

|| From the mighty pen of Sanjay ||

HARMONIOUS PERSONALITY AND PEACE OF MIND

Pace is a state of being. In this state, man's mind is in harmony. It has no conflict with the intellect. Man's volition, desire, will or intent are in consonance with his judgement. Such a mental state and such a personality are essential to peace.

Harmonious Mind

In order to understand clearly the role of harmonisation, which is a sure sign of mental health, let us take the analogy of physical health. If, in the body of an individual, all the organs are working in complete isolation from each other and without any mutual co-ordination – the lungs breathing hard irrespective of the heart pumping rapidly and the muscles getting tense in disregard to the man feeling fatigued and wanting to sleep – then the person will become physically sick. If the body is to be healthy, each of its parts and organs has to discharge its individual function in harmony with the other, considering the body to be one functional unit as a whole.

The same principle is applicable to human personality also. Various units of personality, such as impulses, motives, attitudes, inborn and acquired traits, inner urges, potentialities, etc. should work in harmony. If different potentialities of man work towards different goals and in disregard to the rest of the personality traits, there will be disharmony, resulting in mental disorders and disturbance, thereby causing ultimately the breakdown of personality and mental illness. For example, if one mental trait urges the person to earn and amass a lot of wealth and the other gives him fear, checking him from investing money and a third trait forces him to lie down lazily in rest and comfort and the fourth gives him rage so that he cannot behave calmly and sweetly with his colleagues, customers or clients, then the result will be frustration, caused by non-attainment of goals, mental disturbance due to rage and dissatisfaction with the self and others, and there will be mental conflict and illness. If, on the other hand, his urge for money works in co-ordination with his potentiality for work and also with his rational sense that asks

(Contd. on page no. 32)

CONTENTS

- ▶ Harmonious Personality and Peace of Mind.... (From the Mighty Pen of Sanjay) 3
- ▶ Holi marks the onset of the spring season (Editorial) 4
- ▶ Good wishes for everyone should be natural 7
- ▶ Simple meditation practices for a life of fulfilment 9
- ▶ A miracle for CAD patients . 12
- ▶ True relationship between mind and soul 13
- ▶ Spiritual healing experiment 14
- ▶ Rajayoga meditation develops spiritual awareness 16
- ▶ Applying the *tilak* of soul-consciousness 17
- ▶ Prajapita Brahma: The Prismatic Personality 19
- ▶ The saga of dinosaurs 23
- ▶ The meaning of life 26
- ▶ God's view of time: 28
- ▶ You are the potter, I am the clay 30

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HOLI MARKS THE ONSET OF THE SPRING SEASON



After 2-3 months of dry, cold winter, we in Abu are appreciating the sunshine albeit with subdued effect (as cool and dusty winds continue to blow). As the sun moves towards the North, each day we find a change in atmosphere. The trees have mostly shed their old leaves, and the new, colourful and soft leaves and flowers are emerging all around, like the rosy cheeks of little children! It has started becoming warm during the daytime, and raw mangoes can be seen hanging from most of the mango trees. The magic of Nature is, indeed, so special, which is filling our minds and hearts with hope and grandeur.

Spring is the time of the Festival of Colours, *Holi*, which is as old as our mythology. Each year, the different stories connected with Holi replay on our memory track, with the most powerful one being that of Holika *Dahan*. The little prince, Prahlad, is symbolised by the thread that is tied around the sweet *koki*, and this emerges unscathed from the fire, representing Prahlad's victory

and freedom from the clutches of Holika, the female devil. While following the path of *bhakti*, we had pondered in depth on the significance of this story and how human souls evolve during the cycle of time; living with the highest principles frees the self from the bondage of the five elements, and allows us to play a new role in a blessed



life as Prahlad did after the burning of Holika.

Holi marks the new beginnings in which life becomes more colourful and radiant. For those on the spiritual path, it's an occasion that inspires us to ward off our subtle weaknesses and emerge as the embodiment of love, while maintaining divinity in our relationships. *Holi* is further connected with the days of Shree Radha and Shree Krishna, when they played *Holi*

in ecstasy, smearing friends and family with coloured powders in Vrindavan, as well as sprinkling nectar or showering golden leaves. Again, this is symbolic of the dawn of a new, vibrant age when each young girl will be like Shree Radha, and each young boy will be like Shree Krishna in attributes and self-respect, and together these souls will have a lot of fun in harmony and unity. *Holi* is an expression of the inner stage of super-sensuous joy, which a soul attains when there is purity in thoughts, words, actions, and relationships. It represents total commitment to the Supreme and to following His Elevated Directions.

Our late senior brother, Bro. Jagdish Chander had written a very beautiful article on *Holi*, titled: "*Holi* reminds us to be Holy!" The Brahma Kumaris celebration of *Holi* is, indeed, very unique. A special *Bhog* offering of sweets and fruits is made to the Supreme Being, followed by a wonderful *Holi* message from *Avyakt* BapDada, through the responsible Trance Messenger.

This year in Pandav Bhawan, the Brahma Kumaris HQ, divine sister B.K. Shashiben offered *Holi Bhog*, and brought back a beautiful message about the way *Holi* was played in the subtle region. Listening to the essence of this spiritual message, our readers would

definitely feel uplifted to that consciousness of being in your angelic forms, playing *Holi* in the subtle realm with different coloured rays of light: **“The entire subtle region was decorated in coloured light. Wherever Baba’s pure *drishti* was focused, it was as though sparkling stars were emerging. A lotus flower was placed in front of all the sisters and brothers, who were before Baba, and they were asked to take the lotus in their hands. The lotus changed into a *pichkari* (water syringe/spray gun used to shower others with coloured water in *Holi*). Baba reminded the long-lost and now-found spiritual children that in order to use the spray gun, that is sprinkle others with virtues and powers, stay in the awareness that “God is my Companion” and “God is my world”. This is how you can colour others with spirituality and make their form like that of *Gopas* and *Gopis*. Remain in the joy of being God’s fortunate children, and share this joy with others. Support others and progress ahead together.”**

The photographs taken all over India in *Holi* celebrations, especially of the youth and children, are spectacular. In

some parts of India, especially Rajasthan, the period of *Holi* carries on for 2 weeks generally with dry colours. In different establishments, including the Defence Forces, Officers play *Holi* together as friends, putting aside ranks and status, which beautifully epitomises the characteristic of *Holi*: to maintain feelings of equality and visualise all as happy members of one spiritual family. After the play and games, people get a clean shower and put on fresh clothes, and then join in the *Holi* Feast. In Bharat, we truly feel how enriching are our festivals, customs and systems, that become the foundation for lives of contentment and fulfilment.

We would like to enrich your lives with the invaluable gems of Godly wisdom, enshrined in God Father Shiva’s *Mahavakya* (Elevated Directions) shared through *Alaukik* Father, Pitashree Brahma. These versions when properly understood and inculcated in daily life, help us enjoy the beauty of a life founded on spiritual values. Just as *Holi* is played with a range of colours, let us illuminate our lives and that of others, with the precious diamonds and rubies of Godly knowledge, known only to, and shared by, the Supreme Being:

“By following *Shrimat* or *God Father’s Directions*, you

can enable anyone to attain the fortune of the kingdom for 21 births. Those who study in a pathshala (place of study) know that they are students. People at other satsangs don’t consider themselves to be students. Students have their aim and objective in their intellects. You are God’s students. God speaks: “I teach you Rajayoga and change you from human beings into deities. There used to be the kingdom of deities. As were the kings and queens, the deities, so were their subjects; they changed from ordinary man to Narayan. This aim and objective is first. This is Rajayoga and so He would make you into kings of kings. In every cycle, I come once again to give you back the kingdom you lost. It wasn’t a human being who snatched your kingdom away. It was Maya (negativity) who snatched it away and so you now have to conquer Maya. There have been innumerable wars of limited kings and they received limited kingdoms through those wars. However, with this power of yoga, you establish the kingdom of the world. This is called the non-violent war. This war doesn’t mean that you kill or are killed, because this is the power of yoga. This is so easy! By

having yoga with God, we become conquerors over sinful actions; Maya cannot then attack us.”

“The Supreme Father, the Supreme Soul, would not establish hell. They make an effigy of Ravan because he is everyone’s enemy. The Father, who establishes heaven, has to be placed on

your eyes. Devotees remember and call God to come and liberate them from sorrow, and that is why He comes and liberates them. The Father is the Liberator and also the Spiritual Guide. He takes you back to your land of peace. There is the shower of the imperishable jewels of knowledge on those, who are

with the Beloved. No value can be placed on these jewels of knowledge. The Supreme Father, the Supreme Soul, Himself, says: My soul, whom you call God, also has a part recorded in Me of looking after devotees and giving happiness to everyone. It is Maya who causes everyone sorrow.”

HONOURING INTERNATIONAL WOMEN’S DAY CONSTANTLY

As 8th March comes closer, we proudly honour International Women’s Day, but more importantly, we should celebrate the feminine qualities of Compassion, Tolerance, Kindness (to name a few) and the powers to Create and Sustain. One of the resounding sentiments shared by highly accomplished and successful women of any profession/background is that the more females are empowered internally, the more they are able to create their path, lead the way and benefit everyone. It is amazing to note that 82 years back, the foundation of the only women-led Spiritual Institution in the world, the Brahma Kumaris, was laid amidst challenges, but with the conviction of the Supreme Being and His medium, Pitashri Brahma Baba, the women were not only to be considered equals, **but they needed to be given a leading**

role in the task of positive transformation and upliftment of society!

As per the direct *Shrimat* of the Incorporeal Supreme Soul, God Father Shiva, the corporeal Brahma Baba empowered mothers and sisters with new education and spiritual disciplines to become spiritual leaders, committed to the noble tasks of “Self Transformation for World Transformation”. Temporary transformation is taking place at every moment, **but giving a new direction to the entire human race requires great vision and a proper working plan**, and this was revealed to the founding generation of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya in the late 1930s.

From Day 1, **the concept of the Godly message intended for every human being on earth has been to visualise one’s own true nature, and to**

be enthusiastic to regain that lost sovereignty of an elevated, righteous living.

This most unique message has spread in all corners of the world through different ways and means of Godly service.

