

From the mighty pen of Sanjay



RELIGION AND SPIRITUALITY



In order to release man from the grip of vices and to purify and strengthen the soul, spiritual efforts are a powerful means. Just as the doctor keeps in mind the patient's condition, his age and the climate of his living place in order to prescribe a medicine to treat him, similarly it is necessary to keep in mind the state of the inner self and the situation in which man is placed, in order to cure him of perverted tendencies which make him a perverted soul. The individual is a member of the society, and both exercise their influence upon each other. Hence, the individual's spiritual efforts cannot be entirely isolated from the society. While it is necessary for man to awaken the spiritual side of his life, he also has to be the instrument of social uplift. Hence, spirituality is not confined to an individual, but it has to be observed and understood by the whole society. In the background of this aspect of life, we shall find out what man has been doing or has accomplished so far in the field of spirituality, with what object he has been pursuing his efforts, how far his needs as well as those of the society are being fulfilled and what is the really potent form of spirituality which has the power to resolve the situations in the world of today.

What is commonly observed is that among the different religious systems and their branches as well as their several offshoots, which are centres of religious activity, there is a large diversity of procedures determined by their individual concepts and conventions. But, for our purpose, we can, without deviating from the truth, classify the current forms of religious practices generally under two heads. One is that of 'Bhakti' and other is of 'Karma Sanyas' (i.e., renunciation of activity).

Most of the devotees have faith in some deity or saint or a recluse, or someone whom they accept as their preceptor (*Guru*) or a temporal guide, and worship him or her accordingly, nourished by means of ritualistic ceremonies. Being laid low by the well-known five vices, one is overcome with fears and takes shelter under the umbrella of orthodox beliefs and

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THUNDERING CLOUDS vs. DETONATING EXPLOSIVES



The month of piety for Hindus and Muslims alike is so inspiring for the devout to take to prayers from the heart and wish for the well-being for all humankind. This year the rains, though a bit late, have spread all over Bharat and the predictions are that we will receive over 100% of normal rainfall! The farming community has already got busy with the sowing season and even the Sheppards of Rajasthan, who had moved to Gujarat temporarily with their flocks of cattle, are now returning to their native places. People are preparing for the religious/festive season very enthusiastically (Amarnath Yatra began on July 2 and will continue till August 18; Eid-ul-Fitr is on July 6, 2016, followed by Raksha Bandhan on 18th in mid-August, and Janamashtami and so on). From the local newspapers, we enjoy reading news of devotees visiting their places of worship in thousands. The new school session has already begun, and many newspapers are carrying success stories of different educational institutions, in their attempt to attract the bright

students.

June 21 culminated in very successful celebrations of International Day of Yoga, covering 200 countries, with a major participation from the Brahma Kumaris. The Prime Minister of India, Shri Narendra Modi, has been leading the citizens from the front, not only on Yoga Day, but in many other social, spiritual, political events covering almost the entire nation.

While the nation enjoys a relatively peaceful time, with visions of rapid progress on many fronts, nature plays truant in some places like the heavy rainfall at Uttarakhand. After the initial shock, there is a tendency to mostly accept the happenings around natural calamities, and people of all backgrounds are seen visiting the nearest shrines/temples/mosques to pray for better days following these episodes. But, some of the recent events of violence due to terrorist attacks in the bordering State of Jammu & Kashmir, neighbouring Bangladesh, Istanbul (Turkey), Iraq, USA, France and so forth have left the entire world disturbed. It was worth noting the Prime Minister

of Bangladesh, Sheikh Hasina's anguish over the killing of innocent foreigners at the Holy Artisan Bakery Cafe: "*What kind of muslims are these who forgo the call of Ramzan to kill people?*"...While the real Muslim communities are praying all over the world during *Ramadan* for peace and well-being of the world community, these extremists are butchering innocent citizens around the globe. PM Hasina expressed very firmly that these extremists who are killing Muslims, Christians, Hindus, Buddhists alike around the day of Eid-ul-Fitr do not belong to Islam.

The daily news received through the media is so depressing. It requires a lot of courage and inner strength to overcome the feelings of dejection and frustration. Our leaders keep reassuring their citizens about security and safety measures whenever such incidents take place. The Secret Service Security personnel do their best in gathering a lot of information in order to preempt strikes by violent elements, but sometimes the latter have the upper hand. Knowingly or unknowingly people raise their



hands to the skies, invoking blessings and protection of the Divine Being, and wishing wise counsels for extremists anywhere in the world. The perverted individuals keep using modern, scientific means to pursue their ambitions through violent ways in the name of the Divine. **However, it's a pity that such people never understand anything about the subtle, spiritual existence of the highest entity, the Supreme Being, God, and His divine acts of transformation of the world.**

However, we wish that people of the world would awaken and feel the pure, peaceful and loving vibrations of the Supreme Being, and realise that they are all descendants of that Ocean of Purity, Peace, Love and Bliss. **99.99% human souls always wish to live in peace and allow others to live in tranquillity and happiness.** But just 0.01% or less become the unfortunate, misguided ones who choose to indulge and adopt thoughts of hatred and means of creating havoc. Enemies of humanity actually exist within the human community; they encourage and entice the weaker individuals, or those who are too ignorant or innocent to understand the motives behind these operations.

In educational campuses, in the name of liberalisation and freedom we see a rising growth

of new groups who are instruments of exploitation, exhortation and violence. The atmosphere in some of the universities gets vitiated, thereby damaging the peaceful unity of the campus, which is otherwise very essential for higher studies. **Leading a peaceful and happy life through positive thinking and regular meditation seems to be the answer and a great support to all for the ills being faced by humanity. In every religion, Prophets, Saints and Gurus have shared that an ideal life is one of honest earnings, devotions towards the Supreme, and services unto the humanity.** But, unfortunately, the wisdom of the ancient scriptures seems to have lost relevance in day-to-day life for the present generation.

We suggest that during these months of rainy season, inner reflection and observation of nature would be very helpful in taking us closer to regaining our lost paradise. Inner peace and happiness would be enjoyed just by listening to the sound of music made by the rains. **Perhaps, this is the reason why people have compared the experience in the lap of Nature with having an experience of the Divine Being, the eternal source of peace, love and bliss.** While enjoying the beauty of the clouds, lightning and thunder and getting attuned to

the sound of rain music, one can have a wonderful experience of Self-Realisation and feel the company of the Divine. **When such beautiful experiences of oneness with the Creator are shared with other fellow human beings, we can help divert their minds and consciousness towards higher realms, thereby helping them shun waste thoughts, fear, negativity, and violence.** When such thoughts arise in our hearts (of being spiritually attuned *jeev-atma*: living beings), we would always be able to play the roles of World Benefactors, like our Supreme Mother & Father. Even those, who may be trapped into becoming victims of ignorance and being influenced by wrong attitudes and notions, can transform themselves completely through inner awakening, in the pursuit of personal and societal peace. **Hundreds and thousands of our spiritual sisters and brothers have been living through and sharing daily these experiences of the Supreme Being's love and inner peace, to inspire every human being who come in their contact to recognise themselves as members of the same human family.** No one should develop the attitude of enmity or hatred for another; only then there will be peace on earth and goodwill towards all human beings.

MOST RESPECTED, BELOVED DIDI MANMOHINI JI



One of our great BK Spiritual Leaders, Didi Manmohini, dedicated her entire life to spreading the message of peace, love and brotherhood right up to her early 70s. **Hers was a great**

example of being a gifted *Sahaj Rajyogini* and of maintaining the perfect relationship of being God's child, a Godly student and most obedient follower of the *Satguru*. Her yogic *drishti* (spiritual vision) was instrumental in giving spiritual birth to many Rajyogis. She was a very efficient Administrator and Master Trainer especially of young sisters and brothers. She was based in Delhi before she shifted permanently to Mt. Abu in 1969; she had also travelled all over

India and some countries abroad on spiritual service. Such a divine soul must be spreading the fragrance of her divine virtues in the new role adopted from 1983 to date, as the soul continues to help the Supreme Being in re-establishing Golden Age on earth. Her personal example of being a very royal-mannered, deep thinker, and highly experienced Rajyogini would keep on inspiring many generations to live the most beautiful, worthy and happy human life. – **B.K. Nirwair**

MAMA'S INVALUABLE & ELEVATED TEACHINGS

(Translated by B.K. Urvashi)

We honoured Mateshwari Saraswati's *Smriti Diwas* on June 24, and were gifted with beautiful teachings for the day, which we share in essence below for the benefit of our readers: (Mamma's Murli: 15/12/1963)

The responsibility for happiness and sorrow rests on your actions.

Actions are performed first and the consequence of those is experienced in the form of sorrow or happiness. So, happiness and sorrow are connected with actions. *Karma* is not said to be *kismet* (fortune). Some think, "Whatever is in my fortune...", and they, therefore, consider sorrow and happiness to be their

fortune. In this way, they think that God has created their fortune, or that someone else has created their fortune and this is why they say, "Whatever is in my fortune".

However, it also has to be understood who created fortune. Did God create fortune or was it already created beforehand? I created that fortune due to which I experienced sorrow or happiness. It wasn't God but my own actions, and it is the human being who performs the actions. Therefore, the responsibility is mine. Whoever sows, will reap the fruit of that. It is also mentioned in *The Gita*: **The soul is his own enemy and own friend.** God did not say: "I am

your Enemy and I am your Friend". The living being is his own enemy and his own friend, and so who is it who you have friendship or enmity with? The answer is the being himself.

Whatever form the sorrow comes in, people try to chase it away. When any fighting or quarrelling arises, they try to finish it. Sometimes, when some face untimely death, sorrow is experienced and then they wonder why it is like that. In this way, people have even begun to insult God for that reason. All of the fighting and quarrelling and also the reasons for sorrow in the world - did God do all of that? **God is said to be the Remover of Sorrow and the Bestower of Happiness.** This is



why, when they have any sorrow, they remember Him. When there is a physical illness, they call out: "O God! But should you remember the One who has caused you the sorrow?" Think about this: **If you remember Him at the time of sorrow, then you cannot say that He caused that sorrow.** We remember Him because we must have a connection with Him for something good and benevolent but not for sorrow.

