



The World Renewal

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Love for
God
is the key
to
Happiness





New Delhi:
A Media Seminar on 'Freedom of Press and Stress Free Media' is being inaugurated by Prof. Sanjay Dwivedi, the Director General of Indian Institute of Mass Communication, Prof. Pradeep Mathur, Media Academician & Journalist, BK Asha, BK Shukla, BK Sushant and others.



Bhopal:
A Seminar On 'Good Governance - Challenges and Opportunities' is being inaugurated by Mr. Akhilesh Argal, Chief Executive Officer, Rajya Anand Sansthan, Mr. Hemraj Suryavanshi, National Head, Mineral Resource Assessment Department of GSI, BK Asha, BK Avdhes, BK Urmila, BK Reena and others.



Delhi (Satkar Bhawan):
Mr. Ravi Kumar Dahiya, Silver Medalist in Tokyo Olympics-2020 is being felicitated by BK Sunita and BK Deepak Harke.



RELIGION HAS NOT SERVED ITS PURPOSE

The world is heading towards a Catastrophe. Some religious preachers and believers have done more harm to the cause of religion than its opponents. Blind faith, meaningless and tiresome rituals, needless physical austerities, dryness and dogmatism, unbridgeable gulf between religious preachers on such vital topics as God, their rigidity of views, narrowness of outlook and intolerance are some factors, which are responsible for repulsion in the minds of the people towards religion. Religion has become uninspiring because of these factors and the result today is that though there is no dearth of temples, mosques, synagogues, monasteries and churches in the East as well as in the West, the number of persons visiting these places has considerably dwindled. Moreover, the actions of those few, who visit the places of worship today, do not match with the religious teachings they get. So, religion has been losing its appeal very fast.

The avowed aim of religion was to establish a

link between soul and God, to foster the feeling of brotherhood between humanbeings and to guide people to have peace for themselves and for the society, but religion has not fulfilled this sacred promise. It has come into observation of the common man that most religious preachers do not have any reliable experience about God, nor is there any unanimity among them even on fundamental subjects such as soul. They can neither explain religious truths logically nor inspire others from their own practical example. Religion, instead of functioning as a uniting force, has got itself split up into uncountable cults and sects and given rise to conflict and even bloodshed in its name. All this has naturally led people to disenchantment with religion and disillusionment with spirituality. If spirituality loses its influence on the minds of the scientists, politicians and men in general, as it is being witnessed these days, then the world will soon face an unprecedented catastrophe. Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya is inspiring the masses and the intellectuals towards a universal, logical and practical spirituality and it is its well-considered opinion that if one does not take to the path of Yoga, i.e., the method of forging link with the Creator, not only will humanity be deprived of eternal peace but, soon, this will lead the world to a major disaster. The institution of Brahma Kumaris is

(Contd. ... on page no. 34)

CONTENTS

✱ Religion has not served its Purpose.... 3	✱ The Godly School ...
✱ Festival of <i>Navratri</i> (Editorial) 4	that changed.. countless lives... 22
✱ What is Life..... 7	✱ Power of Silence –
✱ Where is God? 9	An Excellent life Skill 26
✱ Capital of Words is tied to Truth 10	✱ Rajyoga for managing the Mind.....28
✱ Regaining the Lost Paradise 12	✱ Enjoying the sightseeing of your life. 30
✱ The Cycle of Creation repeats ever 16	✱ A Scientific way
✱ Stop running the Race	of defining thinking Power 32
enjoy the present moment 18	✱ Success and its Right Essence 33
✱ Beautiful You 20	



FESTIVAL OF NAVRATRI



Bharat is the land of celebrations where we have Festivals and festivities all year round. Even before the official beginning of the grand Festivals of the month of October, on 5 October morning, our divine sisters and brothers (student-members of the Brahma Kumaris, Memnagar Ahmedabad Centre) gave a beautiful surprise to our divine sister, BK Munni Didi, with a special welcome home after her successful bypass heart surgery. All of them were dressed like deities of the Golden Age, and the crowns, jewellery, and attire gave off very joyous feelings, especially when they performed the *Garba-Raas* in unison before Munni Didi. The group then gave a pleasant surprise to myself (Nirwair Bhai) by paying me a visit in my room in Memnagar Centre. It was a lovely confluence of sorts, as three of our sisters from Madhuban had arrived half an hour before with lot of tolis, and so there was a mini-feast for all with cupcakes, sesame seed-jaggery toli, and milk *peda*. Everyone's faces were filled with ecstasy and divine vibrations, which brought home the feeling that we were actually in a golden era, with Shri Lakshmi and the *Shaktis* in our midst; even the young Kumars were dressed up

as *Gwaalas* (cowherds), the beloved friends of Shri Krishna... We all know that Gujarat is famous for celebrating life in different ways, and every festival is honoured whole-heartedly, whether it is Maha Shiva Jayanti, Shri Krishna Janmashtami, Navratri, Dussehra, Diwali or New Years. **How we wish that the people all over the globe could easily switch over to new beginnings, which is what every festival teaches us: accepting soul-consciousness very naturally is the basis for uplifting the human psyche.** It is well known that developing this consciousness requires a bit of seclusion, quietude and an atmosphere close to nature; the delayed monsoon weather continues to provide the same to Bharat this year, as there have been full-on rains in some places, and the showering of soothing drops in other places from time to time.

Looking at the daily newspapers, one can perceive the degraded condition of the entire world, similar to the scenes of the Mahabharata, as natural calamities, different kinds of viruses and addictions continue to trouble human beings relentlessly. The hot topic of current times appears to be the buying and consuming of drugs, and more and more ignorant

young adults are becoming the victims of drug dealers' conspiracies etc. It is quite sad that a significant percentage of the population are enticed by temporary and meaningless pleasures, but are not willing to be exposed to the more permanent, wondrous and beautiful experiences of Spiritual Learning and Meditation. For the past few days, I have been waking up around 2.00 to 2.30 am without fail and am drawn to sit in silence, and be with our Beloved Father and Mother. That half an hour or so of sitting in pure consciousness of the original Self, in remembrance of *Karankaravanhar* (the One who enables us to act in benevolence), keeps me rejuvenated and positive throughout the day. Such experiences have no comparison in this gross, deceitful and manipulative world!

Those of us who were introduced to basic spirituality in our young age were made totally aware of the value of human life. Human beings are born to experience joy and happiness in all ages, and lead ever-healthy and ever-happy lives. But it's an irony of fate that though there are hundreds and thousands of holy books, scriptures and guidebooks for Yoga, and numerous opportunities to climb the social ladder and live

materialistically-fulfilling lifestyles, yet people are still groping in the dark... If you ask anyone the reason, you will get a very simple and interesting answer: this is the gift of *Kaliyuga*, Iron Age, the Dark Age, the Age of Illusion and Negativity. Even with the best of scientific achievements, including electricity and access to cyber-space, the severe impact of addictions, negativity, and abuse are eating away at human minds of both the young as well as elderly. It's very strange that even new-borns are not spared or protected, and start suffering in their lives because of some health problem or rare disease. Those of us who enjoyed their childhood 75 years ago would have never even dreamed about such things happening to human beings: Life was full of fun and people were happy-go-lucky, living in an almost paradise-like life on earth even a hundred years ago. **Our attention is now being drawn to become aware of our responsibilities as well-wishers of humanity.** Merely by celebrating birthdays of the great people or the beloved deities would not bring about the change; it has to start from within, and that needs proper exposure, education, and teachers.

On the path of *Bhakti*, we have been revising the teachings of Shrimad

Bhagwad Gita, where God promised He would descend to show us the real path to Salvation (*Mukti*) and Fruition (*Jeevan-Mukti*). **The essence of God's Teachings is enshrined in those beautiful 18 chapters of the Bhagwad Gita, but how many of us have truly studied and inculcated the teachings of the Gita?!** No doubt, the commentaries and interpretations of the Gita in circulation have been written by very prominent people, and yet no one is able to clarify who is the real Sermoniser of the Gita. Perhaps that's the reason when the God of the Gita says, 'I come to reveal my own identity personally, *Kalpa* after *Kalpa*...' How would you react if you came to know that His revelations are available again to humanity?! **These precious revelations are most essential to clarify in depth the exactness of 1) God's true identity, 2) His role in bestowing divine insight into knowledge of the Self, and the human soul's journey through the world drama cycle, and 3) Karma Philosophy, and our responsibility in rectifying all past mishaps, so that purity, peace and happiness may be restored within the human race and in nature.**

It is the only time in the *Kalpa* when we spiritual souls can forge all

relationships with the Supreme, and draw in His power, goodness and love. We are being motivated to enrol in His Spiritual Army of Brahma Kumaris and Kumars to spread God's message all over the world: make yourselves fortunate by studying and imbibing Spiritual Knowledge, and empowering the self through the Connectivity or Union between Self and Supreme. **The practise of Rajyoga and inculcation of spiritual values and principles will enable us to achieve double-crowned deity world sovereignty of the forthcoming new world.** The highest truth of the Gita is that the responsibility of everything we do is on the individual; God has taught us the most elevated wisdom, and now we have to think carefully about what we need to do. **If I do, I will attain.**

During the auspicious festive season of Navratri and Dussehra, let us tap into the power of God's Teachings, especially the beautiful Art of *Sahej Rajyoga Meditation* that make Self-Realisation and Self-Transformation possible without much ado. May our dedication to God and Spiritual Service uplift humanity!

OM SHANTI,

– B.K. Nirwair

WHAT IS LIFE?



■■■ Brahma Kumar Jagdish Chandra

What is life? This is humanity's most fundamental question. Entire philosophies, ideologies, and methods of enquiry across the world have attempted to throw light upon this mystery. The bio-sciences, physiology and zoology each explain in their own manner what life is. Those who have studied biology or medical science would answer the question: What life is-- in yet other unique ways. But do their answers fully explain what is life? Is life only physical existence? Those in the field of psychology would speak about the mental aspects. In spite of this, humanity has not received any truly satisfactory answer to the question.

Is Life A Struggle For Survival?