As per the latest *Shrimat*, all we need to focus on is experiencing a very powerful stage of inner consciousness, during regular practice of Sahaj Rajayoga meditation. Positive and powerful vibrations are needed to absolve the influence of negative traits. Human souls, whether in male or female costumes/bodies, who had been previously hidden by layers of the dust of body-consciousness, vices, peacelessness and sorrow, can now revive themselves and relive their original nature of love, peace, purity, wisdom and contentment like that of our Supreme Parent, Teacher and Guide.

– B.K. Nirwair


**GOOD WISHES FOR EVERYONE
SHOULD BE NATURAL**


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



This article contains some questions of the seeker and the answers of Dadi Janki, which are very useful for making better spiritual efforts and personal spiritual progress, as Dadi's answers are quite justified in clearing the doubts of the seeker. The questions and answers are mentioned as follows:

Question: *I am just one B.K. out of thousands. Does Baba notice me? How can I be special to Him?*

Ans.: Baba has made me belong to Him and He pays a lot of attention to me. This is true for each one of us. If you question this, it means there is not much self-confidence. Why wouldn't Baba like you? He is proud of each child. He knows us. He knows that we belong to Him. I belong to Baba and He belongs to me.

Question: *Remembrance begets remembrance. How can I draw His remembrance to me?*

Ans.: This is the time of the Confluence Age. It is only at this

time that He tells me to belong to Himself. If we sit in silence now, Baba will pull us with the thread of love. It doesn't matter how many hundreds of thousands of B.Ks there are, He definitely remembers me.

Question: *If I give sorrow without intention, I didn't have the aim to give sorrow, then who is to blame?*

Ans.: It's my job to have interaction of Godly love with everyone. This is God's family and time is short. I need to have the aim to have good interaction with everyone. If the other person is taking sorrow from what I have done, I should apologise. He/she may even take sorrow from my tone of voice. Then apologise; ask for forgiveness. Don't be careless in this. A true effort maker will make effort not to give any type of sorrow. My effort should be such that I feel that Baba is paying attention to me.

Question: *How can I maintain good wishes and pure feelings for everyone?*

Ans.: To have good wishes

for everyone should be natural. It doesn't matter what they are like. I will get the return of my feelings. If I don't have good wishes, what am I thinking? I am responsible for myself. We are Brahmakumars and Brahmakumaris; we need to pay attention to the pattern of our thoughts. A good quality B.K. will have good wishes for everyone. To have waste is not cleanliness. Even not to care is not cleanliness. Sit down and check your effort throughout the day. At least, have good thoughts for yourself and you will then develop the pattern. This will lead to good thoughts for others. Then I am not wasting time, I am using time in a worthwhile way. When we say 'Om Shanti' we have good feelings. We want everyone to experience that feeling. We create an atmosphere in this way.

Question: *Is it the final stage to have equal love for everyone? Is it possible?*

Throughout our 84 births we have karmic accounts. Some of them may be negative. How can I have equal love?

Ans.: It is definitely possible. There shouldn't be a single moment that we feel we don't care about a particular person. This type of language is not the sign of a yogi soul. Recognise the time; even in the past something may have happened, but past is past. See the time. In order to make good effort, I have to make the past the past. There should be this echo within. Don't think of the past and don't have expectations for the future. The time that we are going through now, is to make effort for the future. To use time in a worthwhile way is necessary. From my heart, I feel that on my right side Baba is with me and in my breath Baba is with me. On my left is my fortune. It is my fortune to have the feeling that Baba is with me. I want you all to have the

experience of Baba's companionship. I am grateful to Baba. This gratitude is necessary as Baba is helping me at every step and I am earning an income. This study is wonderful and I need a lot of love for this study; Baba is speaking this magical *Murli* especially for me. The *Murli* doesn't allow any worry to come in. Do you experience this magic in the *Murli*?

Question: I may not get on with someone; how can I pay attention not to increase my karmic account?

Ans.: I have seen such practical examples. Even the thought that 'I can not get along with this person', brings negativity into the relationship. If you are happy to be distant from that person, you are then being influenced by your own nature. I have never let go of my good feelings. The heart desires that they will change and I never had the thought that they won't change. Even if they

don't seem to be changing, I keep good feelings for others. In fact, when I keep good feelings, I am benefiting myself. Each day my stage should be such that I am ready to leave the body. In my remembrance, there is Baba. That atmosphere spreads across the world. Others should be able to draw that remembrance to themselves.

Question: Is love the main aspect of this path? Did all the ancestor souls surrender because of love? What is the main foundation of knowledge; is it love for God?

Ans.: God is the Father, Teacher, Satguru, Mother, and Friend. If I have those experiences, my life becomes valuable. If you have experienced something once, then you want others to experience the same. In the beginning, we used to say, "Caution each other and progress." ❖

LOOK FOR GOODNESS

In everything, goodness is there; our goal is to find it. In every person, the best is there; our job is to recognise it. In every situation, the positive is there; our opportunity is to see it. In every problem, the solution is there; our responsibility is to provide it. In every setback, the success is there; our adventure is to discover it. In every crisis, the reason is there; our challenge is to understand it. By seeing the goodness, we'll be very enthusiastic and our lives will be richer. — *Awakening With Brahma Kumaris*

SIMPLE MEDITATION PRACTICES FOR A LIFE OF FULFILMENT

–B. K. Surendran, Bengaluru

In our spiritual life, we all must have resolved to reenergise and reinforce our efforts to augment our spiritual attainments in many ways. It must have included many times of Rajayoga meditation sessions, special sittings, practising soul-consciousness, planning special service programmes, etc. Many of us must have remembered about the simple techniques given by the Lord Shiva in His discourses for spiritual progress in the field of remembrance or service. As we are all in the path of Rajayoga meditation, which we enjoy, the number of people joining this meditation movement has been steadily increasing because of its simplicity and benefits. Our meditation practice starts at 4 a.m. every day; we call it *amritvela* time for 45 minutes. This meditation time is the most suitable for higher spiritual endeavours. This time is charged with magnetic spiritual force from the Supreme Soul and those who participate in this

meditation will definitely rejoice super-sensuous joy. The Lord Himself has formulated simple and small steps for us to accumulate spiritual power in everyday life. For example, once the *amritvela* time is over, then comes the spiritual knowledge discourse session in the morning by 7 a.m. Before that, there is a session on meditation for half an hour. This helps us to mentally prepare for receiving the Godly versions in a calm and quite mindset, which is something like a paddy field that is ready for sowing the seeds in it. One is able to absorb the knowledge that is read out in the class with satisfaction.

Moments of strict observance of traffic control and other allied activities

In order to maintain the love link and the relationship link throughout the day with the Lord, He as the Supreme Teacher has laid down specific traffic control timings for His students. Every traffic control session is for 3 minutes, which should be used

as is where is basis so as to see that the aspirant is able to control, regulate and concentrate his thoughts at any time during the day. This exercise helps us to accumulate spiritual power and also enhance the duration of our spiritual endeavours in a big way when all the traffic control durations are put together. The traffic control with a duration of 3 minutes session is spread over the day starting at 5.45 a.m., 7 a.m., 10.30 a.m., 12 noon, 5.30 p.m., 7.30 p.m. and 9.30 p.m. Along with this traffic control, there is a hourly basis one minute duration traffic control time, which is to be practised at the beginning of each hour from 9 a.m. going upto 8 p.m. in the evening. This will also be added on to our already existing meditation chart. Similarly, we drink water for minimum 10 to 15 times during the day. Every time when we drink water, we should remember the Lord. We should charge the water with the power of thoughts looking at the water with vibrations of purity and peace, and such water works as a medicine for the body. All of us know that the body is made up of 70% water and it is very healthy when such spiritually charged water is fed to the body. Similarly, we take tea, coffee, cold drinks and so on, and during such time if we take them with yoga practice,

our yoga chart will rise up. Normally, we all will have our food for 3 times in a day. But, for some others, there are small meals, which are spread over 6 times or 8 times. It is also possible that in between there are snacks, tea, coffee, etc. During all these intervals, we are supposed to remember the Lord; and, first of all, we should offer Him whatever we eat and thank Him for having provided us the food articles. In case, we spend one minute each for offering these food articles, it gets accumulated and our meditation chart will further show an upward trend. It is possible for us to take bath one or two or three times during the day. Such time is also good for us to remember the Lord. In the bath room, there is silence and it will help us to remember the Lord because we are detached from the outside homely atmosphere.

Strict observance of evening time meditation schedules

Again, evening time is very conducive for meditation practice. During the sun set time, especially in India, in every house a stand lamp is lighted and members sit before it and chant the name of the Lord of their choice like Rama or Krishna, and this time is very auspicious for prayer. We all should find some

time to meditate during this time because of its special auspicious nature of the time. Further more, it is also considered another *amritvela*, because on the other side of the globe it would be *amritvela* time, *brahma muhurt* time, during which people would be sitting in meditation. At least one hour meditation is necessary so as to purge our sins committed over a number of births. Again, a small stint of meditation spell can be added further. For example, whenever we go out of the house, we should sit in God's remembrance and along with Him you move out of the house, which will be a protective act for our safety and safe return. Suppose, we travel by car or two wheeler, we should sit in meditation for a minute and then start the car or two wheeler and we can also request the Lord to sit with us in the automobile and He becomes our companion. Suppose you are working in an office, and in that case as soon as you reach the office do not start working instantly. Rather, sit down for a minute at your seat for a minute or two, remember the Lord and then along with Him start your work of the day. At every meeting or a function, you can make it a point to start the proceedings with a minute of silent prayer, which will spread a peaceful vibration in the

atmosphere. Whenever we go into the kitchen, it is necessary for us to sit in Lord's remembrance for at least 2 to 5 minutes and in silence if we start cooking, the act of cooking will be an occasion for celebration. We will enjoy the love of the Lord and cook food with enthusiasm and interest. Because, when we offer the food to the Lord and the food becomes *prasada* or medicine which is good for the body and the soul; then only we can take that food. Whenever visitors come to our place of residence or office, we must prepare to meet them. We should become soul-conscious and remember the Lord and also think that we are going to meet our brother souls, and if we meet them with that consciousness, there will be a special satisfaction. When it is time for sleep, we can sit in meditation for at least 15 to 30 minutes and say good night to the Lord, after submitting the daily accounts of our activities to Him and sleep in His lap in peace.

