

From the mighty pen of Sanjay



TRANSFORMATION OF THE HUMAN INSTINCTS

How to direct your instincts in the right direction?

If one wants to attain the human instincts, one has to realise that these do not come all of a sudden. Certain pre-requisites have to be fulfilled. No matter how high and intense our aspiration, we cannot attain these immediately. We cannot just jump on to these. We, firstly, have to experience a deep and powerful love for Shiva Baba, emanating from all our spiritual relationships with Him, the Incorporeal, Self-luminous Being, who is the most Perfect, the most Beautiful and the Ever-pure Consciousness. If our mind is attracted to worldly and perishable things or corporeal beings, it means that we lack in our love for Shiva Baba. How can we then attain the Seed stage? We should remember that yoga is nothing but a loveful awareness and remembrance of Him; and if this awareness is obliterated by the remembrance of material things or physical

forms, then, to that extent, our yoga becomes defective, defiled or falsified.

In this context, it should be remembered that **there are sixteen basic human instincts, which take the form of sixteen traits. In order to become good yogis, it is necessary to have their manifestation in the right form** or correct channel. There is no human being, who does not have these instincts. One or the other of these is always at play when we engage ourselves in our day-to-day actions. No action would be possible without them. So, if we wish to have a yogic way of life, we have to have sublimation of these instincts.

Baba has said that our yogi life is based on righteous actions (*ShuddhPravritti*) but not on renunciation of action (*Nivritti*). It is, therefore, essential that, in order to attain a high stage of

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Editorial

Year-long observance of new beginning of **SPIRITUAL EMPOWERMENT** for **COMPASSION & KINDNESS**

It is with great joy that the main service instruments of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalyaya were able to hold their Annual Service Meeting after a three-year gap, from 5th - 12th April 2022, at our Shantivan Campus, Abu Road. Around 1500 of our senior-most and significant Instruments of Godly Service, namely: Management Committee Members, Zonal Heads, Sub-Zonal Heads, and Rajyoga Education & Research Foundation Wing Office Bearers (Chairpersons, Vice-Chairpersons, National Coordinators and Headquarter Coordinators) of Bharat and BK National/Centre Coordinators from few countries (UK, UAE, USA, Vietnam, Oman, Myanmar) gathered together for a 6-day Service-of-Self, and Service-of-Bharat (and-the-World) Meeting, held in Conference Hall.

Being the first official meeting after the passing on of revered Administrative Heads Rajyogini Dadi Jankiji (2007-2020) and Rajyogini Dadi Hirday Mohiniji (2020-2021), and Additional Administrative Head Rajyogini Dadi Ishuji, the Meeting participants were pleased to have this opportunity to receive pertinent information about:



- 1) The new Administrative and Organisational structure, namely the Management Committee, Consultative Committee and Madhuban (Abu) Coordination Committee,
- 2) Updates on Finance and Tax Rules and Regulations,
- 3) Upcoming service projects at the Abu Headquarters, different Zones and through the Service Wings, and
- 4) Other motivational and unique service ideas for BKs and new aspirants of *Spiritual Gyan* in the big cities, and all corners of Bharat and the world.

Before embarking on many items of the Meeting Agenda, it felt very essential that we, as a gathering, remember and pay our respects to all the remarkable, dedicated instrument Teachers and Senior Brothers, as

well as long-term BK Students, who left their bodies within the past three years, and have moved on to other service tasks of our beloved Almighty God Shiva and Pitashri Brahma Baba. Therefore on 5th April evening, a special 10-minute photo presentation of the departed instruments was shown to the Meeting participants, and 3-minute silence was observed so that our pure feelings from the heart could reach these precious souls in God's sweet remembrance.

As every year, a new and motivational theme is chosen at the beginning of the Meeting that will serve as the guiding light for service of BKs and all our Seminars, Conferences and Trainings throughout the year. During the discussions at smaller meetings of the seniors, the following theme was drawn up: **Spiritual Empowerment for Compassion & Kindness**, keeping in mind the volatile and chaotic atmosphere in the world presently. This was shared at the Annual Service Meeting, and was accepted whole-heartedly by all Members.

The coming together of a united, focussed gathering of experienced and serviceable instruments is beneficial not only for the self but for the entire BK family.

Everyone's pure and elevated vibrations make the task at hand fruitful and successful. Spiritual love amongst the Brahmin instruments and family becomes an example and inspiration for the world. Whatever service plans we make for the sustenance of the BK family at our Centres, or for new

students and contact souls, **the attention must be on increasing our power of inner silence.**

Every idea for world service and progress of BKs mirrors the greatness of our Spiritual Yagya, and underlines the aim of our Spiritual Institution and Godly principles. **We should regularly revise the thought of strengthening unity within the spiritual family, and deepening the roots of divine sanskars in our personality and character. This alone ensures that the establishment of the future golden-aged world, which all of us are envisioning, is possible and definite.**

Though the Meeting Report is very extensive and has showcased the Brahma Kumaris' programmes and activities in a wonderful manner, we wish to share below with our readers **a glimpse of few of the projects planned on a national level for the Service Year 2022-23** (more information can be obtained from your local Centres or the specific Wing Offices in Abu):