The root of Raj Yoga, whatever transformation has come in the lives and whatever is still occurring, whatever wisdom we have attained--is different from any other. As such, it is extremely valuable. This throws sufficient and accurate light on the question -- What is life? If we did not know what life is, we would not be doing our spiritual endeavour.

For example, some people maintain that life is struggle for survival. They believe our existence has to be maintained; that we should not be destroyed. They describe many factors that oppose life, such as multiple bacteria and viruses. They offer the principle that 'struggle for survival' is necessary, and proclaim that those who are fittest of all live life, only they are saved. They answer the question, what is life, by showing that life is a struggle. Yet if our entire life is an

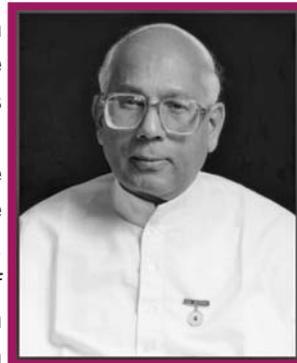
engagement with such struggle, what do we attain from life? What is the purpose of survival?

This is why someone has asked why we have come into this world. What is the purpose of our arrival here? When there is so much unhappiness, so much

peacelessness, quarrelling, fighting--so many bad things -- why have we come here? This is the main question. When combined with the study of sciences like physiology, the survival of the fittest (principle of Darwin) has resulted in the Theory of Evolution -- a theory that is still caught up in a dispute as to whether it is true or not. As Rajyogis, we do not accept this theory. We offer logic and reason to explain why and how it is wrong.

Is Human Aggression The Result Of Our Nature?

If we accept this principle, this definition that life is a struggle for survival, then we would remain continually ready to struggle for survival in life. Our manners and behaviour would be changed. Our attitudes and actions would be different. Our interactions would be altered. Those who believe in this principle, say that aggression is natural to man. They say that from the beginning, man has remained violent and hunter. Yet, if aggressive activity is the nature of man, then how would we, from a human being, become a deity? If a feeling of aggression is filled within the nature of human beings, then how can we be renewed or redeemed? We would be like a machine with an inbuilt defect-- incapable of being repaired. If it is natural for man to be aggressive, why is so much effort made to get rid of lust, anger, jealousy, animosity, and hatred?



Why are policemen and jails, needed? Why is there punishment for those who kill, fight and quarrel?

Our aim as Rajyogis is to be deities with divine virtues; yet they say it is natural for man to be aggressive. There is a difference of day and night between what they say and what we believe. Thus we now naturally reject the definition of life which we heard or understood earlier. Yet how can we have faith in what we believe?

Common Sense Is The Primary One

The foundation of all teachings throughout the entire world, the foundation of all knowledge—by whichever name or wherever it is taught—is common sense. The name is 'common' sense, but it is the main sense. It is called 'common' sense because it exists within all teachings. If it would not exist within all teachings, then neither would we be able to understand any teachings properly nor would we be able to attain any teachings. That is why we call it 'common sense'. It is also related to our sixth sense.

Intellectuals generally use their five senses along with the sixth sense. Sometimes, in my considered opinion, they don't use the sixth sense. Common sense is a voice of one's inner being; but many don't use it. Even great philosophers, who opine on very deep matters, keep writing and speaking a lot but have no common sense.

And among us, we can see that old mothers who have not been to college nor studied any subject come into 'knowledge'. In India there are different levels of education. These mothers don't know anything at those levels. They only know one thing—common sense. We can observe that they have more common sense (in the sense of a voice of their inner being) than

most philosophers. Philosophers would have a special sense about philosophy and know what such and such other philosophers said or what such and such scientists said, etc. but they do not know what their inner consciousness says. This voice is not audible, so thoughts of common sense don't emerge in their minds.

When we follow our conscience and use our common sense it usually corresponds to knowledge given by God Shiva, so we arrive at good decisions.

Life Is Led For The Purpose Of Offering Kindness To Others

But Shiv Baba arrived and told us in one shot, "O children, it is not like that. Life is not a struggle, in which only the worthy or the fittest have to survive – it is not like that." Who is worthy? The worthy and the fittest are not those who have lots of muscular power. Those who eat almonds, drink ghee or do exercise—they are not worthy. Worthiness comes from the mind, from spirituality, and divine virtues are required for it. The lives of those who are kind, who live for showering kindness upon others, their lives are worthy. Someone was asked, "For how many years have you lived?" He replied, "I lived for 80 years." He lived for 80 years— he ate the food, drank the water, enjoyed the oxygen from this world—and then he rolled up his bed.

However, if he did only these things for 80 years then he wasted his life. What did he offer the world during those 80 years? Whatever society gave him—whatever his family, his neighbours, teachers, government, whatever anyone gave him—what did he give to all of them in return? For how many years did he give?

Subtract from his 80 years the ones which he wasted. Ultimately, to the extent to which he would have done something worthy, if it came to one or two months, then consider that is his

actual life. Everything else was waste. He also gave sorrow to the world. Sometimes he would have created fights or disputes, sometimes he was unhappy, and sometimes he made others uncomfortable!

When Shiva Baba was in the corporeal form, at that time the "Real Geeta" was being printed. Within that it was written, "**Man was never a beast, nor will he ever become a beast, but he has become now worse than a beast.**" The human being is not a bird, animal, nor an animal, nor a violent animal; but yes, he has become bitterer than all of them. Human

beings have become worse than even the brutal animals. How many people would a brutal animal kill during its entire life? Just see what human beings do! Killing is not just done with a knife or a bullet. To kill with the arrow of sorrow, to defame someone, to harass someone – all these are also means to destroy someone thoroughly. They are like killing someone in such a bad way that the victim can neither live or die. That is why, look to how many people happiness has been given and how many people's tears have been wiped – how many years one has lived depends on this! ■■■

WHERE IS GOD?

– B.K. Dr. Swapan Rudra, Durgapur, West Bengal

Before knowing the identity of God
We should know who we are?
Knowledge proceeds from identity of being
a soul
Then it's easy to connect with the Supreme
Father.
Idols are just images of gods and goddesses
Once played their part as deities
They are not nowhere in the world
All have gone in oblivion in the time treaties
God is the Source of Supreme Power
He is the Generator, Operator and Destroyer
His Place of Living is the Highest Abode --
Paramdham
He descends to play His part as main Actor
God is the Creator of Heaven
No one knows the secret of it
Only He the Father knows everything

Hence called Omniscient giving benefit to all.
Man is searching God for so long
While suffering a lot of pain and hardships
But never found Him or got His access
Now's the time when God is accessible
He is calling out for us to connect
When we call upon Him with true heart
As a sentient being in pure mind and serene
intellect
God's seat is within our hearts
Good sense reflects Godly quality
God is the Supreme Teacher and Satguru
He is the all-time Benefactor by being the
Highest Entity
God never writes our fate
We are the creators of our destiny
Everything is based on the Law of Karma
He is helping us to transform
And prepare us for the return journey

CAPITAL OF WORDS IS TIED TO TRUTH

–B. K. Ram Singh, Rewari

There were two strong friends in a village. One was 12 years old and the other was 8 years old. One day while playing, the big boy went to the well to lift the ball, then his foot slipped and fell into the deep well. The little boy saw that there was no one around for help, but found a bucket attached with a rope and put it into the well and asked the older boy to hold it. The little boy started pulling the older boy. After a lot of hard work, the little boy somehow managed to pull out the big boy with all his strength.

Both of them thought that if they go inside the village and tell this to everyone, then everyone will be angry. But the opposite happened. Everyone took their story as a joke and said, "How can a little boy of 8 years pull a 12-year-old boy out of a well? It seems impossible." But a smart, sensible elder from the village was convinced of the children. Everyone was very surprised. They asked the elderly, "What makes you think the children are telling the truth and how come a little boy can pull out a big boy out of the well?"

The old man said, "The little boy was able to do this because at that time he had no one around to say that you cannot do this, child. Even that boy himself did not say to himself that I would not be able to do this task."

That is to say, words have a lot of power. You can inspire so much that a person can make the impossible possible. While good words can be used to give positive direction, then one negative word spoils the whole thing. As an

example, a person addressing the gathering says, "Whoever has been "licked" to eat during this epidemic, let us know, we will arrange for them." It is clear from these words that the self-esteem of any needy person can be hurt. In this sentence, if words like "needy", "food management problem" or "arrangement of food" would have been used, then dignity of the person could be maintained. Negative words cannot be the language of communication.

Good words are short and easy to speak but their resonance is long and sometimes endless. Actually, good words have creative power. It is said that all great things can be understood with just one word, like respect, benevolence, freedom, justice, etc. Only two words destroy a man in life – *Aham* and *Vahm* (Ego & Doubt).

The power of words. A person is respected and insulted only by words, so always words should be weighed. That is why it is often heard that someone says, 'My tongue slipped, so I withdraw my spoken words or apologize for what I have said.' The word is a very delicate thing. The more dignified the words are, the more honourable the person's personality will emerge. Be it a great writer, a comedian or a speaker, he always keeps a close watch on his words because even a small negative or inappropriate word can bully people and tarnish his image. But a positive word can fill people with enthusiasm and positivity. This is the power of words.

Words always stand the test. Every word is precious. The proper use of the right word

reveals not only good understanding and sensitivity, but also a sympathetic attitude. Every word has its meaning, in the same way it has its value, only then it is said, "Weigh before you speak the words". The language or improper use of inappropriate words negatively affects the speaker's image, just as the correct use of proper words makes the speaker persuasive and effective.

The following is quoted about the power of words:

"Be mindful when it comes to your words. A string of some that don't mean much to you, may stick with someone else for a lifetime."

"Be careful with your words. Once they are said, they can be only forgiven, not forgotten."

"Words are free. It is how you use them that may cost you."

"One kind word can change someone's entire day."

"Handle them carefully, words have more power than atom bombs."

"Don't mix bad words with your bad mood. You'll have many opportunities to change a mood, but you'll never get the opportunity to replace the words you spoke."