The reason for sorrow or the one who is responsible for that must be someone else except God. However, there isn't a third person; there is just I and my Creator. So, is the Father responsible or am I responsible? It would be said: It is His will. **However, the soul inside feels that He is the Bestower of Happiness for me.** When anything causes them sorrow, they remember Him and they also ask Him to resolve it. **So, when they ask Him for something good and benevolent, He must definitely be the Bestower of that, must He not?** He alone is the One who gives us happiness and this is why we ask Him for it. He has the cure for us to be liberated from all of those things.

Is God the Bestower of Sorrow or is His connection with us because of the happiness He gives? It is proved from our remembrance of Him that His work is not of causing sorrow. If He were

causing us sorrow, why would we remember Him? However, at the time of sorrow, our love for God especially emerges, as though He is our great Friend. All of this goes to show that we definitely have a relationship of happiness with Him and the cause of sorrow is something else.

I do not want to experience any type of sorrow. That is not what I desire, but I created it and so, I definitely have been senseless in creating it. I do not want it, but there continues to be sorrow. Whatever it is, I must find out about it. I must have knowledge about it. However, the amazing thing is that people make so many excuses but do not come and understand it. They say that they don't have time. "What should we do? Should we look after our household or do this and that?" So, they continue to watch all of that happening and also look after it, but it is in this that they experience sorrow.

Whatever the cause of your sorrow is, the cure is given here to finish that sorrow. It is absolutely essential in life to know why it happened.

How can we attain happiness in a practical way? We had this hope for a long time and now the Bestower of Happiness, Himself, is giving us His introduction and telling us how we became unhappy. The Supreme Father says: "Spiritual Children, I have come to remove

your sorrow and, in order to remove your sorrow, I will inspire you to perform such actions through which your sorrow will be eliminated. Simply understand what I am teaching and explaining to you, and continue to make that effort and eliminate your sorrow in this way."

Many think that this wealth, prosperity and body are all *Maya*. They then try to find methods with which they think will become free, but no! The cause of your sorrow is something else. God says: "This creation of Mine, which is eternal, is not the cause of sorrow. You have taken on something extra which is called the five vices (*Maya*)". The body is not vice, the world is not vice, wealth or prosperity is also not vice. Those comforts are a means of happiness for souls. However, because of not having full knowledge of all of those things, they have all led them to sorrow and this is why the Supreme Father says: "Some additional things have entered you and those different things are the five vices or *Maya*. You now have to remove them."

You have to claim your right from God who is the Father of all. It is not just a matter of calling Him the Father. We also have to claim the attainment that we can have from Him. Perhaps, there are a few out of multimillions who will emerge and make their fortune. ●

A Tribute to Didi Manmohini

DIDI ALWAYS REMAINED FAITHFUL TO BABA



– **Rajyogini Dadi Janki**,
Chief of Brahma Kumaris, Shantivan



Didi Manmohini

[Didi Manmohini ji's Lokik name was Gopi. She was from a very rich family and surrendered to the Brahma Kumaris along with her mother and sisters. She had unbreakable love for Baba, so whatever was spoken by God Shiva through the mouth of Brahma Baba, Didi would bring every word into action. When Godly services started in 1952, Didi became instrumental in Allahabad and Delhi and kept on giving services at Kamla Nagar, Delhi for many years. In the year 1965, Mateshwariji left her mortal coil; thereafter, Baba kept her in Madhuban. Didi would look after every internal affair of the Yagya. The duo, Didi Manmohini-Dadi Prakashmani, was famous as being combination of two bodies and one soul. Dadi did what Didi said and Didi did what Dadi said. Didi-Dadi gave complete sustenance of spiritual parents to service associates and spiritual aspirants. The following article is a hearty, loving expression of feelings of Dadi Janki towards her.] – **Editor**

Didi made me wear the badge of *Shiv Shakti* so that I kept in mind that I'm *Shiv Shakti*. We did not have anything except this badge; our upbringing also did Godly service. Didi taught us how to take care of everything being an instrument. She told that being alert is the most important thing. One must never have laziness in Godly study and meditation. Didi always remained regular and

punctual in study. She never came late in the Murli class.

Didi taught that we should always have love for everyone. There should always be a desire to learn and remain truthful. The most important thing is that one must have the *sanskar* of respect and love for others. Didi always said, "It is my job to remain in remembrance. In my remembrance there should remain only Shiv Baba; service

is secondary. As I'm on the pilgrimage of remembrance, I need to follow the rules of pilgrimage."

Didi always said, "Never ever spoil your mood. Becoming sad or being jealous of someone is a curse. We should take care in this aspect and even in singing the songs of God, we may become praise-worthy, reminiscence-worthy, and worship-worthy."

Didi would be present at nectarine time of meditation every day. She'd conduct the yoga herself. Whatever be the issue in her mind, Didi never mentioned it. What Baba and Mamma had taught, Didi showed the same practically. She was the role model of Baba's remembrance.

Didi made us attentive towards our actions and gestures. Many brothers and

sisters of Madhuban got sustenance from Didi. Didi had her own virtues, but she taught us that we all have to become complete in all virtues. If we don't become virtuous now, we can never attain our goal. We have to follow the steps of Baba; this is what Didi taught. Didi inspired everyone to follow Godly advice (*Shrimat*) wholeheartedly.

After Baba attained the state of completion and perfection, Didi would give such a *drishti* (spiritual gaze) so that all would have the feel of Baba. Even foreigner BKs had great experiences through her *drishti*. I learnt to feel and enjoy happiness in each endeavour from Didi. I never saw tiredness in her. One shouldn't ponder on the things that have been past; nor should have the desire for the future; I learnt becoming such an easy yogi, accurate yogi from Didi.

When Baba became Avyakt, Didi-Dadi called me up and said, "Now you have to leave Pune and remain here at Madhuban. Baba has given direction, Dadi will recite

Murli; you will have to conduct the class". Didi had a lot of zeal and enthusiasm in service and would fulfil the hopes of Baba; Didi instilled the *sanskars* in us firmly.

Didi's favourite song was, "It's time to go back home". She didn't say that preparation had to be made; she remained ever-ready. Staying in remembrance of our Silence Home means staying with Baba. At the end, she had just this obsession. Didi instilled in all of us that what has been received for *this unlimited God Fatherly University (the Yagya)* should go for the *yagya* directly. She didn't keep even a *Papad* for herself. There is a very long list of specialties of Didi; she never let even a penny of *yagya* go waste. The one who makes something successful in the good cause of Shiv Baba, would be returned thousand times by Him. A poor's one rupee equals thousand rupees of the rich.

How one should establish all relations with one God was also taught by Didi. Didi

always remained faithful, therefore, personality of purity used to radiate from her. We should have no waste thoughts. There should be such honesty and selfless feeling. There should be no hunger for respect or reputation.

As Didi-Dadi have performed service day and night, we should also give happiness and satisfy others through service; and remain always happy. Whatever be the issue, disappointment should never come; zeal should not go away. We should never have any feeling of jealousy, nor should one have any feeling of enmity or tiredness. Didi became a practical embodiment of these virtues.

Once Baba said, "Child, if Baba asks you to jump into a well, will you jump?" Didi immediately said, "Yes Baba." Then, Baba said, "Daughter, can Father ever say like this?" Didi moved every step forward on *Shrimat*. It has been Didi alone who made me instrumental in the service of the world. ●

SOUL-CONSCIOUSNESS FOR GOD REALISATION

– B.K. Surendran, Bangalore

Our scriptures are replete with stories of men and women who undertook intense penance and spiritual practice to have a vision of God, to realise God and to get boons from God. But, one is fascinated with awe and wonder as to “who is God exactly?” because different people had the vision of different gods and goddesses. Many of them may be visiting places of pilgrimages, undertaking fasts, chanting sacred hymns and so on, but they are not serious about going deeper into it. Some people ask whether it is relevant at this point of time to discuss about spiritual concepts of soul and God, and their realization when science is making miraculous and incredible presentations. Science is ready to come up with solutions for each and every riddle and puzzle of life. Some people argue that there is no soul. The brain activity is a collective performance of different chemicals.

Interaction of matter and energy

With the development of science and technology, we have

come to understand that the world activity as we witness every day is the interaction of matter and energy at different levels. Even our body is made up of 5 elements which are in a composed form. These elements are formed into different bodily organs such as heart, brain, eyes, ears, mouth, nose, nerves, bones, flesh and so on. Even though there are different instruments in the body, there should be some energy to run these instruments. Here, comes the spiritual energy which gives energy to these organs to function together in harmony. Like ‘I meet a person with whom I discuss different aspects of life for an hour and then I took leave of him. He was hale and hearty when I left him. But, the next morning, the person – the soul – all of a sudden left the body. When I went to his place, I saw that the body was there but, the person who spoke to me the previous day was not there.’ We are witness to the conviction of many doctors that, in certain cases, they would say that the patient would not live for another week whereas that patient lives for many years. On

the contrary, in certain cases, the doctors had observed that the patient, who was out of danger, collapsed in a day or two. In this context, we can notice that at the physical level, there is physical energy-matter interaction constantly happening, while at the spiritual level there is interaction happening between the physical body and spiritual energy. Those who are especially in the health care field are witness to this truth.

At this point, it is very clear that a human being is a soul, a spiritual entity. Human beings are truly spiritual entities or energies with a physical presence in form of *Jeevatma*. We can now analyse this situation from our own experience that the world is run with the power of individual spiritual energy – the soul. The mind, one of the faculties of the soul, is also subtle with tremendous energy to change the thought process of other human beings and also the situations of the world. This mind energy has the unique capacity to connect with the Supreme Energy Source – God. People, in general, conclude that there is also an ultimate Supreme spiritual power in the world, even though they worship different gods and goddesses, prophets, founders of their

religions and so on. We all know that the soul has lost its self-awareness as it passed through the process of transmigrations (cycle of birth, death and rebirth) and has come in close interaction with other human beings at the gross level.

The search for God has also continued at a gross level through worship of idols, spiritual peregrinations, fastings, etc., but it is impossible to realise God with these means, because God is an infinitesimal spiritual point of light, '*Paramatma*'. Even when one goes to a temple to worship God, one is still in body-consciousness, has awareness of his name, position, post, pedigree, caste, creed and religion, and such a mindset does not allow him to experience the spiritual identity and personality of God, as he himself is not aware of his spiritual identity.