Further, we all know that purity is the foundation of Godly life. Celibacy is a must. Along with that we should also observe the code of conduct that is laid down by the Lord for the aspirants who are called '*Brahmaacharis*'. *Brahmachari* or *Brahma-achari* points to leading a godly life. We

must have *sattvik* diet. What is a *sattvik* diet? The food articles should be acquired through the money earned by truthful and rightful means. Such food articles should be cooked in the remembrance of the Lord and taken in His remembrance after offering it to Him. We should take the food in silence and in His remembrance. We must keep us away from all kinds of vices and, in turn, inculcate divine virtues. We should make it a point to see that we look at the virtues of the people coming in contact with us and pick up virtues and inculcate such virtues in our life. It is necessary to keep the company of like-minded people, who are keen to study the Godly knowledge with a lot of interest and involve in Godly service. We must maintain simplicity, royalty, maturity, cheerfulness, peace and happiness. We must see that soul-consciousness is practised every day as much as we try to remember the Lord. We must be inclined to listen to others carefully with respect and regard and give proper responses without hurting their feelings. Courtesy, politeness, civility and humility are also to be practised in everyday life.

Special spiritual endeavours

Let us practise the small, small efforts, which are constantly being underlined by the Lord almost in everyday discourse. In fact, spiritual effort-making involves very easy steps, but regular attention is required for fulfilling the Supreme Directions of the Lord. Therefore, these small steps will help us to scale great heights in spiritual life. A whole hearted and open hearted promise before the Lord will help us to implement His ever invaluable Directions into practical life. We all should practise unconditional pure feelings and good wishes for one and all. We must remember that whatever *karma* we do is all being watched by others and they will also follow us. Hence, we must be careful while doing anything. The slogan 'now or never' should be remembered by us for doing good *karma*. Doing a good *karma* at the right time will yield better result and will prevent untoward incidents. We are trustees and the Lord is the owner. This will avoid developing ownership and enjoyment-seeking attitude in our life. Whatever happens is for good and the scenes and sceneries opening up are part of the huge world drama. Let us give utmost importance to the guidelines given to us by the Lord with all seriousness and highest regard. ❖

THE DYNAMICS OF GREED

Deficiencies inside us bring about a spiritual void or the lack of wholeness (fullness). As we lay the foundation of our lives on deficiencies or weaknesses, the result is suffering, sorrow and peacelessness. If we act in harmony with spiritual virtues and qualities, the result is cooperation, happiness, peace, contentment and, finally, wholeness.

A spiritual void leads to selfishness and causes the creation of greed inside us. We want to have more and possess more, which generates a state of expectation and stress. We fill our lives with things and objects to cover up deeper deficiencies. Then we are afraid of losing them. We generate expectations of all kinds, and when they are not fulfilled we react with anger, frustration, fear or disappointment. The inner emptiness makes us become greedy. We fill ourselves with objects, properties and things. We take and consume more than what we can give to the Universe in the form of positive thoughts, feelings, vibrations, actions, etc. and this brings about imbalances in the self, in relation to others and with the elements of Nature.

Something similar happens on a physical level. The body has a capacity to recycle and eliminate waste through different mediums. However, since we consume more toxins than the body can process, it leads to imbalance and we are more prone to feeling physically ill and unfit and developing ailments, diseases, etc.

– *Awakening With Brahma Kumaris*



A MIRACLE FOR CAD PATIENTS



– B.K. R.R. Surana, Nashik (Mah.)

I am an advocate by profession. I had experienced an angina pain in the chest in the later part of the year, 1997. I, then, immediately approached the local cardiologist, who, after examining me, had prescribed some tablets like substrate, etc. for me to take for a few months. There was not much fruitful response; so, the doctor, after taking certain tests, advised me to undergo Angiography tests. Accordingly, I went for such tests at Ruby Hall Clinic, Pune, where blockages to the extent of 95%, 85%, and 80% in three main arteries were detected in the month of April, 1998. Therefore, the doctor asked me to undergo bypass surgery (CABG) within two months or so, which I was not willing to do.

However, at that time, I came to know that the Global Hospital & Research Centre (GHRC), Mt. Abu, has started a Programme for Reversing Coronary Heart Disease through Lifestyle Intervention Programme. At that moment, I made up my mind to adopt that

Healthy & Happy Lifestyle Intervention Programme based on revolutionary concept of Mind-Body-Soul and disinclined to undergo surgery. I met Dr. Satish Gupta and showed him all my test reports. On seeing these reports, he was kind enough to allow me to join the Programme. I first attended the intervention Camp in July, 1998. A team of well-qualified members conducted the camp very well. After attending the camp for seven days only, I began to feel some relief in my chest pain.

The Lifestyle Intervention Programme consists of the following:

- i) Aerobic Exercise, which includes daily morning walk for about 45 min. to 1 Hr. or, say, two to four k.m. walk after sunrise and evening stroll before sunset.
- ii) Vegetarian Diet, which includes high fibrous food, green leafy vegetables, fresh seasonal fruits, sprouts, whole grains, oats, grams, etc.
- iii) Rajayoga meditation course, which is the study about the true self, the Supreme Being

and connection with Him.

After this programme, I went through repeated Angiography test in the month of August, 2010. On going through both the reports, wonderful result was found: a blockage of 95% was removed to a great extent and other two blockages came down to 50%. By adopting this Healthy Happy Lifestyle Intervention Programme, I have attained a new life and I can perform day-to-day activities to great satisfaction of which I had lost hope when I had experienced angina pain. This achievement could be achieved only due to the sincere efforts made by Global Hospital, its entire devoted team, and the devoted brothers and sisters of the Brahma Kumaris Organization. My special thanks go to Dr. Satish Gupta, who has brought back my smile.

After the first camp I also attended a few subsequent camps and could gather the fact that “The better the programme adherence, the more the CAD regression”. In my opinion, Rajayoga meditation plays a major role in preventing and eradicating the heart disease. Rajayoga fills our hearts and minds with pure energy of true love, true peace and true happiness.

For other heart patients, I

(Contd. on page no. 34)



TRUE RELATIONSHIP BETWEEN MIND AND SOUL



– **B.K. Sujoy**, Durgapur (W.B.)

According to the exposition based on the direct revelations of God - the sermonizer of *The Gita*, the world is an amphitheatre of action. The soul originally dwells in the soul world, also called *Paramdham* or *Brahmaloka*, which is far beyond this corporeal world of ours. It, then, comes on this world drama-stage to act or play out its role.

Now, just as in an ordinary, man-made drama, an actor wearing a dress, suitable to its role, acts on the drama-stage, so does the soul. Body is the ‘costume’ of the soul and this world is the stage where the soul plays its role.

Further, just as the memory of the dramatic role is dormant in the actor in the form of ‘impressions’ but manifests in the form of thoughts as he goes on the stage or at the time his individual act comes, the same happens with the soul at the time it descends from the soul world. What an actor does is that he brings into action its own role according to its own potential, ability and personality, so does

the soul.

The whole pre-ordained dramatic role of each individual soul exists in latent form or at unconscious level within it while the soul is in the soul-world, and when it descends onto this world drama-stage and adopts the human body, its every latent impression manifests itself or emerges to the conscious level in the form of volition, desire or thoughts.

Therefore, volition or thought is the manifestation of the latent impression of the dramatic role. And the impressions are the latent state of the volition or knowledge. Each single act is cognate with the other. The volitions and impressions are together called the mind.

Mind is the other name of the dramatic role dormant in the soul. It is an extension of the deeper non-local reality and profoundly influences our actions. Originally, it is pure, unconditioned and resilient. However, the mind gradually loses its resilience to acquired knowledge and conditioning and becomes finite and localized. Consequently, we get anchored

and habituated to our own comfort zone, secured positions, stability, conformities, familiar situations, relationships and patterns of behaviour. We embrace our inner negativities and comfortably brood over the past, blame people and situations for our miseries and failures. On facing new situations, changes or a challenges, we perceive them as threats to ourselves. Only a clear, supple mind, free from rigid thoughts, beliefs and fears, is capable of resilience and is a powerful source of imagination and creativity. To restore resilience of mind, take breaks and retreat into silence and simultaneously maintain an attitude of patience, perseverance, tolerance and optimism.

Rajayoga meditation is a profoundly deep subject which reveals the proper connection between mind and soul. If we consider only one very elementary and rudimentary aspect of its practice, we come to know that, in Rajyoga, the mind is occupied with the thought of ‘I am a soul, a point of consciousness, a being of light. My original nature is love, purity and peace. I am a point of self-aware spiritual energy. I am an eternal being, a child of God, the Supreme Being, who is also an Incorporeal Being of

(Contd. on page no. 34)

SPIRITUAL HEALING EXPERIMENT



– B.K. Dr. Nanubhai,
Rajawadi, Ghatkopar, Mumbai

The scientists today say that mind power is 80% sub-conscious mind power and 20% conscious mind power; so, the greater power is the power of our sub-conscious mind. Once, we understand this and learn to use the power within us, we can create wonderful changes in our life. We can achieve many goals. The sub-conscious mind creates automatic behavioural patterns, reactions, fears and phobias, unaccountable likes and dislikes, dreams and thoughts that pop into our heads out of nowhere. Also, the skills we are born with, our natural talents and abilities, our values and qualities are the potentials of our sub-conscious mind.

The knowledge of the interaction of the conscious and subconscious mind can enable one to transform one's whole life. The conscious mind is like the navigator or captain at the bridge of a ship. The navigator directs the ship and signals orders to the men in the engine room, who, in turn, control all the boilers, instruments, gauges, etc.

The men in the engine room do not know where they are going; they just follow the orders. They would go on the rocks if the man on the bridge issues faulty or wrong instructions based on his findings with the compass, sextant, or other instruments. Similarly, the conscious mind is the captain and master of our ship, which represents our body, environment, and all our affairs. Our sub-conscious mind takes the orders we give it based on what our conscious mind believes and accepts as true. If one gives the right orders (thoughts and images) to the conscious mind, which governs and controls all the experiences, then life will be a beautiful journey.

To make the most of this power, try the spiritual healing as follows:

First Step: Charge your Mind

Practise Rajayoga meditation in the early morning hours between 4 a.m. to 5 a.m. This period is known as *Amritvela* or *Brahm Muhurta*. This is an auspicious time to charge your

mind as the sub-conscious mind is active. There is also a widely held belief that the early morning hours are the time when the gods or angels are encircling the world. They are ready and waiting to bestow blessings, but only on those, who are awake.