Words consist of vibration and sound. It is these vibrations that create the very reality that surrounds us. Words are the creator; the creator of our universe, our lives, our reality. Without words, a thought can never become a reality. It is our words that provide a bold affirmation of our innermost thoughts. They are a confirmation to the world of how we see others, our lives and ourselves. It is this powerful affirmation that our words provide which enables our thoughts to manifest into a reality. Therefore, we should only pick the very best words in order to create our very best reality. ■■■

EXPERIENCING SUCCESS USING VISUALIZATION

A study shows that the majority of sportsmen and women, who win at prominent international events, are trained to use the tool of visualization to achieve success. Many months before the actual event, they visualize i.e. they create pictures of success in their consciousness that they have already achieved their goal. The same principle of visualization is also used to cure patients from major illnesses including cancer. Patients are taught to visualize their diseased organs free from illnesses or visualize the organs receiving healing energy in some form or the other. Visualization helps people to have 100% belief in themselves that they will achieve the desired goal. The efforts made with this powerful energy of belief have a greater probability of success than when you make the efforts without believing in what you are doing and without visualizing yourself as achieving your objectives.

If you think about your failures from the past, you stop believing in yourself, lose your enthusiasm and get frustrated. Visualizing images of a positive future helps you work from the present towards the future, without allowing the past failures to have any negative influence on you. You visualize yourself as a person, who has already overcome his fears and negative habits, and the fears are removed and the negative habits are transformed. You see yourself already transformed e.g. you say I am a soul full of all powers and not I am going to or am trying to fill myself with all powers. The power of that vision and the positive affirmations, combined together, is such that it helps you to bring about a major change in yourself, not just a small change, because you make it easy for your sub-conscious mind that is sleeping to wake up and realize its potential. You stop always expecting the worst and hope for, visualize and believe in the best. This makes you successful at every step. ■■■



REGAINING THE LOST PARADISE OF SOUL-CONSCIOUSNESS



■■■ B.K. Lekhraj, Delhi

Body-consciousness, which led to mistakenly perceive oneself as body and other selves as bodies, became the gateway to various sins and vices such as sex-lust, anger, greed, attachment, ego, indolence and jealousy, etc. As the body-conscious human beings forgot their original, inner spiritual consciousness and got indulged in these sins and vices, and led themselves to hell and thereby became prone to living hellish lives. The Bible, the holy Christian Scripture, termed the sex-lust, anger, greed, attachment, ego, indolence and jealousy as Seven Deadly Sins in which all souls got ignorantly involved due to their wrong perception of outer body-consciousness and error of identification with the body.

Anarchy was Let Loose

As a result of this complete involvement in outer body-consciousness, the outer consciousness twisted the original inner spirituality or soul-consciousness, and the souls forgot the difference between knowledge of body and soul, and, therefore, the inner soul came to blindly recognize itself as the outer body, which is actually the dress of the soul, the wearer of the dress. Due to this wrong perception, the wearer and dress seemed to become one and the same. The effect of this wrong perception was that anarchy was let loose in both the inner and outer world of human beings; and this anarchy also spread to the world of Nature, thereby man tried to destroy the fellow human beings as well as the

parts and parcels of Mother Nature, which rendered him everything including the sources of food, clothing and shelter. This ignorant act of man was just like cutting the branch of the tree upon which he sat, which led to his self-destruction.

Reign of Ravan/Satan

Ravan/Satan is the symbol of seven deadly sins. The negative Ravanic/Satanic forces got hold of man, and in man these negative forces greatly increased. Values, virtues, qualities and divine powers of souls got lost. The whole world came to be called as Lanka, where the dictatorial reign of Ravan/Satan got established, and man became a play thing of Ravan/Satan. The human being, who once was a nectarine child of the Almighty and Benevolent God, Who had made him in His image, turned to become a child of Ravan/Satan. Nay, under the malevolent influence of Satan, man's original, spiritual character was lost; and, under the clutches and grips of body-consciousness and seven deadly sins, he himself also turned to become a veritable Ravan/Satan. Due to body-consciousness that resulted in man's separation from God, the God-given Paradise to man was lost, and man fell to hellish state with all his progenies; and, consequently, the whole of mankind also became the veritable Hell, where Ravan/Satan reigned supreme without any opposition.

Save Our Souls – Calls of the Souls

All souls suffered from unprecedented sorrow and misery under the impact of body-

consciousness and due to their uncontrolled indulgence in seven deadly sins. Whatever the souls had in the form of body, mind, wealth, time, energy and thought for their self-sustenance went in waste as they utilized them in sensual gratification and physical consummation of temporary bodily pleasures. The more they physically and sensually gratified and consummated themselves, the more they remained famished; thus, this vicious cycle of getting gratified and remaining famished further continued ever thereby denuding the souls of all their essential values, virtues, qualities and powers. So, the souls started giving out the Save Our Souls (SOS) calls to God for saving their souls from the clutches of the Satanic or Devilish forces under which they are in tight grip and suffer from unprecedented pains.

Descent of the Supreme Soul – God Father Shiva

The Merciful Incorporeal God Father Shiva cannot tolerate the unbearable pains and sufferings of the souls – His prodigal spiritual children – and finally descends upon the earthly stage to impart them the rarest esoteric spiritual knowledge and give the training of Rajyoga in order to take them back with Him to the sweet metaphysical abode of souls, called the Soul World, where they were with their Supreme Father in naked state of point-of-light souls without the bodies with their original states of original peace and purity. As they have, now, become completely impure in this physical hellish world, they have to further make themselves pure through acquisition of God-given spiritual knowledge and Rajyoga practice, and only then they will become able to return to the pure world of souls.

Reach God by Actual Soul Knowledge

The world's great religions are based more or less on the beliefs of man. But, the true basis of religion should be a science that all devotees may apply in order to reach our one Father. Yoga is that science. The practice of a science of religion is imperative. The great religions preach the necessity of finding God, of brotherhood among men; and all have a moral code, such as the Ten Commandments. We may not reach God by concentrating on dogma or bigotry of men's minds; but we can reach Him by actual soul knowledge. When men perceive the universal truths underlying various religions, attain self-realization through spiritual knowledge and practice of Rajyoga, they will come to know that they are spiritual children of one Father.

Prajapita Brahma - The True Master

The unity of the spirit is demonstrated in great men with God-realization. The blind cannot lead the blind; only a master, who knows God, may rightly teach others about Him. A master is the one, who is a master of himself, of the mind, emotions, senses, passions. His actions, unclouded by egoistic motives, are consonant with the will of God; and he knows himself as one with God, not in imagination but in actual practice. Prajapita Brahma is such a master, the dispeller of darkness, who places God alone on the altar of his heart and is qualified, with his self-realization and oneness with God, to lead others from the darkness of ignorance to the everlasting light of spiritual knowledge and truth.

The master concentrates at the point between the eyebrows - the centre of concentration and of the spiritual eye, the seat of soul intuition or realization. "Those who go deep enough in their concentration will penetrate that "third" eye and see God. Seekers of truth therefore should

develop the ability to project their perception through the spiritual eye. The practice of Yoga helps the aspirant to open the single eye of intuitive consciousness."

The Sixth Sense

Direct soul knowledge does not depend on any data from the senses. That is why intuitive faculty is often called the "sixth sense". Everyone has this sixth sense, but most people do not develop it. It is very important to develop intuition or soul knowledge, for he, who is soul-conscious, is sure of himself. In the East, there has been emphasis on the development of men of self-realization and God-realization. But, most people do not develop it. It is important to develop soul knowledge. The spiritual centres in which people should commune with God, and teachers, who can show people how to do so, are Brahma Kumaris centres and the Brhama Kumaris and Kumars, who are such teachers having well-developed sixth sense, the real expertise and practical experience in Rajyoga meditation.

"During deep meditation, the single or spiritual eye becomes visible as a bright star.....This omniscient eye is variously referred to in scriptures as the third eye, the star of the East, the inner eye, the dove descending from heaven, the eye of Shiva, and the eye of intuition (Yogananda)." In The Bible (Mathew 6:22), it is stated, "If, therefore, thine eye be single, thy whole body shall be full of light." The soul knowledge enables every seeker to feel and visualize the soul/self - the third eye - on the mid-point of forehead between the two eyebrows, leading to his/her self-realization.

Rajyoga Converts man's Beliefs to Practical Experience

Rajyoga converts man's theological beliefs to practical experience and enables him to

perceive truth in all religions, which preach principles like Ten Commandments. It also gives the practical experience of two greatest commandments, emphasized by Jesus: (i) "Love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind;" (ii) "Thou shall love thy neighbour as thyself."

"Loving God "with all thy mind" means withdrawing one's attention from the senses and giving it to God; giving Him one's whole concentration in meditation. Every seeker of God must learn to concentrate....Yoga teaches that in order to find the Father it is first necessary to seek Him with all one's mind, with concentration that is one-pointed (Yogananda)."

Rajyoga Enables Man to Find his Way to God

The East and West must meet. Both the Easterners and Westerners need to take the best of both and practise Rajyoga. 'India should more and more utilize the progressive material methods of the West to make life easier and freer; and the West should take from India the practical metaphysical methods of Rajyoga whereby man of the East and West may find his way to God. Rajyoga is not a sectarian discipline but a universally applicable science by which we can find our Father.' So, yoga, although developed in the East, is for everybody of the West as well as of the East, and is useful to all mankind.

Rajyoga Teaches the Human Soul to Re-ascend to God

The common, ignorant man lives in the body as a prisoner; his love of the body is, therefore, nothing more than love of the jail. Being long accustomed to living in the body, we, the human souls, have become body-conscious by losing our real and original spiritual identity and have forgotten what real freedom means. So, it is vital

for every human being that he/she should discover his/her soul, his real spiritual identity; know his/her immortal nature and need to become soul-conscious. When the soul becomes identified with the body, it becomes body-conscious, and manifests as ego, body or mortal consciousness. Rajyoga teaches the soul to re-ascend or climb up the ladder of consciousness to God, the Supreme Spirit. It teaches that the abode of the soul - of man's life and divine consciousness - is in the subtle spiritual centres (hypothalamus) in the brain: *Kutastha*, lying at the point between the eyebrows. To regain the blissful realization of its oneness with God, the soul of man should re-ascend through Rajyoga practice to the Soul World, its sweet home in the highest metaphysical world for realizing its divine consciousness.