Practice of soul-consciousness

We must convince ourselves that soul-consciousness is the original, essential and natural state of the self. Therefore, in order to realise God, to have a vision of God, to experience the companionship of God, we must stabilize in our original awareness: 'I am a soul – a conscient point-of-light but not this body'. At this juncture, we must understand that to establish a mental connection with God,

we should be soul-conscious. How can one be soul-conscious? For this purpose, following practices and churning process should be kept in mind:

1. To become soul-conscious, we must remind ourselves that the 7 divine virtues of the soul such as knowledge, peace, love, happiness, purity, power and bliss are the core of our natural nature.
2. We should be aware of the titles of *self-respect* bestowed upon us by God Shiva.
3. When one is in soul-consciousness, he is able to put a full stop to waste thoughts, words and deeds.
4. When one is soul-conscious, one becomes aware that he is enacting a role on the unlimited drama stage, and observes each and every scene as a witness.
5. When one is soul-conscious, one is able to strike a positive approach at all times and keeps moving with optimism and enthusiasm.
6. When one is soul-conscious, physical purity and purity in thoughts, words, deeds and relationships are maintained.
7. When one maintains soul-consciousness, one speaks less, softly and sweetly in a natural way.
8. When one thinks of the 84 births, he automatically

becomes soul-conscious because the soul takes on a long journey of rebirths and glances over its 84 births in a subtle way.

9. When we rotate the discus of self-awareness (*swadarshan chakra*), we naturally become soul-conscious.
10. The present time is known as auspicious Confluence Age. In the entire time cycle, this is the time when we get the knowledge to be in awareness of being a soul.

God Realisation

Soul-consciousness is an indispensable precondition to establish a relationship with God. Moreover, soul-consciousness is the panacea for diseases and enables to lead a disease-free healthy life and to prolong the life span. One can experience all the relationships with God in soul-consciousness. It is a clarion call to all those spiritualists who are in search of God, who are longing to have a vision of God, who are yearning to experience the presence of God, the proximity with God and to earnestly practise soul consciousness. Self-realisation and God-realisation are just a thought away from you: 'I am a peaceful soul; a child of the Supreme Soul, the Ocean of Love, Peace and Happiness'. ●

REMEMBRANCE OF GOLDEN AGE IN ANCIENT LANGUAGES!



– BK Rose Mary

The term ‘history’, has been humorously defined as “his story” which means that history writing varies from person to person. History books of two conflicted countries would drastically differ and may even contradict each other. No wonder we have a famous factual saying: “History is written by the victors”.

However, truth about Golden Age, the first part of human history, unwittingly remains protected in certain words or phrases of ancient languages. The very existence of numerous languages, with many things in common, implies that there was one perfect language in the beginning, whose memory is retained in various ways in the later languages. This could be discerned from the name given to one of the ancient scripts – *Devanagari* [combination of two words *deva* (god) + *nagari* (civilized) – which refers to the script used by human souls when their behaviour was like civilized gods. This shows that there was a time when everything (including language) was perfect

with human souls till they fell into imperfection of narrow, limited view or ‘me-first’ attitude. Following this Great Fall, each one began to feel self-important, and divisiveness started with like-minded people migrating in all directions, which gave rise to various man-made systems – religious, political, social, lingual, economic, etc.

This explains why we find in many languages same words or sound combinations having same meaning. For example, the sound pattern behind the word ‘mother’ looks similar in many languages: *môdor* (old English), *máthair* (Irish), *mótë* (Lithuanian), *mâter* (Latin), *mat’* (Russian), *madar* (Persian), *mata* (Hindi) and *mât* (Sanskrit). There are cases of similar sound pattern such as *parvati*, *parwat*, *power*, *poder*, *putere*, *páttur*, each of which highlights basic aspect of the same reality. Then, there are plenty of cases of same sound pattern with slight difference such as *atma*, *atom*, *adam*, etc. each of which highlights some aspects of the same reality. Then there are cases of word evolving

into different sound pattern yet retaining the same meaning such as *suvarna* (Sanskrit, literally, “that which is of best quality and color”) which means gold – it evolves into *swornam*, *or*, *oro*, *ouro*, *aurum*, *altýn*, *zlato*, *gull*, *guld*, *gold* when it goes into other languages. Even in the case of proper name, people tend to leave behind the original sound pattern and begin to pronounce it the way they like. For example, the original *Hebrew-Aramaic* name of *Jesus* is *yehôshu’a* which means “Yehovah is salvation.” This implies that only God Almighty can give us liberation – a powerful thought that is originally found in *Bhagavat Gita* (4:7) which presents God as playing the role of Liberator at the end of each *Kalpa* (a cycle of 5000 years). This very thought is seen worldwide in the famous symbolic word of *Lingam* which is a combination of initials of *layam* (dissolution) and *agaman* (recreation), hinting that history is a never-ending cycle of recreation and eventual dissolution. In other

words, human souls transform earthly heaven into earthly hell, and God recreates it into earthly heaven.

This shows that things deteriorate as the time passes by just like the Second Law of Thermodynamics teaches us. We know a stream extending itself too far into a desert will go dry; similarly human souls moving further and further away from their original nature and God-remembrance in search of external pleasures dry up inside, spiritually and emotionally. Conversely, the more we go backward in history, things would show themselves as better, and better, and best in the beginning. The words *Raj* (King) and *rajya* (kingdom) are the proof. In the first half of the *Kalpa*, kings were known for their duty of making their subjects joyful/delightful, thus king was called *Raj* (from *ranjana*, one who brings delight to others) and territory where people were made delightful was called *rajya*. In such a time-period, people were like gods (*devas*, those shining with divine qualities) whose nature and texture were like the sun, the giver of light and heat (symbol of illuminating wisdom and empowerment, and suffering no variation), hence they were called *suryavamshis* (of Sun-

Dynasty). In the first half of the *Kalpa*, people lived in soul-consciousness because they were referring to soul, the self, as *antahkarana* (that which causes from within) which shows that immaterial entity in man was remembered as more important than its costume which it was changing whenever it becomes worn out. In such mind-set, people would naturally view each other as spirit and treat each other with equality. In such a system where no one would feel superior or inferior, everyone joyfully worked for common good which made it *swarga* (combination of *swa* + *gati* meaning soul-oriented or living in soul-consciousness, thus in heaven).

When people fell from such a lofty path into body-consciousness and its attendant me-first attitude, *swarga* began to decline into *narka* (from the root *nar*, water, which forms bulk of human body, meaning living in body consciousness, thus in hell). Thus, these words *swarga* and *narka* point to the two phases of history in which human souls were ruled by virtues in the first half and by vices in the second half. In body-consciousness, people begin to feel self-important, think in terms of me and mine, love things of God (rather than God

Himself), worship God for material blessings through devotion or *bhakti* (from *bhaj*, meaning to divide or share). No wonder, the very word for the world in some languages is *duniya* (which literally means the world that has become debased/evil). **A decaying fruit implies that it was once perfect. Similarly, the present decaying system of things shows that it was once perfect.** Interestingly, *The Bible* too says that history had a “perfect” start where both human beings and animals were vegetarian. (Genesis 1:29, 31). If the world has become debased, it means the present version is only a deviation from a perfect world which was the first half of the history. No wonder, *The Bible* sums up the work of all prophets as speaking about “restoration” of that first phase of perfect system of things (Acts 3:21) “in which righteousness is to dwell” again. (2 Peter 3:13).

In that perfect half of the history, people were virtuous or good. Each time an action was performed, an *imprint* was created which became dispositions, or behavioural traits, which were then carried forward as *default* from birth after birth. In other words, behavioural traits are prepared

and perfected by a person through many births; hence, it is naturally called *samskar* which is a combination of *sam* + *kara*, meaning doer of good deeds. This shows that the word *samskar* originated in the first half of the *Kalpa* where people were virtuous in their thinking, speech and action. Once fallen into egoism, paradise is lost and world becomes *duniya* where people naturally feel separated and feel the need to re-connect with God. This concept is found in words such as *yoga* (derived from *yuj*), religion (derived from *religare*) which suggest that we need to reconnect with God to attain real fulfilment in life. Thus, words such as *samskar* and *religion* too point to a time when people were once connected to God, being one with His qualities and thus enjoyed a good relationship with God, fellow human beings and Nature.

Although good-intentioned religious leaders tried to reconnect people with God, they did not succeed as general tendency of the people was to degrade down from good to bad and from bad to worse. Real re-connecting happens only when God Himself takes initiative in the concluding phase of each *Kalpa* when moral decline nears its peak. At that time, God Shiva

makes His descent (or *avatar/ avatara*) in the body-chariot of a worthy person, and renames him as *Prajapita Brahma*. Through this one, God Shiva trains worthy souls who figuratively die to their old habit of *shudra* (sorrowful and complaining) nature and become like their spiritual father *Brahma* (*Brah*+*ma*, meaning ‘great mother’ (*badi ma*) great mind, who views God as Father and all human beings as brothers and sisters); hence, they receive the name *Brahmins* [*Brahma Kumaris and Brahma Kumars*] who pass on the knowledge of *Rajyoga* to as many people as possible. Since this spiritual training takes place in the concluding phase of the Iron Age (a dark period figuratively), this short period is naturally called *Brahma muhurta* (Brahma’s time), a word which is found virtually in all Indian languages which reminds that the Golden Age followed after *Brahma muhurta*. That memory found its way to this present *Kalpa* and people began to call two hours (from 4 a.m. to 6. a.m.) preceding the literal day as *Brahma muhurta*. People who get up early in the morning know that in all the 24-hour cycle, *Brahma muhurta* is the best time to study and to do meditation when our mind, body

and even environment are very fresh. Then we go through the cycle of morning, noon, evening and darkness which actually correspond to the greater phases of a *Kalpa* which comprises of:

- 1) Diamond Age or *Vajra/ Sangama Yuga* [resembling *Bhramamuhurta*],
- 2) Golden Age or *Satya Yuga* [resembling morning],
- 3) Silver Age or *Treta Yuga* [resembling noon],
- 4) Copper Age or *Dwapar Yuga* [resembling evening],
- 5) Iron Age or *Kali Yuga* [resembling night].

