

**From the Mighty Pen of Sanjay**

# SCIENCE AND SPIRITUALITY: THE PARTNERS FOR PEACE

**F**or about three hundred years or more, there has been a general feeling among people that Science and Religion have some kind of an inherent antagonism. The cause for this impression has been the hostile attitude of certain religions towards the findings of some scientists in the medieval times and also later. The present trend, however, is that the spiritualists, now, recognise the great contribution made by Science & Technology towards the means of comfort and general welfare of mankind. Achievements of science, particularly in the area of agriculture, medicine, transport and communication are, now, lauded by the spiritualists generally.

A note-worthy development is that during the last half-a-century or more, many scientists also have begun pointing to the importance of spirituality and the need to understand and recognise the reality of a metaphysical self. Among them are eminent physicists, neuro-physiologists, brain surgeons and others, some of them Nobel Laureates. John Eccles, Eugene Wigner, Penfield, Sperry, Schrodinger, Late Lord Sherrington are some among them. So, the question before us, in the present changed situation – four hundred years after the Inquisition in the time of Galileo – is whether the science and spirituality can, now, work in cordial partnership to help man to understand better the reality of the consciousness and the cosmos and help in attaining peace, both individually and collectively.

## **What is Peace?**

Peace, in spiritual parlance, is a state of being in which one has benign experience of spiritual calm and mental composure. It is a state untouched by any negative thoughts and is characterized by equanimity and mental balance. In the state of peace, one has the combined feeling of super-sensuous joy, contentment, well-being, mental ease and freedom of spirit. One can have this state only when one has inner harmony between one's mind and intellect, and is free from any twitches and pains of conscience and also has neither fear nor worry and is not even disturbed by lack of fulfilment of desires or waves of well-known five vices.

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# BEHEADING THE IMAGINARY 10 HEADS OF RAVAN:



## *Navratri & Dasshera Celebrations*

**T**he State of Prime Minister Mr Narendra D Modi's native place, Garvi Gujarat, celebrates different aspects of life all the time. Navratri celebrations started on 29 September 2019 after the culmination of Shraad offering, and these are the days when youngsters are delighted to participate in Garba Raas for many long hours at night. Garba Raas or the graceful, collective rhythmic dance of women and men takes place on a huge scale, with everyone coming to the venue each night in their best and novel attires. In some places in Bharat, people buy new outfits on Deepawali, but the State of Gujarat celebrates both Navratri with a lot of gaiety, and then Deepawali with splendour and crackers!

The spiritual-minded deep thinkers often reflect on the essence of the festivals of Navratri and Dasshera. The mythological stories speak of the victory of King Rama over the 10-headed demon, Ravan, usually shown with a donkey's head. Wise, mature scholars have explained that in the past eras, it was essential to connect people with their age-old culture even if it was just done symbolically. However,

the common person began to gradually take the story of Ramayana as reality, and believe that there must have been a full-fledged war between King Rama's army of monkeys (led by Hanuman), and Ravan's atrocious army of individuals like Ravan's son *M e g h n a d , b r o t h e r* Kumbakarna and others. The intellectual classes and learned ones have found the symbolic interpretation of the entire epic of Ramayana sufficient to satisfy their thirst for the truth, but for the lay person, it can be quite a hard-hitting experience to be exposed to poetry that goes, "*Ghar Ghar me Ravan hai, Ram kahan kho gaya...*" These sentiments hold meaning and need to be understood as the Ramayana and its lessons are relevant to even the present generation. **After centuries of celebrating Navratri and Dasshera as per the religious scriptures (i.e. Ramayana written by Saint Tulsidas and others) we now have the blessing of learning the true significance of these stories and characters of Hero, Villain and their armies from none other than the Knowledgeful Supreme Father Incorporeal God**

**Shiva, who had been worshipped in Rameshwaram by King Rama, before he entered Lanka with the help of the Monkey Army.**

How beautiful that in order to perform said Yagya, there was the need for a Brahmin, and at the time Ravan was considered to be the most learned Brahmin, well versed in the scriptures and astrology, and shown carrying religious symbols in his forehands. Even though Ravan knew that he was performing a Yagya that would enable Ram to receive blessings from Lord Shiva to be successful in conquering Ravan himself, his honesty remained crystal clear as he was performing the duty of a Brahmin, worshipping Shiva for his *Yajmaan*, Rama. Shiva was loved and respected by both Ram as well as Ravan, and He alone knows the secrets...

The Supreme Being God Shiva advises us that the scriptures of Ramayana, Mahabharat etc have been written in the form of stories to give a touch of religious sentiments. This is why the people belonging to the Indian diaspora have been celebrating such festivals with

complete faith and devotion until date. Secondly, the Supreme Being reveals that neither King Rama of Silver Age or *Tretayug* had to face hardships of going into exile where his wife, Queen Sita, was kidnapped by Ravan. It is very clear that all the human souls who belong to the Supreme Being are like worship-worthy Silver-Aged Queen Mother Sita who enjoyed divinity, prosperity, faithfulness and sovereignty all over the world with her worship-worthy consort, Shri King Ram. This period lasted for 1250 years, after which the advent of disillusionment, attachment, and other negativities (Ravan) changed our lives drastically. Before the beginning of Copper Age, the beauty and nobility of Ram Rajya had been praised elaborately, and even our most respected Bapu Gandhiji aspired for re-establishment of Ram Rajya after winning freedom from the British Rulers. Gandhiji even used to sing praise-worthy songs of Ram Rajya, "*Raghupati Raghav Raja Ram, Patit-Pavan Sita Ram, Sabko sanmatti de Bhagwan...*" However, what is that Sanmatti (elevated or noble directions) and how can it be achieved?

We have now realised that Incorporeal God Shiva alone can bestow divine intellect to humanity. He has spoken

volumes to clarify the teachings behind Ramayana and Mahabharat through the medium of Pitashri Brahma Baba, thereby empowering us with its spiritual significance. He has explained beautifully that there can never be a human being, however cruel or degraded he or she may be, with 10 heads, and further the head of a donkey above them! It is simply symbolic of the negative personality traits of men and women, who remain stubborn, egoistic, ignorant, selfish, and hostile even after having the knowledge of the scriptures of Bhakti Cult (as Ravan was).

Most scholars have struggled hard in their own respective ways to get to the spiritual understanding behind these epics, yet they have failed in convincing the majority of people about the fallacies. **Rather than spend exorbitant time, money and energy in simply celebrating these festivals, we have to invest our energies in awakening to the truth of these festivals, rejoice in the beauty of unity and harmonising of Sanskars, and live by the spiritual wisdom and divine virtues that we see in our beloved Goddesses and Deities. Let us understand and appreciate the eternal reality of the Supreme Being, and benefit from our eternal relationship of being His**

**most beloved spiritual children.** As we become conscious of our own spirituality, values, inner beauty and eternal bond with the Supreme, we are able to claim victory over the five vices (Ravan or Maya). During Dasshera and Deepawali this year, let us take a determined thought to live our lives as spiritually knowledgeable/enlightened souls, and explore the depths of what Incorporeal God Shiva has revealed over the past 83 years, ever since He reincarnated to re-establish **Dharma** (Righteousness). As per His promise made 5000 years back, He descends on earth leaving his permanent abode of *Paramdham* (Supreme World) to re-enlighten humanity about the real meaning of our age-old scriptures. Let's give the return of His unlimited mercy by recognising our inner weaknesses (the Ravan within) and take the bold step to conquer them and emerge as completely wise, pure, knowledgeable, peaceful and happy beings like the deities of Golden and Silver Ages.

The Editorial Team of World Renewal Magazine wishes our Readers, their families and friends, a very enlightened and spiritually prosperous festive season!

—*B.K. Nirwair*

## SERVING BHARAT AND THE WORLD WITHOUT DISTINCTION

The year 2019 has proved to be a very blessed year from Godly Service point of view for Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. From the beginning of the year, BKs have hosted many big programmes in Delhi, other parts of Bharat and in foreign

lands, especially Mass Meditation Programmes, Interfaith Gatherings and Conferences.

In September 2019, the HQ, Centres in Rajasthan and Medical Wing organised special rallies in Rajasthan that were executed by 6 Teams of

16-18 BK sisters and brothers in each team. They travelled thousands of kilometres to share not only Spiritual Wisdom, but hold Medical Camps, and raise awareness on 'Preserving and Sustaining the Environment', 'Empowerment of Farmers' and 'De-Addiction'.

## GLOBAL SUMMIT-CUM-EXPO 2019: SPIRITUALITY FOR UNITY, PEACE & PROSPERITY.

The icing on the cake took the form of a very significant event in Shantivan (Abu Road): **Global Summit-cum-Expo 2019: Spirituality for Unity, Peace & Prosperity.**

**Venkaiah Naidu**, who inaugurated the Summit on 28 September morning.

The print and electronic media extended full cooperation in highlighting

Through these columns, we share an abridged version of the Service Report of the **Global Summit prepared by BK Prof. Ved Guliani:**

The Global Summit-cum-



With the inspirations of our revered Dadis and Seniors, the Organising Team steered by BK Brother Mruthyunjaya was able to put together a wonderful, insightful and entertaining event from 27 September – 1 October 2019, for over 6000 guests from a galaxy of professions.

After quite some time, the Institution was honoured by the visit of **HE Hon'ble Vice President of India, Mr**

the main sharings of the daily Sessions, thereby spreading the impact to all parts of Bharat.

250 Artists from all over India participated in an Art Competition and Exhibition, specially planned for the occasion. Performers from different parts of India, South Africa, China and St Petersburg (Russia) gave halowd presentations through dance, music and drama.

Expo became an auspicious occasion in the presence of world famous dignitaries, led by HE Hon'ble Vice President of India Mr M. Venkaiah Naidu Ji, and Hon'ble Union Minister of Law and Justice, Mr Ravi Shankar Prasad, in a later session. Some other glittering stars included Hon'ble Speaker of Lok Sabha, Mr Om Birla, Hon'ble Governor of Rajasthan, Mr Kalraj Mishra, Hon'ble

Minister HRD Govt. of India, Mr Ramesh Pokhriyal, Mr Arjun Ram Meghwal, Mr Faggan Singh Kulaste, Mr G. Krishna Reddy, Mr Sukhdeo Pance, Mr Pratap Chandra Sarangi to name a few.