As soon as you get up from the sleep in the morning, say, "Good Morning to God, the Supreme Father, the Supreme Soul". Create the thoughts of self-respect like "I am the master Almighty, I am the child of Supreme Being." The mind is fresh at that time and the absorption capability of the sub-conscious mind is greater than what it is during the day.



Try to become soul-conscious. See yourself as a tiny point of divine light shining in the centre of the forehead between the two eye brows just like a star. Your Spiritual Father, the Supreme Soul, is also like you, a shining light of divine energy. He resides

in the Soul World, which is above the sky, the sun, the moon and the stars. The moment you get connected with Him, you will experience His powers and your soul will get charged. To get charged, establish yourself in soul-conscious state with the meaning of the following statements:

“I am a soul, a golden star like energy, situated at the centre of the forehead, separate from this body of matter, my vehicle...I am a being of peace...a loveful being...a being of light...a being of power...”

Without the physical body I can fly with the power of pure thought...I, the subtle being of light,...a star, so bright, radiating light; I can move beyond sound, beyond the physical world, beyond the sun, moon and stars, to my soft golden red light home – *‘paramdham’*, *‘shantidham’*... I float in this sweet silence home...

I become aware of another being, a living Golden Star like energy over there... golden rays of light radiate from this Supreme Star in all directions... As I come closer to Him, I feel as if I am diving deep into an unlimited Ocean...Waves of golden light touch me, the soul, very softly...

I merge into the Supreme Being...this is the Ocean of

Bliss...this is the Ocean of Peace...an unlimited Ocean, I am receiving the rays from Him...and I feel complete...I am merged in the experience of the Highest Soul...diving into the depth of bliss...

The treasures are eternal... the treasure of peace, treasure of love, of light, of bliss...I bathe, cleanse, purify until I feel free and light...refreshed by the Ocean... Now, I float gently... downwards softly...slowly...I enter the physical world...and take my seat in the physical body...”

Second Step: Focus on Qualities

At the start of the day and at regular intervals in the day, give positive thoughts to the mind. These thoughts are of power such as – I am a star of success; I can overcome obstacles that try to obstruct my path, I am a being of peace and stability; I remain detached from the external situations as well as from the internal pressures; I am an overflowing source of good wishes; I will be forgetful of others’ mistakes; I shall absorb others’ virtues and fill others with my virtues; I will remain light and give others the same experience; I shall spread the wings of enthusiasm and fly high; I shall gift a smile and a greeting to everyone.

These types of affirmations positively influence our feelings, attitudes, expressions, words and actions. As we concentrate on our innate values such as peace, love, joy, purity, bliss, power and truth, and repeatedly bring them into my conscious mind everyday, they gradually influence our sub-conscious mind also. This then fills us with spiritual power.

Third Step: Charge the things you consume during the whole day

Generally, during the whole day we consume some food or liquids or medicine. To charge the medicine or liquids/food, take them in your hand and give it the powerful vibrations of positive thoughts, “The rays of Almighty God Father are purifying everything that I take.” Repeat the thoughts 3-5 times. Make it a habit to charge the things every time before consuming. The things charged with these thoughts have tremendous power to heal your sickness, disease and ailment and make you healthy.

You will agree that any healing system will have desired effect on the patient only if the patient has total faith in it. The readers are requested to carry out this healing with 100% faith and patience. Then, they will definitely get the positive result. ❖



RAJAYOGA MEDITATION DEVELOPS SPIRITUAL AWARENESS



– B.K. Wicky, Elders Home,
Sivapoomy, Jaffna, Sri Lanka

The mind is the greatest tool or instrument that we have; but we are unfortunate that most of us are not aware of the great potential of our minds. Rajayoga meditation is a way to use your mind in the right direction.

It means ‘to think right’. It is about re-focusing our thinking, and putting the mind back into the right gear to create a positive and powerful flow of thoughts and feelings. It gives answers to the following questions: Who am I? Who do I belong to? and What do I have to do now? The deeper understanding of the real identity of human being as a soul, the virtues of the human soul and a broader perspective of the eternal and imperishable aspect of spirit, helps us to enhance the meditation further.

Rajayoga meditation is a wondrous adventure, an important step in developing our spiritual awareness. As spirit is here and now, everything in the universe is open to us, there is no limitation, to what we can

learn; there are only the limitations, which we impose



upon ourselves. This is why contemplation and meditation are so important to us; we can unlock hidden, spiritual potentials within our own being. To practise being soul conscious whilst in Godly remembrance helps one to gradually realise a natural and easy state of being. It helps to stay calm and relaxed, and be in tune with our authentic self and to feel more fulfilled as a result.

Rajayoga meditation is also a way to stay connected with

God and become pure, free of the vices of attachment, lust, greed, anger, and ego. One of the things we can do is to see the self as one, who does everything only for the One. Tell the self that He is getting His work done through you.

You are His instrument. When we fill ourselves with love, peace and purity, we can share and send God’s light and love to others as well.

We are walking radiators of energy. When the mind is clean and pure, positive packets of the energy of peace, love, good wishes, happiness and truth get transmitted. People, who experience this positive energy from us, are reminded of their own positive qualities, get inspired, get healed and get transformed. Through Rajayoga, we can also donate peace to other souls, who are experiencing pain, sorrow or disquiet in their minds. ❖

THE SECRET OF HAPPINESS

The secret of happiness is to be free of fear. Fear is like a toxin that runs through much of our thinking. It feeds on insecurity, feeling of loss, loneliness, inadequacy and attachment.

APPLYING THE *TILAK* OF SOUL-CONSCIOUSNESS



– B.K. Viral,
Borivali (West), Mumbai

To be soul-conscious is to be in the awareness that “I am not a body, I am a soul”. The soul is a conscient point of divine light. We visualize the soul is sparkling in the centre of the forehead, the place where a dot like *tilak* (or *bindi*) is also applied. Hence, symbolically, becoming soul-conscious means perceiving the point-of-light soul in the forehead, and this can be equated to applying a *tilak* on the forehead.

Many people have a practice of applying a *tilak* on the forehead; even as part of religious traditions, people of different religions are using *tilak* of different colours. But, in Brahma Kumaris Organization, ours is a spiritual *tilak* of soul-consciousness, i.e., the awareness of being a soul. And it is so wonderful that this awareness makes it sparkles the whole face and body as well.

Applying the *Tilak* of Soul-Consciousness

To apply the physical *tilak*, we need a physical *tilak* of plastic, velvet cloth, or red

powder. But, to apply the spiritual *tilak*, we don't need anything; we just create a thought such as ‘I am a pure energy, a powerful soul’ and such other following thoughts:

- ▶ I am a very pure, divine peaceful, loving, happy and blissful soul.
- ▶ I see through the eyes and listen through the ears; I am situated in the centre of the forehead. I am the master of this body, I am the driver, my body is the car; I am the diamond, my body is the box; I am the actor, my body is the costume.

When we practise soul-consciousness, we visualize the self as a beautiful shining star, an infinitesimal point of invisible luminous non-physical energy.

When we put on the physical *bindi*, we should check at the same time whether our *tilak* of soul-consciousness is properly set or not. If not, we should wear it immediately, i.e., we should stabilize the self in soul-consciousness. If we apply this *tilak* in the early morning at

amritvela, it ensures that this *tilak* remains with us almost throughout the day, since in early morning our mind has high-absorption capacity.

Sometimes, the physical *bindi* tends to drop off; hence, the glue needs to be powerful. Also we need to check the *bindi* frequently to ensure that it is properly set. Similarly, to ensure that this spiritual *tilak* is intact, we need to keep checking our thoughts regularly (at least for one minute in every hour) to ensure that they're not going in a waste direction and pulling us towards body-consciousness.

On the occasion of a festival or special programme, people tend to wear more expensive and attractive *bindis*. Hence, we need to have a powerful stage of soul-consciousness and soul-conscious *drishti* on such festive days since we'll come into contact with many souls, so that we may serve them through our subtle vibrations of peace, purity, love, bliss and happiness.

Benefits of Applying this *Tilak*

The physical *tilak* is applied to enhance beauty. Similarly, this spiritual *tilak* enhances our inner spiritual beauty and thereby makes our face sparkle with purity, divinity, peace, bliss, happiness and contentment.

A *tilak* is applied even after victory. Hence, this *tilak* of soul-

consciousness keeps us victorious, i.e., stable and calm in every scene of the drama of life.

On the occasion of a festival, a *tilak* is applied on everyone's forehead, including males. Hence, when we're soul-conscious, our life becomes a festival or a festive occasion everyday, thereby giving us the feeling of a celebration at every moment.

When we apply this *tilak*, we automatically see the *tilak* on others' foreheads, i.e., when we're soul-conscious, we see others as souls too. This helps us to do the following:

- ▶ Accept others (since we remember they are souls on a long journey playing their individual parts) as they are.
- ▶ See their virtues and specialities.
- ▶ Radiate positive vibrations to them.
- ▶ Go beyond physical differences in castes, colours, creeds, faiths, religions, languages, genders, nationalities and connect with them as members of one world divine family.

Before going inside the temple, first, we remove shoes outside; then *tilak* is applied and then we go towards the idol. This symbolizes that we need to remove the influence of body-consciousness (removing shoes), by being in the awareness of soul-consciousness (applying *tilak*), and then in this consciousness we remember God as per His accurate introduction, i.e., as the Incorporeal Supreme Soul. This ensures that we practically experience His unconditional love, powers and qualities.

