

Report of Special Retreat on God's Wisdom for Self-empowerment

The Special Retreat on “**God's Wisdom for Self-empowerment**” organized by Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya commenced in the evening of 03.02. 2017 in the Conference Hall of Shantivan, Talhati, Abu Road, Rajasthan.

The **Inaugural Session** started with the welcome of the revered guests and delegates with bouquets and badges, song and dance as well as welcome speech. B.K Bharat welcomed the guests and delegates. The guests-speakers discussed elaborately on the thematic topic. B.K. Mruthyunjaya, Vice-Chairperson, Education Wing, said, “The purpose of life is to become a knowledgeable, peaceful and a loveful being. In today's world, love is being misused; people are seeking success through money power, political power and nuclear power by disregarding mental, moral and spiritual power, which are the urgent the needs of the present society where happiness is less and sorrow is more. But, these powers cannot be bought from the super market.” He also said, “Spiritual Knowledge imparted by Incorporeal God Father Shiva through the lotus mouth of Pitashri Prajapita Brahma through Brahma Kumaris Organization (BKO) is the real power which enlightens. In this organization, one man's vision is going to fulfill the mission of millions of people.” Addressing the gathering he also added, “Unnecessary and negative thoughts lead to sickness, sorrow and anger. You are invited here to get God's wisdom and associate with this noble vision and to lead a stress-free, anger-free and peaceful life through self-empowerment. Rajyoga meditation is the spiritual journey of the inner soul/self which gives it a proper direction for its empowerment. With this empowerment, one can conquer vices and lead an angelic life by becoming a light house and might house. Each one of us should contribute to this purpose of life through body, mind, wealth, time, energy and thought, and thereby bid adieu to the *sanskars* of *Maya*.

Dr. S. Ramratnam, Vice Chancellor, Jagadguru Kripalu University, Cuttack, Odisha, delivering his speech in a nice mix of triple languages like Sanskrit, Hindi and English, said, “Self-empowerment is possible through God's wisdom.” He quoted in Sanskrit God's message from the Scriptures in such words as: “You're the master of your own yourself. You're born to achieve great things. Your self-dignity will empower you to achieve divinity. Your own soul is your friend or enemy. Empower yourself to empower society.” He wished that Brahma Kumaris would infuse the society with spirituality for producing useful citizens by imbuing them with courage (*Dhriti*), forgiveness (*Kshama*) getting them rid of fear (*Bhaya*).” He further added, “Empowerment means enhancing and nurturing what we already have. God has given us ‘love’ and ‘joy’; if we enhance these, hatred will vanish. But, unfortunately, we have forgotten that we are imbued and endowed with love and joy. Due to this lack of knowledge man has become like animal (*Jnanen Hinah Pashubhi Samanah*).” He said that God is Truth (*Satyam*), Goodness (*Shivam*) and Beautiful (*Sundaram*). By quoting a Sanskrit verse, “I'm Blissful Self, I'm Shiva.” (“*Nijananda Swarupam Shivoham*”), he said that truth, goodness, beauty, love, freedom, spirituality, fearlessness and joy

are the parts of Shiva, the Divinity, and let us be the parts of that Divinity and make them our own. He also said that our blind craze for material things has given rise to lust and anger among us, and through practice of meditation we can conquer all these vices. At last, he appealed the gathering to work for integration (*Samanwaya*) of people with practically following of the principle of one-world-family (*Vasudhaivkutumbakam*) in life.

Rajyogini B. K. Shashi, National Co-ordinator, Sports Wing, (RE & RF), said, "In this world, man has accumulated many powers with the help of science and material knowledge but, at the same time, he is feeling fear, peacelessness, despondency and emptiness in his life. He has lost faith in self and God. If this condition of his own; then, what will be the state of the society, country and the world?, she asked. She also said that this world is a stage for man to play his apportioned role in this stage. God had given man two bags - one full and one empty - when he landed upon this earth. Initially, he began distributing all good qualities like love, compassion, forgiveness, etc. to the mankind. But, gradually, when he became selfish and egotistic, he stopped giving these qualities, and, instead, began looking at the bad qualities of people and started filling all their bad qualities in the empty bag, which has now become a heavy burden upon him. In order to empower the self, one has to know the self which is like a subtle atom, and has three faculties such as mind, intellect and *sanskar*. But, man's mind is always fickle as a result of which fear, sorrow, peacelessness and tension go on increasing in his life. To empower mind, she advised to add 'na' before 'mana', thereby it will become 'naman', meaning 'surrender'; again to add 'na' after 'mana', thereby it will become 'manana', meaning 'contemplation'. So, he has to surrender his mind before God and contemplate the qualities of God in order to empower his mind and self. Then, she, through her powerful meditation commentary, transported the gathering to the Soul World in order to link them mentally and spiritually with God, the Almighty, and thereby helped in empowering the souls through Rajyoga meditation practice, which is the only medium of self-realization and God-realization.