• **The deliberations of the Summit revolved around the following topics:**

- The power of Media in awakening social responsibility
- Women - the Torch Bearer for Global Transformation
- New Education for a new World Order
- God's wisdom for awakening Human Consciousness
- Ensuring Social Justice in society
- Promoting Environmental Sustainability
- Integrating Spirituality with Science & Technology for a Better World
- Holistic lifestyle for Healthy and Happy world
- Action plan for Unity, Peace and Prosperity

Appreciating the atmosphere and the vibrations of the Brahma Kumaris Campus and its Residents, Hon'ble Vice President of India said, *“India of new hopes and vision is taking form. It is not just our economic progress and military self-sufficiency, but also for our spiritual foray*

*that India is known to the whole world.”* He went on to say, *“India is Vishwa Guru for peaceful co-existence as we have never invaded any country. We follow the path of Dharma.”* Talking on the Swachh Bharat Abhiyaan he added, *“I am happy that our Prime Minister Mr Narendra Modi has made Chief of the Brahma Kumaris, Dadi Janki, one of the Brand Ambassadors of this Mission.”*

He emphasized the role of spirituality along with science and technology in the development of the nation as well as humanity. He also made an earnest appeal to the audience and people across the world to work together to isolate the terror-mongering violent and inhuman forces, as any harmonious and holistic progress can be ensured only when nature and spiritual culture work in unison.

An elaborate Exhibition on Spirituality, highlighting the socio-spiritual services of the 20 wings of the Brahma Kumaris, was set up. Apart from the 5-day deliberations, felicitation of some Social Activists with the 'Guardians of Humanity' Award, and Industrialists with the 'Jewel of India' Award, was an integral part of this Summit.

The dignitaries participating in these deliberations, apart from the Brahma Kumaris' Dadijis, Didis and Senior Brothers, came from a wide range of countries like Nepal, China,

South Africa, Denmark, Trinidad, USA, Russia, and Azerbaijan.

The Chief of the Brahma Kumaris Rajyogini Dadi Janki, graced almost all the Sessions and shared pearls of wisdom, some of which were as follows: *“Try to understand who I am, who is mine and why I am here, and you will solve the puzzle of life.”*

*“Your attitude, your nature and your actions depend on what you think and remember in life.”*

*“When you give love you lose nothing, but you receive multifold in your account of charity.”*

*“If everything belongs to God, then why should I run after possessions?”*

29 September evening was a memorable Bhajan Sandhya led by the legendary Bhajan Samrat Padamshri Anoop Jalota.

The Valedictory Session of the Summit was empowered by insights by the Chief Guest, Hon'ble Lok Sabha Speaker, Mr Om Birla: *“The Brahma Kumaris sharing their spiritual message of love and peace in 140 countries shows your dedication. It is Spirituality that gives direction to one's life. Brahma Kumaris have been spreading that light around and it has brought positive change in the people and their attitude.”* He also emphasized the need for youth power in bringing peace and development to the nation.

Om Shanti

# MY EXPERIENCES OF MIRACLE OF THE GOLDEN VERSIONS OF GOD SHIVA

– B.K. Priti Dhopte, Vasant Nagar, Nagpur

As I was undergoing spiritual course of Rajyoga Meditation in Brahma Kumaris Organization, I also joined a crash course on Journalism simultaneously. At the time of certification for



journalism we all students have to speak about the course and the staff. I wrote a one page speech. The speech started with the students sitting on the back side. As 29 students were to finish speaking, I have to cut short my whole speech as many points were already mentioned by other students. I got so scared and started to get goose bumps. Immediately, I practised the point of self-respect as per the Godly Version: "I am a stable soul" for 10 minutes. When the turn of my speech came, I began delivering my speech; but, really, I had no idea what I

spoke; still I went on delivering. The result was that all the staff, press reporters and other guests were so quite mesmerized. I wondered how this happened! Who did this miracle by moving the magic wand?

I began writing my speech with the Godly version of God Shiva: "*Kisike prabhav se prabhavit hone wale nahin, apne gyan ka prakash dalne wale bano.*" In English, this means: "Do not be the one to be influenced by the influence of others, but be the one to throw the light of your knowledge on others." It took me so deep that it not only drew my attention to write about not to get influenced by the people but also to write about my various experiences in the form of an article. I was amazed when the article got published in the newspaper *The Hitavada*. People known to me wondered how beautifully it was written in full depth. I was also quite happy and amazed to know about my hidden writing skills.

As the days passed by, my experiences increased with attending the daily *Gyan Murl*

classes regularly. I am so happy that my life is getting filled with miracles, which are ending up with praise for Incorporeal God Father Shiva. Once, I was called as a demo speaker in Toast Masters International (an NGO Club) devoted to making effective oral communication worldwide. My speech was to be judged by 10 judges. Throughout the day, I practised the self-respect as per the Godly version: "I am master Almighty Authority and I am Victorious." The result was astonishing. Some of the few judges had no words to say except 'well done.' One of them said, "I was experiencing 'peace' as your speech went on". Another judge said, "Nothing to say as I was completely lost in your powerful speech". I also couldn't believe myself because whole conference room was in deep silence. Not only I got recognition but also emerged out to be a good speaker. What a nice feeling that God Father Shiva is decorating me with His divine virtues!

Everything has, now, started to become new around me: new thoughts, new relations, new occupation and a new life. I feel how lucky I am as I am getting filled and complete with the powers and virtues directly flowing from God Father Shiva, the Ocean of all qualities, values, virtues and powers. ❖

# THE PRACTICAL PHILOSOPHY OF ACTION (*KARMA*) AND DESTINY (*BHAGYA*)

- B.K. Anil Nanda, Patiala

**W**hen we write down our own script and act on it, sometimes, this goes as per our plans and, sometimes, goes haywire. When the change or going is nice, no questions are asked; but, when the change or going is not good, we ask questions: "Why this happened to me, when I haven't done anything wrong. Why this pain to me?" We also put a question mark on the Almighty and blame Him for all the mess in our life.

Let us, now, pause here and have another look, thus: 1. *Visualize your children* (say, they are two) and imagine that you as a parent are told to write their destiny. What will you write? Obviously, you will write it as perfect and also equal for both the children. Yes, nothing less than perfect. Now, imagine that the Supreme Father (God) was to write destiny of all His children. How would it be? Yes, perfect for all of us in all respects. But, actually, it is not so. Now, look around the world: there is a wide disparity in the way people live their lives – some are born with golden

spoon in their mouth whereas others are born on the streets. Why are the two children different? One is healthy and the other is mentally retarded, whereas both have not done anything good or bad in this life.

We wonder why God has written such a miserable destiny for some? This is neither perfect nor equal. He is the Supreme Father and should make our destiny perfect; but, it is not so. This means that He does not write our destiny.

Similarly, many times we do a lot of hard work but without any success; on the other hand, sometimes, without any hard work we get success. Why so? Who decides this? If all this would have been happening because of God's will, there would have been total peace, harmony, success and prosperity; but, it is not so. All around the world, there are miseries, sadness, accidents, severe health issues and natural calamities. Where is God now? Do we still believe that the Supreme Father writes down our destiny? No, He does not. How can He write such

miserable destiny for His children?

Now, let us look at the other side. whatever action (*Karma*) I am doing, I am getting its result. For example, if I am nice to someone, he is normally nice to me, and vice versa.

If I take care of my health, my health is normally fine; on the other hand, if I don't take care of myself, my health suffers. If I am studying well, I am getting good result; but, if I am not studying or skipping school, the result is obviously bad. If I am angry with someone, I also get back his aggression, may be through words or thoughts. So, we get back the results of our actions. It is time to think that we are the creators of our own destiny.

As a parent you cannot write down the destiny of your child. You can only guide him, advise him, support him; so, ultimately, the result is based upon child's own actions or efforts (*Karmas*). The same is true for all of us. Let us not hold God responsible for our destiny. Let us take the responsibility or charge in our hands and understand one equation of life: "As you do your action; so, you get your destiny" (*Jaisa Karma karoge, Vaisa Bhagya Paoge*). Whatever is happening in our life, is the result of whatever we are doing in the present or have done in the past, in this birth or previous births – this is what the

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philosophy of Action (*Karma Darshan*) is all about. So, every thought I create, every word I speak and every action that I do, is my action (*Karma*) – and it will ripple back to me today or tomorrow as my destiny (*Bhagya*). This means “As we sow, so shall we reap”. We cannot get an apple from a mango tree.

If someone does any wrong to us, what should we do? Do we return the same or do we send good wishes? Whatever energy we send out, we will get back sooner or later.

When we get an understanding of *Karma* philosophy that whatever we give, returns to us; it changes the way we perceive the people and situations. Instead of creating feelings of anger, resentment, blame, criticism or revenge, we can have the choice to change the quality of our *karmic* account on the basis of the principle: “One, who does, will get” (*Jo Karega, so payega*). Now, only one person is required to change the negative account. Otherwise, it is a never-ending game of exchanging and compounding negative thoughts and deeds, and that person is: I Myself. If I have to change my destiny, I have to do right action (*Karma*).

Suppose, one person, Mr. A, has cheated and betrayed Mr. B

in a big way. Now, both are in pain – the one, who cheated, is in immense guilt and pain as he is aware that he has done wrong. Whereas the person, who is cheated, is also in pain because of anger, hatred and revenge. After this, they parted ways and never met each other, and, after some years, they left their bodies. They do not have any remembrance of the past births now. They meet again in new costume (body) in their next birth and, because of the negative and harmful exchange of energies, they do not like each other and wonder why they are not at all comfortable with each other and, as a consequence, some adverse actions happen. This is the result of previous action (*Karma*), as they had not settled the account in their previous births. To end the *karmic* accounts, only one person has to take the initiative in sending the positive vibrations.

Let us try to understand further with an exercise: I have a ball in my hand and I throw it with full force to the opposite wall. Once, the ball goes out of my hand, it is not in my control. The ball hits the wall and will come back - this is pure science. Now, the ball, which is going out, refers to my thoughts, words and actions, called “Karmas”. And the ball, which is coming

back, refers to my problems/ situations / health issues/relationship-related issues. They can be good or bad, depending on what I had sent out and this is called my destiny (*Bhagya*). In the process, I forget that one day it was I myself, who had thrown this ball, which is coming back to me.

If I give anger or love, respect or hatred, jealousy or kindness, help or deceit – this energy goes out like an echo and comes back to me equally and more intensely. However, sometimes, this comes back immediately and, sometimes, after days, may be after months and years and even after a few lives. Then, we wonder: why it happened to me? Because, we have forgotten that one day we had sent this energy (good or bad) in the universe, maybe in the remote past. Good intentions/actions will create good intention / actions and bad intentions/ actions will definitely create bad intentions/actions.

Let us try to understand this, thus: What was the closing account of 31st March (last day of our last birth) is exactly the same opening account on 1st April (next birth).

God doesn't write our destiny; rather, we write our own, based upon our actions



(Karmas). Now, who is the controller of my destiny – it is I myself and not He. I create my own destiny on the basis of how I speak, what I think, what I do – right or wrong. Let us try to be aware of ourselves – what we are sending out are these black ping pong balls (hatred, anger, blame, deceit, etc.) or white balls with right energy (love, trust, respect, help, peace, happiness, etc.)