Rajyoga Enables the Human Soul to Feel God's Presence

Man has not only descended into mortal body or sense consciousness but has become indulged in the sins/vices like lust, anger, greed, attachment, ego, indolence and jealousy, which result from that sense consciousness. He must finish all attachments at body and sense, indulgences in these sins, and lead him to spiritual freedom from physical bondages in order to find God. The practice of Rajyoga leads to such spiritual freedom. "The yogi learns to find God in the cave of his heart. Wherever he goes, he carries with him the blissful consciousness of God's presence (Yogananda)."

God is the objective of a yogi. Consciousness of God's presence is what we should aspire for and work forward to feel. In The Bhagawat Gita (VI: 47), God says:"He who absorbs himself in

Me, with his soul immersed in Me, him I regard, among all classes (of yogis), as the most liberated."

Rajyoga Teaches to Perform Action in Yogic State

Rajyoga makes balance between action (*Karma*) and meditation (*Yoga*). To be a true Karmayogi is to show the willingness and commitment to meditate. "The yogi doesn't think first of food for his body upon waking each morning; he feeds his soul with the ambrosia of God-communion. Filled with the inspiration found by his deeply diving meditative mind, he is able to perform happily all the duties of the day (Yogananda)." The Karmayogi performs all duties and actions in meditative state of yoga.

Regaining the Paradise of Soul-consciousness

As the human souls gained the spiritual knowledge and started the practice of Rajyoga, they came to realize that they are actually inner souls instead of outer bodies, and, thus, regained their original and essential state of soul-consciousness. With constant and regular practice, they got self-realization and God-realization, and started making efforts to transform themselves from body-consciousness to soul-consciousness. With Rajyoga practice, they got connected with the Supreme Soul - their Supreme Father – and restored from Him to them their original and essential values, virtues, qualities and divine powers, which started becoming their own as they came to feel and experience these while coming in interaction with other fellow human souls. In this way, they felt that their once lost Paradise or Heaven is regained with the benevolent grace of the Incorporeal God Father Shiva, who is the Ocean of Mercy and Grace. ■■■

THE CYCLE OF CREATION REPEATS EVER

It is said that the eternal and original Deity Religion (*Adi Sanatan Devi-Devta Dharma*) has almost disappeared. This religion doesn't exist anymore. However, the



names of a few deities remain, there are just some traces left. The actual biography and all other accurate aspects of the deities have disappeared. The remaining traces are not original either, they are there just for namesake. This is why the God-Father says: "When everything remains only for namesake, I come and establish the original and eternal deity religion."

Have the Pure Intoxication of Claiming the Elevated Fortune

The name of Bharat is glorified because all the great tasks have been done here. All these things must be understood very well. People in Bharat believe in clans. We are the fortunate ones, who got spiritual knowledge from Shiva Baba and gained the elevated fortune. We must experience the intoxication of knowing that we are the ones, who claim the right to elevated attainment. This is our elevated fortune, isn't it? We have the pure intoxication that the unlimited Father is teaching us; it is we, who claim a right over the Supreme Father, the Bestower of Divine Fortune.

This is the time when the Supreme Father

creates *Brahmins* directly. He is teaching us and gives us a right. We, the *Brahmins*, must have the intoxication of our '*Brahminhood*'. We are clean and pure; our purity is very elevated. Look, the worldly Brahmins feel proud that they are superior and important. Where from did they get this? From us! We should have the intoxication that we are God's direct and first-born progeny.

One, who is so pure, so royal and has the intoxication of being first-born, must adopt all aspects of the code of conduct very well. The Brahmin clan has a good name. Our clan is the highest. The children of such a great clan must pay full attention to their clan and their Father. We should attain all that we have to from the Father by paying good attention to inculcating virtues, to performance of our activities and to dealing with others with royal manners and behaviours. This attention must be constant.

The Supreme Father and His Children are Seers of Three Times (*Trikaldarshi*)

Now, we are on the ascending journey. The Supreme Father comes and imparts all the knowledge of the three aspects of time and the three worlds. This is why the Supreme Father is known as *Trikaldarshi* and so are we, the souls, His spiritual children; we are no less, are we? We also become like our Father.

The term '*Kaal*' means time. We need to have the knowledge of how the Creation or World moves or repeats ever in the cycle of time. We, the souls, come from the Incorporeal World and play our part in this Corporeal World. The Time/World Cycle spins, and the souls take maximum 84 births; and, at the end of cycle, they return to their original Incorporeal or

Metaphysical Home. The cycle restarts with the descent of souls from the Incorporeal World to the earthly stage of this Corporeal World to repeat their parts once again in the Golden Age, *Satyuga*.

In the beginning, we are incorporeal in *Paramdham*. In the middle, there is the cycle of birth, death and rebirth; and, then, we come to the end after finishing the cycle. We return to the Incorporeal World from where we came. We must come and we must go. This is the beginning, middle and end of the Cycle of Creation in the context of the parts the souls play during the three aspects of time.

If you take up the three aspects of time in the context of births, the beginning of the creation is the Golden Age, when both body and soul are pure. The Incorporeal World is the beginning for souls; and the Deity World is the beginning for the Creation.

The cycle of clans begins from the deities in *Satyuga*. In the middle, when *Dwaparyuga* starts, the vices begin to taint us, and we change from the stage of purity to impurity. This is the middle period with regard to our births. The end is when we get rid of the vices and return home. This is the beginning, middle, and end of the cycle of our births, deaths and rebirths in past, present and future, the three aspects of Time. This is known as being *trikaaldarshi*. The Father says: "Sweet Children! I come and explain to you the knowledge of the creation and the souls; and you children become master *Trikaldarshi* as well." The Father also gave us this knowledge: "Children! This is your last body, your last birth: so, forget your body and bodily relations and remember Me alone." ■■■

PURIFYING FOOD AND WATER

We all know the importance of having a healthy, balanced diet. It not only about organic preparations, nutrients, fruits and calories. The food we eat and water we drink have vibrations which become a part of our system once consumed. They directly influence our thoughts, mood and *sanskars*. Preparing food with divine feelings and energizing the meal raises its vibrations and ours. Do you eat nutritious food, watch calories, avoid junk, but yet do you feel dull or fatigued? Did you know that food and water absorb vibrations from their surroundings? Food's vibrational energy is as important as its nutritional energy. The vibrations in our food influence our state of mind. It is important to choose a high-energy diet and prepare each meal with a peaceful state of mind. Let us meditate for 30 seconds, offer gratitude and bless the meal before eating. We can also add our affirmations along with the blessings, like I am a happy being...I have everything I need...

Eat food prepared in a clean environment and a powerful state of mind. Just before every meal, withdraw from all distractions, remain peaceful and happy, offer a prayer to thank God for having food in my plate, offer gratitude to people who have prepared it and served it lovingly. Your thoughts and vibrations become a part of your every meal and water. They get energized. Eat only what is healthy for your body... prioritize health over taste. Once energizing food and water becomes a habit, you will experience good emotional health as well as physical health. While eating, remain focused on my meal for those 10 -15 minutes, eat in silence, no negative conversations; no negative comments about the food. Respect the food and have a beautiful relationship with it. This way what you eat and drink will become ontological (*satvik*). Your food will become holy offerings (*Prasad*) and water will become nectar. Healing your mind and body, they will give you perfect health.

STOP RUNNING THE RACE ... ENJOY THE PRESENT MOMENT

Every soul seeks happiness. While happiness itself is searched for its own sake, every other goal – health, beauty, money or power, is valued, because we expect that it will make us happy. Today, we have made a lot of advancement in the eras of medical science and technology, but when it comes to attaining this blessed and beautiful state of happiness, not much has changed and we could arguably conclude that we have made no progress at all. We often end up feeling that instead of being filled with happiness, we have wasted our precious moments in anxiety and pressure to attain something, which would eventually take us to success, thereby experiencing and achieving happiness. The visualization of happiness, a very natural state of being to any soul, has become very difficult to experience in the world today, because it is dependent on physical attainments and achievements.

As children, we were thrilled and happy naturally. We could share our experiences of such joys in response to simple events like hearing a bird humming, or sharing lunch with a friend. As we become old, we become pressurized to achieve goals like success in education, family, business, and often lose awareness of the reality that it is our fundamental responsibility as a person to first become a joyous being. If we go against our own nature to be happy, we will never reach anywhere. Each of us has a picture, however vague, of what we would like to accomplish in this life. We aspire for different types of success. It could be money, health and social relationships. How close we get to attaining that

goal becomes the measure for the quality of our own lives. If it remains out of reach, we become resentful. The problem arises when we become so obsessed with it, that we stop deriving joy from the present moment. When this happens, we give up our own chances of contentment.

Happiness and success are actually deeply interconnected. They both share a common aspect – they cannot be pursued. If we practice soul- consciousness, the thought emerges that the feelings of having achieved both success and happiness should be a result of our personal dedication to something greater than the physical self. The situations we come across in this life, which are also due to our past actions, are often scripted differently than what we desire. The roots of human discontent lay in the fact that the situations often unfold themselves naturally, and they do not take human desires into consideration. They are random and different in contrast to what we want to establish through our goals. However, in such circumstances, this awareness is important that we do have a choice to create something beautiful out of such situations, which can help build the inner worlds of our minds, which is contentment in life, while embracing the joy of growing in every moment. It is, therefore, a choice to achieve happiness by achieving control over the contents of our own consciousness.

In the modern world – wealth, status and power have become important symbols of happiness. They can be genuine blessings and not irrelevant, but only if they help us feel joyful. It is important to understand how we can consciously create efforts towards attaining these goals, while also staying happy and

content in the moment. Materialistic success is only one aspect of life. There are many other dimensions of life that can give us joy and satisfaction. This awareness can free us from becoming addicted to the attention and approval from others that often come along with being successful on a materialistic level. In order to overcome the stress of contemporary life, we first need to re-experience our original virtue of happiness. We can do this by defining what is really important to us and what isn't. We can then find enjoyment and purpose in our actions, and learn to reward ourselves, irrespective of its social relevance and regardless of external circumstances.

