided irrefutable proof from East and West, modern neuroscientists were reluctant to accept the truth about the soul. But Dr. Eben Alexander himself (a Harvard educated NEUROSURGEON, who has worked at Harvard Medical School and was always sceptical about after-life-experiences) changed his beliefs when he himself had a similar experience after going into a coma, and it became international news. Newsweek Magazine (October 8, 2012)

published even a cover-story on his conversion. He too started his own organization HYPERLINK “<http://eternea.org/>” ETERNEA (<http://eternea.org/>) to provide “convincing evidence that the continuity of consciousness is true and that the survival of the soul is real”. There are many scientific books presenting convincing evidence for the survival of consciousness beyond the physical death of the body. To mention a few: *Irreducible Mind: Toward a Psychology for the 21st Century*” (co-authored by Edward F. Kelly, Ph.D., Emily Williams Kelly, Adam Crabtree, Alan Gauld, Michael Grosso, and Bruce Greyson. Lanham, MD: Rowman & Littlefield); *“Science and the Near-Death Experience” Science and Psychic Phenomena,* and *Science and the Afterlife Experience: Evidence for the Immortality of Consciousness* (by Chris Carter <http://www.scienceandtheafterlifeexperience.com/>) which reveals 125 years of documented scientific studies. No wonder, great minds like William Shakespeare rightly admitted we are more than our physical bodies: “What a piece of work is a man! How noble in reason, how infinite in faculty!

In form and moving how express and admirable! In action how like an angel, in apprehension how like a god!” (*Hamlet*, Act 2, Scene 2, Page 13)

Bible declares in no uncertain terms that “eternity” exists in man. (Ecclesiastes 3:11) Interestingly Jesus, through a vivid picturisation (Luke 16:19–31) not only illustrated the survival of soul (with its attendant teaching of Law of Cause and Consequence) but also declared that John, the Baptist, was the reincarnation of ancient prophet Elijah (Mathew 11:14; 17:1-13) and even spoke, in front of his disciples, to the souls of ancient prophets Moses and Elijah who left their mortal coils centuries before. (Mark 9:2-4)

Interestingly, the very first thing *Bhagavat Gita* highlights is this fundamental truth that each one is a unique soul, housed in a body which is a temporary residence. “Just as the *Atma* (soul) acquires a childhood body, a youth body and an old age body during this life; similarly, it acquires another body after death. The *Atma* is not destroyed when the body is destroyed. Just as a person puts on new garments after discarding the old ones; similarly, the *Atma* acquires new bodies

after casting away the old bodies (2:13, 20, 22)

Benefits of knowing who you are

- ▶ The greatest benefit of believing we are souls (immortal spirit beings) functioning through physical bodies is that it gives us freedom from the greatest fear—fear of death.
- ▶ It makes the people responsible. This would help us treat others humanely, prevent us from increasing environmental devastation, basification of the ocean etc.
- ▶ More importantly, it helps us to be spiritual. Just like the word *ashok* (*a* + *shok*) means “without sorrow,” the word *atma* (“*a*” + “*tama*”) means “without *andhakar* (darkness)”, or *ahankar* (ego, sense of doership)” the root of which is ignorance (darkness). Interestingly, *Bhagavat Gita* says *sanatana dharma* (eternal duty) of an *atma* is to “attach itself with the Supreme Soul ALONE and to take delight in the welfare of ALL beings.” (*Gita* 18:66; 12:2, 4, 20) Shiv Baba, in the Confluence Age, goes a step ahead of *Bhagavat Gita* and says *sanatana dharma* of *atma* is “to always remember HIM and always do things that elevate and purify self and others.” (*Murli* 24.07.2015; 7.8.2015)

When one realizes that he is *atma* functioning through this body, his enjoyment would be in living in harmony with that new-found-truth and in manifesting *atma*'s qualities—nothing else will be an attraction to him, as drainage water would not be an attraction to one who has access to abundant supply of honey.

THE FILTRATION PROCESS IN THE SOUL

The mind and its creation i.e. thoughts, in these times, in most people, are controlled by three main factors:

1. Their habits or personality traits
2. Their past experiences, and
3. Information which they are exposed to and which they imbibe.

The intellect is like a filter which has the function of discriminating, of judging the thoughts and deciding which ones to put into practice and which ones not to, basically filtering them. Presently the filter of the intellect has become weakened, confused and unsure; it has become blocked by many incorrect beliefs, due to which this filtration does not take place properly – as a result many wrong thoughts get converted into actions. A lot of times during the day, thoughts become actions so fast, that the filter of the intellect does not even come into play i.e. thoughts become actions bypassing the filter.

The beliefs that we have today are related to our cultural, physical, social, religious, political identity associated with our age, gender, occupation, wealth, role etc. of our body. Beliefs connected to materialism, to having rather than being, are living based on the perception of the sense organs, and not on the intuition and the wisdom of the spirit. There are beliefs that block you, or brake you, others break you; they bring about fears in you and a limited perception of reality and of yourself. However much you try to generate positive thoughts, if you do not change these beliefs, their influence on the intellect will be so strong that it is almost impossible to maintain a positive state of mind. Even if you experience it, it will be short-lived and temporary.

– *Awakening With Brahma Kumaris*

COP21 (A Conference of the Parties) AND MORAL VALUES

– B.K. Sujoy, Durgapur

‘Becoming simple and to have a simple life with moral values are needed to make some meaningful changes in climate’ –B.K. Sis. Jayanti at ‘Paris Climate Conference (COP21)’.