1. Kalp-Taru: **Growing with**

Values is a

project

designed

by the BK

Youth

group in

connection

with serving

and protecting

Nature. Spirituality and

Cleansing of the



Environment is the responsibility of all human beings and as far as possible we should contribute in some way to sustain nature. The project entails having each Centre and their connected Sub-Centres/BK Pathshalas plant 75 trees between 5th June (World Environment Day) to 25th August 2022 (Dadi Prakashmani Day), while also sharing the significance of trees and nature with human growth and development. Special plantable pens and paper were distributed to the Meeting Participants, which is a brilliant venture that can be easily acquired by Centres and BK students.

2. As we are aware, **Azadi Ka Amrit Mahotsav** is an initiative of the Government of India to celebrate and commemorate



75 years of independence and the glorious history of its people, culture and achievements. The journey of **Azadi Ka Amrit Mahotsav** commenced on 12th March 2021, which started a 75-week count down to India's 75th anniversary of independence and will end on 15th August 2023. As a spiritual institution, we are of the opinion that more than a political independence, we require a 'spiritual independence' campaign to spread until we are able to take our Bharat back to its Golden Era. BK Centres are encouraged to host programmes to commemorate the 75

years of Azad Bharat, in collaboration with the Indian Government, while avoiding affiliation to a particular religion, caste or political party.

3. **Universal Brotherhood Project** aims to emerge the good qualities and *sanskars*



that we know all human souls are innately born with, but have forgotten over several ages. The main Centres of each Zone and Sub-Zone are requested to take on this task of inspiring whoever comes in our contact through Centres or Online Events to take a **pledge of the following five elevated thoughts**:

- a) For the creation of golden-aged divine *sanskars*, I pledge to see human souls as children of one Supreme Parent, and that the entire world is my family.
- b) Since the world is one family, I pledge to interact with every person with feelings of brotherhood and sisterhood.
- c) I pledge to interact with those of all religions with emotional unity.
- d) I pledge to respect nature and the environment.
- e) I pledge to engage in Silence/ Meditation or Prayer for 15 minutes every day to help maintain peace in our country.

NEED OF THE HOUR: PLANTATION OF RAIN-PULLING TREES

The entire world celebrated World Water Day recently with a lot of fanfare, and political meetings were organised for saving water resources, especially in parts of the Bharat where water is always scarce. It is worrisome to learn from time to time that the water-level in some parts of Rajasthan has sunk very deep, and few of the traditional water resources have gone dry. Years back the Central and State Governments had assured the people that each and every town and village would receive water in their household taps; it was of course a very encouraging and ambitious plan. Apparently some rivers were to be joined in a way that no part of Bharat would further suffer from drought or lack of water. Encouraging news in this connection was the increment of forests by over 3 million hectares! In a few places in Rajasthan, some individuals even ventured into plantation of rain-pulling trees numbering millions, which have given good results, as presented through some daily newspapers, and television channels. The good rains over the previous 4-5 years have improved the water levels, but yet there continue to be disturbing inputs from different parts of Western Rajasthan about the scarcity of water... The conditions can only improve when the concerned Government Officers become active.

One can recall very apt slogans put up at various places: ***Jal Hi Jeevan Hai***, and surely everyone knows that if the reservoirs become empty before the rains start, it would affect humans, animals and marine life most detrimentally. **Here are a few suggestions** for the Government and Municipal authorities to consider for betterment of water supply:

1) We may revert back to the good old traditions of having water ponds of

reasonable sizes in every town and village, so that there is collection of water and raising of ground water-levels in all parts of the country.

2) Plantation of rain-pulling trees in large numbers is also need of the hour, and that too five particular ones: *Peepal* (Sacred Fig), *Badd* (Banyan), Mango, *Neem* (Nim tree, Margosa), and *Jamun* (Java or Black plum), as their roots delve very deep in the ground assuring ample storage of water in the roots, thereby helping every tree to grow taller and greener. The ancient *Rishis* and *Munis* (Ascetics) used to plant such trees which proved to be very useful in the summers for keeping the climate favourable for all inhabitants.

If all of us look after these planted trees for just 5 years, and continue to plant more trees, we can surely enjoy better climate, and sufficient nourishing water for our daily sustenance and use as well in farming for generations to come.

As mentioned above, during our Annual Service Meeting, it was announced by Brother Mruthyunjaya that BKs plan to plant 4-5 million rain trees through volunteers across Bharat, with the cooperation and saplings of the Forest Departments and/or other nurseries, with the aim of every individual taking responsibility for at least 10 plants each.

With special blessings and good wishes from beloved BapDada and our respected Dadis in their angelic form, the Meeting participants returned to their service places to crystallise and execute these beautiful plans to empower the Brahmin family, and enable souls of Bharat to come closer to God and claim their spiritual inheritance.