On *Diwali*, we make a list – which sorts of gift we have to give to others. We, then, try to remember which gifts they had given to us last time. So, we normally give them a gift of approximately the same cost. Now, this is one way of giving. If we come to know that whatever we are going to give as gifts to them, is definitely going to come back to us; then, what should we like to give them? Definitely, the gifts of the same value that they had given or of some much higher cost. Irrespective of the cost, I will give them invaluable gift because I am certain that this is coming back to me.

The balance sheet of action (*Karma*) say: Suppose, we deposit 100 righteous actions (*Karmas*) in our *karmic* account and just 1 wrong action (*Karma*); then, how does our *karmic* balance sheet look like? Is it  $100 - 1 = 99$ ? No, it is wrong. Every action (*Karma*) has a consequence. Our righteous actions (*karmas*) cannot wipe out the consequence of the wrong one. So, we need to be very careful of each and every thought, word and action. So, why should we not start giving blessings and good wishes to all?

The Law of Action (*Karma*) says: Everything comes back one day, today or tomorrow. We get what we give. *You and I will never understand the damage you and I did to someone until the similar thing happens to you and me. That is why you are*

## HAPPY GREETINGS THAT MATTER

Good Morning! This morning, did you greet your family, friends and colleagues with a good morning, good evening or good luck greeting or address or wish? Do you wish people best daily? And how do you acknowledge wishes from others? Most of us underestimate the value of a genuine *good morning* address or wish. They are not just a pair of customary words. Conveyed with pure intentions of goodness, they radiate the energy of blessings and promise of good things to come. When someone greets us, let's not ignore, nod, mumble or casually say *morning*. Also, let's not monotonously exchange wishes with people on the phone. We need to experience the energy of the message and act thereafter. The receiver, then, gets our message plus our pure energy. Saying *good morning* should not be difficult. Let's not wait for others to greet based on hierarchies of age, position or power. People could be happy, sad or in an in-between mood; but, regardless of their response, we can use those two seconds to connect and make their experience of meeting us good.

We often overlook the power of simple gestures like making eye contact, smiling, paying a compliment or greeting people. These meaningful acts certainly add happiness to our and their days. By helping others feel good about themselves, our own happiness significantly grows. Take a moment to see how your positive energy brightens someone's day today. Everyone is looking to be acknowledged and heard. Sometimes, that is all that people need or expect from you. Let them know through your words and actions that they matter. Notice how you feel when you greet the security guard at the gate, hold the door open for a stranger or thank your family member. When you spend time with someone, you understand their value and importance. Kindness in action will bring you more joy than you think. ❖



## THE SPIRITUAL SIGNIFICANCE OF *DIWALI*

– **B.K. Viral, Borivali (West), Mumbai**

**D**iwali is the festival of lights, with everyone lighting *diyas*, lamps and lanterns at their homes. Hence, let's also ignite the light of knowledge within, which dispels the darkness of sorrow and allows us to remain happy always, by reminding us the following facts that:

- We're originally a very pure, divine, peaceful, loving, happy soul. Hence, we don't need to run after these virtues outside, but just need to remain in this elevated self-awareness for their experience to flow through us.
- We get God's accurate introduction, i.e., He's an Incorporeal Soul, who is the Ocean of all virtues. This enables us to instantly connect to Him anytime, and, thus, experience a powerful current of His pure energy and vibrations of peace, love and happiness. This acts like recharging of our soul-battery, which makes everything easy for us.
- Thoughts of the past fail to pull our happiness down, since we realize that every scene of this world drama is accurate

(being just a return of the past action (*Karma*), beneficial (even if the benefit may be hidden) and nothing new.

*Diwali* is followed by the New Year; hence, it's also the occasion of newness when we'll purchase new things. However, since the impact of physical things on the mind is very temporary, let's also inculcate newness in our thoughts, beliefs, responses and habits. Since it's this newness, which leads to a permanent benefit in the lives of us and those around us, it is truly making our new year prosperous. Indeed, in this new year, let's join in a new relationship with Incorporeal God, the Supreme, and this will fill us with beautiful experiences, thereby making our entire life new and wonderful.

*Diwali* is the time of celebration, when we lovingly visit each other's homes, distribute and eat sweets, share gifts, burst firecrackers, visit the temple, get a holiday, etc. Hence, to truly celebrate life, let's do the following:

- Let's emerge the attitude of gratitude, and thank each and

every person and object for their invaluable role in our life. Indeed, let's also thank the challenges and situations for making us strong.

- Let's spread sweetness through our words while speaking, by keeping in awareness others' virtues and specialities, help and support.
- Let's share the gift of good wishes with all and also forget past matters held against others.
- When we visit a temple, we first remove our shoes, then apply *tilak* and, then, worship God. Similarly, let's remove the influence of body-consciousness (shoes), by considering ourselves a soul (apply the *tilak* of self-awareness), and this soul-consciousness instantly connects us to God, filling us with His powers, thereby fulfilling all our hopes and aspirations and making our life a celebration.
- *Diwali* is also called *Shubh Diwali*. Hence, let's make this holiday a holy day, when we think and listen to only pure and divine matters.
- We usually clean our house before worshipping Goddess Lakshmi on *Diwali*. Hence, let's also clean our mind to invoke the divinity within. Indeed, let's remove any clouds of negativity to make the sun of virtues shine again.

## The World Renewal

The festival of *Diwali* follows the festivals of *Navratri* and *Dussehra*. Hence, only when we first win over the weaknesses (*Ravan*) within, by emerging our inner powers (*Shaktis*) through meditation, our life becomes a celebration of *Diwali* with newness (New Year) all around.

The word '*diya*' itself means to give, hence let's keep on giving to all. Further, as the *diya* consists of a flame and earthen vessel, we're also souls (divine points of light or flame) in this physical body (earthen vessel). Hence, when we remain in this elevated awareness and experience our original virtues, we automatically keep on giving in numerous following ways:

- An elevated state of mind automatically radiates elevated vibrations all around, leading to harmony in relationships and a beautiful atmosphere around.
- What we experience inside is what we share with others. Hence, when we're experiencing our original virtues, we automatically share smiles, and sweet words, encourage and appreciate others, etc.
- It emerges the feeling that everyone should benefit from what I've received, thereby making us share our spiritual knowledge, experiences and attainments with all, and also

inspiring their elevated transformation too.

By giving we get blessings from all, which helps us easily maintain an elevated stage without efforts, thereby truly making life a celebration for us and everyone around us.

Although *diyas* are available in different colours, shapes and sizes, their flame is the same. Similarly, we may be different in terms of the features of body (age, gender, caste, language, nationality, position, achievements, etc); but, as souls, we're one (being the spiritual children of one the same Supreme Father, having the same original virtues of peace, love and joy, and also sharing the same home, etc.). This emerges a natural feeling of unity and closeness with all.

Many of us will create a beautiful colourful *rangoli* outside our homes. Similarly, let's make our life also full of the divine colours of virtues and powers, which'll reflect through our sparkling smiling face and elevated character, delighting all.

God reveals that *Diwali* is symbolic of the 1st day of *Satyuga*, where there's the light of 100% purity and divinity all around, where each day is a festival and each moment a celebration. Hence, let us too ignite the *diya* of soul-consciousness within by filling

ourselves with the oil of spiritual knowledge and by connecting to the ever-shining Divine Flame, God; this'll keep the experience of original virtues emerged within us always. Further, like a *diya* illuminates several other *diyas* around, we'll become instrumental in transforming the lives of numerous souls around us, thereby helping create *Satyuga* again.

### Spiritual Significance of *Diwali*: House Cleaning

We clean the house, before invoking Goddess Lakshmi on *Diwali*. This represents cleaning the mind in order to invoke the divinity within.

Cleanliness is liked by all since it's related to the soul's original virtue of purity. The cleaning during *Diwali* is significant. Similarly, on this *Diwali*, let's clean even the subtle shades of negativity from within us.

If a neighbour is cleaning his house, we never put their garbage inside our house. Similarly, let's avoid looking at defects and weaknesses of others.

While cleaning, we open many un-touched closets and remove unwanted things. Similarly, let's ensure that we haven't held any matters of the past in any section of our memory.

We use brooms, mops and cleansing agents for cleaning. Hence, let's use the following:

- The broom of spiritual knowledge to clean the dust of any negative emotions and thoughts (jealousy, hurry, anger, guilt, etc.) that may arise.
- The mop of meditation (with the cleansing agent of God's remembrance) to finish all the vices and weaknesses within.
- The water of silence to ensure that we're ready for the tasks ahead.

This body is also our house (i.e., the home of the soul) Hence, let's keep it very clean, pure and healthy by giving attention to the following:

- The eyes are the windows of the soul. Hence, let's clean these by only looking at virtues and specialities of all.
- The ears are the ventilators (i.e., airway passages). Hence, let's keep these clean by avoiding listening to gossip, weaknesses of others, etc.
- The mouth is the door. Hence, let's only speak sweet words, filled with wisdom.

The body is like our temple. Hence, let's only put pure food cooked in God's remembrance (i.e., *prasad*) inside it.

Hence, to conclude, let's today clean the mind of all unpleasantness, through the power of spiritual knowledge and meditation, which automatically emerges the divinity, the constant experience of peace, love and joy within, thereby help us easily in bringing the divine land of Paradise (*Shivalaya*) once again in forthcoming Golden Age upon the earth. ❖

## Morning Musings & Night Notions



- “Enlightenment means waking up to what you truly are and then being that.” – *Adyashanti*
- “Help me never to judge another until I have walked a mile in his moccasins.” – *Indian Prayer*
- “Your sacred space is where you can find yourself over and over again.” – *Joseph Campbell*
- “Let what comes come. Let what goes go. Find out what remains.” – *Ramana Maharshi*
- “Anything that makes weak physically, intellectually and spiritually, reject it as poison.” – *Swami Vivekananda*
- “Where there is charity and wisdom, there is neither fear nor ignorance.” – *St. Francis of Assisi*
- “Everything that has a beginning has an ending. Make your peace with that and all will be well.” – *Jack Kornfield*
- “You can read books without ever stepping into a library; and practise spirituality without ever going to a temple.” – *Anthony de Mello*
- “The path of awakening is not about becoming who you are. Rather it is about unbecoming who you are not.” – *Albert Schweitzer*
- “Sweet children! When you get completely detached from the outer body and establish yourself in the inner soul, all values, virtues, qualities and divine powers will flow into to the soul from the Incorporeal God Father, the Supreme Soul.” – *God Father Shiva*



# INTERFAITH HARMONY IN A GLOBALISED SOCIETY

– Prof. (Dr.) Raveendra Kurup,  
Madhav University, Abu Road

Peaceful co-existence is the burning issue of today and the need of the hour as well. The need for peaceful co-existence among religions and nations has long been recognized. We, the people of the world, will have to rise above different levels of castes, faiths and religions. These differences should not be a hurdle in achieving peaceful co-existence. To resolve this problem, there should be a consistent, spontaneous and concrete understanding among individuals as well as nations.