The COP 21 UN Framework conventions on climate change was organized in Paris with 195 participating countries, some 140 heads of state, in addition to representatives of business and commerce, civil society organisations, religious leaders, the scientific community and political parties besides spokesperson of indigenous people and those who live on islands under threat of potential inundation due to sea level rise. Despite the fact that climate summits do resemble an annual ritual since the first 1972 UN Stockholm summit yield little or no results except broadening our understanding of the issue or creating some public awareness that we should save ourselves from our own excesses.

According to the World Metrological Organization, greenhouse gas levels in the atmosphere reached a record high in 2014 and relentless

fuelling of climate change is endangering the planet for future generations. The statistics in climate change could push more than 100 million people into extreme poverty by 2030 by disrupting agriculture and fuelling the spread of malaria and other diseases. The report highlighted that the world’s poor are woefully unprepared to deal with climate shocks such as rising seas or severe droughts. UN agency WMO showed levels of carbon dioxide, the main greenhouse gas, climbing steadily towards the 400-parts-per million(ppm) level, having hit a reliable record every year since 1984. Carbon dioxide levels averaged 397.7 ppm in 2014 but briefly breached the 400-ppm threshold in the northern hemisphere in early 2014, and again globally in early 2015.

At home in India the situation is more grievous and horrific. Our Prime Minister said in the inauguration of the Indian

Pavilion at Paris summit that “climate change is not our making, it is the result of global warming that come from an industrial age powered by fossil fuel”. Most of our metro cities like Delhi, Mumbai, Kolkata have erroneous level of poisonous metals in air. In Mumbai, the vulnerability of ‘Super-storm’ is greater than in New York. Here, climate change has a direct impact on farmer suicides, and Naxal violence. A major Columbia University study shows that in India where drought advances, so do Maoists. The so called “Red corridor” comprised Bihar, West Bengal, Odisha, Chhattisgarh and Andhra Pradesh witnessed intensification of Naxal violence as drought situation worsened. It is estimated that nearly 12% of the land in India is prone to flood and river erosion, more than half of its coastline is susceptible to cyclones and Tsunamis. The Chennai floods are related to El Nino changes which can be traced back to climate change. Climate change caused a cotton crop infestation in Punjab and is already contributing to social unrest there.

Currently, there are three ways of combating climate change. The first way, which is the focus of traditional climate talks, involves reducing emissions of greenhouse gases.



But since we have let emissions grow for decades, it will be all but impossible, using this approach alone. A second way involves planetary geo-engineering, for example, by injecting sulphur into the stratosphere to cool earth's surface. Fundamental objection to geo-engineering is that it has nothing to address the root cause of the problem. The third way is to develop moral values and sense of responsibility among the citizens of the world. Evidently the problem is mainly due to lack of sense of responsibility, lack of respect and sensitivity and lack of sense of duty towards other fellow-beings. The problem of environmental pollution is in fact nothing but mental pollution. As such, it would not be wrong to point out that the main problem is the problem of wrong human behaviour, wrong attitudes of man and his inadequate and improper emotional quotient. The degeneration of moral and spiritual values, has left administrators with problem of randomness, uncertainties, indeterminacy and ambiguity. Decision-makers have to do continuous contingency planning and have to modify their plans every now and then. These continuous uncertainties make people less confident in their government and the

governments feel pestered by serious fluctuations in human behaviour. Such kind of instability was witnessed shortly before when in national news channel the anchor asked a question to the panel consisting of political leaders, environmentalists etc. about the solution of abnormal rate of heavy metals in Delhi's air. Instead of finding the real solution, they started to pass the buck and the entire debate ended by beating about the bush. This clearly implies the ignorance, frustration and lack of moral responsibility of leaders in general and public at large.

We need to turn within, take stock of ourselves, formulate our own ethical policy and adopt a micro level course of action regarding the use of environment and natural resources. Degradation of the environment mirrors the quality of our collective consciousness and values. Pollution of the external atmosphere reflects our mental attitudes. Individual transformation is the key to redressing the unbalanced state of nature. We need to take responsibility for living and thinking according to the natural principles of human values. This is only possible when each of us empowers ourselves through meditation and spiritual study. We need to reconsider our

priorities and values and transform the way we think. Attitudinal change is essential. Individuals are as connected to one another as are earth, wind, fire and water. People start to feel personally responsible for environmental degradation when the intangible connections become clear.

How much should a person consume? Excessive consumption of the natural resources by the name of industrialization is another example of fragmented moral values. Due to the inadequacy of moral and intellectual values, we have always ignored the consequence of climate change. We have to understand that as climate change deepens, extreme weather events will intensify, and the polar ice caps will melt causing sea levels to rise. Over time, cities will be repeatedly flooded, from excess rainfall and rising sea levels. Several big cities will go under water more or less simultaneously, to the point that recovery will be impossible. They will simply have to be abandoned. The global warming apocalypse is upon us. So, it is important to maintain an environment friendly lifestyle, values and principles and make contact with likeminded people and organizations that have a commitment to the environment.

BIND YOURSELF WITH 'KLIP' OF GOD

– **B.K. Rohit**, Mulund Colony, Mumbai

Clip is a very small yet useful item we all use either in office, home or elsewhere to bind the papers together so that they remain intact. Even if we have to give a set of papers to anyone, we usually use a clip to tuck them up together. Well this was about an item that is small but still very useful.

Now let's look at the 'KLIP' of God that we are referring to.