Just like the literal *Brahma muhurta* from 4 a.m. to 6 a.m. is the best part of the 24-hour cycle, the real *Brahma muhurta* period, the Confluence Age, between Iron Age and Golden Age, is the best part of each *Kalpa*, because this is the only time when God plays His role. Effect-wise too, this is the most auspicious time when many of the *Shudras* are transformed into *Brahmins* who always live in remembrance of God and, thus, are always joyful. No wonder the word for *bliss* is *anand* or *ananta* which is a combination of *an* (a negative prefix) and *anta* (end) which means *unending*. This combination is interesting as the very quality is known by its

intensity and length as though for those who experienced bliss, both bliss and infinite were like almost interchangeable. Thus, *ananta*, the word for bliss too, is another proof that there was a time when people enjoyed *unending* joy which they got from linking with God's unending qualities. Interestingly, this is something anyone can experiment and experience for herself/himself even today by practising *Rajyoga* meditation. Many have already availed themselves of this grand opportunity that comes once-in-5000-year that also enables them to gain a majestic inheritance in the first half of the *Kalpa*.

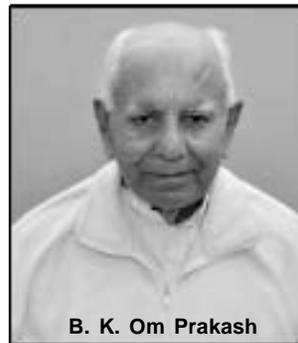
The words we saw above could not have been coined without the real Golden Age existing. How happy we are, because as seers of three worlds (*Tin Loka*) and three phases of time (*Tin Kala*), the beginning, middle and end – called *Trikaladarshi* we now know 'what has happened in the past, what is happening now, and what is going to happen in the future'! It is simply a course of wisdom imparted by God, the Knowledgeful and Almighty – a privilege He extends to all those who are willing to learn from Him.

|| A Tribute from *The World Renewal Team* ||

**HUMBLE FAREWELL TO THE
BELOVED DEPARTED SOUL,
LATE BRO. B.K. OM PRAKASH JI**

Our beloved Bro. B.K. Om Prakash (Rly. Deptt.) of Madhuban who was endearingly sustained with deep love and affection of the corporeal Father-Mother, Didi and Dadis, departed to the luminous lap of BapDada by leaving his mortal coil at the B.K. Global Hospital (Mount Abu, Raj.) on July 5, 2016 at 3.30 pm.

He received the spiritual knowledge at Kamla Nagar Centre, Delhi; and played the noble task of spiritual service with Didi



B. K. Om Prakash

Manmohini ji with utmost determination, dedication, devotion and divinity. Remaining a celibate since the inception, he continued to serve the world at large in different services with his steadfast attention being quite merged in love of God. Initially, he started giving his valuable service in the Literature Department and later on

undertook the overall charge of the railway services. He also served wholeheartedly as the chairperson of the Transport Wing of Rajyoga Education & Research Foundation (RERF), a sister organization of the Brahma Kumaris Organization.

He completely surrendered himself at Madhuban (Pandav Bhawan) in 1973 for the unlimited service of the souls of the humanity with his body, mind, time, energy and thoughts in utter regard to the call of God and Time. He was the embodiment of the values of regularity and punctuality in spiritual study and meditation. By relinquishing his outer physical and mortal body-chariot, he finally ascended to the Subtle Angelic World at the age of 82 in order to serve the souls of the world in the Illustrious Advanced Party of Spiritual Service (IAPSS). His body was bidden the most humble and final farewell upon this earth at Madhuban after taking a round of the *ChaarDhaam* and eventually mingled in the five elements of Nature after the funeral pyre. The whole Brahmin Family offered him its loving tribute to such a dedicated and serviceable child of BapDada and earnestly prayed for his successful role in furthering the Godly service ahead.



THOUGHTS = PERSONALITY



– B.K. Karan, Milpitas, USA

Have you ever heard of phrases and sentences like “Practise mindfulness”, “What you think is what you become”, “Have good intentions at all times” and more such phrases and sentences as those? From the face of it, the topic or title of this article: “Thoughts = Personality” is nothing different. But lately, while putting this into practice, from my spiritual learning, I was able to break this phrase into a few logical chunks that helped me understand the depth behind all of this. For the purpose of this article, I’m going to call them ‘mental equations’. I’ve provided 5 such mental equations and added colour with some examples from experiences that I’ve had in my personal life.

Equation 1: Thoughts = Feelings/Intentions

This is the simplest equation, and is also pretty much a starting point. All of us have several random thoughts daily, some of which we let pass us by and others we think about in more detail and possibly dwell on. We

create *feelings* based on those *thoughts*. How, one might ask? Well, for example, I was walking down the street the other evening after yoga and noticed a homeless person who was trying to dig into a trash can to fish for, what I thought might be, some leftover food in the garbage, and a quick thought occurred to me. I thought, “How sad, he doesn’t have anything to eat, maybe I should carry some spare food in my bag next time to help”. This created a positive *feeling* that revolved around love, care and compassion.

I could have very easily created a different thought where I would think more in the lines of “What a pest! He’s dirty.” While some of that may be true, that *thought* would create a *feeling* that is more negative and revolves around disgust, anger and repulsion.

Realizing that every little *thought* creates a *feeling* in our minds, is essentially the **first step** in changing the way we feel.

Equation 2: Feelings/ Intentions = Actions

Here’s another easy to

understand equation which talks about how my feelings are related to what I do. This equation revolves around how every little *feeling* like those we read about in equation 1 makes you take *actions* that are in line with them. Putting it very simply if one feels like getting Chinese food for dinner, they will look for a Chinese restaurant nearby. Feeling causes an action.

Now, let’s look at this from an **emotional intelligence** perspective. A close friend had gotten into a relationship with another person who seemingly had a very different routine as compared to her, wherein he selected lifestyle choices that were not exactly in line with hers. For example, she was more driven, set goals for herself and then worked hard to achieve them. He, on the other hand, was not as driven and was focused more on living life for the moment and enjoying himself in the process. Now, while she loved him dearly, she wasn’t really able to fully accept this difference in mindset. After a few years of being together, she started thinking to herself that he is lazy, and also wondered if this would become an issue in the future as they got closer to getting married.

“How could she change this negative emotion into a positive one?”, I thought to myself.

Something which I heard in the past occurred to me, which I then shared with her which was for her to realize that **she always has a choice**. For that matter, everyone has a choice with what they do or say.

I'm here to tell you that you always have a choice. Let's picture a scene from a Hollywood movie where someone is being held at gunpoint and is being asked to do something which, he thinks, is completely and holistically unethical. The first thought that comes to the viewer – "Goodness, that person has no choice but to perform the unethical act!!" Well, that's what the movie is trying to convey anyway. Now, let's twist that around: I would say that even if someone is being held at gunpoint, they still have a choice. My friend spent time thinking about this and I was very happy when I noticed that she soon realized that she had a choice in terms of her actions, which was either to stay with him and work on changing her capacity for accepting him for his qualities and not let it affect her own, or leave him because she was not willing to alter her capacity to accept him. Either way she knew that changing her **actions** would stop the negative **feelings** which would alter the **thoughts**

that caused them to begin with.

Equation 3: Actions = Habits

To put it simply, a habit is nothing but a repeated action, and often times the word "habit" is used for actions that people take without good reason or a justification necessarily. When, in fact, I would argue, it is all about the justification, as illustrated by the example below.

How many times have you heard these sentences?: "*It is his habit to get irritated, let him be*" or "*I have to check to make sure that I've locked the door handle several times, it's a matter of habit.*"

Getting to my point about "justifications", 'Have you ever come across someone who is addicted to smoking? Or perhaps an alcoholic?' They always seem to have a justification for what they do. "*It's a matter of habit now*" or "*I need it to de-stress.*" The sad part of this thought is that even though they know that it is a bad habit that is injurious to their health, somewhere deep down inside, they are able to justify doing what they do.

The **thought** (justification) that arises before performing an **action** allows someone to ponder over what they are doing and decide if it is the right thing for them. Once they have the

green signal from their mind, they move forward with the **action** and very soon it becomes a **habit**. I'm sure you'll agree that it's not uncommon to notice around us that when people don't particularly like their habit, or if it's causing them stress; they end up being sad but still deep down justify their incorrect actions as being OK.

Equation 4: Habits = Personality

The trend I'm trying to get at, might be clear to some of you by now, where I'm basically aiming to tie the pieces together that make up someone's personality. Personality is what defines a person for the most part. "*Definition based on what?*" Well, definition based on what you think of yourself, and sometimes if you can't decide for yourself, it is what the universe perceives you by. If a person comes to mind, it's very common to associate him or her with adjectives to describe his or her personality such as "nice", "intelligent", "funny", "sarcastic", "hot tempered", etc. These are components of your personality and one person can have also such multiple adjectives.

If you create a **thought** which involuntarily leads to a **feeling** towards someone, it is almost certain that the other person will



harbour *similar feelings* towards you. Mostly unspoken or sometimes spoken, I believe that this is the **universal truth**. Going back to our equation about habits, if I create a habit of yelling at my staff or someone who is junior to me at work, it is more than likely that they will think of my personality as “impatient” or “angry”. If I do so much as think negatively about someone, it is likely that they will harbour the same emotion about me. So, I have to check myself at the thought level: “Am I creating a positive, constructive thought about someone, or a spiteful, negative one?”

I’d be remiss if I didn’t highlight the flipside of this, since I think it’s pertinent. If you create a thought based on the lines of “*Gosh, I suck, I cannot even do one thing right because I’m just useless*”, firstly, anyone would tell you that you are being hard on yourself, and secondly you are sending that SMS to yourself. Think about it such that your mind receives this and causes a reciprocal reaction where you end up criticizing yourself and slipping into a sad state of mind. Doing this repeatedly makes your mind weak. Needless to say, when your mind is weak, you are susceptible to actually

feeling negative and worthless, so much so that anything that another person says, tends to affect it adversely. Often people start taking things personally and getting emotional at places such as at work or at home, leading to distress where, in reality, that can be avoided.

The end goal then dictates that your thoughts should only be positive towards others as well as yourself. Whenever you catch yourself creating a negative thought, change it into something positive and at the very minimum, quit spending time on that thought and move your mind to something different.

Equation 5: Personality = Future

It’s time for the final one, which is really a bonus equation. We learned how thoughts create actions which, in turn, create habits and impact your personality. At the end of the day, what I believe most people mainly care about is having a happy, successful life/future which, in my opinion, is affected to a great degree by their personality. I’ll leave you with a couple of quick and common phrases that can join the dots together.