—**B.K. Nirwair**

Experience

Some Unforgettable Moments With **BK BROTHER JAGDISH**

– B.K. Atam Prakash, Editor

I got to meet rev. Bro. Jagdish for the first time in this time cycle in 1957. Mamma Baba had then come to Rajouri Garden Centre, New Delhi; hence, I also went there to meet them. Bro. Jagdishji hugged me so lovingly that I felt as if I had got divine love from 'a long lost, now found' brother. Those days, 'Trimurti', the first magazine of the Brahma Kumaris, used to be printed. I was deeply impressed with the depth and clarity of the articles in the magazine. Besides, I had already studied the books written by him, viz. 'True Gita' and 'Sachchi Gita'. Both these books had inspired me a lot. I was already a keen admirer of him, but when I met him personally, my happiness increased much more.

In 1962, dearest Brahma Baba sent me to assist Bro. Jagdish for the purpose of Godly service through literature. Thus, I got a golden opportunity to stay with him for 2 years and received various experiences of Godly services and also got benefitted from his sacrificing and inspirational life.

When we remain in the company of some noble soul whether at workplace or otherwise and get to witness their practical life at every moment, then this indelible influence gets imprinted in our mind deeply. Similarly, Bro. Jagdish's life was a mine of virtues. **He was a great knowledgeable person, great writer, great speaker and a great Godly server. It is said 'Writing makes a man perfect'. I saw this practically in him. Some great secrets of Godly knowledge were revealed through his writings.** From the first meeting with him, I

experienced that even strangers would get attracted towards him. Many times, very famous people would meet him and in the course of discussion on spiritual points with him, even they'd say, "We are feeling obvious God-connection in you." Whenever I met him there would be some spiritual discussion. Once he said, "What is concentration all about?" Then he himself clarified that contemplating/churning on a pearl of Godly Knowledge continuously is concentration. In the meantime, if any other thought creeps in the mind, we should discard the same. He would also emphasize that in the course of meditation if someone is having wonderful experiences and, in the meantime, due to some reason white light has been put on in the meditation room, even then one should remain entranced in that blissful state and should not come downwards. **His state of mind was so powerful that even by just getting seated beside him, one would feel so much light that one would experience being in meditative state, i.e. get connected to God mentally.** It was not that he maintained such an elevated stage in some specific moments only; in fact, he would remain in the state of soul-consciousness and God-consciousness naturally.

In the initial phase of Godly service, he'd take me to a number of places in Delhi and would tell me each and every aspect of printing in detail; we would often have to go to those places on foot. Then, he was physically stronger and would perform every Godly service with intense dedication and zeal; he surrendered his body, mind, breath, thought and everything in the service of the world in his 50 years of Godly service.

He was an Incarnation of Economy

In this eternal world drama, every soul who comes to play their part; has to leave their body; this is an eternal truth. But a great person even after having left the mortal coil leaves a subtle picture of his virtues such as diligence, fidelity, farsightedness, fearlessness, immovability, feeling of true love, purity, generosity, renunciation, belongingness towards all, on the stage of this eternal world drama. Such a great soul remains to be a source of inspiration for all ever. Despite getting vanished physically, he cannot get vanished from the minds of people. He disappeared physically from our life but the larger existence of his virtues and qualities will keep touching and resonating in our hearts for all the time to come.

In this spiritual organisation, Bro. Jagdish was the first bachelor to have got surrendered during its 'Beggary Part' (Phase of financial scarcity); he was like an incarnation of simplicity and economy. He always wished that whatever Godly service had to be done should be done in the best and the most economical manner. He was very punctual. After having completed a particular task, when we used to go in front of him, his discriminative vision would never fail to detect a defect if any. He wanted 'perfection' in every task. In order to fulfil this wish, I wouldn't get success despite several efforts, but he'd be very pleased with the tasks performed by me under his guidance for a

number of years. Two years before he left his mortal coil, his two books were published in Hindi and English. He got an intuition that he'd not remain alive for long. I had also understood his internal feeling. I first completed the task directed by him. Just one month before his leaving his physical body, I went to meet him at Sukhdham (Pandav Bhawan, Mount Abu) and showed him various printed books and said, "Rev. Brother, we are bringing the tasks given by you into action like King Bharat." Then, he lovingly said, "Atam! I'm happy that now you have become very experienced and, circulation of 'Gyanamrit' has also increased a lot and its standard has also become very good... The books are also being published in quite good manner." I felt very happy with the blessings received through his contentment. Just one week before leaving his mortal coil, he asked, "What is status of printing of the book 'Cartoon and *Kahavaten*' (Cartoon and Adages)?" I said, "The printing is going on". Then he said, "Hurry up!" As soon as I got such an order, I got it ready sooner and just after three days, I presented it in front of him and with a sigh of relief, he uttered, "Well, this task has also been accomplished", thereby thanking me. **Thus, he was engaged in the Godly service till the very end of his exemplary life. He has bequeathed to us so much treasure of Godly knowledge that we are still benefiting ourselves from him and will continue it in future too.** The Godly constitution produced by him, the embodiment of his being '*Nashtomoha Smriti Labdha*', Godly laws and a strong life like thunderbolt (*Vajra*) will keep inspiring us forever. However, he had just one complaint with himself that he couldn't reveal God Shiva in this world. As his true and affectionate successors, let's all pledge to fulfil this auspicious wish and get engaged in it completely. ■

Big Question

Are You

GOD FEARING OR GOD LOVING

Is God a frowning disciplinarian waiting to pounce upon erring humans? Should we be afraid of our wrongdoings or from God?