Religion has always been a major factor in the growth of human civilization. It has tremendous influence on art, architecture, music, literature, philosophy, law or moral codes across the history. Admittedly, there have been negative impact too in the form of superstition, intolerance and violent aggression, mass killings and atrocities perpetrated in the

name of religion and also in the name of divinity that is believed to be beneficent, merciful and compassionate.

Only spiritual power and love can bring a feeling of oneness and a sense of universal brotherhood among all. What is it that sustains us? Of course, love and respect.



Hence, a deeper understanding among various faiths, based on love, acceptance and respect, can help to contribute to a culture of peace, and non-violence in the world. When there is a firm belief that God is love and that in love there is unity; then, harmony can be attained.

Also, spiritual wisdom brings us to the understanding that in spite of all the differences at the external or outer physical level, deep

down we all are the same and uniform in internal or inner spiritual level. We need not to focus on differences whether in religion or lifestyle but see each one as a spiritual being, the soul or self. This change in our vision can bring harmony and unification with others. The ability to connect with love and respect also comes from the awareness that we, as souls, are the children of one and same Incorporeal God Father, Supreme Soul Shiva no matter what is our faith or religion. When we understand that we are not the material or physical body but a being of divine or spiritual light, having the original qualities of love, purity, happiness, bliss and peace; this understanding makes us tolerant towards others. We radiate this energy of peace and love thereby allowing us to express respect to others and connect with every religion.

Let us emerge and implement this noble thought: *'I respect everyone because each one is a beautiful soul. I contribute peace, love, service and beauty to everyone.'* ❖



# THE CHOICE IS OUR OWN



–B.K. Bijoy, Angul, Odisha

**L**ife starts from B (Birth) and ends at D (Death). In between there always is C (Choice). It is we, who opt our way, whether paving on the flowers of happiness or skidding through the thrones of unhappiness. Feeling of joy or sorrow is a matter of our own choice. Situation has nothing to do with our mind or status.

A husband orders to his wife to bring tea for his friend. She brings it; but, in horri-ness, the tea cup falls down and breaks into pieces. The husband may get angry and slap her. He may scold her like anything. Or he may take it easy, smile, help her to remove the broken pieces and ask her to make another cup of tea. It is the choice of our own how to lead the life.

If we have good attitude, we never lose our peace and tranquility. Rather, we radiate the energy of peace and bliss to the surrounding. If we have bad thoughts we not only deliver the same thought energy to others but also fill ourselves with these. And, thus, we welcome disease. Good thought energy makes us healthy and happy. So, it is the our own choice how to lead the journey of life.

The American biologist Bruce Lipton says that our DNA listens to us. Cells are influenced by our thoughts. Negative and bad thought waves disturb the normal function of the cells. Positive and elevated thought waves heal the diseased cells. So, a jolly person gets quicker recovery than a stressed one.

The Japanese Pseudoscientist Masaru Emoto (1943-2014) proved that human consciousness affects the molecular structure of water. He found that thought of love, forgiveness, purity, etc. arrange the water molecules in a beautiful order. On the other hand, thought of hate, cruelty, etc. make the molecules in a scattered disorder. Our body contains about 78% of water. It is clear that why our forefathers were healthy. They were using the brain waves of purity while cooking and eating foods. Their way of thinking towards others was purely divine. So, it is our own choice to live better or worse.

The way of thinking creates the kinds of feeling. If I think to kill someone, I shall be in a state of peacelessness and stress. If I think to help someone, I shall be

in a state of bliss and happiness. Stress causes disease. Bliss heals the disease. So, whether I shall be joyful or stressful, it is my own choice.

The teenage, i.e., the age between 13 and 19, is the most crucial stage of life. It is the plinth of the life-building. If this age is properly used in inculcating knowledge of books and virtues; then, the rest of life stands sound and healthy. The student life is the best life because study is the source of income. Humans need both the wealth of money and happiness. It is our own choice whether we utilise the short valuable time on hand in study or misutilise it in social networking and chatting.

God is not the fortune-giver. He gives us the pen to write own fortune or fate. He teaches us how to write but never writes for us. The measure of fortune is scored by our actions and attitudes in the examination of life. It is our own choice that how much trouble-free life we shall make.

Hey teenagers! Come up to write your own way of life. Never give sorrow and never get sorrow. Keep your mind and intellect attuned to your study, which is the secret of earning money and valuable blessings. It is purely your own choice of life. ❖

# THE GREAT MANIFESTATION (VIRAAT ROOP)



– B.K. Prema, Pune

In His *Murlis*, Baba's explanation of the words "Aham so, so aham" is different from the meaning given in the scriptures of Cult of Devotion (*Bhakti Marg*).

In *Bhakti Marg*, it is misinterpreted as: 'Each soul becomes the Supreme Soul', which is impossible. Baba clarifies it, saying: "Aham so, so aham" means, "I was that (a deity), and I am; now, becoming that (a deity)."

In the beginning of drama, I, the soul, come down from my Home, the Soul World (*Shantidham*) in order to play my parts on this world-drama-stage in the Deity Dynasty in Golden Age (*Satyuga*).

The words "Aham so from *Devta*, so aham" means I, the soul, become of the Warrior Clan (*Kshatriya Vansh*) in the Silver Age (*Treta yuga*).

The words "Aham so from *Vaishya*, so aham" means I, the soul, become of the Business Clan (*Vaishya Vansh*) in the Copper Age (*Dwapar Yuga*).

The words "Aham so from *Shudra* so aham" means I, the soul, become of the Lowest Clan (*Shudra Vansh*) in the Iron Age (*Kaliyuga*).

Finally, Incorporeal God

Father Shiva, the Liberator and Redeemer, comes down from the Soul World upon the earth and transforms me, the soul, into a Brahmin in the Brahmin Clan in the Diamond Age (*Sangamyuga*).

The words "Aham so from *Brahmin* so aham", thus, means that I, the soul, become of the Deity Clan as God transforms me once more into a Deity (*Devta*) in the new Cycle in the next *Kalpa*. Thus, my roles repeat identically in every cycle of 5000 years!

This 'pre-destined' Unlimited World Drama of 84 births revolves for 5000 years, non-stop, and repeats in every new Cycle *Kalpa* after *Kalpa* just like a movie-reel, which repeats the same scenes any number of times one may watch it! Every single human soul is an 'actor' on this World Drama Cycle of Time and Life.

Baba quotes this in various words or phrases: the Somersault (*Baajoli*) or Wheel of Self-realization (*Swa-Darshan Chakra*), or the Great Manifestation (*Viraat Roop*), or even the drill of my five form (*Swarup*). Baba teaches that in order to protect the self from the vices symbolized by *Maya* and

keep thoughts under control, we need to spin the wheel of self-realization (*Swadarshan Chakra*) or churn our five forms.

This wheel is also portrayed as the Eternal Genealogical World Tree (*Avinashi Kalpa Vruksh*). God is the Seed of this entire imperishable Genealogical Tree. The sapling of a new tree is being planted by Him, now, in this Confluence/Transition (*Sangamyuga*), and He adopts us and changes us from impure stage into the pure stage of Brahmins, who are depicted as the roots of this tree. We, the Brahmins, will soon be transformed into Deities in Heaven, who are symbolized as the trunk of this tree.

The various branches and off-shoots of the same tree stand for the different religions that are established by various religious founders or prophet souls during the Copper Age (*Dwapar Yuga*). When the tree becomes old and worn-out in the Iron age, God comes once again to plant a new sapling and, thus, the history of the world repeats itself.

This repetition or rotation of the works of human souls is also portrayed in Vishnu's Great Manifestation (*Viraat Roop*).

In *The Mahabharat*, Krishna is shown giving Arjuna a vision of his Great Manifestation or awesome vivid form (*Viraat Roop*), which is applauded as being brighter than a thousand Suns. And Arjuna, blinded by the light, cried out, saying:

"Stop! Stop! I cannot bear it."

However, God Father Shiva, the Ocean of Knowledge, explains its true meaning, thus, that when Brahma Baba was first shown the scenes of the horrific world-destruction, it was unbearable and he cried out because he could not tolerate the awesome sight. Later, God showed to him a soothing vision of the Golden Age, and, thus, explained the roles of the souls in the whole cycle in the Great manifestation (*Virat Roop*) as follows:-

The 'top-knot' (*Choti*) in this Great Manifestation (*Virat Roop*) depicts the Brahmin Clan in the Diamond Age (*Sangamyuga*), which is the highest in the whole cycle.

The 'face', revealing the fortune, depicts the worship-worthy Deity Clan of pure and worship-worthy deities (*Pujya Devtas*) in the Golden Age, who are totally victorious.

The 'arms' depicts the warriors of the warrior (*Kshatriya*) clan in the Silver Age, who are semi-victorious, which is symbolic of striving to overpower the vices.

The 'belly' stands for the worshipping business people (*Pujaari Vaishyas*) of the Business Clan in Copper Age when man begins devotion (*Bhakti*) and is tainted by the five vices.

The 'feet' is the symbol of the *Shudra* Clan in the Iron age, when all souls fall to the lowest stage of body-consciousness, impurity, degradation and corruption.

Just as when one plays the game of somersault (*Baajoli ka khel*), the feet touch the top of the head and the player tumbles over and over. So, too, Baba says: "Play somersault in your intellect, i.e., intensify your Godly Remembrance by churning, thus, the knowledge of self-realization: 'I, the soul, am a child of the Supreme Father, the Supreme Soul. First of all, I was a deity of the Sun Dynasty, a resident of heaven, and, then, I became warrior of the Moon Dynasty. After 2500 years were completed, I, the soul, became a merchant of the *Vaishya* Dynasty and, then, *Shudra*, vicious one of the *Shudra* Dynasty. I have now become a Brahmin soul, the top-knot (*Choti*). I am sitting here and it is as though I am doing a somersault of 84 births."

We, the souls, have the knowledge of this somersault. And we need to spin the disc of this self-realisation to claim our divine inheritance of health, wealth and happiness. ❖

## **GUILT IS SELF - INFLECTED ANGER**

Guilt is self-inflicted anger, which depletes our emotional energy and deprives us of the strength needed to transform.

Since childhood we were taught that if we have done something wrong, we should be guilty about it; and, if we were not, people around us made us feel guilty. We started believing that guilt was natural and necessary to transform. Guilt is anger, which is inflicted on the self. When we get angry with others once in a while, and the other person feels our anger is unnecessary and thereby he does not accept it. Even then anger is damaging emotionally and physically to both – the one who gets angry and the one on whom it is inflicted. What about when we get angry with ourselves? Is it guilt? It is not once in a while, we have to live with the angry person 24X7 for days, sometimes years. When someone else gets angry with us, we defend ourselves, but when we get angry with ourselves we accept it because we feel it is justified. Doctors tell us that if anger is not vented out, it creates more damage. Guilt is internal anger, we cannot vent it out. We are the ones creating the internal anger and we are the ones on whom it is being inflicted and we are accepting it. If anger is damaging, guilt is toxic.