We should also free ourselves from the belief that it is only the future which counts the most. In this treadmill of achieving socially valid goals, we keep trying to win a prize that eventually dissolves in our own hands, before we even feel the slightest of happiness of having achieved it. We also fail to notice so many potentially fulfilling experiences of the present in this race. The most crucial step in freeing ourselves is the ability to find rewards in the events of each moment. If we learn to enjoy and find meaning in the ongoing stream of experience, the burden of stress for achieving something often falls down from one's shoulders. Power returns when rewards are no longer externally connected. We learn to nourish the genuine rewards of life and stop running after the prize that is sometimes just out of reach.

Once we have defined our goals, the learning gained from overcoming obstacles along the way, leave us feeling more skilled, unique and capable. In the process of getting these individual accomplishments, an attitude of collaboration and co-operation with others can add a sense of harmony and fulfilment in life. We learn to be more sensitive to life, when we

cultivate a space for care and respect for other souls and their ideas and lives that are beyond the physical self. This human integration and flow makes the present more enjoyable and it adds self-confidence to us, which allows us to build skills and also make significant contributions to our family, friendships, workplace and society.

It is also important to keep a balanced mind, while we are working on something. Anger, aggression, passion or greed can create imbalance in our thoughts. When we experience being ourselves and are at ease with life, we feel the energy to adventure into anything that's possible. If we are able to balance effort with ease, we are still moving towards our goals and with an equal amount of aspiration, but at the same time, appreciating the flow of life with it. When we are able to realize that it is ultimately joy, freedom and happiness that is vital for us, these virtues act as a compass to help us direct our efforts towards our goals with more peace and composure. Being in touch with our original values and feelings in every situation helps us in making correct life decisions. When efforts are accompanied by only a loose attachment to the goal, we experience a flow. Perfect people, places or opportunities arise for us, without feeling that too much effort went into it. This success may or may not look like success to everybody, but to us, it will feel so.

Practicing meditation and detachment can help us remain in soul consciousness and emphasize experiencing being over doing. Our health, inner well-being and own definition of success is more important than any job, salary, degree or anyone else's opinion about us. We can, therefore, consciously create a situation of peace and happiness, where the rising tide of expectation is controlled. We are then no longer troubled by unfulfilled needs and even the most ordinary experiences become enjoyable. ■■■

BEAUTIFUL YOU

Spirituality is not an escape from reality but an escape to reality, a spiritual awakening to who we really are.

■■■ **B. K. Chirya, Owego, USA**

Society encourages us to play many roles. As we watch TV, read a book, watch a film, we find ourselves being pulled into it. Even an ordinary TV programme becomes so real, we forget it is simply a fiction for our entertainment. We start talking to the characters on the screen, we shout and abuse, we react with horror as people are murdered and we lose control of ourselves. We react to the real world in the same way. We know that the world around us is not the easiest place to live and so given the slightest opportunity we 'lose control', and when sometimes things go completely out of hand, we try to escape into a world of make believe, of fantasies. Some people when faced with difficult situations in life begin to use illegal drugs or alcohol to 'escape', or try to forget what was going on in their lives.

The problem about all these forms of escape is after the 'high' is over, when the intoxication is finished; one 'comes down' back to reality. Where am I? How is the world? Everything is exactly the same. Similarly watching television or surfing mobile is for many an easy escape from life; it is an effective way of forgetting your troubles rather than dealing with them head-on! Also, it encourages us to rest our minds and senses and let the sound and images just wash over us – neither a creative nor intelligent activity at all! This habit causes damage to our physical body, to our mental state and even affect those close to me.

Have you ever stopped to think how important you are? Did you awaken this

morning with firm resolutions to play your part in life to the best of your ability? The entire world is like an unlimited Drama and each of us has his own individual and unique role to play. In an ordinary play, they have substitutes and understudies but in this play of life out of the billions of actors on the stage, not one of them can play your role better than you. You are a very special person with a unique and special role-- all of your own.

Spirituality is not an escape from reality but an escape to reality, a spiritual awakening to who we really are. Who escapes? He who feels that his reality is insufficient, insignificant, will try to escape from the reality itself. For so long we have been caught up in an identity based on external factors such as our job, appearance, talents and relationships. We have looked to other people, situations and circumstances to define us, to affirm us and to be the source of our pleasure. We have lost ourselves by comparing ourselves with others and measuring ourselves against material standards of success and achievement. But spirituality tells us that we are a master soul....a beautiful and a powerful being of energy and this realization brings back the power. The natural state of the soul is internal strength and highest expression of the soul is to express that strength in the form of love, confidence, courage, and many other positive qualities.

Soul consciousness helps us to change our thought process and perception. Thoughts are very powerful, as we all know. Thoughts create a vibration and influence everything around us. Where do our thoughts come from? They come from the mind. What happens in the mind can be so real – but we need to learn how to talk to our own minds. We need to replace harmful thoughts consciously with positive elevated thoughts.

When one has negative or self-defeating thoughts, we give up on life easily or create a

bad life for ourselves. But a high percentage of those thoughts can be sheer imagination. It's in my mind but not in true reality. So, I am imagining people don't like me, or I imagine people are talking about me or I accept that I will not succeed and I accept that as the truth – instead of discovering the truth. In the end... I am creating it.

If we can control our mind and develop its positive power, we can influence rather than be influenced by what we see and hear. Our dependence on being distracted by others, media and physical things will decrease. When the mind is quiet and in silence, the soul can be free from any type of reaction. By turning within, we can create our own beautiful movie on the screen of the mind rather than switching on an external stimuli. We can respond to life's situations regardless of our own emotional feelings or frustrations of the moment. With an awakened self-awareness of my real identity of being an eternal soul separate from the body, seeing myself as a soul wearing the costume of my body and not just a body with a brain, we can experience harmonious relationships with others and with God, and our own personal weaknesses are destroyed.

Real power is experienced when we connect to the Supreme Controller, God. With His pure energy, it is easy to have a detached yet loving attitude to the varying moods of life's dramas. Every morning, one can have a sweet conversation with God, the Supreme Father and this instils confidence in taking on the life's situations rather than finding an escape route. Bring to mind, 'I am a special spiritual being, an actor, peaceful and pure and a child of God.' Promise yourself to do the best you can, but, if you find that even your best is not good enough, then why not leave it in the hands of God. Have faith in the self, faith in God and God's plan. ■■■

GREET EVERYONE WITH A SMILE

Good morning, Good night, all the best ... Sometimes greetings become mere words, without any feelings created. We can wish people perfectly with an 'All the best', even though internally we doubt their ability.

Greetings are not mere words but high-energy blessings, where we firmly believe only nice things should happen with the other person. But at times, we say it so casually that it remains a phrase, with no feelings attached.

1. Greet everyone enthusiastically when you meet them for the first time in the day – family, neighbours, strangers, co-travellers and colleagues. It's an opportunity to create and radiate pure energy.
2. It takes 3 seconds to smile and greet people genuinely. Create an intention and conviction that their day will be perfect. This raises vibrations of people and the environment. And you are the first one to experience happiness as a result of your good thoughts.
3. Voluntarily greet people. Do not be reluctant just because someone is younger by age, junior by position, or if ego stops you. Radiate goodness to everyone, every time.
4. Even if someone does not acknowledge, sustain your beautiful quality. Continue to greet them the next day. Watch how the energy positively impacts you and them. ■■■

THE GODLY SCHOOL... THAT CHANGED COUNTLESS LIVES

God's West Bromwich School is a million miles away from the shopping Centre of Sorrow that's full of push chairs and thieves which one has to walk through in order to get to God's front door.

■■■ **B.K. David, UK**

Ever tried to figure out the meaning to life? Some will ponder it fleetingly and others will think about it in great depth, and some even dedicate their lives, trying to solve its mystery.

Yet no one can solve this huge puzzle of life and work out its meaning without first knowing God and studying His teachings. Can you know how to count without being taught that at school? Many aspects to life need to be learnt and cannot just happen; one needs to be taught. Even an animal needs to be trained to perform some trick.

I for one tried to solve the meaning of life yet just got frustrated, confused and ended up lonely, isolated and dizzy from going here and there searching, looking, hoping. I really wanted to know the meaning to life and its mysteries and simply could not rest and always felt discontented and on the search for something I knew was important.

In one day I stepped away from man's muddy puddle that had the whole world splashing in it and I started to swim in a Godly Ocean in a corner of West Bromwich.

Only when I came across a local meditation centre 5 miles away in West Bromwich and attended the 6 part course and went regularly afterwards each morning to this meditation centre that was drawing me to it like a curious and hungry bee to a fragrant flower.

Over the coming weeks listening to the in-

depth spiritual teaching, everything started to fall into place and made perfect sense. And the teachings were greatly reinforced when I was being massaged, inside and out, by the incredible Godly vibrations that had been built up over years in this divine centre of peace and coolness.

Over the years I witnessed countless students, old and new, experiencing this same peace and commenting to me about how peaceful this house (school) was.

On entering this Peace Palace early each morning and on leaving, I felt I had been cleaned and touched by God.

The cost was only in the bus fare.

Some might even wonder how much this experience and massaging from God cost me. It was all free! God gives His love and peace for free to one and all that enter His School. The only cost to me was my early morning rising and the mile walk to the bus stop and after that, the other mile walk to the centre. This journey was always in the dark and often in the rain, snow and wind.

So the cost, apart from the bus fare, was cold hands and wet trousers. The reward was to leave with a cool mind and warm heart. Good deal?

These Godly rewards last an eternity while cold hands soon warm up.

And all of this came about because of one Indian Sister's faith and dedication to God and had the courage to open this Godly School. She

might not have spoken Oxford English with her 'sopping' (shopping), 'moffing' (mopping) and soviet (serviette) but her heart was huge, strong, constant and warm and whose beat was always loud with love and international.

I did not realise that peace and paradise can hide behind a door.