This spiritual *tilak* or *bindi* has no side effects like stickiness, itchiness, etc., which the physical *bindi* has. So, keep applying or wearing the *tilak* of soul-consciousness always! ❖

Morning Musings & Night Notions

"Just as a candle cannot burn without fire, men cannot live without a spiritual life." - *Buddha*

"Happiness cannot be travelled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude." - *Denis Waitley*

"Take care of your inner, spiritual beauty. That will reflect in your face." - *Dolores del Rio*

"A nation that continues year after year to spend more money on military defence than on programmes of social uplift is approaching spiritual doom." - *Martin Luther King, Jr.*

"Treasure the magnificent being that you are and recognize first and foremost you're not here as a human being only. You're a spiritual being having a human experience." - *Wayne Dyer*

"While seeing the body, always see the soul, the jewel in the forehead. Let the soul see the soul in others. In this way, you can become soul-conscious." - *God Shiva*

(...Contd. from February, 2018 issue)



PRAJAPITA BRAHMA: THE PRISMATIC PERSONALITY & GREAT GREAT GRAND FATHER OF THE HUMANITY



– Dr. Brahma Kumar Yudhishtir, Ph.D.,
Shantivan, Associate Editor

Prajapita Brahma was a magnificent and pioneering personality of great human and divine qualities and attributes with a keen, transformative socio-spiritual mission and vision. That is why he has been singled out to be ‘the chosen one’ by the Incorporeal God Father Shiva to be His human medium - body-chariot - for His noble task of world transformation and ushering in the new Golden-Aged Paradise upon the planet earth. This article highlights and depicts some of his other distinctive qualities as follows:

Real Arjun, the Unknown Warrior

In the Indian epic “*The Mahabharat*”, Arjun, the middle Pandav, was placed in the battle field during the great battle between the Kauravas and Pandavs, and Shree Krishna was seen driving his chariot and delivering the knowledge of “*The Gita*”, thereby guiding and directing him and also positioning the

chariot in strategic place with a view to winning the battle. But, this epic battle is the allegorical and symbolic description of the battle between good and evil that is really happening now in the minds of men and women in the battleground of this life, called the field of action (‘*Karmakshetra*’). In reality, Prajapita Brahma played the role of real Arjun in whose body-chariot the Incorporeal God Shiva descends and imparts the real spiritual knowledge of the Eternal World Drama (EWD) to him and through him to other souls, his adopted children, known as Brahma Kumars and Brahma Kumaris, in order to win over their evil impressions (*sanskaras*). God Father Shiva as the Supreme Teacher teaches the secrets of the philosophy of *Karma* – action (*karma*), *akarma* (neutral action), and evil action (*vikarma*) - so that they can defeat *Maya*, *Ravan* or Satan, the symbol of vices and thereby become gods and goddesses

after the end of this *Kalpa* and at the beginning of another *Kalpa* in the forthcoming Golden Age. Those who engage themselves in this internal war between good and evil impressions or forces in their minds and ultimately have the conquest of good over evil are known as the “unknown warriors” or “incognito spiritual army” or “salvation army” (*Pandav Sena*) of God, called *Pandav Pati*. The term ‘*Pandav*’ refers to the religious-minded God-loving righteous people in spiritual parlance for salvaging the life of souls from the clutches of vices like sex-lust, anger, greed, attachment, ego, jealousy, indolence, etc. So, the place ‘*Kurukshetra*’ in the state of Haryana, India where the great Mahabharat War was described to have taken place, is not the real battleground in true sense of the term, because the human mind is the real internal battleground where the inner battle between good and evil thoughts take place; and the whole world is called *Kurukshetra* (*Karmakshetra*) – the field of actions – as the literal meaning of the term suggests, and all human souls are also called Arjuns including Brahma, who earn the fruits of their actions because the literal meaning of the term ‘*Arjun*’ is ‘one who earns the fruit of his/

her own actions’.

Prajapita Brahma - God’s ‘the Chosen One’

It is said that great men do not do different or extraordinary things but do everything differently or in an extraordinary way while living in earthly plane. Prajapita Brahma, the founding father of Brahma Kumaris, lived an unparalleled life in human history that became the



benchmark for achieving perfection and divinity in human life. His exemplary deeds and spiritual endeavours have stood like milestones for others for reaching the ultimate goals of human odyssey – self-realization (*Atmanubhuti*), liberation (*Mukti*) and liberation in life (*Jeevan Mukti*).

Prajapita Brahma was really ‘the chosen one’ of the Supreme and, thus, his role was unique because with the process of divine incarnation of the Incorporeal Supreme Soul Shiva in his corporeal body he became a direct medium for revelation of God’s wisdom and for manifestation of His personality in the triple task of creation, operation and destruction of the Creation (*Shishti*). As deeper

mystery of truths about God and the eternal laws of His Creation were revealed by God Shiva Himself through Brahma, it set into motion a great, complete and unprecedented metamorphosis of consciousness and character of Brahma and other Brahma Kumars and Kumaris as the dark veils of ignorance got uncovered with the spiritual knowledge and realization of the simple truth that we are souls, but not bodies.

Unflinching Faith in God and Spiritual Study

His rock-solid and unflinching faith in God was the cornerstone of his complete surrender to God and His task, his fast transformation in spiritual path



and his exemplary and unique spiritual leadership because it took no time to take a quantum leap from a highly respected and established diamond merchant to become a spiritual pioneer in spite of many oppositions and adversities. His detractors labelled him as a fake god man enticing women and youngsters with a strange and abstruse knowledge that threatened to pull

apart the traditional, normal way of life blindly or ignorantly considered sacred by people. Malicious slanders, organized protests, court cases, damage to his property, and even a plot to kill him could not deter him from his destined path but took everything in his stride, and he remained calm, fearless and even sympathetic to his opponents by facing them with courage and equanimity. With the belief that his life was entrusted to God with his complete surrender and his thoughts, actions and decisions were modeled as per the Supreme Directions (*Shreemat*), he never nourished any doubt, hesitation or dilemma in any trying situation.

The esoteric spiritual study involving four subjects – knowledge (*Gyan*), meditation (*Rajayoga*), inculcation of virtues (*Daharana*) and service (*Seva*) - was not for him just knowing and expounding the deep aspects of truth, values and spirituality but like a keen student to also reflect deeply on each and every points of knowledge and yoga, and then practise and imbibe them before preaching them; and, thereafter, as an excellent teacher he also passed on to the ignorant others the profound spiritual wisdom of God in simple, ingenious,

practical and down-to-earth manner. With unbridled enthusiasm and keen spiritual intoxication, he dedicated himself to the service of all for their spiritual uplift tirelessly. As 'Adam' or 'Adi Dev' (First Man), he was ahead of his times and came with innovative ideas to impart finer and deeper points of knowledge to different sections of the humanity.

Embodiment of Values and Virtues

Prajapita Brahma was the unique embodiment of values and virtues like truth, peace, love,



purity, compassion, forgiveness, help, co-operation, contemplation, optimism, endurance, patience, diligence, tolerance, abstinence, self-control, economy, charity, nobility, dignity, integrity, spirituality, etc.

He kept the balance between love and law for setting high standards of disciplined life and conduct by exemplifying it. Being highly self-introspective, he was constantly focused on imbibing the highest-level purity

in thoughts, words and actions for attaining perfection in human life by translating each point of knowledge into action. He was punctual, active, alert and accurate in everything what he did.

The values of compassion and generosity shone in his interactions with all without discrimination as he believed only in giving, because he gave his wealth, body, mind, time, thoughts and heart for the service and welfare of the humanity and was also always deeply concerned with liberating human beings from sorrow and suffering, and for this purpose he was meditating for hours to transmit vibrations of peace to all souls of the humanity. Many souls felt energized and transformed in his presence, and the benevolent power of his goodwill is still nurturing many even today from the angelic region of the upper Subtle World.

Detachment and trusteeship were the hallmarks of his spiritual life, because he was neither attracted by success, adulation, support and fame nor detracted by failure, insult, hostility or any sort of other adversities and challenges. Even the weight of his responsibilities, the stature of his elevated role and the greatness of his God-assigned actions did not touch

him at all. He always acted with the spirit of detachment and awareness of a trustee or instrument of God and, thus, remained above the body-conscious pull of 'I', 'me' and 'mine'.

Brahma – The Moon among the Lesser Stars

He was a man of myriad qualities, which shone like the dazzling rays that radiate from a multi-faced diamond or a



p r i s m .
Commenting on his qualitative, magnetic and pioneering personality, B.

K. Jagdish stated, "He was spontaneous and required no study or preparation for his lectures. He gave anecdotes and quoted practical instances to explain various philosophical or knotty points. His wealth of knowledge and understanding was truly amazing; it was seemingly inexhaustible. Solutions to problems occurred immediately to him at the spur of the moment. He kept his audience deeply absorbed and interested. He was frank, witty and fearless. There were no taboos in his mind. The clear light of reason swept away every doubt and ii-feeling. His anecdotes of 'The frogs croaking', 'The monkeys

yelling', 'The sheep convention', etc. brought smiles or peals of laughter. He had the wonderful sense of good proportion that comes with good humor. He nudged more people into self-realization and purification with a smile, a healthy joke or a kind look than were forced in through fear or long-faced piety. He expressed himself fearlessly even on topics which another man would consider sensitive. He was un-phased by any event or happening so far his daily discourse and meditation class were concerned."

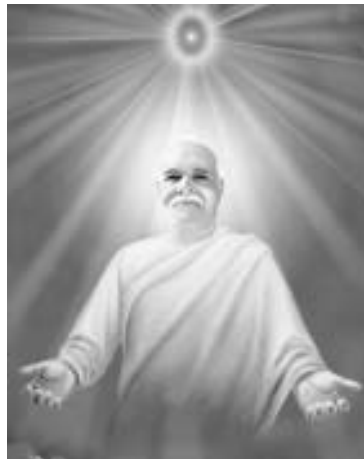
It is as a result of all these qualities, he shone like a multi-faceted or prismatic personality standing out or singled out among many like the King among the subjects or the moon among the lesser stars. The following words of poet John Milton are quite appropriate to describe the glowing personality of Brahma, the Elder One ('Agraja'): "He who reigns within himself and rules his passions, desires and fears is more than a king."

The Karmateet Stage

Along with the service of the inquisitive other souls, Brahma Baba left no stone unturned to attain his personal *Karmateet* (beyond the effects of bondages of actions) stage, the foremost aim of his spiritual effort. He

was the first soul to come out with flying colours in this attempt even while engaging him fully in activities of the institution. He raised himself to such a high and sublime stage by the power of Rajayoga that he was transported to the Subtle World and Soul World at his own sweet will, and thereby he remained unaffected and uninfluenced by the good or bad effects of actions and circumstances in the physical or elemental world of gross matter.

During the last phase of his life he could easily and constantly maintain this stage, and many brothers and sisters have



recounted their personal experience that they have felt often the consciousness of Brahma Baba becoming instantly absent while listening to the service news related by them to him. As he reached the perfection of the *Karmateet* stage, many have witnessed his *Karmateet* stage of 'not listening

while listening, not seeing while seeing' even while he radiated the vibrations of unmitigated love, sympathy, compassion and spiritual power from his glowing and cheerful features. He was the embodiment of the 'state of the more the loving, the more the detached' ('*Jitna Nyara Utna Pyara*'). Even at the final moment of departure from this world before the presence of the loving divine children, he felt no iota of bond or attachment towards any of them and flew away from the cage of the mortal body like a free bird without showing any slightest pang of separation. He so loosened the body, the dress of the soul, from the latter that he left the former as easily as a single thread of hair comes out of a lump of butter. With the attainment of this stage, he became the number one soul to finally ascend the Subtle World, and from there he has been still doing the subtle service, inspiring and invoking the divine children to become like him by attaining this stage as quickly as possible so that they can accompany him to the Soul World, *Shantidham*, and again descend with him upon the earth to repeatedly replay the deity roles as before 5,000 years.