K – Knowledge:-

When we enter this spiritual institute, the first thing that we get is Divine Knowledge – the knowledge that we are all souls, children of one Supreme Father (GOD) and the onus of life is on doing good karma. Once we have got this basic knowledge, it keeps enhancing each day through the Godly Versions (Murli) and deep spiritual introspection. As we apply this into our lives, we evolve into a

better human being.

L – Love:-

The second element is Love. Love initially starts with 2 words which we hear everyday – '**Sweet Children**' (*Meethe Bachche*) in the *Murli* which is recited by GOD himself. Madhuban is the place where GOD spreads the wings of His love and compassion by teaching us. The sweet Centre Sisters and the lovely Spiritual Family is a big bonus. The way God Shiva (lovingly called 'Shiv Baba') makes us so selfless and fills us with values without having any expectation is true love.

I – Inspiration:-

The biggest inspiration in the spiritual family have been Brahma Baba, Mateshwari Jagdamba, Dadis, Didis and senior brothers and sisters whose thoughts, words and actions have exemplified beauty, self-less service and meaningful

life. DadiJanki stands out as an excellent example of love, power and peace. At the age of 100 if she can travel the world and still be enthusiastic then I see no reason why we should not take inspiration from her. Shiv Baba has inspired these great souls over the time and they are leading by example. They are all truly God's Spiritual Army's best Commanders.

P – Power:-

When GOD decides to transform a world degenerated and over powered by five vices, then He first transforms the souls by showing them how to imbibe virtues and powers. As we start inculcating these values in the old world, it amounts to moving against the tide of the valueless society and we tend to face some challenges. But God's company and powers help us to tide over each and every obstacle and be victorious on this spiritual path.

Hold on to the 'KLIP'

Experience says that those who have known how to use this 'KLIP' have been leading a peaceful and content life which has motivated thousands of souls to bring about a transformation in the self.

WINGS TO FLY

You are a courageous soul who recognises that whatever you face will become the wings with which to fly.

DON'T BE CARELESS



In the Gita, God said to Arjun: 'You do not know about your own births, but I know. You are the one who comes into the cycle of death and birth, and so you do not know about your births. I know about all your births, because I am beyond birth and death.' Only the One who does not come into this cycle, can know about everyone's births. One who takes births comes down, and so as he continues to take births, he forgets. The Father says: 'I don't come in the cycle, so I don't forget. I have knowledge of everyone. Only one who has knowledge of the whole cycle, can explain that knowledge. One will give what one has. And so I'm called the Ocean of Knowledge, Ocean of Peace, Ocean of Happiness. I come and show the way of peace and happiness, so I am praised.' All these things must be understood.

The Father tells us – don't be careless. Today, the entire world is in carelessness. We were also careless before. It isn't that we have come from above; we also belong to this world. But now, having received the light of



Mateshwari ji

Knowledge from the Father, we have understood the things accurately, When the Father is telling us accurate things, we should pay attention.

Despite listening and understanding, if we are still careless, it is like being a great fool. One should not become that. The Father says: 'Children, understand all these things and continue to increase your efforts.' Time is now little, and even of that little time, little is left. As a great many days have passed, so the lifespan continues to reduce. Even in devotion it is said: 'Look how foolish the human is – he thinks he is growing, but doesn't understand that as he grows, his life

becomes shorter.' The Father explains to the children that as time is passing by, the time remaining is less. So do not think that there is more time left. The days are fleeting past so one must be cautious.

Check Yourself

Before destruction, at least we should prepare something for the future. We should also see: Am I ready? If I were to breathe my last now, have I earned something? Do I have accumulated stock of spiritual earnings? One should take care of one's spiritual stock. One must understand that if one leaves his body now, he will again take birth, and take the knowledge again i.e. begin from the scratch. The Father says: 'Whatever you want to take from Me, take it now – take it in this very birth.'

One must also realize that if one were to die now and take birth again, it will take him at least 15-16 years to be able to listen to this Godly knowledge and understand it well. Even if one acquires knowledge in childhood, it will take time to imbibe it and to become complete and perfect. How will one find so much of time? One has to work hard for this. One needs time to be perfect and complete even after receiving knowledge. Is it that one gets ready in a day? We have the

burden of sins of many births on our head; we need time to clear that.

**One Who Does Good
Receives a Good Return**

The Father says: ‘This is your last birth in which you have to take this divine knowledge so you have to be careful that if you leave the body before destruction, you have enough stock.’ If I leave this world, can I claim the complete birthright from the Father? The time to claim this is now. Make efforts, pay good attention, and claim your rights. We are awake now, whilst people in the world are asleep, so we shouldn’t be careless like them. Those who are awake, have their eyes open. Those who have their third eye open, those who have received the light of knowledge, have to be very careful and cautious. One must understand these aspects, make good efforts, and receive good fruit. So, all that one needs to do is to get the knowledge of good and bad. Those who do good will get good. Therefore, following the elevated advice of God Shiva, one must purify oneself: remove all the evils, and do good.

People speak of purifying water so that they mightn’t be afflicted by diseases. There, they purify the water; here we have to purify the soul. We

catch diseases from impure things – so people in the world give purified water. Today, they have so many machines; they labour so hard to purify water. The Father says, the soul also needs to be purified. If it is dirty, it cannot go back to its Soul World along with God Father Shiva. Which is the machine to purify the soul? Knowledge and yoga. In the world, people have to spend so much money to purify water. We are getting purified without any expenses; and we get everything purified in Heaven. The elements, water, earth, air, everything will be pure and in perfect order.