I already was vegetarian and life was feeling very clear and like a drama, so when I found out that first day that these aspects were also a big part of their teachings I felt reassured and confident that I had come to the right place but above all, on the first day, when I went to discover what it all was about, on entering the Meditation Centre, the peace and its pure vibrations emanating from inside the house just hit me.

Later I was to find out that this large house which was the Meditation centre downstairs, doubled up as a family home upstairs and was home to the Indian family that ran it as a husband and wife team and had three children.

I came in search of peace and hoped to find some meaning to life and somehow ended up mowing the lawn, building garden walls, painting inside the house and laying carpets and another 1,000 jobs that have long been forgotten but must have needed doing.

Unknown to me, my life was to be dedicated to the ground floor Meditation Classroom for many years to come and later even to the upstairs in one way or another or to the back or front gardens.

It was this magnetic and magnificent peace in the Meditation Centre that was so overpowering it kept on drawing me forever in for more and I was unable to put it down and it leave and kept getting attracted by each day that even now, 37 years on, I am still stuck to its peace and attracted to it as if I am a fridge magnet stuck fast to the fridge door except this fridge happens to be God's sacred House that is His Meditation

Centre.

In this House I felt I had found everything and more, what I had been searching for – peace!

It felt I had searched for most of my life as it always felt as if something so important was missing from it and here, in this large house, on that special day, I had stumbled upon the truth that I had been desperately searching for and longing to experience and to understand everything.

Within these sacred walls I was to find out that this House was God's House and was part of a giant University and was just one of many of His Houses throughout the UK and the world. Whilst sat there on that sofa in the living room on that first day, I could not have realised just how important a part this Meditation Centre was to figure in my life by transforming me and shaping my future and those of many other lives that I was to get to know following the public programmes I organised.

I learnt in the coming months that it was this truth and the daily practice of meditation taking place in the Centre that was responsible for the divine peace I could feel that day I walked through its front door.

All my life I had felt different and not complete and now surprisingly the spiritual knowledge taught in this house was handing to me the missing pieces of the jigsaw puzzle that were to answer everything and all my questions. These pieces of the jigsaw puzzle held 70% of the whole picture.

The Godly classes were held early every morning and when entering the meditation centre at 6 a.m. on cold dark mornings was like entering some oasis of peace where my thirst for knowledge and peace could be quenched just by sitting down and thinking, meditating and listening.

The Centre is foremost a School and University. For me, the Meditation Centre is more a Godly Petrol Station where I get filled with

energy and get cleaned and washed from its peace.

God's fuel is 10 Star petrol for the soul and God gives you your own pump as it can never run out.

What is Godly fuel? God's fuel is pure thought that gets emanated into the atmosphere as energy. In terms of fuel, God's energy makes you alert, alive, clean, happy and feeling peaceful.

At my previous schools whilst growing up (between ages 5 -16) , I was quite rubbish at learning and studying any of the subjects and had no interest or aptitude to learn. I was seen to be very much a dunce and slow learner.

My search for the meaning of life started a few years after leaving school, when I saw everyone acting so unnatural at work. It was people's behaviour that made me think that there must be something drastically wrong with life for people to end up behaving so strangely – and to be so unhappy.

This curiosity in me to find truth and the meaning to life was like an unstoppable wave heading for the fat sunbathers on the beach.

All of humanity is sunbathing on the beach of ignorance and bad habits and lying far too close to the shore and whilst eating their ice cream and hot dogs, are oblivious to man's fast approaching tide that's rushing in and will soon drown them all.

Life and its old ways are like circling sharks trying to stop you from swimming out to sea where you can find truth. All of mankind is trying to find happiness on the beach of this old world and eating, driving expensive fast cars, wearing smart clothes and sitting in the sun is seen as enjoyment and these four have become 'it' for most people and are to be chased after and worked for.

The waves of truth and falsehood are both unstoppable. I battled against the waves of

falsehood and artificiality and swam out to sea and left everything behind. I was unsure what lay ahead but I knew what lay behind was false and not right and could only give sorrow and a poor life if followed and to which I had rejected completely, believing truth and only truth was worth having in one's life and if it was to take lifetime to find, then so be it.

People chase after cake more than they do God or heaven, with the result....

It now seems clear that people are more enticed to look at cakes in a shop window than they are for peace and the meaning of life.

I found the House of Truth and stepped through its shop window and into a new world of meaning, peace and love. People get happy to step inside such cake shops to buy a cake or two which gives some meaning and happiness to their dull lives. People get remarkably happy from cake but the happiness gained from cake is so short lived it becomes poisonous as it numbs the soul and stops it searching for truth.

Man's shop window is soon to smash with discontentment and from the stones of vice and bad habits.

It is a case of people too scared to look for a deep meaning to life and God and to search for a peaceful way of living and trying stepping inside God's Shop yet walk ever quickly to the cake shop before their favourite cake is sold out.

Only when finally man sits down to eat his cake and finds it has glass in it and nearly chokes to death, will he start looking for an alternative shop for enjoyment and pleasure. Soon, all shops will close as bankrupt (devoid of truth) and only one Shop will remain open.

Are you guilty of sometimes crying in the mirror of regret?

Life's attractions are all behind the shop window. Not until we've put them on the plate and eaten them or worn it do some realise that what they have is slowly poisoning their mind and will make them sick. Unfortunately this

realisation of glamour filled with hollowness and the cake of sorrow only comes after they've eaten it, gotten fat and looked in the mirror.

So I swam out to sea searching, getting more and more tired and confused the further I swam out. I found I was swimming all alone with everyone else happily eating cream cakes on the beach of Poor Lifestyle.

I got totally despondent and was discontented with everything. God looked down on me and seeing my state and with His loving heart, pushed me with His thoughts and tide of love and whilst blowing me with His wind of wisdom, I unknowingly moved towards His Meditation Centre in West Bromwich.

That nudge and push from God was 36 years ago; so was quite a nudge, right? Now I try to swim daily and to the best of my ability within His Godly waves of truth, peace and love. When sat in His classroom today, my interest is as keen as it was 36 years ago.

So I attend this Godly School, I wake up at 4 a.m., meditate, wash and leave the house by 5:30 a.m., to walk the one mile to catch the first bus. Often it would be dark, cold and sometimes a blizzard.

The caped crusader

Along with my mother attending class, we had a BK friend staying with my mother known as Pat the Hat. We knew quite a few named Pat and on those cold walks she'd wear a large cape and hat.....

Sometimes I would walk alone through Red House Park in the snow that felt rather surreal, knowing that most were asleep and totally oblivious to my morning journey that would see me soon sat listening to God in His Godly incensed filled Centre of peace.

After getting off the bus at West Bromwich Station I'd have another one mile walk to the Meditation Centre. This walk would take me through the shopping centre and past Boots

Department Store. Later on the way home I'd walk back through the shopping centre and in stark contrast to God's Centre, would by then be filled with 10,000 shoppers that would see elderly turbaned Indians sat talking with mothers-to-be sat next to them looking at the West Indians strolling past with no aim and nothing to do other than.....

All this effort I did each morning, without thought, so I could arrive at God's peaceful House so I could listen to God's morning class that would shed light on Him, His huge task that He was busy undertaking which seen Him uplifting His children and making them worthy and elevated and educating them and taking them back to their former glory by purifying their souls with yoga and knowledge and by opening their third eyes can give them an aim.

The Godly class told of God's methods, wisdom and of the soul and the man's past history and to his present-day plight that is seeing him drowning in endless sorrow and confusion.

I went from the school to which I was a complete fool, to the Godly School that makes you cool.

It must be quite a School, Classroom, Teacher and knowledge that made me walk to it so early every morning. The other school made me want to run away from it or fall asleep in it.

I'm not a dunce anymore as I found the only Teacher that could teach me the only thing I really wanted to know.

Alas, finally, the sad news is that this giant of a centre is to close due to ill-health of the giant hearted Sister that ran it tirelessly with unending dedication and love each day from 4am until past 10 p.m.

We all thank Sister Manu bhen for the endless times she opened the door and the tireless service and attention she gave 'all' of us students, 'all' the time. ■■■

POWER OF SILENCE – AN EXCELLENT LIFE SKILL

–Daisy Hazarika, Jorhat, Assam
(Professor and Head Dept. of EECM,
College of Community Science,
Assam Agricultural University)

Silence is a very powerful tool which people at large are not at all aware of, do not understand, and cannot believe. Most of the people neither comprehend nor feel nor do they believe in it at all. In the context of modern day life style, one should not only understand the very power of silence but they should also whole heartedly apply it in their practical life. As such it becomes more relevant at present.

Every man or woman in this world is running their life in their own style. But very often we fail to realize that all living beings are souls. These souls by their own destiny existing in different bodies (costumes). The world is a big stage and we all are actors and actresses playing different roles. The character to be played by us is defined by God but how to play it easily, comfortably and naturally fully depends on us. As a result we see only a very few people in different fields or professions can shine to maximum height and visible in the forefront of people. This clearly depicts that opportunities come to our life but to avail these to the fullest extent is our choice. Only wise and intelligent people can achieve a greater height on their own profession for which they sincerely put maximum effort.

Here comes the relevance of 'yoga' as envisaged by our Indian philosophy. 'Yog' means connecting and 'Rajyoga' means

connecting oneself with the Highest Power (God) and 'Karmayoga' means surrendering every act or work to the Almighty. 'Yoga' in fact is an art blended with science or in other words it is a science mixed with art. One should connect himself/herself with the extreme source of Energy in a meditative mode. Therefore people should learn the technique of meditation through formal training given by teachers of spiritual institution/centres. I got my formal training under Brahmakumari Ishwariya Vishwavidyalay. This institution train people how to do 'Rajyoga' meditation at ease. This training is offered by all Brahmakumari centers free of cost. Any one who is interested for this can choose the nearest centre of his/her dwelling and avail the teachings.

I was one of the luckiest souls to be invited to attend the Brahmakumari's special camp organized by Jorhat centre, Assam in the month of Nov 2019. I learnt about meditation technique during that training. Since then I have been regularly practicing this in morning hour. Every morning I used to do some physical yoga as well as breathing exercises followed by deep meditation for 50 to 60 minutes. I use to listen to Brahmakumari's 'Murli' class in my cell phone. As I am a working lady, only occasionally I use to go to the centre to attend *Murli* class physically. It is in one of such *Murli* classes that I learnt the

very concept of "Power of Silence".