(To be Contd.....)

THE SAGA OF DINOSAURS MADE EASY TO ACCEPT DIVINE TEACHINGS

– B.K. Rose Mary

During my school days, the question of dinosaurs always posed some difficulties to me. School books describe the saga of dinosaurs and show that they suffered a mass extinction 65 million years ago, following an asteroid colliding with earth or climate change. I questioned: ‘Why would that event wipe out only the dinosaurs and not the other species – especially giant (Indonesian) komodo dragons, lizards and crocodiles that look almost similar to them?’ (<https://www.livescience.com/9726-origin-komodo-dragon-revealed.html>)

If what evolutionists teach about dinosaurs is really true, why doesn't everyone agree with it? The opponents say that it is all conspiracy to prove the Evolution Theory because of the following factors:

(i) The first dinosaur that was fabricated and named *Iguanodon* in 1825 in England, was not from several hundred individual bones but from just a tooth brought to Dr. Gideon Mantell, English

obstetrician, geologist and palaeontologist.

(ii) The dinosaur-fossils are often incomplete bone sets, which then palaeontologists have constructed a hypothesis about the appearance of the whole skeleton; thus, the dinosaur-bones on display at museums are frequently just plaster casts.

(iii) Throughout the history, many varieties of people have dug the earth for various purposes and none of them found any dinosaur fossils, which were as if waiting for the evolutionists.

(iv) The discovery of its soft tissue (including stretchy ligaments with identifiable proteins, flexible transparent branching blood vessels, with the easily identifiable remains of red blood cells, even showing the nuclei, typical of reptiles, inside these vessels) by Palaeontologist Mary Schweitzer, which made worldwide headlines in 2005, proves that the dinosaur-fossils cannot be millions years old.

(v) Even the supporters themselves have difficulties in understanding the details; hence, they made many mistakes in the movies they made about dinosaurs, which made Palaeontologists mad. (http://www.huffingtonpost.co.uk/2015/06/15/jurassic-world-dinosaurs-inaccurate-paleontologists-outrage_n_7583384.html)

Now, the question arises: Which group is right? Both the groups, opponents (Palaeontologists) and supporters (Evolutionists), may not be right, and truth could be in between because of the following reasons:

The evolutionists believe that history is linear. And if history is linear, then the event that led to the mass extinction of dinosaurs could have led to the extinction of other species too. Yet other species survived which means history is not linear.

If history is not linear, it must be cyclical like everything else such as day and night, seasons, water cycle, *yugas*, etc. Our experience shows that quality of life and environment is getting worse and worse as time passes which means history had a perfect start. Thus history is cyclical with first half being perfect (characterized by small human population and pure

environment) and second half being imperfect (characterized by increasing population and depleting resources).

The requirement of the first perfect half cannot be known now, and also the age of a fossil that belongs to the perfect first half cannot correctly be ascertained in the imperfect second half because of contrasting ecosystems. Just as the huge whales coexist with small fishes in the ocean, the huge other beings can also coexist with human beings in the first perfect half of the history in harmony, taking care of special needs of that period.

When each cycle revolves, the perfect half falls into the imperfect half. When such a perfect system suffers a fall, everything turns upside down with catastrophic changes, taking place in every sphere. Getting killed by accidents (small and big such as natural calamities), killing on purpose (some of the humans and some of the animals began to eat the flesh of other species), some of the constructive micro organisms turning into destructive agents causing various diseases were some of those catastrophic changes.

When heaven-like situations changed into hell-like situations, it was like a change from order

to disorder, and the world began to be called a demoniac world (*Asuri Dunia*) (a place where law and logic no longer rule the lives of people, which highlights the impure attitude of the inhabitants). When healthy thinking, which resulted in healthy body and healthy environment, changed into harmful thinking, it would have corresponding results in bodies and environment. It means change happened everywhere - in attitude, in thinking and even within DNA of some beings, which means disorder began to manifest in various forms - sometimes gigantism and dwarfism even among same species, big species becoming small and vice versa.

The implication of change in DNA has already been shown by Genetic Engineering (process of changing DNA in order to bring about certain characteristics in a living thing). Some of the wonders it has produced include things such as bigger, longer-lasting vegetables, trees that could absorb dirty water and make it clean again before the water is released into the air, trees that grow superfast so that they can create stronger, higher quality wood, genetically modified plants (like grapple that is an apple that tastes exactly like a grape), salmon that grows

faster, genetically modified animals, etc.

Changes happen when situation calls for such changes. For example, when such changes as extinction of species involved in a food-chain happens, "biodiversity also lends genetic variability to a population, helping it adapt to fluctuating environmental conditions." (<https://sciencing.com/happens-something-food-chain-goes-extinct-18214.html>)

In other words, big species such as dinosaurs (if they really existed) served some purpose in the first half of each cycle of history. That special purpose is over when history entered the imperfect second half and dinosaurs were no longer needed, which means dinosaurs could go into extinction or become smaller like birds or lizards. Interestingly, dinosaurs mean just big lizard in ancient languages such as Latin, Greek (*deinos* = terrible + *sauros* = lizard), etc.

An analytical mind can reach almost the same conclusion about history and see history is cyclical if he/she looks for implied truth behind the following sure truths, which are as follows:

- (i) Everything is transformation of energy; energy is eternal;

and nothing happens without something preceding to it, which means history has an infinite past;

(ii) There is order in the nature in the sense that earth is being fine-tuned for the life, which proves that God exists;

(iii) There is the natural law of increasing disorder, called entropy. Entropy is a measure of the disorder, which can be likened to what happens to a building that tends to deteriorate as the time passes by and that doesn't stay neat or new on its own - it means building needs to be re-constructed in the end.

The implied truth in all these is that disorder can arise from order (not vice versa); and things that are new become old as the time passes (not vice versa). The system of things on earth were new then and became old now – it does not remain eternally new or eternally old/decadent. That means at some regular interval, the original state is restored, which means that history is a never-ending cycle of elevation and eventual decline.

What became old can be renewed only by the intervention of the Supreme Being. Interestingly, this is the

unmistakable truth conveyed in the famous and ancient symbol of Incorporeal God Shiva – the Shiva *Linga*. In the term *linga*, 'la' indicates dissolution (*laya*) of old system of things while 'ga' stands for arrival (*agamana*) of new system of things. In other words, this great symbol conveys two phases – ascending and descending – of each *Kalpa* and also highlights the two roles God Shiva plays between each *Kalpa*: the roles of Illuminator and Elevator of mankind.

Just like a next generation-tree is a sure guarantee because of the seed left behind; similarly, certainty of arrival of next *Kalpa* is absolutely sure because the seed of the *Kalpa* tree is the Supreme Soul: "I am the Seed of the whole *Kalpa* tree" (*Murli* 13.10.2017), which means that the Golden Age would arrive with the same ease as the present tree came from a seed of a past tree, and if the present tree is real, it means that future tree will also be real.

The above understanding, which I got from my studies, made it easy for me to accept

the divine teaching contents of seven-day Rajayoga Course of the Brahma Kumaris Organization. I learned from this course that history is cyclic, each cycle is called a *Kalpa* and its duration is 5000 years, and during the Confluence period of each *Kalpa*, humanity is given the opportunity to learn the forgotten truths directly from God Shiva, our Heavenly Father. He teaches, with absolute clarity, the vital subjects such as who we are, who God is, about the original history and geography of the world, how this hell-like situation on the earth would be recreated into heaven, etc.

Those, who are frustrated over the conflicting worldly teachings, will be delighted to accept the esoteric and universal truths from His Divine Teachings and start acquiring these teachings, practising Rajayoga Meditation and inculcating the divine qualities, which become the basis for living in the forthcoming Golden Aged World – Heaven or Paradise or *Shivalaya*, which is now being established by God Father Shiva. ❖

GIVE AND TAKE
 Whatever you give comes back to you. Whatever
 you take will not stay with you.

THE MEANING OF LIFE IS TO BE IN GOD'S GOOD BOOK



—B.K. David, Paignton, England

God's truth machine is not like man's fruit machine. His truth machine is now for sale and all you need to do is take it off the Godly table. It will cost you nothing; and all you need to do is place your rubbish and falsehood on the table as you pick up this machine and place it in the pocket of your mind.

You will find that God's truth machine to happiness fits into the pocket of your mind very easily and makes you feel very comfortable and becomes a perfect fit with you. You will need to empty the handbag of your mind of its mirror and lipstick, and take your purse out and throw it away. Ignore the wallet and credit cards in your suit of body-consciousness and bad habits and take off your tie of position and authority to make room for God's truth machine that can make you worthy. God likes you to wear the invisible suit of love, of giving and of service, that makes you clearly visible and He remains Invisible.

The Book of Truth

Most people abuse their life. The meaning of their existence is so shallow that it revolves just around pleasing their five senses, eating meat, drinking alcohol, etc., and, in so doing, they chain themselves to many bad habits in this process of trying to be happy without knowing and understanding the spiritual law and order mentioned in the Book of Truth.



The Book of Truth has been in existence since eternity as the soul is eternal and so are its actions. This book has a long and detailed chapter on the intricacies of spiritual law and order and what happens to the soul when those laws are broken and ignored. The *karmic* laws are written in stone that can never be changed.

These laws are ever present and secretly rule everyone and give justice, punishment and

rewards as and when it decides and is fitting. This law comes into being the moment a person chooses to pick up the gun and fire bullets that hurt themselves and others. People want to live and rule their life having the gun of bad habits at their side without understanding that soon their *karma* takes control, thereby inflicting pain or discomfort in accordance with its law and sentence.

Karma is the secret Policeman in life that watches everyone and, if and when necessary, punishes anyone, who breaks the law. *Karma* is the equivalent of modern-day CCTV technology but with spiritual capacity. This Policeman has been given access to unlimited automatic weapons and bullets.