# CUNNINGNESS WON'T PAY YOU IN THE LONG RUN



–B. K. Ram Singh, Rewari

In the remote vicinity of a state, there was a small village, quiet and calm – where simple villagers were confined to farming. To the surprise of the residents, one day a crafty person came to the village and offered to purchase a monkey for Rs 100/-. As there was monkey terror in the village, the folks were delighted to hear the announcement and immediately attempted to catch monkeys from their forest area. Though they were not used to such activities, they somehow managed to track some monkeys.

They were happy that they got rid of the monkeys and at the same time earned some money from their sale. After a few days, the cunning dealer vanished, making the villagers sad. But, after a small break, he appeared again. This time he doubled the offer. The villagers were glad and this time they managed to sell almost the complete troop in a couple of days. The devious trader again disappointed them for a few days by not turning up

As earlier, the trader again

came for the third time. This time, the offer prize was raised to Rs 500/-. The people jumped with joy. The trader said, “Look, I have to go somewhere, but I am leaving my assistant here, who will deal with you”. The villagers again rushed to the jungle but could not find a single monkey as all were already caught and sold. Finding this, the assistant said, “Listen friends, the monkeys are there in the back of the vehicle of my boss”. You can purchase them for Rs 400/- each and re-sell them to my boss for Rs 500/-, when he comes back tomorrow.

This offer sounded good to the innocent folk. All the monkeys were instantly purchased by them. They all waited till late night and next whole day but nobody turned up. In a day or two they realized they had been cheated.

For everything, there exists an equal opposite. This is an eternal truth based on Laws of Nature. There are two types of people in the world – simple and clever. The precaution that needs to be taken is that a simple person does not slip

down to idiocy and a clever person does not slip down to cunningness. Both attributes – simplicity and cleverness — are given to individuals for carving their own path, by going through their own *Karma*. If a clever person is naturally inclined to become cunning, then he gets caught up in the cobweb of never-ending karmic cycle.

It is a common saying, “Sin makes its own hell and goodness its own heaven”. So better be a person who thinks and acts wisely and has good wishes for all.

In spiritual life, wisdom is always necessary. This wisdom you can say is cleverness from a higher spiritual point of view. It is not the cleverness that will deceive someone or the cleverness that will make you the winner and someone else the loser. This is the wisdom that will bring to the fore not only your own good qualities, but also the good qualities of others. But, when we act out of cunningness, we tend to be mean to others and hurt or deceive them. Spiritual knowledge helps to understand the subtle differences and this wisdom is absolutely necessary in life so that you can avoid pain, misunderstandings and unhappiness, both for self and for others. ❖

# SPIRITUAL UPLIFTMENT, DEVELOPMENT AND PERFECTION OF OUR PERSONALITY

–B. K. Sujoy, Durgapur

**T**he *Munduka Upanishad* states: “As rivers, flowing down, become indistinguishable on reaching the sea by giving up their names and forms, so also the illuminated soul, having become freed from name and form, reaches the self-effulgent Supreme Self.”

The Creator or the Supreme Father has sent us to the earth, not without any purpose, but to strive towards our spiritual upliftment, development and perfection of our spiritual personality. Moreover, we must be fully aware of how the Creator expects us to exhibit an extraordinary spirit in extracting spiritual nourishment from both good and bad experiences. Whatever may be our mission, we must stay fully focused on it.

A honeybee extracts nectar from flowers and, in order to do so, it has to fly through a multitude of gardens, clearing innumerable thorns, and finally has to land unerringly on the flower of its choice.

It is worth reflecting how it finds its way to the flower, how it poises itself on it and extracts

the nectar! Also, after completing its task, without wasting a single moment, it flies straight back to the beehive to deposit its share of honey. We should learn the art of being diligent, focused and never swerve at all from the pursuit of our goals.

The spiritual knowledge imparted by God, the Supreme Soul, puts an end to delusion and blind faith and guides the human souls to the true path of self-realization and God-realization. It also highlights the aim and objective of the human life and man's efforts and duties.

Unshakeable faith in God, the Almighty, being firm in carrying out our spiritual responsibilities and the exercise of restraint in the face of provocations, are the virtues that ensures spiritual upliftment.

Without knowledge of the laws of *Karma*, one cannot justify the emergence of obstacles and circumstances. Going beyond the materialistic outlook, one can understand that his/her pain and pleasure depend not only upon the

actions performed in this birth but also on those performed in the past births.

Selfishness causes suffering and isolation in our personal relationships. Spirituality explains how the external state of the world reflects the condition of human souls.

On the path of spiritual perfection, negative experiences are the challenges, which come to test our reactions in extraordinary and provocative situations. What we are being tested on, indicates how patient, forbearing and compassionate we are. Our path is strewn with distractions, which, at times, derive our undue attention. In eschewing vengeance, we beat negativity, steer clear of unsavoury incidents, rise above the sense of petty vendetta and forgive people's follies. By doing so, we can develop and enhance our spiritual upliftment and make perfect our personality as well.

The practice of Rajyoga meditation taught at the centres of Brahma Kumaris Organization (BKO) greatly helps in these purposes and thereby enables the human souls for attaining the state of complete peace and serenity through our spiritual upliftment, development and perfection of our spiritual personality. ❖

# HEALTH, LIFE AND BALANCE



—B.K. Manjula Baijal, Begur,

**O**ur body and mind hold deep wisdom. The greatest wealth is health. Health is a state of complete harmony of the body, mind and spirit. To ensure good health, we have to eat lightly, breathe deeply, live moderately, cultivate cheerfulness and maintain an interest in life.

The best six doctors anywhere are sunshine, water, rest, air, exercise and diet. No matter how much it gets abused but the body cannot restore balance in their absence.

A healthy mind can lead us to a healthy body, which, in turn, leads to a much happier life. This transformation, which is part of emerging fields in psychology focused on mind-body health, is very important because it can greatly boost the chances of our achieving what we want in life, including a fitter, healthier lifestyle as scientists also have started stating that it's not only medication that works in unhealthy body but other aspects such as meditation and spirituality also show wonders in recovering from ill-health, and thereby keep us fit and fine.

While a healthy body is

necessary, yet in the absence of a healthy mind, we are no longer a human being, but are more kin to an animal. Thus, it is proved globally that a healthy mind is more important than a healthy body.

The environment plays a crucial role in people's physical, mental and social wellbeing. Despite significant improvements, major differences in environmental quality and human health remain among and within European countries. The complex relationships among environmental factors and human health, taking into account multiple pathways and interactions, should be seen in a broader spatial, socio-economic and cultural context.

We all value good health and always yearn to achieve a healthy body and mind; however, we simply overlook the true definition of health. In a rush to be fit quickly, we forget that good health is not just about absence of disease or fat; but, it involves healthy lifestyle, healthy mental growth and healthy ways of relating to all living beings and the elements

of Nature. This requires regular efforts and not a mere one or three-month health or weight training programme.

More recently, researchers have defined health as the ability of a body to adapt to new threats and infirmities. They base this on the idea that modern science has dramatically increased human awareness of diseases and how they work in the last few decades.

Mental and physical health are the two most commonly discussed types of health. We also talk about "spiritual health," "emotional health," and "financial health" among others. These have also been linked to lower stress levels and mental and physical wellbeing.

## PHYSICAL HEALTH

In a person who experiences physical health, bodily functions are working at peak performance, not only due to a lack of disease, but also because of regular exercise, balanced nutrition and adequate rest. We receive treatment, when necessary, to maintain the balance.

Physical wellbeing involves pursuing a healthy lifestyle to decrease the risk of disease. Maintaining physical fitness, for example, can protect and develop the endurance of a person's breathing and heart function, muscular strength,

flexibility and body composition. It also helps in reducing the risk of an injury or health issue. Examples include minimizing hazards in the workplace, practising good hygiene, or avoiding the use of tobacco, alcohol, or illegal drugs.

**Mental Health**

Mental health refers to a person's emotional, social and psychological wellbeing. Mental health is as important as physical health to ensure a full, active and healthy lifestyle.

But, it is harder to define mental health than physical health because, in many cases, diagnosis depends on the individual's perception of his/her experiences. With improvements in testing, however, some signs of some types of mental illness are now becoming "visible" in CT scans and genetic testing.

Mental health is not only the absence of depression, anxiety, or another disorder; it also depends on the ability to enjoy life; bounce back after difficult experiences; to achieve balance; to adapt to adversity; to feel safe and secure; and to achieve one's full potential.

Physical and mental health are linked with each other. If chronic illness affects a person's ability to complete his/her regular tasks, this may lead to depression and stress,

for example, due to monetary problems. A mental illness such as depression or anorexia nervosa can affect body weight and several body functions. Therefore, it is important to approach "health" as a holistic whole rather than its different types.

In order to do this, we have to deal with the following aspects:

- (i) The social and economic environment, including how wealthy a family or community is.
- (ii) The physical environment, including parasites that exist in an area, or pollution levels.
- (iii) The person's characteristics and behaviours, including the genes that a person is born with and their lifestyle choices.

According to the World Health Organization (WHO), the higher a person's socio-economic status (SES), the more likely they are to enjoy good health, a good education, a well-paid job, and afford good healthcare when their health is threatened. People with a lower socio-economic status are more likely to experience stresses related to daily living, such as financial difficulties, marital disruption and unemployment as well as social factors such as marginalization and discrimination. All these add to the risk of poor health.

A low socio-economic status often means less access to healthcare. People in developed countries with universal healthcare services have longer life expectancies than people in developing or under-developed countries without universal healthcare.

Cultural issues can also affect health. The traditions and customs of a society and a family's response to them can have a good or bad impact on health. For example, around the Mediterranean, people are more likely to consume high levels of fruits, vegetables and olive, and to eat as a family, compared with cultures with a high consumption of fast food.

The manner in which a person manages stress also affects health. People, who smoke, drink, or take drugs to forget their problems, are likely to have more health problems later than someone, who combats stress through a healthful diet and exercise.

Men and women are prone to different health factors. In societies in which women earn less than men or are less educated, they may be at greater risk than men for poor health.

**Preserving Health**

The best way to maintain health is to preserve it through a

**The World Renewal**

healthy lifestyle, rather than waiting until we are sick to put things right and finally we are left with no option but to visit a medico for medication in emergency, which creates more mental stress rather than physical stress mainly which weakens immensely the personal family, near and dear ones as care takers too.