1. “Your personality shapes your future path.”: I’ve seen examples at work, where senior

management assesses an employee’s personality. If someone has more of a “friendly and personable” personality, they are likely to be placed in front of the customer. This might seem like effective management, and I think it is.

2. “What goes around comes around.”: This phrase puts the equation around destiny into perspective. Thoughts that you create towards others or towards yourself, will come back to you with the *same/different magnitude* at *the same/different time*, but with a *similar emotion* attached.

A lot of the above, are the details that I have learned through the Brahma Kumaris. This spiritual organization has made a very strong impression on me. From the life of Brahma Baba, we learn that keeping a constant check on our every thought is the starting point, and very simply that is what shapes our future. As I mentioned earlier, every thought we create is a choice that we make.

Which thought would you select when you see a homeless person digging through the garbage for some left-over food, the one that is from love, care and compassion or one from disgust, anger or repulsion? Ask yourself and answer.

LOVE MAKES NO CLAIMS

– B.K. (Prof.) Ved Guliani, Hisar

People often make strong assertions of their love for one or the other person. They can recount what they have done and what they have tolerated in their love-relation. They have perhaps suffered social criticism and faced opposition. They remember all these things to their minute details. Many are proud of their efforts and emotions while some may be repentant for having wasted the precious years of their life. Sometime back I had read the following incident somewhere, which describes the depth of true love.

Early in the morning a man, with a wounded hand, came running to a doctor. The cloth wrapped on the hand was blood-soaked and wet which showed that the wound was still bleeding. Finding the doctor busy with some other patient, the man asked the doctor to attend to him quickly as he was in a hurry.

Finding the doctor a little hesitant, the man prepared to go. The doctor yielded. After dressing his wound, the doctor asked him to come the next day for dressing.

Next day, the man again was in a hurry and almost forced the doctor to leave the patient in hand and attend to him. On the third day, when the man made similar request, the doctor was irritated and asked him, “What is the hurry? Why can’t you wait?” The man replied, “Doctor, my wife is in the hospital and I am carrying her breakfast.” The doctor became a bit soft and while dressing his wound he said, “She must be a

very lucky wife as you are so caring as a husband. Is she seriously ill?”

“Yes, doctor, quite serious.”

“She must be very grateful that you take her breakfast daily so punctually and serve it hot to her there in the hospital.”

“I don’t know. She seems to have lost her memory and can’t recognize me.” The man was quite sad now.

The doctor was surprised. Is this man a fool to make all this chaos for the one, who does not even recognize him? The doctor said, “Then why do you make all this fuss when she does not even know you.”

“Doctor, she does not know who I am, but I do know that she is my wife.” Saying this, the man rushed out of his clinic to keep his appointment in the hospital.

The doctor kept looking at the man for long and marvelled at what he had said.

Exercise and Diet

Unhealthy lifestyles are rooted in the mind and seeded in the soul. The spiritual exercise of the mind involves taking the mind out of the physical body and to the subtle body of light and then to our state of being a soul - a sentient point of light and power. As for diet control, pure thoughts are the healthy diet for the mind. Creative thoughts are like vitamins that give sustenance and savour, and positive thoughts are like proteins that build will power as well as tower of peace.

PENANCE THROUGH REPENTANCE

– B.K. Santhi, Ampang, Malaysia

Penance began when man forgot his origin, God and His ways. Devotion or penance became a part of man's way of life in order to seek peace and happiness. It is believed that through penance, God would forgive our sins and fulfil our desires. However, the frequency and reason for sorrow should actually be analysed. We need to realise the root cause of our misfortunes. Any form of unhappiness, misery or misfortune is due to our own *karmic* accounts in the past. It is, therefore, necessary to take responsibility for changes to occur in attitude and behaviour so that wrong actions could cease. We must practise change in our thoughts, words and deeds so that there would be betterment in our lives. As such, it is safe to say that a change in our future remains in our own hands. It is only through self-realization that we can bring changes in our attitude and behaviour.

Physical Penance and Spiritual Penance

In the path of devotion, people perform various types of penance such as going on pilgrimage, bathing in rivers, etc. either to seek blessings from God or to get their obstacles removed. This is called physical penance because it involves the physical organs to carry out such rituals. This is sometimes initiated on one's own desires or on others' advice like fortune tellers.

On the other hand, spiritual penance involves opening the self to the eternal truths of life, i.e., when the third eye of knowledge is opened through self-realization. It requires recognizing the truth as revealed by God and upon practising His dictates called *Shrimat* or elevated directions, and forming a loving communion with the Supreme Soul in accurate remembrance, Rajyoga practice. It is believed that our sins are then absolved.

Although there is temporary attainment by performing

penance physically, as God says, "*I fulfil the desires of my devotees too,*" there is greater attainment through spiritual penance or His remembrance.

Happiness in Repentance

Rajyoga gives us understanding on the *karmic* philosophy, and this results in taking responsibility for one's own actions and life rather than feeling guilty or remorseful. Those with Godly knowledge do not dwell on the past mistakes but look forward with happiness, because they have faith that God Himself is teaching and guiding them towards transformation and helping them to become divine beings. One is, therefore, attentive to the precious time of the Confluence Age when God Himself comes to tell the souls about their original innate nature. He tells the souls lovingly about various easy methods to absolve themselves of the past sins, transform themselves from being vicious to viceless. Above all, He asks us to ***remain fearless irrespective of all matters.***

By understanding or having faith that this is the true teachings by God Himself, we can face every challenging

situations, not as obstruction regretfully, but as teachers that come to teach us lessons. It is only after attaining this Godly knowledge that we are able to reflect on our past actions and transform our thoughts, words and deeds to make our future the best ever possible.

Remembrance of God is True Penance

While in devotion, we have chanted *mantras* and sung songs in praise of God with overwhelming love. Most of our devotion has been carried out through priests who have acted as mediums to convey our devotion to Him. But we have never been able to establish a true communion with Him or experience His Divine Qualities. That is why God says, “*You have been stumbling around for half the cycle.*”

Nevertheless, having known Him now through His own teachings, our chanting of *mantras* and singing of songs have been replaced with the pilgrimage of constant remembrance or Rajyoga practice. Through meditation, our intellects become purified and divine. We become the masters of our own thoughts and feelings and are able to

stabilize ourselves in peace, bliss and happiness. Perhaps, that is why He tells us that we are the master almighty authorities in attaining all His powers, because it is only through true and accurate remembrance of Him that we claim the inheritance of His powers. His love gives us inner strength to annihilate waste, negative and impure thoughts about the self and others. God’s healing power restores us to perfection, and our past wounds, hurts and guilts begin to heal.

Repentance is to be Embraced, but not to be Embarrassed

Being accountable for one’s behaviours is a part of growing up. Repentance does not mean sitting in self-reproach for what one has done or failed to do; it is not a feeling of guilt or regret, but it implies making a change for the better. Repenting for our mistakes is essential to bring about the necessary changes in us, be it the transformation in our thoughts or the change in our *sanskars*. It is then that we establish a better future for ourselves through the reformation, renovation and rejuvenation of our original attributes. Thus, the

saying goes, ‘*to err is human, to forgive divine.*’

Repentance is to be embraced, but not to be embarrassed. However, it begins with taking and owning one’s personal responsibility for acts of omissions and commissions. It is only when we have the consciousness and realization of truth within us that we would experience repentance leading to required reformation.

Experience of Godly love enables us to forgive the self and embark on a new journey or pilgrimage of God’s remembrance to bring newness in our forthcoming future. It is by being merciful to ourselves that we recognize and embrace God’s teachings. We know that the past cannot be deleted, but we are much more conscious of our present to build a better future, because present is the foundation of future. In this way, there is assured and insured for both the present and future victory, which makes this journey of our lives beautiful and every breath worthy of our best possible spiritual efforts, now or never.

THE PERCEPTIBLE SHIFT TOWARDS SPIRITUALITY



As more and more people are realizing the futility of their attempts of getting happiness through materialistic pursuits, there is a growing tendency to look beyond and go deeper and deeper in order to find out the source of real happiness. Consequently, there is a definite undercurrent of spirituality increasing all over the world. People do perform rituals according to their religions or community traditions; visit temples, churches, mosques, social gatherings, etc., but they are also aware about their own individual inner journey. They are aware about their uniqueness and also about the common spirit flowing in all beings. They know that they are all connected.

Various social networking sites and blogging platforms also encourage people to go deeper, to find what they think and thus express it. Most of the friends at networking sites are full of love, light, best wishes and blessings for others. The more

– **Hari Om Chawla**, New Delhi they feel a sense of belongingness and give to others, the more they attain inner prosperity.

In the world of books too, the books which inspire the inner journey, the self improvement books, etc. are becoming more popular. They help to understand the higher dimensions of mind and to work on the inner self to bring changes outside.

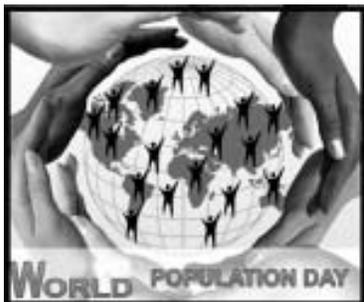
Of course, in the world, there are all sorts of people. For example, there are terrorists, whose only purpose seems to harm and destroy others. There are people whose only aim is to make money by fair or foul means. They are in the grip of vices like anger, lust, hatred and greed. But, ultimately, they would also soon understand that the conquests outside cannot provide them inner

peace and harmony. In fact, most persons repent about their destructive indulgences later in their lives.

The outer materialistic world is real but is impermanent in nature. What we have today may not be with us a moment later. What is permanent is the inner immortal spirit which lives ever when we leave the body and depart from here. We all have to attempt to understand life in various dimensions and know ourselves before we sail for the unknown.

The Brahma Kumaris' Awakening Programmes on television are more admired than even some entertainment channels. The Peace of Mind channel is also becoming more and more popular day by day. Thousands of persons have joined Rajyoga meditation after watching these programmes. They are all on their journey from body consciousness to soul consciousness; to understand the true self and to connect with the Supreme Self, the Ultimate and Absolute Divine.

Interest in spiritual life will earn more interest if you keep the principles of God as your principal.