Mr. Paras Chandra Jain, Hon'ble Minister of Energy, Government of Madhya Pradesh, the Chief Guest, said, "It is not very easy to implement spiritual knowledge in life, but we can do it with peace and silence." He said that initially one starts any good project, and, then, others start cooperating in it to complete it. He convinced all that every work, be it small and big, is quite significant in completing any project, and appealed to all to co-operate and contribute peacefully and voluntarily in God's noble task of self-transformation and world-transformation started by Him through Brahma Kumaris Institution. He emphasized the fact that people usually work only for their own benefit, but one, who does for others, society, country and world, is greater than those who work only for their own. He also expressed that he is really very fortunate to participate in this Retreat and get a glance (*darshan*) of so many God-loving people here in this Diamond hall of Shantivan complex.

Rajyogini B. K. Dr. Nirmala, Director, Gyan Sarovar, Mount Abu, said, "The mind of man is very fickle and is prone to run here and there. But, we can empower ourselves and face the situations in life by controlling our mind and intellect. She said that human being has forgotten

his real identity as 'soul' and, instead, is identifying oneself as male or female due to body-consciousness. By knowing the self and God's wisdom, one can connect with the God, the Almighty Supreme Soul, and receive spiritual current and get any power one wants from Him, and empower oneself thereby with the power of Rajyoga meditation. The task of world-transformation is possible only through self-realization and self-transformation."

Rajyogi B.K. Nirwair, General Secretary of the Brahma Kumaris Institution, said, "Man has knowledge of various subjects in this world, but the real knowledge of his own self, which he should have since his childhood, is completely lacking in him now. The knowledge of 'Who am I?' which the saints and yogis of the past were doing meditation to know but failed to know, is with only God, the Supreme Soul. "I am a soul" is the theoretical knowledge, but it should have the practical application in life in the sense of "applied spirituality" just as we say of "applied psychology", "applied economics" or "applied chemistry". For example, if one says, "I am a peaceful soul"; and applies this knowledge, he should not be angry at all, because the original qualities of soul are knowledge, peace, love, happiness, purity, power and bliss. In spite of this knowledge, when some challenges come we forget that we are peaceful souls. Due to body-consciousness, we fall prey to the vices of lust, anger, greed, attachment and ego, the five vices, which are inside us. In the image of Ravan, who is the symbol of five vices, five faces of male, five faces of females, scriptures in hands and the head of an ass on his head are shown; and people every year add fire to it with a view to destroying it. But, even then, the height of the image of Ravan has reached to almost 125 feet from the earlier 25 feet, which means that five vices in us go on increasing year by year, instead of the remembrance of God. If you want self-empowerment, you have to destroy these vices in you first, and then fill yourself with positive powers with self-realization and God-realization which the past saints, yogis and sages had emphasized upon for living an empowered and values-based life. In this special Retreat, I sincerely wish that you conquer over these vices and empower yourself and others in your family, society, country and world with the application of God's wisdom and practice of Rajyoga meditation."

B.K. Ravikala, Senior Rajyoga Teacher, Mount Abu, who managed the stage activities very successfully with appealing and heart-touching words to the satisfaction of all, said, "With the practice of Rajyoga meditation and power of silence, we can get the five prime qualities in our life such as soul-consciousness, surrender, smile in face, sweetness in tongue and simplicity in life."

The programme of the day ended with a note of great optimism, success and expectation of further enlightenment of the guests and delegates.

*Reported by: Dr. Brahma Kumar Yudhisthir,
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