A state of optimal wellbeing that is oriented toward maximizing an individual's potential – a state of enhanced well-being – is referred to as 'wellness'. This is a life-long process of moving towards enhancing your physical, intellectual, emotional, social, spiritual, and environmental wellbeing. Wellness promotes an active awareness of and participation in health, as an individual and in the community.

Maintaining wellness and optimal health is a lifelong and daily commitment. Steps that can help us maximize our health include the following:

- a balanced, nutritious diet, sourced as naturally as possible
- regular exercise
- screening for diseases that may present a risk
- learning to manage stress
- engaging in activities that provide purpose and connection to others

- maintaining a positive outlook and appreciating what we have
- defining a value system, and putting it into action

Peak health will be different for each person, and how we achieve wellness may be different from how someone else does.

It may not be possible to avoid disease completely; but, doing as much as we can to develop resilience and prepare the body and mind to deal with problems as they arise, is a step we can all take.

Food is the single most important factor that can directly impact our health levels. We can choose nature-made food such as raw greens, fruits, veggies, nuts, seeds and sprouts because these are packed with phytochemicals, anti-oxidants, vitamins, minerals and macro-nutrients. The aim is to eat at least one completely fresh raw meal per day to maintain proper immunization of body. Let us remember that it is impossible to have a healthy mind if the body is unhealthy.

**Exercising Intelligently**

Moving your body or exercising is very essential to keep fit physically as well as mentally. However, exercising does not mean torturing

ourselves and puncturing our body by doing excessive workouts in the gym. We can include exercise in our daily routine by climbing stairs; strolling while talking over the phone; doing laundry lifting (lifting a laundry basket full of clothes as it can be a good arm exercising apparatus); indulging in commercial break exercises (while watching TV) like doing some sit-ups, push-ups, jumping jacks or crunches; cycling throughout our favorite TV programmes.

This means that health is a resource to support an individual's function in wider society. A healthy lifestyle provides the means to lead a full life.

We can't control what goes on *outside*, but we *can* control what goes on *inside*. The cheerful mind perseveres and the strong mind makes its way through a thousand difficulties.

So, it is health that is the real wealth and not pieces of gold and diamonds. Keeping our body healthy is an expression of gratitude to the whole cosmos. Let us remember that good health is not something we can buy because it is an extremely valuable priceless body, which needs to be treasured very carefully. ❖

# GOD TEACHES THE ART OF CONQUERING BAD HABITS AND WALKING ON THE QUICKSAND OF LIFE

– B.K. David, Paington, U.K.

**L**ife is fraught with a million hidden problems and difficulties that, when you least expect it, can poke you in the eye or slap you in the face or kick you in the head and stop your heart from beating in peace.

In life you have the tortoise, crocodile, lion and cricket. Rajyoga teaches you to avoid being eaten by any of the three symbolic animals (vice, bad habit and ignorance) in the sense that you can be the tortoise. The speciality of a tortoise is that it performs actions and, then, easily withdraws into the cave of its hard shell, which is its own world.

Are you thinking what can a mere cricket do to you? That can cause you harm. The cricket of bad habits is omnipresent and, at any given time, can come alive and appear in front of you and slowly eat you. This army of crickets is slowly but surely devouring the world along with you in it.

Any bad habit, when seen in its infancy, can seem insignificant. But, a bad habit,

like all insects, grows when fed regularly. When you feed and give attention to your bad habit with either poor thought or action, it too will grow and grow and slowly become all-consuming in your life. Yet, whilst it is taking centre stage in your life, it is eating and consuming you being unknown to you.

Bad 'habit' has the word 'bit' in it and it's these small daily bits when added up at the end of the year, turn into a huge giant that can tread all over you and crush you. Some bad habits, for many, have such a power that they easily cripple a person; and, once crippled, they are at its mercy and can be thrown around like a rag doll against a wall.

A bad habit in its small state can bite you and eat at its leisure without you really noticing what's going on. Only when the bad habit has taken hold and eaten so much of you and grown into a giant, do you start realising just how influential and masterful it has become in controlling you and ruling your life in many aspects.

Now, everyone is ignorantly

busy in feeding their inner bad habits, and some habits in most people have grown into giants that rule over them. This inner incognito giant controls and rules over most people and yet most people are ignorant of this fact.

Just as a caring mother feeds its new born baby and he/she slowly grows with the mother's nurturing and sustenance; in much the same way, you are the creator and mother of your bad habits and the more you feed and look after your bad habits, the stronger, more powerful and domineering they'll become.

How often are you found feeding your child, called Bad Habit? Are you paying your favourite child constant attention and taking it with you everywhere you go? Has your child grown much stronger than you and has, now, become your driving force in life and is ultimately going to become your master?

You should check each hour and day to see if you are feeding your bad habits; and if you do so, you will be surprised to find just how much time you are giving to them.

Everyone adopts negative habits that, in time, become the boss of their family and start to rule their parent that gave them birth. In later life, children start to look after their parents. Bad

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habits are no much different and start to control their parents that gave them birth. The only big difference is that these poor uncaring children handcuff their parents and make them do things that cause them to be very unhappy and become sick and unhealthy.

So, how many poor children have you given birth to in your life? Many smoke, drink, get angry, eat meat, tend to be lazy, selfish, and are always body-conscious. The number of average sized family of today is about seven. They will often be accompanied by several of their unruly children when they go out for shopping or take to work out. People do not wish to feel lonely; so, they keep the company of these bad children, even though they know that they can give them a headache and cause trouble for them.

It's with you always pushing the push chair of bad habits that has square wheels and carries many noisy children, who are causing you to get so tired.

Do you have such children that you take out everywhere you go? How many children are in your family? Do you push your children around in a weighed down push chair that has a handle of ignorance? Many will carry their children of bad habits on their back, which makes them feel extremely

tired everywhere they go.

It's common to see a person holding hands of two of his/her children at the same time with him/her in the middle feeling happy whilst walking out. If, at home, he/she can be often found relaxing on the sofa, playing with their kids.

Walking with such a large and demanding family is most tiring and will only lead to the mother walking round in circles as she cannot think straight as her children have grown to become so naughty and disobedient.

You really need to be fully aware of whose hand you're holding at any given moment. The force of habit blinds you to see what you are doing as you cannot see whose hand you are holding and being led by. Many walk around being oblivious of holding hands of such screaming kids.

Now is the time for you to make concentrated effort in totally disowning these troublesome children whom you've given birth to.

Everyone gets attached to their children and has much love for them, right? As it's impossible to ignore a screaming child and is much easier to simply give in to them as it makes for an easier life; so, people also give in all too easily to their bad habits by feeding them.

Your shadow of bad habits is hard to ignore or fight. The reality is that humans have grown very weak and find it far easier to feed their bad habits and gain some temporary pleasure from that, as opposed to trying to ignore them or taking the option of fighting it.

God teaches us the art of conquering bad habits and walking on and quicksand of life or above the rubbish in life that's all about us, similar to that of the lotus growing unaffected by all the dirt that surrounds it.

He teaches us the importance of 'learning and confirming'. He teaches us an art and we must, then, put it into practice. It is only by putting God's art into your practical life that you confirm to God what it is you've actually learned. So, learn it, study it, think about it, plan it, do it and confirm it. ❖

### **MAKE YOUR NATURE SWEET**

No one tortures you except your own nature. Make your nature sweet and loveable; then, you will win the love of all. Our own sweet nature can also influence and motivate others to transform their nature accordingly.

## THE SPECIALTIES, DUTIES AND GIFTS ARE THE BLESSINGS FROM INCORPOREAL GOD, THE BESTOWER OF FORTUNES

–B.K. Khem Jokhoo, Trinidad

The specialties, duties and gifts assigned to you as well as attainments you accumulate as a student or teacher are gifts from Incorporeal God Father, the Bestower of Fortunes. This includes the spiritual directions of knowledge and yoga you receive to make intense spiritual efforts for self-transformation. When you have this deep understanding, you can make faster transformation in your life, enhance your of spiritual growth and be beaded in the *Rudra Mala*. It takes maturity and humility to always have the awareness of who is giving this inspiration for transformation. If on the other hand, you begin to have the feelings that you came with these specialties and skills and you are better than those, who initiated and nurtured you, and that you should be given opportunities and positions ahead of them, that is the moment of the state of your body-consciousness in which humility changes into the ego or arrogance and everything is lost in the waiting arms of *Maya*.

The ego or arrogance comes when there is overwhelming

feeling of superiority over others or the need to be recognized for name, fame or appreciation. There is a conceited attitude that whatever successes are achieved, it is because no one else has that capability, but only you have. An attitude of “I”, better called self-conceit, begins to assume undue prominence in your words and actions. You begin to walk around with the attitude of indispensability. When this overestimation of your capabilities is brought to bear on the self, there is a craving for vanity and self-praise as well as an equal craving for admiration and adulation from others.

Always keep in mind that the specialties and duties are gifts from God, the Bestower of Fortunes. If you think otherwise, you will still possess these gifts, but your intellect will become locked and your tongue choked and you won't be able to use these gifts for the benefits of spiritual growth for yourself or others. You, then, begin to do disservice. Baba said that some

children came here amazed, inculcated this knowledge and made Many equal to yourself, then *Maya* got hold of them and, then, they ran away. This happens even to the warrior (*Mahavir*) children as no one is indispensable. This type of behavior really is called the ego or arrogance as opposed to the self-esteem or humility.

### Gifts and Blessings from the Bestower of Fortunes

In the *Avyakt Murlī* (A.M.:03.03.19), Baba especially gave the gift of courage saying, “Take one step of courage and Baba will take a thousand steps of giving help. Baba is bound to help.” He advises that the blessing will work only when you revise the blessing at the nectarine time (*amritvela*) everyday. In return, Baba asked for a gift: “To definitely demonstrate to the Father the direction He wants you to follow: this is the gift you have to give.” The direction Baba gave is that you should transform your iron-aged nature to the golden-aged natural nature of the deities, and He gave one month to achieve this transformation.

Baba, then, advised to use the Shiva *mantra* that he defined in blessings *Sakar Murlī* (S.M.: 28.03.2019) “However, from time to time, you forget the awareness of being a master and your mind takes control, and this is why the Father's *mantra* is “*Manmanabhav*”.





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When you remain in the state of “*Manmanabhav*”, you will not be influenced by anything wasteful and you will experience all treasures to belong to you.” Baba advised to use this Shiva *mantra* in order to see everyone in their complete and perfect form. He specifically said not to use the Magic *Choo mantra* used in the path of devotion, but to use the Shiva *mantra*. Uttering the blessings in SM: 27.03.2019, He reminded the children of his magic *mantra* of Mera Baba: “However, some say this word “Baba” from their hearts whereas some say it from their brains with knowledge. Those, who say it from their hearts, receive instant attainment in their hearts in the form of happiness and power. Those who simply use their heads receive happiness at the time of speaking, but it does not last all the time.”