– Prof. Onkar Chand, Shantivan

As a young man growing up in north Indian city of Chandigarh, I heard first time the phrase “God fearing” from my Engineering College Professor. As in, “I am a God-fearing person. I don't do wrong.” This line has always made me wonder. I know he said it in a good sense but is this very common phrase correct in its true sense? How can we believe that God loves us, and at the same time, that we should fear Him?

How is our image of God?

Do we fear or love God? This short question is one of the deepest questions ever asked. There are two kinds of people in this world: God-fearing people and God-loving people. Now the million-dollar question is: What kind of person are we? What kind of relationship do we have with God? How is our image of God? An image based on love or an image that is so frightening, so punishing. And what are we doing to overcome our fear, and promote our love?

Our all actions are derived either by fear or by love. We are told to fear God right from our childhood. Some remember and worship God because they love Him. However, most of people worship God because they are full of fear and afraid of God. They fear that if God becomes angry with them, they will have to

suffer loss in life. They fear that if they do not please God, He will spoil their life. The term “God-fearing” is apparently the product of the view of God as a strict, retributive figure who must be obeyed at pain of the fires of hell.

God's punishment or Law of Karma?

A term often used to describe those who are religious or pious is, God-fearing. Many people believe that if a person fears God, he can be trusted because he will most likely do the right things as he believes that God will punish him for his misdeeds. But if we are living with love for mankind, treating people with kindness, love, compassion, respect, and generosity and leading a value based life, why be afraid? We shouldn't fear the Creator of the World, as He is the most benevolent, kind, forgiving, merciful and loving parent; we should be afraid of what we have done i.e. from our wrongdoings. If anything unwanted or bad happens to us, it is only due to our actions. This is the law of karma which says, “As you sow, so shall you reap.” God neither punishes, nor takes revenge and nor gets angry with anyone.

Need to re-evaluate our relationship with God

Today, a lot of people have drifted away from God. Intimidated by fear, burdened by guilt and

troubled by doubt, they cannot approach Him naturally, the way a child goes to his father. There is no meeting of hearts in such an interaction.

If the only thing stopping us from doing the wrong thing is that God will become angry and punish us for it, then we need to re-evaluate our relationship with God. How can a relationship based on fear - even with God - be a good relationship? There is no fear in love, but perfect love removes fear; fear is related to punishment, and whoever fears has not reached perfection in love.

Fear based relationship is not healthy

Fear is a negative emotion. Fear does not bring people together; rather it distances them from each other. That is not what one would expect from someone who is supposed to be close to God. God would never want us to remember because of fear, but because of love. A relationship full of fear is never a healthy relationship.

When our faith is based on the love of God rather than the fear of God, what naturally follows is a way of life that is similarly based on love. Right from our choices to our commitments, our behavior to our dealings, everything will rest in love, in compassion, in forgiveness, in peace, in justice, in mercy, in joy and kindness. We will live by an understanding of right and wrong. Then we will be motivated by the love of the good, not fear of the evil.

God loves everyone individually

It is said that God is love. Love is an attribute of God. Love is a core aspect of God's character, His Person; And He is the perfect example of true love. The very nature of God is love. He knows each of us personally and loves us individually. His mighty love has no beginning

and no end. He himself is an ocean of love.

God is merciful, gracious and loving. God loves us as His children just as parents love their children. The Supreme Soul is the Father of all souls, and loves each one of His children infinitely more than a human can love his or her child. That is because He is completely pure. He sees only the best in His children.

God is also known as the Father, Guide, Ocean of Mercy, Ocean of Love, and the Benevolent One. And if one thinks about it, one feels that this must be His true form. If God was just a frowning disciplinarian waiting to pounce upon erring humans, why would He be called the Comforter of Hearts and Remover of Sorrows?

Love God unconditionally

To be God-loving means to be obedient, loyal and faithful to Him. We should treat Him as our companion or guardian. We should see him as our friend or father. If we love God, we should keep that kind of close relationship with Him. Pure love is unconditional. If we truly believe in God, love Him unconditionally. See Him as a supreme power that not only drives us, but also loves us. If you want to remember Him, talk to Him with love, as you are a child. Believe me; God also loves to interact with us.

God is the most loving Parent; the guidance He gives is meant to protect us from harmful effects of vices and the misery they bring, and help us become better human beings while leading a happy life. With faith in His goodness, when we begin to live according to His teachings, we are rewarded with a life of bliss. We feel that we are walking by holding His hand and He is there to take our worries, fears and tensions away. ■



JAGDISH BHAI: THE EPITOME OF COMPLETE RENUNCIATION, PENANCE & SELFLESS SERVICE

B.K. Subhash, Gyan Sarovar (Mount Abu)

him the name "Sanjay" based on the great character of the Mahabharata known for his divine vision. As per this name, he truly was complete in the aspect of divine vision and insight.