But, there is a shield called the Shield of Truth, Love and Good Actions. This shield gives you armoured clothing, if you're rich enough (good enough) and wise enough to be able to buy it. You can pick up your shield or buy these clothes at any time from God's store. There is no need for you to ever be shot or injured anymore when you wear these clothes made of truth.

Man's staircase versus God's escalator

Love is the most important aspect in human life. With love, you can walk in the right

direction, think and breathe with peace and eat when you are hungry the food that will make you healthy.

Have you such love and wisdom in your life that you travel each day on the escalator, which requires attention but not so much effort? Many people need to make effort in life as they lack real love and wisdom, so they have to walk up the stairs that require great effort but little attention.

Are you in your life of a victim or a slave to bad habits, carrying their ball and chain with you everywhere you go? Are you unaware that you are on the run and have a limp? Or have you seated yourself as a master and king on the 'throne of control' enjoying the happiness of life?

There are many thieves in life following you in the form of bad habits that are ever ready to steal whatever treasures you have. Bad habits have many arms and until they strike they remain invisible. Once, a bad habit has attacked you, it becomes the baddie dressed in black and the villain, who can shoot you in the head, back or heart. If you are not constantly alert and on guard, you will be robbed and before you know it, you will turn to

be a beggar on the floor and/or a typical person of today, who is more a slave and victim than a king or master.

However, 'forever' is secretly being created today. Your 'forever' is at your fingertips right now. If you can crack open the Safe of Time and grasp and master its secrets, you can live as a king or queen in the near future.

Humanity plays at the foot of their false mountain that will instantly crumble into the mountain of sorrow when their actions shake, loose and release the avalanche of stored up bad *karma*.

It is one thing to talk to your cat, and quite another to dig up and talk to your tree's *karmic* roots and expect an answer.

The depth and intricacies of *karma* are vast and spread far and deep and whose seeds you might have sowed many years and lives ago. To ask and try to work out now why your life is with such bitter fruits, it is for you to dig up the roots around your *karma* tree and ask: Why are they producing such ugly and bitter fruits that you have to eat, taste and digest every day?

One needs wisdom, tolerance and patience in order to refrain from asking the tree such question as: Why have its

once sweet fruits now become sour with pain and sorrow?

The Meaning of Life

The meaning of life is to be in God's Good Book carried in His hand. If you want to know the meaning of life and the answers to all your questions, you need to get smart by first reading God's one and only good book: The Book of Truth. In this book, He has ordained: 'Look within your soul and look to God to change yourself, your path, your lifestyle and your bad habits'.

The history books of most of the people, which cover their life until today, have chapters of great sadness and contain many loose pages from their never ending indulgence in bad habits that weaken their spine.

A person's book on his/her life should be full, tightly bound with happiness found on each page and in every paragraph and line. Yet, due to the weight and corrosive effect of bad habits, pages of many people's books detailing what could have been a happy life, have fallen out and ended up on the floor.

So, carry God's Book everywhere you go; God will carry you as His bookmark everywhere He goes. ❖

GOD'S VIEW OF TIME: A SCIENTIFIC OUTLOOK



– B.K. Dr. Swapan Rudra,
Durgapur (W.B.)

We, the Brahma Kumars and Brahma Kumaris, everyday listen to the Godly versions in the form of *Murlis* and absorb many points. Each word of *Murli* is a pearl and each sentence is a garland made of pearl-beads. Some are really magical and miraculous. Some are beyond ordinary thought and need scientific reasoning. Time is one such point, i.e., all it takes is just a second to attain liberation or fruition; transformation from Brahma to Vishnu; to reach *Karmateet* (perfect and complete) stage; time to leave one body and to enter the foetus in a mother's womb; to reach *Paramdham* (Incorporeal World) in meditation, etc. single drop of Godly knowledge is sufficient to explain any point. Now let us understand what time is and why Shiv Baba limits the time only to a fraction of second for major attainments.

Time is to measure our experience of the space between events and it passes only because we experience change in a series of events. So

time is our experience of the speed of events and hence time may also be defined as a measure in which events can be ordered from the past through the present into the future. This explains why time seems to be moving faster today, because both the speed and the number of events are increasing. It seems even faster if we participate in those events. Time is what keeps everything from happening at once. Two contrasting viewpoints on time divide many prominent philosopher-cum-scientists. One view is that time is a part of the fundamental structure of the universe – a dimension independent of events, in which events occur in sequence known as Newtonian time. The opposing view is that time does not refer to any kind of container that events and objects move through, nor to any entity that flows, but that is instead a part of a fundamental intellectual structure within which humans sequence and compare events.

Time has no separate existence; it is intimately associated with space. Space-

time is a continuum because there are no missing points in space or instants in time and both can be subdivided without any apparent limit in size or duration.

So physicists now consider our world to be embedded in this 4-dimensional Space-Time Continuum and all events, places, moments in history, actions and so on are described in terms of their location in Space-Time that does not evolve, but simply exists. When we examine a particular object from the stand point of its space-time representation, every particle is located along its world line. This is a spaghetti-like line that stretches from the past to the future showing the spatial location of the particle at every instant in time. This world line exists as a complete object which may be sliced here and there so that we can see where the particle is located in space at a particular instance. Once we determine the complete world line of a particle from the forces acting upon it, we can solve its complete history. The world line does not change with time, but simply exists as a timeless object. Similarly, in general relativity, when we solve equations for the shape of space-time, this shape does not change in time, but exists as a complete timeless object. Roger Penrose came up with a radically new

way to develop a unified theory of physics. Instead of seeking to explain how particles move and interact within space and time, he proposed that space and time themselves are secondary constructs that emerge out of a deeper level of reality. Stephen Hawking says that quantum theories are deterministic in the sense that they give laws for the evolution of the wave with time. The whole history of science has been a gradual realisation that events do not happen in an arbitrary manner, but that they reflect a certain underlying order. The universe would be completely self-contained and not affected by anything outside itself. It would neither be created nor destroyed, it would just be.

Every 5000 year Time Cycle comprising *Satyuga*, *Treta*, *Dwapar* and *Kaliyuga* repeats in a cyclical way. Time is fixed and bound and it is no way everlasting following the linear path. Prof M.S. Modgil of IIT, Kanpur, explains that in cyclic time, cause and effect are equivalent, and all events are causally related to each other. No event can be judged independently of all other events or made to stand alone. It follows that effort and reward are a non-dual indistinguishable pair in cyclic time. In contrast, in finite linear time, one can trace all

events to the first event, where the chain of reasoning comes to a standstill. One space-time event causally influences another space-time point, a causal light signal has to propagate from the 1st point to the 2nd point. Thus one not only has to consider the geometry of time for determining structure of causality, but also the structure of space. There exists a class of space-times in which light rays return to their starting point in a single time cycle, it follows that each point can causally influence itself—by using the signal generated in the previous time cycle. Thus the causal structure is reflexive. Similarly, if one point lies in future of another point, the point in future can influence the past by a light signal which circles the universe and arrives at the past in the next time cycle. Thus the causal structure is also symmetric. In cyclic time, the same set of events would have occurred in the last time cycle. The signal from quantum measurement performed in the last time cycle, would circle the universe and would influence or inform the 2nd particle of outcome of the past cycle's measurement, in the present time cycle. The signal that the particles pick up is actually from the last time cycle. Total change of any particle over a single time cycle is zero. That's how the particle would have the

initial momentum, energy etc., at the end of the time cycle. From *Murli* points, we know that the subtle energy spread by human thoughts also influences the elements of nature. Nature is basically a complex web of energy. Natural calamities and other catastrophic phenomena occur as per the natural order in which all elements and energy interact with each other. The macrocosm of the universe with various elements of nature is constantly influenced by the microcosm of human nature. All round changes in human souls, animals and nature occur within a hundred year time span in The Diamond age i.e. *Sangamyuga* at the end of every Time Cycle. All the depleted human soul batteries are first recharged by the main power house i.e. Supreme Soul and then the power is transmitted to the animals and nature. Our thoughts, emotions and actions send out positive or negative vibrations around us, affecting the energies of nature. Dr. Emoto of Japan has experimented that positive thought produces symmetrical while negative thought creates deformed water crystals.

No material signal could travel faster than light, but the thought communication is not within the restriction imposed by the light-speed limit and might

be super luminal. Therefore, thoughts must be propagated on some sort of tachyonic waves originating from the metaphysical soul. Any particle, faster than light, propagates backward in time and therefore reaches its destination at a moment earlier than that at which it originated. I have made an easy calculation of the speed of soul which is double the speed of light as proved from the custom of 13/14 days gap between the death of a person and his after-death ceremony i.e. *Shraddh*. Actually in metaphysical sense, it's the time of the soul leaving one body and entering into a mother's womb. Speed of light in a second is equivalent to approximately seven days in earth bound time and in this context, 14 days after death observance of purity of body and mind might have a link to the journey of the soul in the next costume.

Dr. Raymond Moody in her book *Life after Life* has mentioned that in 'out of body experience', everyone tells about timelessness, although he/she can describe the interlude in the spiritual body in temporal terms, time was not really an element of his/her experience. Spiritual sense had no limitations as it could look anywhere and everywhere. It seemed to that person at that time that if

something happened at any place in the world he could just be there. He did not hear them audibly, but it was more like knowing what they were thinking and he could catch it even before they uttered the words. Within body also, such exceptional metaphysical experiences happen in everyone's life such as, a mother learning of the problem of her child before it happens or the parents visualizing the status or difficulty of their children staying a long distance away from them, spouses catching the mental frequency of one another where the relation is quite cordial and deep etc.