**Make Efforts with
Complete Understanding**

Many times when we get something easily, or cheap, we do not value it. The Father is giving us such a great and elevated knowledge very easily; so we must value it. We must ask ourselves, ‘Am I moving along in this spiritual journey in a slack, lazy, careless manner? We should stop lethargy. This is for our own benefit.

It is easy to make efforts if we realize that the One who is giving us this knowledge and teaching Rajyoga is the Supreme Father. Can a father make his children labour hard? Different saints or gurus showed us a very difficult and hard path to attain God but none of those practices helped us connect with the Supreme.

The Father says: ‘Though they have done something in the name of God, they also turned devotees away from Me, saying God is omnipresent. Still, I will give them the short-term fruit of their efforts. But here I give the fruit directly, and for the long-term. Moreover, accurate liberation and salvation is received through Me only. For this, you have to burn your sins completely by putting your utmost efforts. Receive power from Me and burn sins completely, only then can you claim the inheritance of liberation and salvation. I have to come to give the knowledge and yoga which you need for this purpose.

MEDITATION

Though the mind often asks for what is visible or material, its needs are deeper and cannot be met by anything superficial or short term. Meditation leads to a meeting point with all that is true and eternal.

MY EXPERIENCE WITH THE BRAHMA KUMARIS

– **P.C. Gothwal**, CRM,
National Insurance Company Ltd. LDRO, Ludhiana

I have been associated with the Brahma Kumaris organization for a long time and I also visit their local centres as and when I get time. I had also visited BKs' Headquarters at Mount Abu, a few years ago.

My elder brother, Late Mr M R Gothwal also played a key role in formation and transformation of my life. When he was sick and undergoing treatment for cancer, he paid a tribute to his life. He advised that apart from health and wealth, spiritual attainment is equally important in life. He further writes that he had attended some of the courses offered by spiritual organizations but finds Brahma Kumaris the best—simple and purifying the soul and those who believe him must follow these two pieces of advice.

I am also proud of being professionally associated with the Brahma Kumaris. This spiritual organization held a mega event in New Delhi. As it was mandatory to get the entire event insured against various sorts of uncertainties, the organisers had asked Mr Ranjit

Singh Fuliya, one of our senior officers, who had also been associated with the BKs for a long time, to coordinate the underwriting process. Quotations were invited from all the leading insurance companies. I was Branch Manager of our Bhikaji Cama Place Branch office those days and Mr Fuliya had asked me to insure this event. As the rates quoted by us were found to be the lowest, we were successful in underwriting and insuring this event.

The programs on this occasion were aimed at bringing positive changes in society. The participants appreciated the dedication and determination with which the organization had pursued its goal of creating a value-based society through social, spiritual and educational programs. The senior Brahma Kumari sisters inspired the participants to inculcate divine qualities and remove devilish traits in one's thoughts and deeds so as to lead a balanced and blissful life. I was greatly inspired by the life and teachings of Prajapita Brahma, founder of the

organization.

Recently, I have been transferred to Ludhiana and I am regularly watching Peace of Mind channel. The programs, namely 'Awakening with Brahmakumaris' and 'Samadhan' are very good as they deal with day-to-day issues of human life. I feel all the above incidents and more particularly the TV programs have played a key role in moulding my life and behaviour. Now I find myself more positive and stronger—both mentally and physically. There is a sea change in my behaviour and now I can handle any official or personal problem more confidently, comfortably and without losing my temper. I will keep on taking spiritual benefit from the teachings of this esteemed organization. I am also advising all my near and dear ones and friends to watch these programs and get useful benefits.

I congratulate the organization for publishing quality literature aimed at enhancing character and inculcating values in life. I have read a few issues of monthly English magazine 'The World Renewal' and found it very interesting, useful and handy in successful handling of day-to-day issues. The articles and experiences published in it are also excellent and are the very basis of human life—may be in family, society or in office.

THE CURIOUS NATURE OF WATER

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



–B.K. David, Paignton, England

A person's hidden habits, thoughts, ways, methods and attitudes reveal their world before everyone's eyes. Habits never lie and cannot help but reflect a person's secret world to everyone which they carry about inside of them. A person's inner world often waits for the right time to come out, impatiently waiting for that time in which they can indulge themselves in secret pleasures away from all. There is no one without bad habits and who is not keen and very eager to pay them attention. Their bad habits often can only manifest and explode and come to life when alone. People today cannot live without satisfying themselves with their bad habits. Many have the habit of being bad behind closed doors.

Good habits are good for you whilst all bad habits, however small, are detrimental to you, and only serve to deceive you and make you bad. Bad habits will

only make you weaker mentally and physically. Many have the constant habit of fulfilling their bad habits and indulging themselves, thinking there is no harm.

The world sinks and grows heavier each day with people's hidden ways, bad habits, traits and attitudes that wreck, spoil and weaken many lives as they grow inside of them like a monster growing bigger, ever stronger each day, whilst the person grows ever weaker, due to the monster of bad habit taking over the personal running of their lives. Their bad habits start to control and rule their lives and not them. Bad habits render many redundant and subservient to their automatic bad habits.

A person's automation and self-conditioning away from clean living and their love and obsession towards bad habits is the key and torch to understanding anyone's poor life filled with unhappiness.