My First Meeting in 1985

The first time my attention was drawn to him, when I heard in the Murli class from lovely Baba, "Jagdish child makes good plans for service." In those days, Jagdishbhai was staying Pandav Bhavan's Bal Bhavan. He used to stay there in solitude. I determinedly made up my mind to meet him. That was in 1985 and at that time I was 20 years old. When I arrived there at his residence, I saw that Jagdishbhai was completely lost in his writings. After about 5 minutes when his eyes fell on me, I completely forgot where I am and why I have come. He asked me, "Yes, ask, did you come for something?" I said, "I just wanted to meet you." He signaled me to take a seat and then resumed his work again. I was just blissfully enjoying, observing him. I was simply experiencing his light and the vibrations he was emanating. After 2 minutes he completed his work and began to ask me how I was and where I came from etc. He asked, "Where do you do service?" I said, "In the *roti* department". He said, "That's very good, doing the service where you can remember Baba simultaneously has its own pleasure and charm." He asked me, "Do you have a specific problem or want to ask something special?" I

There was a divinely beautiful personality who has left such a memory in our hearts which we will never forget. His virtues were such that God Himself used to speak of those. He was tall. He was fair. His face was sparkling always. His strides were long. He was always lost in a most rich intoxication and internal joy. The name of this great being was Jagdish Chandra Hassija. He was one who had written more than 200 spiritual books of Brahma Kumaris and in doing so, rendered the service of changing the lives of hundreds of thousands and in making both his name and the name of the institution well known. He was Chief Spokesperson of the organization and also the Chief Editor of 'The World Renewal' English Magazine.

In 2008, I had to face the fearsome challenge of cancer. During that time, the writings of Jagdish Bhai helped me tremendously in keeping my state of mind stronger and high. This is why I again and again bow and salute the greatness of such a soul. The enlightening column in 'The World Renewal' titled as "From the mighty pen of Sanjay" belongs to the writings of Brother Jagdishji. Sweet Shiva Baba had given

responded, "No, I just feel very full after meeting you." He stood up and put his arms around me, and took me completely into his embrace. What I experienced at that moment was as if I am no more in this world. He patted me on the back and said, "My brother, remember Baba with a lot of love". He put *toil*(sweet) in my mouth with his own hand. For almost one month, I remained lost in the joy of yoga, as if my stage had become detached. Meeting with such a great yogi had such a profound effect on me.

He was very punctual in his routine

One time, Jagdishbhai had come from Dehli to Mt. Abu. Dadiji had announced that Jagdishbhai would take night class for the residents of Madhuban at 9 pm in the History Hall. He always did what Dadiji asked him to do. Despite being quite heavily engaged in his work, he took time out and came to the History Hall at 9 pm sharp and sat on the chair. At that time only the person who was on sound duty was present. Seeing that no one was present in class, he went straight back to his room and get re-engaged in his work. The sound spread all over Madhuban that Jagdishbhai had come to the class and then went back. It left a very deep imprint on everyone. After that whenever Jagdishbhai had a class, everyone would reach 10 minutes before the start of the class. In this way, he remained obedient to what Dadiji had asked of him and at the same time delivered a very great teaching to all brothers and sisters about coming to class on time. This was his specialty.

Image of Humility

Once, the Father of famous singer Anoop Jalota, Purshottam Jalota had arrived at Gyan Sarovar to participate in an event. A very good program was going on in the Harmony Hall. I was going towards the hall a little late. It was 10.15 at night. I found Jagdish Bhai standing near the transport department. He was enquiring how far Pandav Bhavan was from here and how long it would take to

go by foot. I told him, "It is not good to go at night, let me call the driver." Jagdish Bhai's response and the words he uttered about his driver left me amazed. He said, "No, please don't call him. I myself had sent him to watch the program. Please let him enjoy." Who else would show such care and consideration towards their driver? After some time I arranged a car. He got into the car and said: Let the car fill up with passengers, and then we will go. Until the car was full he didn't let it go. It truly was a demonstration of his elevated and great feelings that all of them belong to my family; let me take them along with me also. He always carried a depth of love and regard inside himself for everyone. He had deep sense of responsibility toward the divine BK family.

Image of Truth

One time during Jagdish Bhai's illness, he was relating how many brothers and sisters question why it is that Baba doesn't help him in his illness. He said, "I tell them that at every step it is Baba who moved me forward. He gave me every type of experience. On many occasion lovely Baba gave me the signal: Child, keep an eye on your health, eat on time, and sleep on time however, I wanted to sacrifice very bone of mine in service. I never paid attention to the body. Whatever Baba said to do, I completely applied the mind and body to achieve it, and I experienced great pleasure from this. I really enjoyed, however, as a consequence my body started to experience changes inside it and I failed to even notice those changes. As the body aged it took on a fearsome form and I am the one who is to blame for that. Baba had warned me many a time but I never took heed, so how can I blame Baba?"