According to Carl Jung's theory of Synchronicity, there is such a mass of people who are conscious of their spiritual evolution through the integration of the material, psychological and spiritual realms and they are soon going to achieve that critical mass. As their desires and intents are so potent a force that they can organise space-time events, there will naturally be catastrophic changes in the entire planet leading to the destruction of the Iron aged world and re-establishment of the Golden-Aged World. Space, though infinite, is unbounded and is curved. Time has always been considered as eternal and should also be looked upon as

cyclic, there are no initial origins. The world has always been there –parts of it going into the state of dissolution and rebuilding them. The quantum conception of time radically differs from conventional, linear motions, so much so that perception of time in a quantum context can have extraordinary import. Many athletes have reported experiencing time in just such a way of non-flowing, non-linear space-time. Past, present and future exist at the same time, but at different frequencies. At the deepest level of consciousness, there is no sense of flow of time, only an 'eternal now' in which all events co-exist. Beyond space-time, the soul has no time. Within body, the soul functions in accordance with earth-bound clock at a variance in latitude and longitude. But when the soul leaves the body or out-of-body experience, there is no feeling of time. If we want to slow time down, we have to learn to be a detached observer of the thousands of events around us. If we want to stop time, we need meditation and to be in our original, timeless, eternal consciousness. Actually time cannot be saved or lost, but must be lived now. This is where our will power is important and we can choose exactly how we could spend our time at any moment. ❖

YOU ARE THE POTTER, I AM THE CLAY



—B. K. Gepasothing

God Shiva is the Supreme Father, Mother, Teacher and Satguru of the Brahmin clan. He is the Purifier, the Sun of Knowledge, who gives true light of wisdom to Prajapita Brahma and his mouth-born creations so that they enjoy extreme happiness with the aid of Rajayoga. May you, the fortunate Brahmin clan, be full of good wishes and experience the *avyakt* form by finishing all the negative feelings.

The Brahmin clan must practise benevolent feelings for all: the feelings of giving love and co-operation, the feelings of having courage and enthusiasm, the feeling of soul-consciousness and the feeling of belonging to the One and the only Father. To be kind is to be concerned about the feelings of others. Good wishes could be sent far and wide, across the ocean and up above the mountains. Be in your place of residence and make effort to be the master Sun of Knowledge. Pure feelings and intentions will automatically develop the qualifications of an *avyakt* angel. May you be a

world transformer, the one who transforms the intentions and feelings of every other soul. Your face should reveal you as an embodiment of experience. Wherever you may be, your fortune must sparkle on your face. Your well wishes must pass on far and wide from your hut.

This is the most valuable birth of this period described as the Diamond Age. Scholars and pundits do not have the knowledge of the drama. Only the Brahmin clan understands that a new establishment takes place at this Confluence Age. Effort is needed to receive the inheritance in the future kingdom. Subjects are created numberwise. Be a *Karmayogi* by experiencing yoga while performing your *karma*. Understand what a pure atmosphere is and how it should be created. Beloved Baba says, “I am visible to the one, who loves me purely and whole heartedly. I am always with the loving souls, aiding and helping each and every soul.” Therefore, entrust your worries and all the burden of your

intellect to the Supreme Father and merge in the love of the Ocean of Love, the Almighty Soul. Sacrificing one’s own body, mind and all the wealth is the devotion of sacrifice. Pluck up courage to cross over the waves of five vices of this deep worldly ocean, without being caught up and perishing in the strong current. Cross over all the waves one by one patiently and intelligently with accuracy. Intelligence Quotient (I.Q.) is the need of day to day life. You are hired by your I.Q. Emotional Quotient (E.Q.) helps to understand and effectively express feelings but Spiritual Quotient (S.Q.) is the ability of bringing greatness in ordinary daily life through such actions, which bring joy, love, contentment, bliss, happiness and peace forever. Peace begins with the self and then extends by establishing peace in the home and the working place. Gradually, peace spreads through the village into the town and the world at large. But, all these are possible if the human soul surrenders before God, the Supreme Soul, just as the clay is surrendered to the potter who moulds it into any shape he likes. The following poem states about such surrender:

You are the potter,
I am the clay.

(Contd. on page no. 34)

(.....Contd. from page no. 3)
to observe moderation, his personality will be known as a harmonious and healthy personality. *One, who has a harmonious personality, has peace of mind. He has no tension and almost no symptoms of mental ill-health.*

Harmony and Adjustment

But, in this connection, it should be understood that mental harmony and co-ordination have not to be merely among one's own urges, impulses, potentialities, rational sense, etc. but with the realities of the situations also. We often observe that when a man seeks to satisfy his needs or fulfil his desires, he is confronted with certain obstacles, thwarting situations, awaiting failures, or resulting disappointments and they are likely to create disturbance in his mind. *One has, therefore, to adjust his goals or harmonise his urges or to face the situation squarely. This kind of adjustment and harmonisation with the reality and with life's situations also is essential to have mental health and to avoid conflicts.*

Harmony of one's personality with the situations and environment, either by having control and mastery over them or by re-adjustment of one's goals, desires and endeavours,

or by developing the trait of satisfaction and contentment in all circumstances, brings peace to one's mind. This kind of harmony results from the integration and co-ordination of one's (i) thinking, (ii) feeling and (iii) striving with one's potentialities and character traits.

If one *thinks* of achieving a particular high goal, *strives* only little, does not use one's potentialities and has other tendencies pulling in other directions and *feels* frustrated, he/she does not have a harmonious mind or a harmonised, properly adjusted personality. Deep thinking would reveal that purity of thoughts brings us both kinds of harmony, for it does not make us over-ambitious so that we remain stable; it removes our laziness and lethargy so that we *strive* hard for success; it gives us good tendencies so that we can have sympathy, co-operation and good-will for others and if at all our goals are not fully achieved or there are failures, purity of mind prevents us from feeling tense or frustrated because we have knowledge of Destiny or Drama. Also it gives us the power to persevere, to tolerate and to remain calm and balanced. So, Dadi Janki's 'harmonious mind' or 'peaceful personality', as certified by

experimentators in their scientific laboratories, is due to her purity and proper adjustment of the knowledge of Eternal World Drama (EWD) and *Karma* Philosophy as revealed by God Shiva through Brahma Baba.

Wholesome and Healthy Personality

But, it should be known in this context that harmony is only one aspect of personality though it is a very important aspect. Another important aspect of Personality Development or Mental Health is '*full expression of ones potentialities and native inner urges*'. If one's inner urges are repressed and not fully expressed, one cannot have a great, magnanimous or royal personality. On the other hand, one will have an undeveloped, crippled or deformed personality. The individual, who represses his 'drives' and 'urges', becomes weak-willed and has feeble character. He develops psychoneurotic conditions, abnormalities of behaviour and many mental and physical ailments. However, a person who has purity will not repress his inner urges because he would not have fear. One, who is honest, truthful and righteous (*Sach*), would dance (*Nach*) with joy, as his potentialities will not be much inhibited. He will have wider field

of service and people will provide him with great opportunities because he is great, honest, sincere and trustworthy and this will provide him with more and more chances of expression and manifestation of full potentialities and thereby leading to development of his total personality. Thus, he will be able to build a wholesome and healthy psychophysical personality.

For having Healthy Personality or Mental Health, another important thing is to have a *Common End or Unified Goal*. For, the harmonisation of various potentialities into a unified whole is not possible if one does not direct his/her potentialities towards a Common End or single goal. If there are different aims or purposes, which are in conflict with each other, then harmonisation will not be possible to achieve. For example, if a person has, on the one hand, the urge to help others to have spiritual elevation and, on the other, wants his own elevation to be higher than the former's at any cost, then jealousy will come in place of spirituality and there will be conflict in his mind, resulting in tension and restlessness with the situation. But, if, on the contrary, his unified goal is the greatest wellbeing of all, submerging his own with that of the society as a whole, then he will have good will, good intentions (*Shubh Bhavana* and good wishes (*Shubh Kamana*) and he will have no conflict within his own mind or

with others, and then the result will be full and fair expression of his own potentialities.

However, there is, before the common man, the problem of choosing the right end or goal. There are some goals or aims, which are more capable of drawing out and directing man's potentialities than others are. There are some aims, which are good; there are others, which are not. For example, the end, which relates to excessive acquisition of wealth even by foul means or to combat evils in others by criticising them, showing anger or offence at others' faults, is undesirable as it engages man's energies not for higher goals and nobler aims. It cannot result in harmonisation of personality. If, on the other hand, one chooses the goal of Godly Service, human welfare and guiding people to build up character and to have peace, the pursuit of this wider, benign and higher goal will give to man the sense of greatest fulfilment, completeness, harmony and happiness to the "personality as a whole". So, it is a point worthy of high appreciation that Baba has given to us the

goal of attaining deity status, which has completeness and perfection, and also has given us the path of Godly Service which helps us to express our potentialities to the maximum. In fact, the whole system of spiritual education is directed towards achieving completeness or perfection in the form of *Jeevan Mukti*, i.e., harmonising all traits with one another and by directing these to one unified noble goal.

Mental Health and Harmony

It should be easy, with the above background knowledge, to understand why the scientists, who tested Dadi Janki in San Francisco, said that their findings had shown that she was healthy. Since Dadi does not have perfect physical health, some Brahma Kumari Sisters and Brahma Kumar Brothers were surprised at the above pronouncement of the results of tests on her. *But, if we keep in mind the fact that what the doctors had said was expressed after monitoring her personality parameters and her brain waves, there will be no cause for surprise because she has no tension of mind or that of muscle and no neurotic or abnormal*

symptoms. She had peace and happiness and was relaxed. She had no mental conflicts and maladjustment but, had, rather, a harmonious mind. She gave signs of development of most of her potentialities, had the unified goal of world-welfare, had social and moral efficiency and had a satisfied and contented mind. Further, since she had a healthy and peaceful mind, those physical systems, which have come to be associated in the western Medical Sciences, with the psyche - such as respiration, heart beat, blood lactate, etc. have, possibly, given to the tester the symptoms of a physically healthy person. ❖

(.....Contd. from page no. 12)
 would advise that they should adopt this CAD programme, which is really a boon for heart patients. This programme is very much recommended for the patients, who cannot afford surgery expenses or do not wish to undergo such surgery at all. Moreover, this programme is gratis. Thanks to Shiv Baba, Brahma Kumars and Kumaris. ❖

(.....Contd. from page no. 13)

Light and is Knowledgeful and Source of Peace, Bliss and Love. He is the Supreme Father, Kind, Compassionate and Loving’.

When one fixes one’s mind in this affirmation, one rises to a higher level of consciousness. One experiences calmness and quiet with an exhilarating feeling of lightness. There is a great inner upsurge of self-confidence, enthusiasm, noble thoughts and benevolence. So, be the master of your mind. Be conscious of what you put into it. ❖

(.....Contd. from page no. 31)

The winding path of danger Needs a strong bridge. Mould me as per Thy will, I am yielded and still. Truth and purity promote stability, Courage instils stability. Serenity accepts what I cannot. Unless Almighty encourages, I cannot. Now, let’s hoist the flag of global peace. Let everyone enjoy bliss and peace. Our life itself is the clear message of this wish. ❖

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