It does not take long for a bad

habit to gain a person's full attention in his/her daily life with dire consequences. A person easily becomes subservient and a slave to the monster of habit that overtakes and controls him/her. Many people soon find they have to take a back seat to the driver of bad habit who dominates from their driver's seat and their lives whom they allowed one day into their car (life) and who takes control of their steering wheel (mind) and accelerator (thoughts) and becomes the force that starts to drive them about. Being driven by a bad habit is not like being in a luxury car going out for the day to the beach with a picnic on the back seat. Rather, it is more like being on the back seat of an old motorbike in the rain with a drunken man steering you.

Are you only a back seat driver of your life?

Many are sat in the back seat of their life and become powerless to the whims and demands of their bad habits and simply have to go where this driver of bad habits who is sat firmly in the driving seat of their life, wishes to take them. Do you ever find yourself sat in the backseat been driven around by your bad habit? Many people are always unknowingly being driven around by their bad habits

and do not know it and are oblivious to the fact they are not in control of their own life.

Bad habits have the ultimate power in your life to choose where to go, what to do, what to eat, what to say, to sulk, to laugh, be moody, feel depressed or simply be childish. The driver of bad habit is the chauffer which drives and is in charge of the world about them. This chauffer is very clever as he makes his passenger's life seemingly easier for him as he opens the car door outside his glittering shop containing many of his bad habits. He will even roll out the red carpet for you trying to entice you into his shop to have a look around, knowing full well once you are inside having had a taste, you are unlikely to ever be able to leave.

Beware this driver, for if you are not alert, he will drive you to hell, even if he takes the indirect route and you are totally unaware of where he is taking you as it seems a road on which many are taking. Most are totally oblivious to the route and journey this devious yet powerful driver is taking them on but you can be sure of his final destination as the number plate on his car is MUSTBHELL4USOON.

The world has now fallen

asleep in the back of his car unaware of where they are actually heading with him. Most do not have their safety belt of awareness on and are blindfolded with their ignorance as to the final destination in life they will end up at being sat in this car of Bad Habit. With such a devious driver and false smile, many shops, white gloves, red carpet, gleaming car and attractive chauffer's hat and suit, you could end up anywhere. One place you will not go in this car and that is the house of happiness. Bad habits avoid that street completely in favour of the circular road that takes you nowhere all of the time and makes you very giddy, poor and weak.

If only people could stick their head out the window and wake up (become spiritually aware of themselves as a soul), then they could take back control of the steering wheel to their life and start heading in the right direction that leads to heaven.

Blazing saddles

And if you want to get rid of a particular bad habit, it's better you concentrate on the whole and not the part; like focusing on the journey's end and not on each footstep along its path. If you concentrate on steering and peddling your bike and make

sure you have air in your tyres, the spokes (habits) will look after themselves. Riding the bike of good habits not only takes you in the right direction, it also makes for easier peddling and makes you feel good and you become healthy and strong.

The bike of bad habits operates in exactly the opposite way. The two bikes which we all ride at some point will either have a saddle of comfort no saddle. Your habits will determine which saddle you sit on in your daily life. Life and living takes a long time, so it makes perfect sense to sit on the comfortable saddle and work towards staying on that saddle each day and try as much as possible to keep yourself fit and off the bike without a saddle that will only ever burn you or exhaust you and cause you to crash. Without a saddle of truth, what can be the result and the journey?

Are you swimming behind the man with no bad habits? He had the strong habit of driving his car very well with great care and attention.

The most successful man I ever knew was a man who always placed utmost importance to the driver and not the car. Over the years he

developed the strong habit of driving his car very well with great care and attention. He checked at every moment if his thoughts and actions were always taking him in the right direction. His motto was: It's not the car that's important – it's the driver and what he is thinking.

The Crocodile Express – with everyone sat on-board its roof busily trying to enjoy themselves

Many are seemingly happy in life swimming behind the crocodile (vices), oblivious that they are actually swimming in an ocean of poison that has waves that wave their happiness goodbye each day. Their heads are so far out the water in ignorance and arrogance they do not realise they are approaching dangerously deep water (times) where the crocodile will turn on them and eat them and they shall be powerless at that time to survive. They will have no self-control to cope with the onslaught of the vicious biting of the crocodile. Many shall disappear into the belly of this express train going to hell which stops at every station that promises bad habits.

Today's lifestyle makes people very weak to fight anything that comes their way, especially the vices. They will

have been swimming behind this dangerous monster for so long they actually think of him as their special friend - or so they thought. This friendship and relationship they have with vice is the biggest mistake in life they will ever make. This crocodile will eventually eat everyone who follows him!

If you follow in Brahma Baba's footsteps and kept his thoughts and attitude to life close to you and learn to swim in the same ocean (God's) as what he did, you too would feel the happy driver sat in your driver's car seat everywhere you went and your life would feel truly elevated and a luxurious event.

Only the servants of God can lead such a luxury life where they breathe in and out in peace and contentment. The rest of the world has become poverty stricken as they have lost their peace and happiness and are always seemingly gasping for air. Everyone has been bitten by the two headed snake of materialism and selfishness that blinded and poisoned them at the same time.

The only antidote to a sorrowful life is

God has brought with Him the antidote to beat every known sorrow for you to take and become healthy again. Do you want to take it? Do you want to

be happy and at peace with yourself? Would you like to feel full of contentment and happiness? The only antidote to conquering sorrow and being happy, is love. It is only love of the soul and God that will lead you the right way quickly and safely.

Do you sometimes see flashing lights?

Look at the Godly traffic lights of love and wisdom and if they are changing and flashing at you, trying to warn you to 'stop and think', then perhaps you need to change and move forward in a new consciousness of love and dedication.