Memories of the final time

One day Jagdish Bhai's health was particularly bad and it happened to be the same day that the body of Arjun Dada was being taken on tour of the four pilgrimage places of Madubhan. Jagdish Bhai also gave his shoulder to carry the hearse and

started walking on foot. Everyone tried to dissuade Jagdish Bhai, they told him to rest and assured him that they would take care. At that moment he respectfully put his two hands together and bowed to that great soul and said, 'I am grateful Dada, even till your last breath you used your bones in God's service.' Seeing this, the thought came in everyone's mind that seeing the specialty of this soul, how much respect he is giving. We too must learn to give that much respect.

His last wish

One particular day, which you could say was the last class Jagdish Bhai ever conducted for the Madubhan Niwasis, Dadi Prakashmani Ji herself brought Jagdish Bhai into class. It was like a mother who was holding her child's hand and bringing him along. He really was quite weak by this point. Even his speech was slow and quiet. He said, "I have not come to conduct a class. I have come to meet my lovely family." He shed some light on the topic of 'an attitude of disinterest'. At the end he said, "I have tried to use my every second and every bone for God's yagya. I have no sorrow about leaving the body. After all, one day everyone has to leave their body. However, I am leaving behind one task for all of you. I tried a great deal to do it but was unable to achieve it. I am feeling ashamed. Baba gave me so much; however, I in return wasn't even able to fulfill this one little wish of His. Will all of you do this remaining work for me?" We all said: Yes, of course Jagdish Bhai. **He said: I was unable to glorify Baba...saying just this much he became emotional and was unable to continue speaking.** The mic was removed from in front of him. He folded his hands and said Namaste to the entire gathering. Everyone became emotional. Our lovely Dadi put her arms around him like a mother holding her child. Then, Dadi enlisted everyone's agreement that we would most definitely reveal Baba.

That day finally came

I had gone to my *lokik* home to meet my mother.

Whilst there, my elder brother, Arjun gave me the news over the phone. He said 'Jagdish Bhai has....' but he was unable to bring himself to speak further. It was 12th May 2001. I became very quiet for a couple of moments and in my heart paid my deepest respects and thought, will I be able to have one last vision of this soul, the one who like Dadhichi *Rishi*, gave every bone for service, who surrendered every breath in the service of the yagya. I immediately took a train. For the entire duration of the journey his life story flashed before my eyes. I remembered how Bholi Dadi used to send a message that Jagdish Bhai is coming from Delhi, take care of him. I had the immense privilege for a while of being the one who took care of his meals. On many occasions the eyes of this soul had the honour of witnessing how Jagdish Bhai had such love and respect for Brahma Bhojan, how he would eat his meals in solitude, lost in Baba's remembrance. He never picked fault with the food. There was never a time when he didn't give thanks.

The final scene

The cremation ground became like a fairground, in all four directions white clad people. There was no space to stand even. The Brahmin family had arrived in hive numbers to bid one last farewell to their beloved leader. Dadi Prakashmani had arrived to herself to initiate the first rites of the funeral ceremony.

The body made of five elements by all means may have merged back into the elements but, even today through his many books he continues to illuminate the path for us. Mahesh Bhai who used to work with him says that Jagdish Bhai left so much service for him to do that he could remain busy for the rest of the confluence age. This is why every day through his numerous writings, whether they are about the service he did; whether they are about lectures he delivered, there is a means of celebrating an *avyakt* meeting with him.

(Translated by B.K. Sis. Suman, London)



'SPIRITUAL' POWER TRANSFORMS THE WORLD

B. K. Chirya, Owego, USA

Currently, we human beings definitely need 'spiritual power' as our spiritual battery has become flat! At first the light of all souls is clear and bright, but over time decreases, flickering like a fluorescent tube light which finally dies. Souls never die, but we lose power over time as the connection with God, the Master Generator is broken. When the consciousness of the soul is almost forgotten, body consciousness blooms. Many souls in bodies have come over the centuries to awaken the original power and spirituality in humans, but only one soul has this part, the Supreme Soul, God. - *"Whenever there is decay of righteousness, and there is exaltation of unrighteousness, then I Myself come forth; for the protection of the good, for the destruction of evil-doers . . ."* (Famous verse from the Bhagwat Gita). When the world becomes dark with growing corruption, sorrow and strife, this special Soul is successful in empowering mankind by recharging the diminished power of the soul and re-igniting the flame of our minds, our inner light! God, Jehovah, Great Spirit, Allah, Shiva, Bhagwan, are a few of many names for God; each one is accurate and conveys a special meaning or quality. The Father of Souls, Creator, Supreme Soul, Lord of the World are only a few of his titles. The name 'Shiva' itself carries many meanings including the Benefactor, the Point and the Seed.