### Shiva Mantra Transforms the Body-consciousness of “I” and “Mine”

The ‘Shiva *mantra*’ is also used to transform the body-consciousness of “I” and “Mine”. When “I” is used by the children, it is used in the remembrance that “I am a peaceful soul” (*Om Shanti*) and Shiva Baba is my Father (*Mera Baba*). This remembrance transforms the “I” and “My” to the awareness of soul-consciousness and reminds you

of “who is the One giving you the directions and inspirations”. It is a gentle reminder of the fact that God Father has bestowed these specialities, duties and gifts that you have now attained. You have to remain egoless rather than becoming too clever. The specialities, duties and gifts are given to you by the Father, Karavanhar (AM: 03.03.2019).

### Masters of the Self-Sovereignty and Divine Inheritance

May you be a self-sovereign with the awareness of being a child and a master and make all the divine inheritance or treasure yours. At this time, you children are not just children, but you are the special children, who are the masters: one is the master of self-sovereignty and the other is the master of the Father's divine inheritance. Since you are self-sovereigns you have all your physical senses under your order. However, from time to time, you forget the awareness of being a master and your mind takes control and this is why the Father's *mantra* is “*Manmanabhav*” (SM: 28.03.19.)

Every day at *Amritvela*, the blessing that every child receives from BapDada in different form is: 'Remain happy, remain prosperous.' Everyone receives a blessing every day. BapDada gives everyone the same blessing, simultaneously every day, but what is the

difference? Why do you become numberwise? The Bestower is One and the gift He gives is the same. He doesn't give a little to some and more to others. He gives generously, but how is the difference created? (AM: 18.03.19).

When you receive a blessing from the Preceptor (*Satguru*), you must have the awareness that I am a child of the Father and transform that blessing into an attainment, a treasure or a fortune. You must allow the seed of the blessing to become fruitful by transforming that blessing from good wishes into a treasure by becoming the embodiment of that blessing. It is only, then, you can use that blessing at the right time of need and enjoy the fruit of that blessing. A blessing is simply a pure, loving good wish through words or *sakaash*; but, you must transform this good wish into a fortune, otherwise this blessing remains merely as joyful words to the ear.

### Reasons and Solutions

Baba has given the directions that when there are obstacles and difficulties in your path, do not look for the reasons or excuses; but, look for solutions to clear the obstacles. This is because you have been given the title of 'world transformers' and that is your duty. The key to success is determination. The word

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'reason' does not enter in determination. There is just a 'solution' and you have been given this direction to make it firm.

This year, BapDada wants you to bid farewell to the word 'reasons'. Let there be solutions and finish reasons. Let the problems be finished and you become an embodiment of solutions. Whether the reason is the self, your companions, the gathering or the circumstances, the words 'reasons' and 'problems' should be transformed into 'solutions'. Try to become those, who uplift others. Whether you yourself become a 'reason' or someone else is a 'reason', become one, who uplifts others; be a merciful soul; be the one, who has good wishes and pure feelings and give cooperation and receive love (AM: 31.12.18).

Therefore, transform this word "reason" and always adopt the word "solution". You must find a solution to the reason for the problems of all the souls of the world and as soon as you find a solution, you have to take them to the land of liberation because all of you are the bestowers of liberation. So, since you are the ones, who will give liberation to others, you will find a solution to all your reasons because only, then, will you be able to give liberation (AM: 02.02.19).

### Accumulate the Power of Silence and of Doing Elevated Actions

Accumulate the power of silence and of doing elevated actions in the Godly bank at the Confluence Age, and with the Shiva *Mantra* transform the body-consciousness of "I" into the soul-consciousness. This is why you are repeatedly reminded of the signal of the closeness of time. The time for making effort for the self is very short. Therefore, check your account of accumulation. You are given three methods for accumulating in your account:

1. To accumulate the treasure of your reward through your own efforts and to accumulate the treasure of attainments.

2. To remain always content and to make everyone content, because by doing this you accumulate in your account of charity. And this account of charity is the basis of the reward for many births.

3. To remain constantly tireless and altruistic and to serve with a big heart. Whomever you serve in this way, you automatically receive blessings from that one. These are the three methods - effort of the self, charity and blessings. So, check this when you suddenly have a test paper (AM: 03.03.19).

### Giving *Sakaash* to the Peaceless Souls

According to the need of the present time, give the current (*sakaash*) of power with your powers to the souls of the world, who are becoming peaceless and unhappy, in order to liberate them from their peacelessness and sorrow. The physical sun is able to dispel darkness and bring light with its *sakaash* and is able to transform many things with the power of its rays. In the same way, you master suns of knowledge, with the rays of peace and happiness that you have received, must liberate others from their sorrow and peacelessness with your *sakaash*. By serving through your mind and with a powerful attitude, transform the atmosphere (AM: 02.04.19).

In AM: 8.7.2018, Baba uttered the ordinance: "Now, according to the time, start the service of giving a current of power. The time is such that you, now, have to perform the task of giving a *current of power* and *vibrations* that create an atmosphere through your mind everywhere. There is, now, a need for this type of service because the times to come are going to be very delicate. This is why you must, now, become angels and tour around everywhere with your flying stage. Through your angelic form, enable others to experience whatever they want, whether it is peace or happiness or contentment. ❖



## ART OF SELF-INTROSPECTION LEADS TO SELF-ANALYSIS, SELF-CONTROL, SELF- REALIZATION AND GOD- REALIZATION

– Dr. Brahma Kumar Yudhishtir,  
Shantivan, Associate Editor

**A**mong the 16 arts, which the Brahmins have to acquire in their present life in the Age of Transition, called *Sangam Yuga*, in order to be deities in the forthcoming Golden Aged World, the art of self-introspection is of prime importance and significance because all other arts are largely dependent on it since it works as the stepping-stone for all others. Only through the art of self-introspection, the human being/soul can change itself from its present negative and immoral tendencies to its original and essential qualities, values, virtues and powers, which it has already lost during the long journey of on-going *Kalpa*, a period of 5,000 years. During the present Age of Transition, called *Sangam Yuga*, the soul has to develop this prime art for its rejuvenation and holistic transformation because self-introspection leads to self-analysis, self-control, self-realization and God-realization; and only then it will be refurbished to play its parts or roles further in the next *Kalpa*.

### Withdrawal of the Senses

Art of self-introspection involves *withdrawal of the senses*. In order to self-introspect, first of all, the human beings, especially the *Sangamyugi* Brahmins, who are specially *chosen* by God Father Shiva, have to withdraw their senses from the outside world even while still remaining in it and leading their lives here. The physical senses are responsible for distracting the mind from itself and impel it to indulge in body-consciousness and in the seven deadly sins/vices such as sex-lust, anger, attachment, ego, indolence and jealousy. These vices draw the mind outward into negativities and immoralities, corrupt and evil practices, and thereby force it to a life of hellishness and warping its positive natures, tendencies and inclinations. The power of withdrawing the senses from the outside physical/material world enables the human being/soul to make proper *self-analysis*, to achieve *self-control* and to come into real world of self or spirit or spirituality.

### Establishing Oneself in Soul-Conscious Stage

Art of self-introspection involves *establishing oneself in soul-conscious stage*. With the acquisition of God-given knowledge of soul, Supreme Soul and World-Cycle, when the mind is withdrawn from the digressing physical/material world, the senses are restrained and controlled and thereby they stop disturbing and digressing it. The mind becomes cool, calm and serene. It gets its original calmness and composure as it is away from the world of senses of sight (eyes), of hearing (ears), of smell (nose), of taste (tongue), of touch (skin). Then, it is easy for it to forget the outward body-consciousness and is impelled to establishing itself in soul-conscious stage. Devoid of outward body-consciousness, the human mind comes to its true sensibility and gradually understands that it is a component of the soul and its thinking faculty. This clear understanding slowly matures and eventually draws it forward from the self/soul-conscious stage to the actual stage of *self-realization*.

### Looking Inward

Art of self-introspection involves *looking inward*. With the stage of self-realization, the mind stops turning itself outward

to the world of senses, rather it draws itself inward. The self-realization stage enables the mind also to understand the other components of the soul such as intellect and the sub-conscious, called impressions (*sanskars*). With this power, the mind gets empowered with spirituality in contrast with its earlier physicality that impelled to remain in bondages in senses. Hence, the mind gets automatically prompted to look inward and understand how all the faculties of the soul mind (the thinking faculty), intellect (the judging faculty) and *sanskar* (the faculty of recording of thoughts, words and deeds) - work in unison. Looking inward enables the mind to remain in a detached state without being affected by what goes on in the outside world even though the human being plays his/her role in the worldly stage as an actor. In this detached state, the mind remains like a drop of water that rolls upon a lotus leaf without sticking to it.

### **Going Deeper into the Core**

Art of self-introspection involves the mind *going deeper into the core or the strata of its sub-conscious*. The sub-conscious mind is the reservoir of man's *sanskars* accumulated from the past lives and developed in the bygone

periods of the present life as well. The sub-conscious mind has inside it deep layers upon layers of such *sanskars*, which often influences man's dreams and also the present thoughts, words and actions in a very subtle ways. The ignorant people do not know, understand and realize the secret inner workings of the sub-conscious mind, and, as a result, get confused about various swiftly changing states of their mind while they are practically in the world of actions (*Karmakshetra*). Constant, instant uncontrollable and swift or change in the states of mind may even sometimes turn one into mad and drive him into mental asylum. The hospitalization of mad people in the mental asylums of the world are the consequences of the constant and uncontrollable swift or change in the states of the people's minds, which led them to be mal-adjusted in the society and the world, and, thereby, unfortunately, they are put in these asylums for treatment. Hence, the urgent need of the hour is to create a quantum shift in the layers of the consciousness from the state of body-consciousness to soul-consciousness by applying the spiritual knowledge and training of Rajyoga meditation.

### **Checking and Changing the Pattern of Thoughts**

Art of self-introspection involves *checking and changing the pattern of thoughts*. During the play of 84 births in a period of 5,000 years of the Eternal World Drama (EWD), the human beings (souls) have drastically undergone unprecedented changes in the patterns of their thoughts from positive to negative, from moral to immoral and from spiritual to physical/material. As a result, they are suffering from acute pains, tensions, anxieties, disorders, disorganizations and severe mal-adjustments, thereby being prone to live a nasty, brutish, short and hellish life now in the fag-end of *Kaliyuga*. The need, therefore, is to initiate checking and changing the pattern of thoughts with applying the art of self-introspection, which enables the mind to have self-realization, and on the basis of this realization to check the nature of thought processes or patterns going on in the mind and effect changes at the initial level of thoughts-arousal. If the thoughts that arise are of the negative, immoral, material nature, the mind has to be quickly alert and change them into some positive, moral and spiritual thoughts, and, at the same time, has to try to start

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speaking, behaving and doing actions the basis of these thoughts. In this way, the earlier negative, immoral, material thought patterns will change into positive, moral and spiritual thought patterns. Since the words and actions flow from the seed-like thoughts, the change of thought patterns will eventually bring about a change in behavioural patterns, and thereby enable the human beings to live a heavenly life of peaceful-coexistence even though they continue to live in a hellish world. The gradual change in their lives will also create effective changes in others' lives and ultimately change the world from hell into heaven.