If you follow the one in front of you who is careless and does not know where he is going, where will you go? Why not follow the One who built the road and traffic lights and the one who travelled this road successfully and reached its destination with a constant smile and pockets full of the treasures of love and peace and who had no rubbish in him to carry around that burdened him. This Brahma Baba is unique because his Father is unique.

Now is the time to step forward, roll up your shirt sleeves, hold out your arms and embrace God with pure love.

(Concluded)

SERVICE – GATEWAY TO GROWTH

– B.K. Dr Ranjit Fuliya, Associate Editor

[Spirituality empowers the soul internally and strengthens it so that it may face various life situations positively. Spirituality provides divinity and intuition to the aspirant, and other human beings do realize its positive and harmonious effect on them. When we serve our fellow beings, we surely advance and progress in life—has been the experience of B.K. Dr Ranjit Fuliya, Associate Editor which is shared with our esteemed readers for their spiritual advancement. — Editor]

God has graced me with a keen interest in writing since my college days. Many of my personal experiences I often share with my friends and colleagues through various media. Personal experiences give the readers a clear idea as to how spirituality can be made an integral part of our life.

Once I had an opportunity to participate in a three-week Management Development program in 1993 while working as an executive in National Insurance Company Ltd. This program was held at National Insurance Academy (N.I.A.), Pune which is an institute of higher learning established especially for training the officers of insurance sector.

We were about thirty officers

from the four public sector insurance companies. The training program consisted of various sessions aimed at developing the art of elocution, **Inter-personal skills, handling various life-situations etc.** One part of the training contained Human Resources Development, Breaking Communication Barriers, and Self-empowerment etc. **I tried to include spirituality in some of the sessions and found it to be quite effective. Some of my colleagues liked the spiritual methods and even the trainers appreciated their positive effect.**

One day one of the trainees asked me, ‘Ranjit, tell us in simple terms what is meditation’? I replied in short,

‘When the cells of a battery are discharged, we need to re-charge them. Likewise when the soul exhausts its power, it needs to be re-charged, which can be done by linking the soul with the Supreme Soul. This mental link with God is meditation.’

Through the practice of Rajyoga we can become soul-conscious which makes us impartial, honest and efficient. The transparency at practical level manifests itself in our harmonious relations with our colleagues, friends and family members. In one of the sessions I spoke on the power of positive thinking, meditation and Godly grace. At the end of the session, some of the participants showed keen interest in meditation. I gave them elementary books on meditation. In the evening, when we were free, several of us used to sit in entertainment room and play meditation songs which we also enjoyed singing in chorus.

We also planned a cultural program one evening which included a quiz contest wherein the entire staff of the training centre and their families participated. We also involved the children and students in Quiz contest and the cultural program. The positive and harmonious effect of these

initiatives was very much liked by the staff and their families. Some spiritual songs of the Brahma Kumaris were also played and performed at during the program. Many souls got divine message on the occasion.

‘At the end of the training program, Sh. Ashok Wadikar, our trainer and coordinator, informed that there would be ‘Asking for a Gift’ session. He said that during the course of three weeks we would definitely have observed certain qualities and virtues in our colleagues. Each one of us had to ask for a quality as a gift from the colleague in whom we observed it. ‘When you ask for a gift (virtue) from the fellow trainee, it will automatically be given to you,’ Sh. Wadekar further commented.

It was a nice experience to do so. Each participant asked for gifts from others and in this process the specialties and virtues of the group became apparent to all. In the last Miss Monica, the only lady officer in our group stood up and said, ‘I want a gift from Ranjit. He should tell me how he remains so much active and energetic all the time.’ Perhaps she knew the answer and had already received her gift, as earlier announced by Mr. Wadikar.

The training program filled us with new energy and self-confidence. On my return journey, I traveled by Rajdhani Express from Pune to New Delhi. At Puttaparthi Railway station, two ladies boarded the train and occupied the seats in front of my seat, in my cabin. They seemed to be tired and one of them rested on the opposite seat. The other lady had her seat just adjacent to my seat. I asked her to have rest, offering her sufficient space on the seat. I told them that I was returning from a training program. They introduced themselves as senior officers of Govt. of India, in New Delhi. I sat in Godly remembrance, spreading the vibrations of God’s power.

After about an hour or so, they got up and the lady on the front seat asked my name and said, “ Ranjit, you have something special about you, as I was feeling positive energy coming from you. You must tell me more about you.” I gave Godly message to them. One of them was Mrs. Indu Chopra, a senior officer in Indian

Railways, who later visited Mount Abu, International Headquarters of the Brahma Kumaris organization, a few years later, on my inspiration and invitation. The other lady was Mrs. Arti Khosla, Additional Secretary, Govt of India.

As Mr Wadekar had shown keen interest in spirituality and meditation, I gifted him spiritual literature and audio cassettes of Godly songs. Since then, I have frequently been in touch with him. Once I called him on his mobile. That day he was in Lucknow for a training program organised by an international banking organization. He said. “Ranjit, I am at the Brahmakumaris Rajyoga Centre in Lucknow, along with all the trainees...”. The visit to the BKs had been a part of the training aimed at self-development. “So, Wadikar sir has been quite active in Godly service. Thanks Baba for your wonderful ways”, I said. This is how this spiritual family goes on increasing.

ENEMY OF HAPPINESS

The enemy of happiness is wasteful thoughts. To stop yourself from thinking wasteful thoughts focus your mind on God.