God is Light, and we souls 'made in the image of God' are also light. As a being of light surrounded by an oval shape of radiant spiritual light, God is worshiped in many forms, but not in human form; as the Sun in the early days of our forgetfulness, and continuing today in the East as the Shiva Lingam, an oval shaped stone worshiped by pouring milk, representing Godly knowledge, over it. The milk flows around the basin at its base and out of the temple signifying spiritual knowledge reaching throughout the world to purify and renew it. This worship is a physical representation of how the Father of Souls purifies and recharges souls by imparting pure knowledge of Himself, the soul and the drama of life. The Festival of Shivratri, celebrating the 'birth' arrival of God, is held at midnight, when the night (the darkness of ignorance and body consciousness) turns to day (the light of knowledge of the soul and an enlightened world) with Soular power! Our inner light has been re-ignited by God's Light and is igniting the light of others. This restores our natural state of well-being enabling us to live in harmony with mankind and nature once more. The world is waiting for us. We are the hands on the clock of world transformation. According to time and to signals from the One, **let us all empower and transform ourselves and restore the world to its original state of peace and happiness.** ■

CONSCIOUSNESS

UNIVERSAL ATTRIBUTE OF ALL LIFE FORMS

—B. K. Sujoy, Kolkata Museum



Oriental philosophies and western science have all along maintained that the universe is a manifestation of intelligent consciousness. Max Planck, father of quantum Theory said, "I regard consciousness as fundamental. I regard matter as derivative from consciousness. We cannot get behind consciousness. Everything that we talk about, everything that we regard as existing, postulates consciousness".

Quantum physicist Erwin Schrodinger proclaimed that consciousness is only one, singular, identifiable with its universal source. He believed that the perceived spatial and temporal plurality of consciousness is merely Maya, illusion.

Theoretical physicist David Bohm believed that there was a deeper reality beneath the quantum level, a 'wholeness' that connects the entire micro and macrocosm. "The notion of a separate organism is clearly an abstraction, as is also its boundary. Underlying all this is unbroken wholeness, even though our civilization has developed in such a way as to strongly emphasize the separation into parts".

The human brain with all its complexities might be equipped with ability to transcend the restrictive filter and expand its cognitive horizons to an integrative epiphany of '*AhamBrahmasmi*'. It could facilitate a phase shift, of expanding one's consciousness from a localized personal level to that all pervasive impersonal 'super consciousnesses'.

Every soul that has taken a human form for its existence on earth has questioned the concept of consciousness. Why are we conscious? Is the snake or dog as conscious as we are? What about rocks? Is a virus like covid-19 that behaves to be living when introduced to a host like a human but can be stored for a millennium like a non-living is it conscious? Like ordinary men have thought and re-thought about God, the origin of their existence, and other wondrous but ill-defined things that have been happening to their body, mind and soul. Science has been in search of these answers for over centuries. But it is the yogis who have been able to understand at least a bit of the ultimate truth.

Yoga or precisely the Rajyoga is the only known process that provides us with a way to understand the truth. Meditation can help in '*chitta vritti nirodha*'; it can cleanse our minds of unwanted thoughts and create a super brain needed to understand any phenomenon outside our mundane living existence. Our ancient sages are scientists who, by meditation understand the nature of the universe just as the modern scientists working in their laboratories do. All the discoveries however are not through laboratory reductionists' work. Einstein's concepts were proved decades after he proposed them. Tesla had a dream that spoke about alternate currents. Thus, many of the most significant discoveries were made inside the human brain. As Julius Robert Oppenheimer said, "The general notion about human

understanding which is illustrated by discoveries in atomic physics...is not in nature wholly unheard of, or new... in Buddhist and Hindu thought a more considerable and central place. What we shall find is an exemplification, an encouragement, and a refinement of the old wisdom."

Living beings due to karmic bondage possess an alloyed consciousness very similar to steels, which have properties different from pure iron, in terms of hardness and tensile strength. What carbon does to iron is similar to the ways karmas impact the soul. A little change in the quality of carbon or other alloying elements produces a variety of steels having different properties. Similarly, a man with emotions like anger, ego, pride, deception and greed or forgiveness, compassion, charity and purity, depending upon their intensity, attracts varying degrees and types of karmic bondages with the

soul, which as a force; compel the soul to bear consequences of his right or wrong actions. Karmic bondage is low, medium or intense, indirect proportion to the degree of attachment-like quantity of carbon and other elements present in steel. All living beings therefore experience different pain and pleasure, birth and death according to their accumulated karmas.

The concept of karma infuses a deep sense of accountability towards our own actions. We should try to refrain from inauspicious deeds and adopt a path of self-control, non-violence and austerity. This will help prepare us in concentrating our minds in deep meditation to seek deliverance from external world and attain communion with our soul to realize its true nature.

"The spiritual path is about returning to who you were....ever happy, blissful, pure and conscious soul." - Brahma Kumaris. ■

WORDS OF WISDOM

- ◆ **When life gives you a 100 reasons to cry, show life that you have a 1000 reasons to smile.**
- ◆ **Life is a gift. Never forget to enjoy and bask in every moment you are in.**
- ◆ **When you were born, you cried and the world rejoiced. Live your life in such a manner that when you die, you rejoice and the world cries.**
- ◆ **Learn as if you are going to live forever; live as if you are going to die tomorrow.**
- ◆ **Life is like riding a bicycle; to keep your balance, you must keep moving.**
- ◆ **It is better to conquer yourself, than to win a thousand battles. Then the victory is always yours.**

WHY THE DRAMA OF LIFE HAS TO BE THIS WAY!