WORLD POPULATION PROBLEMS: SPIRITUAL WAYS FOR POPULATION CONTROL & DEVELOPMENT

– Co-authored by: **B.K. Mryuthyunjay, Shantivan & Dr. B. K. Yudhisthir** (Ph.D.), Shantivan
(Email: bky.divine@yahoo.com)

The term ‘population explosion’ refers to the sudden and rapid rise or unchecked growth in the size of human population during post-World War II in the world and post-independent era in India. The explosive population problem is not only confined to India but has reached a menacing proportion all over the world, especially among the poorer, underdeveloped and undeveloped countries. While India’s population was around 361 million during 1951 census, it has touched almost over 1.21 billion figure during 2011 census, and is estimated to reach 1.50 billion by 2050.

Population: Problem or Prospect?

Rapid proliferation of undue and unnecessary population growth has almost become a pestering problem and has reached the problematic dimension of a caustic and cancerous impact upon India’s as well as world’s economy, health, education, security and service sectors. However,

world population can be viewed both as a problem as well as a prospect depending upon the cautious and effective handling of this most volatile and illusive issue. It can be very welcoming and benevolent in the sense that an increasing population can be deftly utilized as useful human resource for progress and development of any country and the world at large if the people can be equipped well with the knowledge, skills, positive attitudes, values, virtues, morality, spirituality, training in proper and practical methods of yoga and Rajayoga meditation.

The rich developed countries in the West or countries like Japan have employed their people according to their abilities, and population growth has proved to be a boon, because rapid growth of industries and national wealth always need greater workforce to implement the programmes of development in various ever-expanding spheres. However, in a developing country like India, where the resources and

employment opportunities are limited, the rapid population-increase during the post-independent era has negatively affected its economy. Population can be, nay, almost has become a matter of grave concern for our country, and unless and until this burgeoning population, which is rapidly increasing in geometrical progression, is checked, the world will face a sort of aggravating population explosion, more terrifying and petrifying than the nuclear explosion.

State of the World

Population, 2015 Report

2015 Report on state of the world population, which is a call for urgent actions to meet population needs and ensure their rights, mentioned that more than 100 million people are in need of humanitarian assistance - more than at any time since the end of the Second World War. Among those displaced by conflict or uprooted by disaster are tens of millions of women and adolescent girls.

“While remarkable progress has been achieved during the past decade protecting the health and rights of women and adolescent girls in humanitarian settings, the growth in need has outstripped the growth in funding and services. Yet, these services are of critical importance, especially for very young adolescent girls, who are the most vulnerable and least able to confront the many challenges they face, even in stable times. Under normal circumstances in some developing countries, a 10-year-old girl, for example, may be married off against her will, trafficked, separated from her family and all social support and have limited access to education, health or opportunities for a better life. When a crisis strikes, these risks multiply, and so do that girl’s vulnerabilities. Her prospects go from bad to worse. She may become the target of sexual violence, infected with HIV, or may be pregnant the moment she reaches puberty. Her future is derailed. Every 10-year-old girl, no matter where she is, has a right to health, dignity and safety, and 179 governments pledged in 1994 at the *International Conference on Population and Development* to uphold that right in any and every situation,” the report added.

For its part, United Nations Fund for Population Activities

(UNFPA) remains committed to strive for a world where women and girls are no longer disadvantaged in multiple ways but are equally empowered to realize their full potential, stated Dr. Babatunde Osotimehin, United Nations Under-Secretary-General and Executive Director, UNFPA.

Causes of Problematic Population Explosion

▶ *i. Increasing birth-rate:* Lack of awareness about the positive impact of using birth-control methods, has resulted in steady growth in birth-rate.

▶ *ii. Decreasing infant mortality rate:* Improvement in medical science and technology, healthcare facilities and wide usage of preventive drugs (vaccines) has reduced the infant mortality rate.

▶ *iii. Increasing life expectancy:* Improved living conditions, better hygiene and sanitation habits, better nutrition, health, education, etc. have increased the average life expectancy of human population.

▶ *iv. Cultural taboos:* Some people in north-eastern states of India prefer to have more than one wife due to cultural taboos, superstitions and misconceptions about the family patterns and norms, thereby producing more children and resulting in population growth. Muslims also have the same preference for more wives and

children in contrast to Hindus’ concept of “We are two, ours two” (*Ham do, hamare do*).

▶ *v. Superstitions and Misconceptions:* The ignorant and uneducated people consider children as gifts of God and never think of going against the law of nature and will of God and never refrain from breeding them, even knowing their inability to feed them and shelve them from the curse of poverty and ignorance. Moreover, the sickening monotony of living in despair leads them and their women to indulge in sexual and sensual gratification as an elusive and temporary form of relief. They do not have a present plan for ensuring a better future. The grim scenes of millions of famished, under-nourished and naked children everywhere in India show its grave population chaos.

▶ *vi. Intensive labour and supplementary incomes:* Illiterate and unaware people go on producing more children with the thoughts of adding to intensive labour force or workforce and supplementary incomes.

▶ *vii. Unity and Cooperation:* People also think that more children will help in achieving unity and cooperation in their family or clan or caste or group.

▶ *viii. Defence support:* Sometimes, governments also allow people to produce more children for defence support.



▶ *ix. Country's honour:* Governments of some countries, especially Muslims, think that it is *country's honour* to project larger population figure.

Effects of Population

Explosion:

Overpopulation: Population explosion leads to overpopulation, i.e., a population surging condition to an unsustainable level that the earth cannot accommodate, thereby posing a grave threat to the environment.

Unemployment: In spite of India's so called growing economy, millions of people finding little scope for fruitful employment and works to do, having no ensured living are, consequently, left frustrated and demoralized, and also some commit suicides, losing their faith in life itself. People born with hands to work consider it a curse when denied the simple right to work and earn a living. Unemployment problem threatens the very process of development in India and several underdeveloped countries in Asia and Africa. It is only natural. While the numbers of the unemployed go on multiplying and the so called growth rate becoming still unsustainable, the fruits of development are too inadequate to bridge the yawning gap.

Poverty: Growing poverty is both the cause and effect of population explosion. High birth

rate and low mortality, both historically and statistically, are associated with poverty and low standards of living. The queer law is that the poorer a country the greater is the growth rate of its population to which India is largely subjected as evident from the 2011 census and from the failure of Five Year Plans to cope with or eradicate the enormous unemployment problem. The fruits of our plans have not at all reached to more than seventy percent of Indians who live languishingly in rural villages without having any occupation. In cities and towns too, the poorer sections always have bigger families, while the rich and well-off sections live comfortably with smaller families. Unaware, ignorant, superstitious and poor people without understanding the advantages of planned family fail to check population growth thereby.

Illiteracy: Population explosion is the key reason for illiteracy not only in India but also in other countries. While the total available resources for education are limited and unsustainable for growing population, people prefer to engage their children in supplementing family earnings, without providing them education.

Poor Health: When people do not get adequate food and nutrition, they are susceptible to

suffer from poor health.

Negative Impact on Economy: The economy of any country is negatively impacted when the demand for consumption of food, clothes and shelter exceeds the production or resource limit.

Pollution and Global Warming: Excessive demand for finished products leading to over-industrialization and over-utilization of resources by growing population causes too much pressure on our only habitat - the planet earth - in the forms of industrial discharges, release of poisonous gases and fumes, burning of fossil fuels in factories and industries which are the chief causes of land, water, air and noise pollutions as well as of global warming.

Control Measures/Initiatives of Governments:

The governments of the countries cannot ignore or shelve the problem of population explosion, for it needs to be urgently and effectively reduced and halted for the entire population development of the country and the world. Governments, both at the centre and in the states, all government agencies and institutions are mobilizing all their resources to create awareness, to educate public opinion, to attain the goal of planned families, and to reduce the birth rate through official programmes, so that the population can fit in well with



the evolving pattern of developing economy.

The Family Planning as an official programme, launched with much fanfare in 1952, is still on the run with the propaganda machinery geared up by public media, reminding people of the advantages of small families, of healthy and happy children and of the need for eradicating the age-old poverty. The parents were coaxed for sterilization after the births of two children, for the contraceptives were not always found to be safe and full-proof. Though many parents resisted, others especially the educated, came forward to see things in the new light and went for it. Cheap contraceptives were distributed in even the remotest villages, sex education was popularized, vasectomy operations were conducted and abortion was legalized.

Spiritual Ways for Population Control & Development

However, only governments' measures and initiatives are not sufficient. So, it is quite high time for the other voluntary and spiritual organizations to ponder over it and take rapid, alleviating and supplementing steps and measures in order to curb rapacious population growth as urgently as possible through supporting various effective government legislations, effective implementation of

schemes like family planning, creating awareness for small family norms, effective and successful maintenance of health and fitness, spread of education to all the parts of the country and the world including inaccessible areas like hilly terrains and remote regions, change of thought and lifestyle patterns, practice of yoga and Rajayoga meditation, etc. These are all the more necessary because, in the modern changing times, the traditional family systems have largely given way to the micro-family systems, the norms and living styles of which greatly differ from those of the traditional ones.

The above-mentioned governments' measures and initiatives deal with the population problems at only outer and superficial levels, trying to solve the branches of the problems without striking at the root. Whereas the Brahma Kumaris Organization (BKO) is trying to strike at the root of the problems for population control and development by inspiring and motivating the people to translate the following spiritual ways and measures into practical action:

- ▶ i. Recognizing one's real identity as soul, forgetting body-consciousness and developing soul-consciousness
- ▶ ii. Perceiving and treating others as souls

▶ iii. Seeing the spiritual similarities instead of differences between the human beings

▶ iv. Discerning the unity in diversities - as in a bouquet which is beautiful having unity and symmetry of diverse flowers with colour (*Rang*), form (*Rup*) and fragrance (*Sugandh*).

▶ v. Understanding the world as a vast One-World-Family

▶ vi. Developing the spirit/principle of universal brotherhood of Man and Fatherhood of God

▶ vii. Observing celibacy as one's principle of living a chaste life

▶ viii. Observing purity in thoughts, words and deeds

▶ ix. Achieving connection, reunion, communion with the Supreme Soul in multiple relationships as Supreme Father, Mother, Teacher, Preceptor, Friend, Companion, Beloved and Child

▶ x. Practising Rajayoga meditation for restoring all values, virtues, qualities and powers from God as our birth rights

▶ xi. Empowering the soul with acquisition of eight powers such as power to withdraw; to pack up; to tolerate; to adjust; to discriminate; to judge; and to face.