BELIEF AND FAITH

– Dr. Dilip V. Kaundinya, MD, Mumbai

About 2500-year old Patanjali *Kriya Yog* promised that a practitioner shall conquer graying of hair, dim vision due to cataract, ageing process and diseases. This shall ensure a state of *Samadhi* or *Kaivalya* which simply means liberation from the pain and sufferings of all kinds. In short, the belief that a practitioner's soul shall merge into and dissolve into Divinity is a mere myth or purposeful misinterpretation. Each soul is indestructible and undergoes repeated cycles of births and deaths. This reality has been explained by the incorporeal Supreme Soul through the human medium of Prajapita Brahma. The esoteric knowledge disseminated by the Supreme Soul is called *murli* which is the divine message read at each of 8500 BK-Centres in the world. The *murlis* always emphasise on unshakable belief and faith on *Shrimat*, i.e., Commandments from the Supreme soul. Sage Patanjali also told that the benefits from *Kriya yog* could be obtained only when the *kriya* is done with total

trusting surrender to the Divinity – Ishwar Pranidhan.

Can Faith move Mountains?

Belief and faith can literally move the mountain. An American study has discovered that in the present times even the placebos (non-medicinal substances giving cure) have become 70 to 300 times more powerful than the drug itself if the patient has total belief and faith in the treating doctor. This finding has made several drug companies to shut their business. It is most unfortunate that today the patients do not have any faith in the treating doctor. Usually most of the educated ones go to Google to confirm if the doctor had given them proper medicine. The uneducated persons put in a blind belief and faith in a doctor whose heart is not pure and usually is affected by greed. Loss of belief and faith is responsible for transforming a noble healthcare profession into a five star common business. No wonder, the God-like doctor faces criminal assaults today. Another American study has shown that the patients never file legal proceedings against a

doctor who spends at least 10 minutes of time in talking to them and listening to them. Most commonly, robotic doctors of today dispose of the patients mechanically. Empathy is often absent. The most common reason is the huge loans the doctors have to take for their education in a private medical college and for setting up the practice.

How are belief and faith created?

Roger Sperry discovered in 1970 that man has one brain but two minds. The scientist mind in the dominant hemisphere of the brain is judgmental, a seat of negativity and full of doubts and suspicion. It demands scientific proof for developing belief and faith. The other hemisphere has spiritualist mind which functions on belief and faith. This is the quickest way to progress. With belief and faith, one can find God Himself. But scientist minds spend millions of dollars to discover one God's particle.

Scientist mind does linear thinking, i.e., it learns by reading, seeing and listening. This creates a temporary memory. Spiritualist mind is 'Experiential'. It learns its lessons from 'Experiences'. Such learning is life-long. Thus 'experience' is known as the best teacher. Then acquiring a skill becomes automatic, accurate and easy. Remember

the troubles you had while learning to drive a car. Once the 'Experience' becomes embedded in the subconscious, all the troubles disappear.

Beliefs are the Cause of Habits

Belief and faith are created by the 'Experiences' or inputs from parents, friends, reading and other means of gaining knowledge. The inputs form thoughts, emotions and desires which are recorded as transient images across a virtual screen called Mind. When a particular bad thought forms repeatedly in the mind, under propitious circumstances, it results in Bad karma. Repeated Vikarma gives rise to habit. A long standing habit becomes one's nature. The perception, attitude, belief, faith and behavioral patterns are decided by *Vrutti*. *Buddhi* or wisdom resides in *Gyan-vigyanmaya* kosh of the body. This is the famous 'Inner voice' which shouts the loudest initially in protest but becomes progressively weak when the habit is continued. Once this happens, the person seeks immediate gratification of his desires. This is how addictions like smoking are formed. Improper inputs from surroundings then strengthen the belief that smoking is something great. Once the *vrutti* becomes

hardened, it is passed on to the next birth through the Traits (*Sanskara*). The traits thus could be called the virtual genome of a soul or *Atman*. The traits form the *karmik* account for the soul. This account, of bad, means diseases, pain and sufferings in life. If good, then all the good things in life become a person's birthright. It is at this point of time that a lifestyle of a yogi or a spiritualist becomes important.

Three Pillars of a Yogi Life

Three pillars of Yoga are *Simaran* or God's remembrance, *Satsang* or the elevated company, and *Seva* or service unto mankind. Remembrance of the Supreme soul with single pointed focus of thought (*Ekagra chitta Avastha*) becomes *Simaran*. Attending the Divine *Muralis* read at all the Brahma Kumaris centres in over 140 countries becomes *Satsang*. Passing on the Message of God to the ignorant brethren becomes service *seva*. In fact, the *Muralis* are the empowering food for soul, a charging of the discharged battery of the soul. Dr Naras Bhatt, an American cardiologist, calls this cosmic energy as Cosmic Healing Vibrational Whisper. Aura scanner is able to demonstrate this 'Cosmic Energy' traversing

through 'seven Energy chakras' in the body. Modern medical science has not been able to show these 'Energy chakras' or the acupuncture points. But a new branch of Medicine known as 'Energy Medicine' is now being practised extensively for impossible cures.

A scientist mind may ask "Is it true?" Proceed with belief and faith and you shall have an answer within three months. After all God knows very well that the modern man does not have the tenacity for spiritual effort (*Purusharth*) which yesteryear generation had. Proof of the pudding lies in tasting it, i.e., having an "Experience."