Once I learnt a concept I was committed to experiment it in my life. Hence I started exercising the 'power of silence' in every sphere even in driving my car. It was from the month of March 2021 . Everyday, I used to come to my workplace at 9.30 a.m. and return around 5 p.m. I do not put horn in my car while driving, instead I radiate silently to my surroundings a strong positive thought for all the souls around me with the sentence: "We are the Best Drivers".

This technique I found to be very powerful as well as useful. Quite often I notice that the road becomes clear in front of me. I need not have to use horn of my car and hear very less sound of horns of other vehicles in my surrounding. This clearly shows the high positive energy radiated from my soul spread in my surroundings and energized other souls with their innate God given powers (peace, strength, knowledge, happiness, purity and divinity). This way we can bring peace and tranquility in this earth by transforming people with the use of "Power of Silence" in meditative mode.

This is one of my several spiritual experiments which I like to share with the readers of my article that ' Power of Thought ' is the strongest weapon to shape one's life according to his/her focused wish. Making God our best friend and by surrender to God every person will get positive result.

By regularly reading "The World Renewal" published by the Brahmakumaris, one can acquaint with spiritual knowledge and practise it through Rajyoga Meditation . Later I started reading "Purity" journal published by the same organization. Fascinated by the precious

articles of the journals, I too published my two articles in The World Renewal. My inclination to spiritual field attracted me to watch sister Shivani's episodes in TV and in my mobile. I started understanding the life skills to be followed for a successful and happy life. Although getting stress was never my cup of tea from my childhood, Sister Shivani's beautiful explanations made me feel lighter and relax every moment. Every day I feed my soul with beautiful spiritual lessons in silence and empower my soul which I am going to carry with me in this life and in my successive lives. Spreading spiritual knowledge is a great service to humans.

Thus people should continuously learn from spiritual teachings and can practise in their life and attain higher level of meditation for their own peaceful life while doing every day activities without any obstacle. ■■■

HUMAN BEING

You spend most of your life running after things, doing things. You forget that being comes before doing. Those who remember this secret make an effort to "be" and discover that when they stop and observe, life helps and brings whatever is needed.



RAJYOGA FOR MANAGING THE MIND

We can use the power of our mind and subconscious mind to create the life we want. It can be achieved by conditioning our subconscious mind through auto suggestion in Rajyoga Meditation.

B. K. Sujoy, Durgapur (W.B.)

The mind is the thinking faculty of the metaphysical soul, not to be confused with the heart or even the brain. It is the mind that imagines, thinks and forms ideas. The thought process is the basis of all emotions, desires and sensations. It is through this faculty that thoughts can be projected to a distant place, past experiences and emotions can be relived and the future can be anticipated. It is the mind that experiences the variation of moods.

Thought is the seed of action and experience when there is the desire of pure experience, coupled with the realization of the importance of the quality of thought, then naturally those seeds will be selected which will bear the desired fruit. The mechanism by which the soul can select its desired thoughts and emotions is called the intellect. The intellect is used to assess thoughts. It is the faculty of understanding and decision-making and stands out as the most crucial faculty of the three. With the broadening of the intellect, clear understanding and realization of knowledge becomes natural, and the power to decide and reason increases. It is the intellect that discriminates, judges and exercises its power in the form of will.

Our mind has an incredible power. But no

one ever taught us how to use this power. Throughout our entire life we have been taught how to do everything but no one ever taught us how to use our mind. If we learn how to harness, direct and instruct our subconscious mind, we can create miracles.

If we don't learn to work with our mind then nothing else will work. Many people ruin their lives because they don't use the mind constructively. They refuse to work with it and use it to its full potential. If we truly want to learn how to develop the power of our mind to create the life we want, if we truly want to live at our full potential then we need to direct our subconscious mind to create what we want- not what we don't want. If we want to use our mind correctly and utilize all its power then we need to



begin directing the power of our mind and subconscious mind, so that we create the life we want. This means changing our thoughts, creating empowering beliefs, changing the way we see things and training our mind to work differently, so that it sends the right message to our subconscious mind and we begin to develop the power to change the life we want.

Arjuna, the greatest warrior in Mahabharata and one of the most intellectual Pandavas faced the same doubts and dilemmas during the war in Kurukshetra. Confronted with grandsire Bhishma, guru Drona, relatives of Kaurava forces on the crucial moment, for which he had long prepared, he put down his weapons and refused to fight. The knowledge of Gita was given to a grief stricken, utterly confused Arjuna, unable to think and act rightly. The teachings of the divine song were given to one who was an extremely efficient and successful person, but temporarily succumbed to the worst depressive condition.

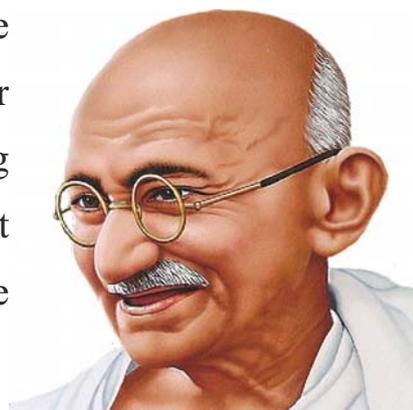
It is significant to note that Krishna does not change the outer situation or setting for Arjuna but facilitated a change in the thinking process of his mind. Thoughts are manifested in the form of brain waves depending upon the activity

alertness and for their control, inner powers are required to be developed and change has to be at fundamental level. This can be achieved through meditation.

For example, as a convex lens converges the rays from the sun and enables to generate heat, similarly meditation channelizes our thoughts and empowers us. The thoughts are to be directed towards God.

The true Gita *Gyan* or *Murli* is the Highest Knowledge of self-management. If we can learn to manage the 'manager'-our own mind- then there is no situation that we cannot face in the world. We can manifest highest glory. We can make the impossible possible. Do we need greater evidence than Arjuna? He made it possible. Observe his predicament when he received the knowledge of the Gita. Analyze how he transformed from a state of utter helplessness to become the greatest hero. This is the time when God Himself is giving the knowledge of Gita to Arjunas ('Arjuna' means one who inculcates) who are lost in the bustle and turmoil of this life and they too gain self-empowerment by instilling divine knowledge and doing Rajyoga. Those who are successful not just make history, but make an epic. ■ ■ ■

“You have to do the right thing. It may not be in your power that there'll be any fruit of your action. But that doesn't mean you stop doing the right thing. You may never know what result come but if you do nothing, there will be no result.” – **M. K. Gandhi**



ENJOYING THE SIGHTSEEING OF YOUR LIFE

In life, we experience different types of situations, some good and some tough.

There is a constant movement in our lives and the situations and experiences that come our way throughout this journey of life, it is important to remember that we have a choice – a choice to manage difficult situations by being in an inner mental position of fear or love. Facing a particular situation with love means that we are choosing compassion as our response emotion. Also, we are aware of the fact that it is a temporary situation and we will not let the situation define us and influence our emotions negatively. In many different ways, we can compare a way of facing difficult times in life to experience sightseeing as a tourist, who is only collecting experiences of life for a while, and then will leave for home. Let's explore this comparison through this message:

❖1. While traveling, we often let our tour guide put together the itinerary for us, and decide on what to see or how much time to spend in one place. We do so, because someone else can make the planning decisions, and as a result, make things simpler for us and allow us to sit back and enjoy our journey. Similarly in life, we should train ourselves in a way that whatever life offers us, we can accept it and turn it into a beautiful possibility to succeed. We should remember that no situation in life is unsolvable, and that it is constantly evolving. Just like a traveller on a tourist destination, we can make our little choices in our thoughts, words and actions.

Every choice will have a result, which we must learn to accept joyfully.

❖2. We often go out of our ways to meet people on a tour. We spend lots of time with these people seeing new sights and experiencing new things. Similarly, in life, we should remember that everyone we meet is here to teach us something. In this way, we can see someone who hurts us as someone who is teaching us to work on ourselves. This way of thinking will also help us to improve our way of interpreting and responding to different events in life. Giving importance to the lessons learnt gives us the key to positive change, which will make us feel empowered, instead of shrinking under stress.

❖3. Becoming a tourist helps us to take some of the fear out of travel. We enjoy every sight, which is higher or lower than us, because we believe that it's accessible to us as tourists and we just can't create this kind of experience on our own at our homes. Similarly, situations can be challenging, but if we look at them as unique opportunities in our life journey, bringing spiritual growth, they are not problems anymore. The real strength emerges from the courage to pack up and leave our comfort zones, moving from the familiar and safe place, to experiencing unknown things, just like we do on a travel journey.

❖4. Another virtue we learn through travelling is patience. It teaches us that it's okay to wait and relax, and if something goes wrong, we learn to be patient, while at the same time we

seek help from others and God in different ways and try and resolve it. In life situations too, we can apply the same virtue and learn to appreciate every different experience even more and not get tired and impatient, because every difficult situation does bid goodbye sooner or later.

❖5. We mostly travel light while sightseeing. We come home and realize that we don't need anything more than the essential needs to survive. In life too, we can survive with very little. Also, it's a beautiful gift that we accumulate as travellers, when we make friends with people around the planet, all from different walks of life, while having only one thing in common – love for adventure and new experiences. Similarly in life too, we can surround ourselves with love and friendship, where we appreciate the differences of each other and let go of past situations that influenced the relationship negatively.

Meditation is a beautiful method, which helps us to create a little space between you and your mind and you become more watchful of your own thoughts. So, once we know what comprises of us as a spiritual being and what doesn't, it helps us in establishing very clearly that the situation, in which we are, right now, is separate from us. Empowered with this clarity of thought, we can then deal with situations with a lot of detachment, intelligence and capability and the situations will not overwhelm us. ■■■

THE LAW OF KARMA AND THE BENEFITS OF KNOWING IT

Suppose a person from India goes abroad for the first time and rents a car over there. He then parks his rented car on the wrong side of the road. He will be charged a fine because parking laws may be different in India and the country visited. He cannot simply say I didn't know, I am ignorant. It should have been his responsibility, if driving, to find out the laws of the new country but he didn't take enough care.