▶ xii. Facing the challenges and problems of life and solving

(Contd. on page no. 28)

|| From the Melodies of Mateshwari Jagdamba Saraswati ||

LIBERATION RENDERED TO ALL



The God Father says: “Nobody knows about My task and My part, and so I come and tell you about Myself, and about My task. Because of this being the human world, I have to come in a human body to help you children; to liberate you from sorrow, and to grant peace and happiness forever.”

Some people think that God is very, very big, and that if He comes to this world, some miracle will happen. That there will be lightning and all will gather together. But the God Father says: “No: not everyone will gather here. No, not everyone in the world will be there in Heaven. The population will be small there.”

“I will give benefit to everyone, because all are My children. However, those who take knowledge will get more benefit. The benefit for those who take Godly knowledge, is different from the benefit received by those who don’t take it. The benefit for those who don’t take the knowledge is that I liberate them from the



bondage of Maya through punishment, and make them sit in the Land of Peace – *Shantidham*. They also like to sit there. They don’t want to come here. Fine, I make them sit there. I give liberation to all but both liberation and liberation-in-life to those only who inculcate My knowledge. I am the Bestower, who gives and gives to everyone. I liberate everyone. I give benefit indirectly to those who do not know Me and I give directly benefit to those who know Me, through a direct relationship with Me, make efforts, and become pure. One is direct benefit, and the other is indirect benefit.

However, I give to everyone. That is why I am called God, the Supreme Father.”

“My task is such that nobody knows about it. It is very incognito. It looks very ordinary because I do it like a human being, don’t I? I come and fulfil everyone’s desires. I give inheritance of purity, peace, love and happiness.”

Baba establishes a world where there is no disease, sorrow, unhappiness or disquiet; where the whole world is untainted by impurity or vices. It is not the question of one or two people but everyone there is happy. Even the animals and birds never get sick, and they never fight either. With the animals as such, imagine what the human beings would have been! The law over there is such that there is no untimely death. The souls there are immortal, which means they leave their body after a full life-span. Here, you see and hear that so-and-so died of a heart attack, or died in an accident, or died while sitting, but this doesn’t happen there. Everything there happens at the right time.

Some people don’t even believe that such world ever existed. Why is that? It is because the scriptures show battles between Rama and Ravana, Krishna and Kansa. If

there were such things even during the time of the deities, you would definitely say such a [perfect] world could not exist. They have taken the names of the deities and incorporated such things in their biography; this is why the poor and ignorant people are confused. All these aspects have to be understood very well.

God Inspires Three Tasks at a Time

Some people think that to say that ‘God comes only at the end of the Iron Age’ is like limiting God. “I say, this is not a limitation, but the understanding of His task. Just as Christ comes at his own time, even God has His time to come. He will not come in all the yugas. He will come at His time, and finish His task of transformation before He goes. This is no limitation, but an accurate knowledge.” We should also understand the meaning of being limited, and unlimited. The Supreme Father says: “I come once only, because I am the Almighty Authority and I do everything at one time. It isn’t that My task goes on forever.” To consider that God will come and uplift some at one time, and others at another time, is limited. To uplift all at one time is actually unlimited. The Supreme Father says, “I come and complete the entire job just in one go.”

This is why Baba also further says: “You belong to Me all together. I do My job in one go, so you also do it in one go. It isn’t that it should be done gradually, little by little. This is your last birth. It is the last birth in which you have to complete the task of transformation; so do it in one go.”

The Supreme Father’s task is unique. This is why it is said of Him, “Only You know Your ways and methods.” It is never said, “We know Your ways and methods.” The methods and ways are His, which means only He knows His ways and methods to give knowledge and liberation. Nor is it said that the scriptures, the *granths*, the *pandits*, and the scholars know His ways and methods. Only He knows; and the One who knows will be able to tell. Won’t He?

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them with acquired spiritual knowledge and yogic power.

▶ xiii. Inculcating divine virtues for transcending one’s human stage to deity stage

▶ xiv. Sticking to small family norms of family planning of having one boy and one girl child

▶ xv. Developing the attitude of ‘economy’ and ‘eknami’ (remembering one God) in affairs of life

▶ xvi. Accepting the “otherness of others” for achieving the principle of peaceful co-existence in a diverse society

▶ xvii. Coordinating and harmonizing among three Agencies of Creation - Man, Nature and God

▶ xviii. Considering others’ mistakes as my mistakes in order to avoid blaming others and shifting the responsibilities to others

▶ xix. Treating the cosmic universe as a unitary whole of which the individuals are integrating units

▶ xx. Enabling the unable, handicapped (*Divyangas*) as an inalienable part of the society and Divinity

▶ xxi. Empowering the human souls to do their very best in contributing to solve population problems with their body, mind, wealth, time, energy and thought.

▶ xxii. Adopting others’ children and fostering them as one’s own in case of the absence of one’s own progeny or off-springs.

A TEMPLE, PALACE OR PUBLIC TOILET?



– B.K. David, Paignton, England

No person likes to live in a state of unhappiness. Everyone wants to feel happy, right? Yet, most unknowingly, they lead a life that creates unhappiness for them. It is impossible to eat mango in your home if you have not bought any mangoes from the shop. If you have bought only onions, then it is onions you shall have to eat.

If you live a life that has poor actions, you will have to eat the results of those poor actions each and every day. As people order Takeaways today and make the choice what to eat, in the same way, you order misery and sorrow in your life when your activities are not good and elevated. Many live a Sweet and Sour life, with sweetness being only 2% and sour being prominent at 98%.

Most do not realise their diet of today with its mirrors, fashion, hectic stressful and rather shallow lifestyle, contains no true goodness and is like eating broken glass. People's lives are full of sorrow as they consume a diet of takeaway fast foods

(fast thinking, fast doing, pleasing only the body to gain immediate pleasure geared around the senses) but get only fast sorrow in return. All this speed in people's minds and bodies only results in long term indigestion (sorrow and stress) that leads to diabetes, hypertension, backache or a heart attack.

TV Times and sofa times all add up to poor times.

People really are walking examples of acute patients needing emergency care of both mind and body. Seldom will you meet a happy, healthy person full of life and enthusiasm who is strong and stable. The only things strong and stable in the world today are sofas and the TV. Both these are very dependable and solid aspects of life today where people sit doing nothing, except feeling tired and miserable.

The vitamin conspiracy

People's actions result in them having a poor diet of constant sorrow. Most grow anaemic, very weak, stressful and unhappy. They take vitamin

supplements of vices and sensual pleasures that refresh for only few minutes and have no real longevity and give the user a false sense of security. Anything gained from the physical senses and the worldly pleasures is always shallow, transient and short-lived and leaves one more unsatisfied.

We all desire warmth and health in life

This desire for happiness causes many people to take advantage of situations, people, money, positions and power to uplift themselves by injecting artificial supports into their lives. Their artificial state of happiness and power is like a balloon filled with hot air. But when the moon of reality comes out and the shooting stars have fallen to the ground and exploded at their feet into nothingness and their sun of illusion and arrogance has sunk and gone down out of sight, they feel completely hollow inside. To feel very happy and at peace within self, you need to create a very different world for yourself, a world aimed at inner growth and transformation. This is, indeed, the only solution and indeed, for sure, God has now come to help us go through that change.

Are you a solid gold?

It is never too late to change the direction in life and create new thoughts, aims and

enthusiasm and start heading for a peaceful life of calm. Simply, look out and surround yourself with like-minded people who also believe in peace, tranquillity and quality.

It's truly time to ignore and turn your back on the world's people, busy in their world of quantity, rushing, acquiring and possessing, and instead delve into the world of love and care and focus only on a path of spiritual endeavour as only that can lead you to an elevated life of light and ease and awakening, if that is what you so desire, as I did.

Let the world sleep as you eat the sweets of truth and revelation. If they choose to eat meat and become dull and drowsy, let them do so. You can walk in country fields with a smile and be so happy seeing the jumping lambs and peaceful cows with their calves. When I see flying birds I think how they must feel; whilst many must be thinking of their dinner.

People are possessed today with leading a high life, having a good job, high salary, high status, eating at the expensive restaurants or living in luxurious apartments. It's all because people feel low inside that they crave for the high life. The result of course is that they always

crash down either later that afternoon or perhaps next week.

High tide, low tide, rough sea, calm sea, no sea

Fast rivers, long rivers, deep river, wide rivers, shallows, rapids and eddies and distress calls sound out when water is flowing about. I live next to the sea which is a very dangerous place, and it reflects life accurately today; like a salty ocean with many sharks, familiar mines ready to explode if not avoided or handled with great care, and battleships with many guns and stealth submarines lurk and listen, ever ready to fire!

Life is very much a battleground and your role is not to get shot and injured with sorrow. For the many without wisdom, it is easy to be seen, to be shot and die each day.

The Martians won't land on such a nice day.

God will come when it suits Him and not before. God has come and that is cool but the world is inhabited by ignorant fools. If you do not believe me, switch on the news on TV at any time of day and witness the stupidly of man. Nothing you will see happens by accident but is the direct result of man's actions and thoughts.

Hormone insanity

When you can overcome your body and its pulls and desires, its hunger, sleeplessness, aches and pains, and the call of your hormones that are telling you something, when you can be master of your body and not its slave, then you'll be a great soul. Until then, you are just an effort maker.

The idea is to become Godly student number 1

Follow God and follow yourself into heaven behind His son's Godly shadow. Train to talk to God and ignore those who call you to join them in their cold and dangerous sea of poison of power and happiness.

Everyone is Drowning in Their Own Waves

Walk on by and smile and ignore those drowning in poison, God says. Let them splash about in vice and swim after luxury. You need the oxygen and breathe of truth to blow up your life jacket that can keep you afloat and take you away on the Godly tide of truth and away from the whirlpool and attraction of vices.

In life to come, only truth and purity will offer you to safely swim towards the new horizon.

10, 9, 8, 7, 6.....

It's time to take control of the



whole of you; not just part of you for certain times of the day, but complete control of all of you all of the time. Can you do that? Does that concept scare you greatly? Is that possible? God says Yes. This is not my wish or instruction but God's. It is to His directions that I also aspire – and fail greatly, so often. I am not a great student of God. I struggle to rise to His heights of greatness. You need strict shoes of discipline and faith to walk God's path as it has a mirrored floor that reflects and reveals every mistake you make, as it's such a clean and precise path.