THOUGHTS, WORDS AND ACTIONS

The gap between what you say and what you do, between what you promise and what you deliver is like a drain in the road. The drain is where water escapes, just as your power will seep away if there is a difference between your words and your actions. Ask yourself everyday – were your thoughts, words and actions aligned? Ask someone else what they saw in you too. Feedback is the food of all positive change.

(Contd. from page no. 3)

He bestowed the knowledge of the soul to the human beings who were considering themselves to be mere bodies. Whoever learnt that lesson, shaped their lives accordingly, and also made an effort to transform the world of sorrow into a world of happiness i.e. Heaven. People, who were ignorant and didn't pay attention to the Godly teachings, kept on performing misdeeds. They prepared arms through which they paved the way for the destruction of the human clan. But this destruction was a blessing in disguise because most of the vicious human beings died and the atmosphere on the earth got rid of its impurity and negativity. And the next generation that was born, was full of very elevated and virtuous human beings having, pure vibrations; the earth then looked like Paradise/Heaven. The human souls (people) who used to behave like devils because of their demoniac propensities, got transformed into divine beings by emerging their divine traits and qualities and were called deities. Thus, through the reincarnation of God, the Supreme Soul, God Shiva, the entire world underwent a big metamorphosis. To commemorate the incarnation of such a benevolent

God Shiva on the earth, Shivratri/ Shiv Jayanti festival is celebrated. But this celebration can be meaningful only when we follow the path shown by the Supreme Father, the Supreme Soul, God Shiva.

The time of Incarnation of God Shiva

It is significant that The Supreme Soul God Father Shiva, who is luminescent point of light, incarnates once in a time cycle (in a *Kalpa*) at the Confluence Age i.e. the end of *Kaliyuga* and the beginning of *Satyuga* and once again destructs the demoniac society and establishes the divine society. Even more important thing than this for humanity is that at present this is the time while the most benevolent God Shiva is yet again performing the act which He performs in every Time Cycle (*Kalpa*). Today, the situation of the world is absolutely deteriorated and God's intervention is very much needed. Today, human history has yet again reached a significant point where on one hand there are infinite possibilities for the humanity to become elevated/divine, while on the other hand, preparations are on for complete destruction of the whole world. The progress in the field of Science

and Technology has become a toy at the hands of the people with polluted minds. By engaging himself in destroying the nature for the sake of getting quick benefits, man has stopped listening to his conscience. He has lost contact with his basic qualities – peace, love, bliss and knowledge of the self. Despite having all the physical resources, his stress is increasing and in order to sleep, he needs sleeping pills. Due to suicides and heart beat resistance, the death rate is increasing day by day. Man is of course bothered by air pollution, water pollution and noise pollution, but he is not able to prevent them because mental pollution is the basis of all these pollutions which he is not able to remove. At the International level tension among nations has raised, at the same time, within every nation, the relation between the rulers and the ruled is deteriorating. That is why we daily hear the news of assassinations of political leaders. Outraging the modesty of women has become rampant. Not only this, women themselves are selling their bodies as if it is a commercial commodity. Discipline is found wanting in every field. Stress has become a common thing in everyone's life. Therefore, this is the

appropriate time for the Supreme Soul, the Supreme Father, God Shiva to incarnate on the earth to uplift the human beings.

The Good news is that He has already come and has been performing His task of teaching Rajyoga, and uplifting people since 1936.

The Divine Message of God Shiva

The message that Supreme Soul, God Father Shiva is conveying to all the souls is that self-oblivion is the core of all the problems of an individual and the society. Transforming the human beings from being self-oblivious to having knowledge of the self is the very aim and objective of the Spiritual Revolution proclaimed by God Shiva. The solution to all the human problems lies mainly in this. Besides informing us of our original form, that is, we are a luminous point of light, He is also telling us that the soul is basically an embodiment of peace, love, Purity, knowledge and bliss. Remaining in soul-conscious state, one has to use those qualities in one's action and conduct. Since the human being has remained in body-

consciousness for so long, his nature has become vicious. Now in order to become viceless and virtuous, he has to practise Rajyoga. Rajyoga is such a practice in which a practitioner has to realize himself as a soul constantly and keep performing his karma in such consciousness. Awareness of the 'real' self and the Knowledge of God's real name, form, qualities, duties, and abode is the first step towards attaining the stage of soul-consciousness. By realizing all souls as the progeny of one Supreme Soul, God Father Shiva, one gets the solid basis of strengthening the feeling of world brotherhood and this vision helps to ignore others' shortcomings. When all of us from different religions, castes and countries, understand God's original form, then, the religious intolerance and discords can disappear automatically. The Supreme Soul is the Father of not only Hindus, but He is Supreme Father of the people of all the religions. All the religions may have their respective gurus, but the Father of all those gurus is one Incorporeal God, whom Sanatan protestants call a Luminous

Point of Light, while others call Him 'Noor', but the description of God by all religions indicate towards Him only.

Our Vow on Shivratri

Hence, the festival of Shivratri should be celebrated by the people of all religions as a consolidated festival. By knowing what He is, His attributes, and by remaining in His remembrance, we can recognize our own form of being a soul, and re-connect with the virtues lying dormant within the soul. This is the very message of this great festival for the whole human society, accepting which in the context of the current circumstances and imbibing the same in our conduct is for our own benefit. Therefore, on this Shivratri festival, let's all take a vow that we'll shed the body-consciousness and will remain in soul-consciousness, thereby emerge our divine qualities. In order to enable others to reach this stage, we'll dedicate ourselves to this divine service for the humanity and thus take part in this Spiritual Revolution created by the Supreme Father, God Shiva, for the World benefit.

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