### Looking and Moving Upwards

Art of self-introspection involves *looking and moving upwards*. After forgetting the body-consciousness and getting the awareness of self, the mind has to look and move upwards beyond the physical/material world of five elements of Nature and transport it to the metaphysical world/abode of souls/spirits/selves, where all souls reside with the Supreme Soul, the Supreme Spiritual Father of all souls of the humanity. The state of self-realization enables the mind to become oblivious of the world of

flesh/body and fly in flash of a second to the world of spirit and feel its original and essential natures, qualities, values, virtues and powers. The original and essential qualities of a soul are knowledge, peace, love, happiness, purity, power and bliss. In this upward and elevated state, the human soul experiences the real difference between the body and spirit or soul and also feels the eagerness to meet the Supreme Soul, its Supreme Spiritual Father, whom it has forgotten for long.

### Meditating and Stabilizing Oneself

Art of self-introspection involves *meditating and stabilizing oneself*. The human soul/spirit, which has already become like the biblical prodigal child now in the wilderness of this material, vicious and sinful world, eagerly wishes to return to its metaphysical world/abode of peace, purity and silence. As it realizes its own spiritual nature, it fervently likes to meet, communicate and commune with its Supreme Spiritual Father, which is only possible through Rajyoga Meditation. Rajyoga Meditation is a mental, intellectual and spiritual link of the soul with the Spiritual Father, who is the Almighty, Absolute, Merciful, Blissful and

Benevolent Supreme Being, who first forgives the souls of their past mistakes and misdeeds, sins and vices, and then gives them their inheritance of new life in the Kingdom of Heaven, called Paradise or *Shivalaya* as their birthrights. With soul-conscious stage, the soul meditates the God Father Shiva to get God-realization and stabilizes itself upon Him to get back all the lost original and essential natures, qualities, values, virtues and powers, as a process of restoration made possible by God Himself to His long-lost but now-found spiritual children. Just like a piece of iron gets magnetized by coming in contact with a piece of powerful magnet, so also the iron-like spirit/soul gets *spiritualized* with all the Divine natures, qualities, values, virtues and powers of the God Father. This rendering of the spiritual knowledge and training of Rajyoga meditation to the orphaned human souls transforms them from their human stage to the deity stage, and this benevolent and noble act of God justifies the sayings: "Man is made in His image" and "As the Father, so the son."

### Experiencing all Relationships with God

Art of self-introspection involves *experiencing all*

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*relationships with God, who is called all in all.* God, the Supreme Soul, is the only One Incorporeal Soul, who has never the body of its own. So, instead of entering into a mother's womb and becoming a child, He enters into the ever fixed body-chariot of an old, experienced and mature human being, named Dada Lekhraj, through whose lotus mouth He relates esoteric spiritual knowledge and training of Rajyoga to all souls. This process of divine birth is called *Parakaya Pravesh*, as He is called *Swayambhu*, who descends upon the earth in a body-medium of His own choice and renames him as Prajapita Brahma for being the chosen medium of His noble task of transformation of souls and transformation of the old hellish world into heavenly world, and whom no mother can give birth to. Being the Incorporeal One, He can be available to the souls in all important seven relationships such as Supreme Father, Teacher, Preceptor, Beloved, Friend, Companion and Child, and give such experiences to them as they get all these from their physical relationships on the earthly stage. Through the earthly relationships, which people usually have, they may get both

sorrow and happiness, but if they establish all these relationships with God, they can always get the experiences or the tastes of such relationships in full measure and happiness eternally without having an iota of sorrows or pains. With the magical touch-stone of His divine relationships, all sorts of "PAINS" are transformed magically into "Positive Attitude In Negative Situations". Through the transforming power of Rajyoga meditation, the human soul can think of a particular relationship at a time and experience the taste of that relationship in spiritual communion and conversation or dialogue with God, and experience all relationships in One Only.

### **Moving Outward into the Field of Action and Becoming a Karmayogi**

Art of self-introspection involves *moving outward into the field of action with one's soul-conscious stage and becoming a Karmayogi*. The earthly stage of human life is the field of action (*Karmakshetra*). No man can remain free from action; even the act of taking breath in and out is also a part and parcel of action.

Every being is subjected to play his role or do the share of his action in the eternal drama

of human life. What is required is to do the action(s) without being or remaining in bondage to them or expecting any result or outcome from them. Shreekrishna in *The Geeta* also advised to Arjuna, "You have the rights to perform actions but not to the fruits thereof" (*"Karmnyevadhikareshu ma phaleshu kadachan"*). God Father Shiva also in His Godly Versions (*Murlis*) teaches about the action (*Karma*), neutral action (*Akarma*) and bad/evil action (*Vikarma*). God fully assures and gives the guarantee that if you perform any action with your soul-conscious stage, the action will be good action (*Sukarma*) without having any bondage with it. Instead of being the followers of renunciation of action (*Karma Sanyasa*), He advises us to become the follower of yoga in action (*Karmayoga*) or be a yogi in action (*Karmayogi*) by surrendering all our actions to Him. The result of the actions is always reserved for the doer or performer. "As the action, so the reward", thus, goes the saying. So, there is no need to expect the result or outcome of it. The result or outcome is inherent in the action itself just as the flowers and fruits of a tree are inherent in its seed. The one,

(.....Contd. from page no. 3)

**Partners for Bringing Health, Happiness and Peace**

Another important area in which Science and Spirituality can be partners for peace is the region of health. The World Health Organisation (WHO) has defined health as "a state of complete physical, mental and social wellbeing". Defining the social wellbeing, it has said, "The ability to maintain a reasonable and long-standing relationship with friends and family and a certain amount of benevolence, or at least absence of malice and vicious intentions towards fellow beings, are signs of social health." Defining the mental aspect of health, it has laid down that one is mentally healthy if one is "happy, calm and of cheerful demeanor, has feeling of satisfaction, is at peace with himself, is somewhat considerate, has understanding personality and has some amount of self-control."

Now, while Medical and Biological Sciences have done tremendously good work for the physical wellbeing of man, they have not been able to do much about psychosomatic diseases. It is now well-known to theoreticians and medical professionals that many

diseases are caused by mental stress and tension, to which medical science has not much to offer. In other words, medicine cannot provide man with social and mental health.

In fact, medical profession has accepted that Spirituality or Rajyoga Meditation helps to prevent or cure many psychosomatic diseases and brings calm and relaxation of mind. Electroencephalogram (EEG) and other tests on practitioners of meditation have proved this conclusively. Man's blood lactate, breathing rate, blood pressure and state of mind are definitely affected by Meditation. In Meditation, one is in a peaceful state physically as well as mentally.

It is also found that a man, who regularly practices meditation, is able to have more endurance and tolerance and is able to improve his relationship with others. Practice of Meditation reduces rate of divorces, suicides, family break-ups, crime and violence. Scientists are doing a very valuable work in the area of physical health and mental health; but, if they can enlighten their patients about the advantages of Meditation, then, they would be playing an additionally useful role for enabling people to keep healthy and to have mind-body harmony

and balance.

Again, in the case of terminally ill people, where medication is of no further help, meditation can bring solace to the bed-ridden patient. He or she can live in peace before the death finally overtakes him or her. Meditation and Spiritual Wisdom help one during the period of convalescence or recovery also. They give the body more resistance and immunity against diseases; they give a person more stamina and are the best tools to fight against old age.

**Peacefulness is a State of Consciousness: Scientists must Realise the Reality of Metaphysical Mind**

The aforesaid advantages of meditation and spirituality, as ascertained by EEG and Electrocardiogram (EEC) and other means are a positive evidence to show that one's thoughts and emotions, or mind and intellect, affect one's whole body through one's nervous system. The existence of a metaphysical mind or self must, therefore, be considered real. Eugene Wigner, an eminent physicist, has also said that the laws of physics and chemistry do not apply to thought or understanding. One cannot measure the speed of thought, which in an instant can travel to the Moon and can visit the past

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or imagine the future, nor can one have weight or volume or velocity of understanding and comprehension. But, the reality of their existence is established because they affect the body and through it the external world. This is a very simple reasoning.

As the scientists believe in the existence of Electricity because it manifests as *light* in a fluorescent tube, as *power* in a moving fan or as *heat* in a hot plate, so also one should believe in the existence of soul, a spiritual entity, which has conscious energy that finds manifestation in the form of thought, feeling, memory, understanding, etc. Arguing from effect to cause, one cannot deny the existence of the soul. In our day-do-day life also, we usually consider that force or entity as real, which, even though is invisible, exerts some influence on entities that are visible and the existence of which is self-evident. A self-aware mind, which exerts its influence on the brain/the nervous system and the body has to be considered real. In fact, soul or consciousness is the primary reality and all other kinds of realities are of second

order. It would be advantageous to quote Eugene Wigner, the eminent theoretical Physicist in this context: "There are two kinds of reality or existence - the existence of my consciousness and the reality of existence of everything else. This latter reality is not absolute but only reality. Excepting immediate sensations, the content of my consciousness, everything else is a construct..." "Our inability to describe consciousness adequately and to give a satisfactory picture of it, is the greatest obstacle to our acquiring a rounded picture of the world." He further says that if Physics cannot comprehend the soul, "laws of physics will have to be changed, not merely to be re-interpreted".

Wigner has put it very correctly, thus: "We cannot understand the cosmos without understanding the consciousness. We cannot understand peace without believing in the existence of a metaphysical self." Peace is not a physio-chemical substance. Peace is a state of being; it is an experience of the spiritual self. This entity has, therefore, to be considered as a primary reality to which the laws of physics,

chemistry or biology do not apply. Science should accept this spiritual reality. Scrodinger, the physicist, who was awarded Noble Prize for his research in wave mechanics, wrote in his book entitled *Science and Humanism*, "Who are We? The answer to this question is not only one of the tasks of science but the task of science." So, instead of not recognizing the reality of the metaphysical soul, physics should either change its own laws or admit that, presently, it has no means to ascertain its reality though prima facie its existence seems to be a reality. ❖

### HELP YOURSELF

Unfortunately, the two words 'help yourself' tend to describe the generally selfish and materialistic culture in which most of us live. They result not only in self-help but also in dependency. Our education and our role models do not encourage us to help ourselves to grow, change and expand our capacities as human beings.

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