As you choose either to drink water or milk or between coffee and tea, sugar or no sugar, so in the same way, your elevated life is also there for you to choose from – or ignore, in favour of the mundane, basic life that many easily adopt and follow today without thought. The result speaks for itself with bankruptcy in qualities, virtues, peace and happiness.

Yes, nectar and poison sit side-by-side on the same table and you are forever walking past this table of choice each minute. Whichever you pick up will become a strong habit that carves out and shapes your life's future.

Your thoughts and attitude

are the chisel in your hand and your outlook and aims are the strides that will take you either to a fruitful tree or to a rotten diseased tree brought down by the winds of temptation and desires.

Success and failure are two brothers that reside at the end of each of your arms. You can build an ark or an atomic bomb with the same thoughts and ease. It's all in the state of mind as to whether you feed the fish or go fishing; whether you push a person over in your haste or help him up with your peace; whether you go hungry so can feed others or take food that you do not need to feed your belly that is already far too big. Your daily actions and decisions will all bring about your laughter or tears or contentment or frustration.

The building blocks (thoughts) that you pick up and further shape, build your life are of paramount importance. For you can build a factory (positive, constructive life) for yourself today whose production you will enjoy later in your life.

Public toilet or Palace is your choice

Some build a school (educate themselves and set a good example for others) and some a hospital (become healthy with

good deeds to all). Many build public toilets for themselves that many frequent (gossip, stand about in and become dirty).

So, choose and build well your building and build wisely, carefully and with love. To live in a Temple or Palace of luxury takes effort but is worth it. It might look sparse but a Temple is a Temple of peace and coolness where only happiness can be truly found. The public toilet requires you to listen endlessly to other people's problems and rubbish that dirties the room of your mind and causes the bad smell of sorrow.

Many create sand castles that although look grand but collapse with the tides of life's difficulties. A weak mind finds even small problems hard to deal with as it lacks the strength to overcome them. The waves of sorrow are strong and endless and only truth can give you the power and ability to beat them.

Is it right to end now on this low note? Yet life now is low, so, maybe it's appropriate. We have God's umbrella and shoes to guide and protect us. So there, we can finish on this high note as God's guidance and protection is the highest – for us!



(Contd. from page no. 3)

practices. One has in him the secret tempting idea that if he pleases these deities or saints or guides, his present desires for children and wealth, etc., will be easily fulfilled. One also fears, he may come to harm if they get displeased with him. This kind of so-called spiritual effort is founded on wishes and fears, and, therefore, asks for the compassion of others. The present method of worship cannot fill one with spiritual strength to become strong. One can't earn the power to resolve his own difficulties and naturally no one can expect him to solve the problems of others.

The other kind of spiritual effort is abandonment of all activities, called '*Karma Sannyas*' which has no place in the society. One who renounces activity, considers this world as well as his body to be the meeting place of sorrow and unrest which he or the world cannot shake off, and it is, therefore, his aim to obtain complete release from both sorrow and unrest. According to him and to those of his way of thinking, the only means of man's complete freedom from his situations is lasting freedom from the cycle of transmigrations. So, he takes the earliest opportunity of leaving behind his society and the world of activity and retires

to a forest or to high hills, and adopts a course of *Samadhi*, (i.e., total physical, mental and intellectual apathy to the world and its concerns) leading, as he fondly thinks, to forgetfulness of everything around himself, only not to have any thought of anything else other than release from the bondage of life.

Both kinds of present spiritual efforts are, undoubtedly, individual in nature. In neither of two kinds of activities, nor has anyone done anything to contribute to the solidarity, peace and happiness of society, nor can anyone have any expectation for the future. *Bhakti Marg*, is based entirely upon the narrow outlook that is implied in selfishness. It cannot provide scope to create, much less to nourish, the ability in man to solve the problems of society. Being fed on unreasonable faith, the devotee cannot think of becoming a useful member of the society, not to speak of actually becoming a worthy member. He lives in a very narrow sphere, and flourishes, as he thinks, in indulging in rivalries. The path of *Sannyas*, i.e., renunciation, puts forth the wiping out of the existence of not only society as worthy of note but that of one's own self also. He has no urge to work for or even think of social uplift or to resolve the problems of society.

In short, both these paths of spirituality have failed to bring about the welfare of society. This is why there has been a constant decline of social morality and decency. On account of the preponderance of these two trends of thought, the state of affairs in today's world is very dangerous and difficult. As man has progressed more and more in science and technology, his struggle to transform the political, social and economic life of the past has also increased. Although there has been success to some extent, yet the world and all its various aspects have become involved more and more deeply in extraordinarily hard situations. The world is today at the crossroads, where it cannot see which way to move on. It is in a fix, as on every side there are dangers hovering over. The whole world is, as all feel, sitting on top of a volcano, which will at any moment erupt into a fiery flood, only to reduce it to ashes. Even though one is abundantly provided with means of worldly happiness, one still feels highly insecure. Every joy is overcast with a pall of grief. In every heart there is unease blowing about like a hurricane. Being despaired with the so-called usefulness of economic, political, industrial, scientific and social changes, everyone is looking up



to a spiritual revolution with a thin hope. Why so thin? For till now nothing has come out of spiritual efforts, as irreligion has flourished in the name of holiness. The poison of sectarianism has given a fillip to hostility; so, despair is there in every face. But a ray of hope is visible, for this much is clear that the solution of all problems can be achieved only by complete transformation of man's thoughts and feelings and that transformation lies in the sphere of spirituality. It is spirituality alone that can give the right direction to one's thoughts, feelings, hopes and wishes. On the other hand, political, social and economic changes are one-sided and have potential for good, but only to a limited extent, for while earlier problems are being solved, new ones crop up. Thus problems are not totally eliminated. It is only their form that changes. In this condition we have to give serious and sustained thought to find out what real form of spirituality is needed which can be really useful to society.

The term 'society' is used in the world of activity, and problems too arise in that world. So, only the kind of spiritual knowledge that lays stress on actions, will be useful in our sphere of activity. Society should be such that the individual

should cast his thoughts and feelings in its mould so that he does not think, speak or act under pressure, or out of fear or any other restrictions or because of any temptation, but willingly; and what he does or says or thinks is conducive not only to his own good but to the good of the society. Put in other words, there should be established oneness between the individual's good and that of the society so as to leave no scope for any contradictions between the two. Any contradiction, that may appear here and there, is out of place, as it springs from ignorance of the true good of an individual. Removal of this ignorance should be the aim of spiritual knowledge and spiritual efforts.

This ignorance, which may also be regarded as a lapse in the matter of overlooking interaction between the individual and the society, takes in its fold the materialist as much as it does the individualist. It cannot be denied that the materialist has now and then become aware of this lapse on his part and has, according to the circumstances current at that time, made efforts to set right the society by bringing about economic, political and social changes to infuse order in the society. In order to bring about a complete change,

psychological treatment is needed to replace what is called body-consciousness with soul-consciousness. One has to understand it quite clearly that he is not the body, but the soul that wears this body. By dint of this understanding and consequent easy change of point of view, one can get rid of the Five Vices, and this also changes one's perception towards problems and situations. And, when one is rid of the vices, one can also achieve liberation-in-life, which is what is meant by *Jeevan Mukti*.

Spiritual efforts undertaken by man to purify his ways, do not have any room for blind faith or ritualistic exercises nor do they countenance any renunciation of activity. Only then religion will not be merely a matter of faith, but will rightly become the philosophy of life, in which form it will be regarded as a branch of knowledge. True knowledge of the soul and the Supreme Soul, the course of the world-cycle, the relationship between Supreme and the souls, the secrets of *Karma* are the subjects of spiritual knowledge.

This spiritual revolution is as greatly needed as the present time is suited to make it useful and popular. The man of the modern scientific age has learnt to understand things on the basis of his reason and his experience

of the secrets of Nature. He has it in him to find new ways of thinking, as he hates conservative ideas, blind faith, hackneyed traditions and illogical opinions. Even the present state of affairs of the world has not weakened one's faith in the importance of spirituality. It is only the last refuge, the only means of getting out of the distraction of the world. This explains why the western countries regard the glory of the ancient spirituality of Bharat with deep reverence in spite of the fact that science and technology have reached their highest points in those countries. However, true divine knowledge and easy Rajyoga have been all but completely lost in the limbs of the past, i.e., it is lying deep down in the womb of oblivion. And this knowledge needs to be brought up to the surface, to be revived, and made to flow like a current in man's mind so that millions of people who are lying deep in the sleep of ignorance like Kumbhakaran of yore, can be awakened from their stupor.

The Nature of True Religion

In the light of new facts added to our knowledge by nuclear physics, it should not be difficult for us to understand that

there is located in the human brain an entity which emanates thoughts and feelings.

It should be noted that this entity, called the soul, is not what is meant by the brain. The brain does the work of retention only, i.e., memory, whereas the qualities of discrimination and emotion are there in the soul. Modern science has no difficulty in understanding and then admitting that the Supreme Soul also is equipped with these qualities, but is All-Powerful Authority as distinguished from the rest of the souls. Rajyoga is the link between the soul and the Supreme Soul, and in the process of Yoga there is the movement which we may call the traffic of thoughts and feelings between the two, and this traffic gives a new direction to man's mind. To the extent to which physical sciences will advance towards understanding the free flow of currents of thoughts, and regulating their flow, to that extent will it be drawn towards spirituality. Science of today has presented the problems and situations, by reference to which or by means of which spiritual truths can be analysed in the most logical manner. The mass media of communication

are so quick and effective that it takes very little time to communicate any new ideology or theory to the farthest corners of the globe. In these conditions, there is all the greater need of setting in a radical change. Once the transformation takes place, the world will be rid of these problems. Sorrow, unrest and want will be no more. The changed world will be innocent of strife, hardship and hostility. One language, one religion and one Govt. will then be the rule. This aspect of spirituality does memorable service to society only once in the whole *Kalpa* (a cycle of 5000 years) and leaves nothing to be desired. One may be reminded of the prophecy of French writer, Jules Verne and, according to him, by 2000 A.D. a religious revolution will raise its head, which will reveal the newest mysteries about the soul and God, and science would be there to confirm them. The result, then, would be that in the hearts and minds of one and all there will be proliferation of newer and newer sentiments of belief in God, justice, propriety, discipline and devotion to duty. ●

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