In ignorance, we have done many things against the universal laws of creation – especially the Law of Karma. We did not have the complete knowledge of what are good and bad karmas, what are right and wrong karmas; what different types of effects different karmas would have on me, others and nature. But we cannot just say I didn't know. It was our responsibility to know. If we look at the state of the world now, there may be a few sparks of light or spiritual enlightenment but, generally, there is a great amount of darkness. That gives us an indication of the sorts of karmas, the vast majority of us have been performing, due to ignorance, to have produced the situations or circumstances in the world.

The complete knowledge of the karmic process, which we learn when we are introduced to spirituality, helps us to:

- ▲ Reduce the burden of the past
- ▲ Remove any type of suffering or sorrow in our present life
- ▲ Change our future as well as that of the world, to make it better and more positive
- ▲ Experience a positive return from our spiritual efforts
- ▲ Understand all the why's, how's, what's and when's which surround our life.

A SCIENTIFIC WAY OF DEFINING THINKING POWER

■■■ B. K. Farha Sayed, Mumbai

It is a general statement in Physics that whatever goes in, comes out. The force and velocity decides how much time it will take to reach back to you. Quantum thinking describes 'Power to Transform'. It is a high order of thinking - a shift from parallel thinking to an innovative thinking process. Quantum thinking is a scientific way of defining thinking power, leading to an abstract way of living. Going into deeper concept, quantum thinking refers to the dynamics of living matter and its cognitive function in human beings.

The word 'Quantum' means smallest amount of many forms of Energy; a smallest fraction of energy moving to a higher consciousness. It is more clearly defined by using mind and body to consider options and ideas beyond the realms of logic and reason. It is an innate energy and creative idea to move forward. From the degree of thinking, the mind creates waves depending on a situation. In realism, a belief system plays a major role in shaping or ceasing the reality. On a broader sense, thinking towards reality gives a paradigm to visualize and makes it happen. Whether we are aware of it or not, quantum physics, spirituality, our thoughts, emotions, and success (or the lack of) in life, are *all* closely intertwined and interconnected. In fact, as modern day quantum physics has discovered and are constantly expanding upon, they and *everything* else are much more interconnected than most of us realize.

Quantum thinking reminds us the power to transform or change. Every single thought that you send out in the Universe is constructive with your approach. Embracing quantum thinking will help to make conscious choices; if the magnitude of thinking is very high it will surely affect the thinker depending on the quality of his/her thoughts.

Quantum physics says that everything is made

up of atoms, which are made of particles called quanta. Those quanta are described as energies vibrating at a certain frequency, which tend to "come together" or "gather" with other quanta vibrating at the same frequency. The fact that, at a subatomic level, the particles that form everything are not standing still but are ever vibrating, translates as "everything is energy in motion". Our thoughts are also vibrating energies.

Whatever thoughts we choose, they vibrate at a certain frequency that is drawn to and attracts elements (including other thoughts) that vibrate at the same frequency. That is why the saying goes: "Like attracts like." Quantum physics shows us that the world is not the hard and unchangeable thing it may appear to be. Instead, it is a very fluid place, which is continuously being built up using our individual and collective thoughts. Our world is made of spirit, mind and body. Each of these three – spirit, mind and body – has a function that is unique to it and not shared with the other. What we see with our eyes and experience with our body is the physical world, which we call Body. Body is an effect, created by a cause.

This cause is thought. Body cannot create. It can only experience and be experienced; this is its unique function. Thought itself cannot experience; it can only make up, create and interpret. It needs a world of relativity (the physical world, Body) to experience itself. The Spirit is all that is; it is the essential spiritual entity, which gives Life to Thought and Body.

Body has no power to create, although it gives the illusion of the power to do so. This illusion is the cause of much frustration. Body is purely an effect and has no power to cause or create. The key with all of this information is how do we learn to see the universe differently than we do now, so that we can manifest everything we truly desire to do so. ■■■

SUCCESS AND ITS RIGHT ESSENCE

Success means experiencing a sense of achievement at every step and not just when the final destination is reached.

We all live our lives in the pursuit of many goals and achievements. Reaching set goals and achieving important milestones in life in different spheres is important, yet on our journey towards reaching them, if we remain light and keep our actions positive and remain happy, that is in fact true success.

Very often, when we try and move too fast to our goals, we begin to make compromises. If we perform actions that give sorrow to others or are not honest or even for that matter our relationships or health is affected, then that is not true success. Success means experiencing a sense of achievement at every step and not just when the final destination is reached. Also, success means sharing the feelings of love, happiness, goodwill and blessings, and serving and sustaining everyone with innate powers.

We think that success comes from outside. For us, success means doing well in an exam or getting a degree or a prestigious job or finishing a project at work. However, success in every sphere of life will be much more long lasting if internally we are powerful, content, joyful and full of truth. The true measure of success depends on whether that success brings us a sense of well-being, happiness or contentment.

Your success depends primarily upon who you are. In fact, success depends first on the purity of your thoughts, and then upon talent, skills, and ambition. We can all think of examples of people who are full of talent, skill, and ambition, and yet they never quite seem to succeed. Similarly, we

■■■ **B.K. Manjula Baijal**, Begur, Bangalore

all know of people who are really not all that talented or ambitious, but are hugely successful. Who you are ultimately catches up to you, in studies, job, business and in life. So, invest in yourself, expand yourself, expand your awareness or consciousness, and expand your mind as well as your heart as long term success is attained more by what we think and positivity in character than our external skills and talents.

Before beginning any task, stand back from the task and observe the thoughts in your mind. If the thoughts are of worry, lack of determination or you possess a negative attitude -- that means you are not internally happy. This type of mindset is a negative start to the task and prevents success from being achieved. A positive and powerful thought is the fuel for everlasting success to be achieved. Determination attracts success and lack of hope is sowing the seeds of failure.

All you need to do is change your habits, your mindset, and your routines to be more mindful and aware. To be in the present moment, whenever you can, as it reduces stress, is healthier, improves our relationships and indeed our overall well-being.

Always remember, we are human beings not human doings. Always keep the being before the doing and success will be at your doorstep all through your life. Even if you achieve a little less on a physical level, you will achieve a lot more in terms of love and respect received from everyone around you. Also, the true wealth of happiness will be with you all through your life and you will live life much stronger and more peacefully.

Religion has not served its Purpose

Contd. from page ... 3

making special efforts for teaching Rajyoga and explaining religious and spiritual principles in rational and scientific way by making use of visual aids.

The institution lays particular stress on enlightenment of younger generation and imparting moral education to students. The youth have surplus energy and, if they are not spiritually guided, their energy, instead of being channelized to constructive purposes, would be frittered away in agitations, destruction of national property and such other harmful ways, or they would spoil their life by taking to drugs and other addictive things. Brahma Kumaris pays special attention to the youth and is doing commendable work in this direction because the youth of today will be the politician, businessman, executive, civil servant or householder of tomorrow; and, so, its spiritual education means building a good society of today and tomorrow.

People have, until now, been looking upon religion as a means of individual liberation. It has been divorced from social problems and man's daily routine. However, spiritualism is a force for solving social problems and it acts to provide man with a moral code, which he ought to observe in his business dealings and

other relationships. In fact, almost all the problems, which the society faces today, are due to the reasons that only spirituality can tackle. Over-population, eve-teasing, criminal assault and adultery, for example, are due to inflamed sex-lust. Economic exploitation, bribery, adulteration, etc. are due to man's greed. All wars and acts of violence are due to anger. Many countries are backward in the comity of nations because of sloth or laziness. All these basic evils are recognised by spirituality and it shows the ways to eradicate them if man cares. In fact, easy Rajyoga is the only solution to get rid of mental pollution, and if man does not take to ways of spiritual wisdom, purity and Yoga even at this critical phase of the world, natural processes will set at work to wipe off these dominating evils and corrupt society with its strong hand of nuclear weapons and grave elemental fury.

However, this is not a message of despair but hope. On the one hand, you see nuclear weapons ready for a major world catastrophe and, on the other hand, it is for the mankind to see that, according to the divine promise embodied in Shrimad Bhagwad Gita, God Himself is working for a process of spiritual rejuvenation and for bringing about a new world order or the Golden Age. ■■■

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Ahmedabad (Thaltej): Mr. Bhupendrabhai Patel, the new Chief Minister of Gujarat is being presented Godly gift by BK Asha.



Mumbai: BK Yogini is being felicitated with a Certificate of Commitment by Ms. Hema Malini, MP & famous Bollywood Actress and Dr. Deepak Harke.



Chennai (Adyar): After signing an MoU to include Rajayoga Meditation as a subject for the PG students as part of their curriculum, Prof. DN Panchanatham, Vice-chancellor, Tamil Nadu Teachers Education University, BK Pandiamani, BK Muthumani and others are in group photo.



New Delhi (Dwarka): A Seminar on 'Role of Teachers and Journalists in Creating a Value Based Society' is being inaugurated by Prof. Sanjay Dwivedi, the Director General of Indian Institute of Mass Communication, Ms. Anuradha Prasad, Director of News 24 Channel, BK Saroj and BK Sushant.



Behal (HR): A Programme on Sri Krishna Janmashtami is being inaugurated by Mr. Jai Parkash Dalal, Agriculture Minister, BK Shakuntala and others.



Chhatarpur (MP): Mr. Neeraj Dixit, MLA is being presented Godly gift by BK Avdhesh and BK Shailaja during a programme on the Dedication Ceremony of 7 BK Sisters.



New Delhi:
Mr. Narayan Rane, Union Minister is in a spiritual conversation with BK Savitha, BK Shivani and BK Deepak.



Muzaffarpur:
Mr. Tarkishore Prasad, Deputy Chief Minister of Bihar is being felicitated by BK Rani on his visit to local BK centre.



Reeva (MP):
Mr. Girish Gautam, Speaker of Assembly is being presented Godly gift by BK Avdesh and BK Nirmala at local BK centre.