B.K. Rose Mary

To know this, one has to know the specialty of matter—it goes through cycle of Growth and Decay. Trees are one of the provisions for life's sustenance and enjoyment. Trees undergo a cycle of Growth and Decay leaving behind seeds. All the future generations of a tree remain protected in the memory of its seed. This invisible program makes cycle of tree-seed-tree eternal. The implied truth behind this tree-seed-tree cycle is this: If provisions for life are cyclic, then life and history too are cyclic.

Infinity is a fact—we have time, space, energy If they remain as they are like infinite oceans, there is no fun, no charm. Energy should be transformed into various forms which brings beauty into the universe. **Light has meaning only when there is darkness. Consciousness has meaning only when there are things that are not conscious. So, there should be Spirit and Matter.**

If spirit and matter remain as they are, then too there is no charm. They both should come in contact with each other. This lays the basis for all pairs of opposites. It's like you try to draw a picture of a flower on any surface. After the completion of the painting, the flower looks soft as its inherent feature is; yet while touching; it is as rough as the medium on which it is sustained. Your work is limited by the limitations of the medium you are using!

Similarly, when *Atma* (spirit) comes in association with matter, it comes into a pair of



opposites, which lays the ground for the appearance of a variety of pairs of opposites. Matter provides *Atma* pleasure which becomes pain in the end. Thus, we have the situation where things come in pairs of opposites (such as pleasure-pain; happiness-sorrow; victory-defeat; day-night; life-death ...etc). One follows the other as everything is a flow.

While being pushed out of the comfort of the mother's womb, one has no idea what is going to be next. But he has a surprise! So is with death which is never the end of our life, nor our enemy. The real enemy is our own concept of how life should be and our refusal to accept the flow of life. **When the physical outfit becomes too old or no longer useful, immaterial substratum departs and starts afresh with a new body. This departure is called death and the starting of new life is birth—which *Bhagavat Gita* (2:22) puts in simple terms comparing it with changing of costume.**

Try to read the way one's body functions and this is what one can conclude: "When I look at the way my breathing happens—I realize that I only witness as it happens rather than I do the breathing which continues even while I am sleeping. So is the case with other circulations and vital functions such as digestion ... etc. It means there exists an immaterial builder of body

that can exist with or without the body. When the building collapses its builder continues with another building. That means life is a cycle of birth and death.

History also comes in pairs of opposites, as an eternal cycle of two halves—first half is earthly heaven of happiness and second half is earthly hell of sorrow. In fact this is the theme of

Scriptures in the West (Bible, Mathew 19:28; Revelation 21:1–5; Ecclesiastes 1:9, 10; 3:11–16etc) and also in the East (*Bhagavat Gita* 4:7, 8) In the first half, people are like a garden of flowers. In contrast, in second half, people are like thorns. This is a natural evolution from perfection to imperfection – just like any new building becomes old. ■



THOUGHTS - THE LANGUAGE OF THE SOUL

We need to keep in touch with God's plan to change the world of darkness into a world of light. Worldwide, souls are experiencing sorrow and peacelessness. We hear rising feelings of helplessness, anxiety. People are wanting but not knowing how to connect to some positive action with their inner values.

Life can become fulfilling only when we see the material world in a spiritual light. We then realize the quality of our life depends on us, on the quality of our thoughts. Our mind is a powerful thing! **Our mind is not a cage. It is a garden and requires cultivating. When we fill it with positive thoughts our life will begin to change.** Challenges and situations will come but they are what make life interesting; overcoming them makes life meaningful. Situations do get resolved as now we think of solutions, not reasons, which allow us to emerge and use our inner qualities and strengths. We lose our happiness when we think too much and focus only on the reasons.

We forgot or perhaps never noticed, there is an aspect of our mind, *our intellect, our conscience*, watching our thoughts arise and leave. *We need to get in touch with this observing capacity of the mind, as it helps us see the full picture better, know what we are thinking and change directions.* As we watch our thoughts, how one thought leads to the next, we can see if we are heading down an unhealthy path, and if so, let it go.

So, **focus your thoughts on the brightness of each day, on warm and happy faces, voices that speak from the heart. Finding a better way of life is in my hands, not in the hands of others.** Focus on the positive and become light-hearted and our interactions will be full of love. Let us make a commitment and embrace these values: Not to give or take sorrow, not to steal or deceive anyone, to speak the truth, see the good in others not the defects and not criticize others. With this spiritual wisdom and by strengthening these moral values we can work together to bring God's plan into this world.

THE ROLE OF WISDOM

“Wisdom” is a magnificent word. It speaks of all that is best and all that is desirable. In fact, we would certainly agree that it is the highest attainment a person can achieve.

There is no doubt that there are people in the world who really are wise. Usually, they have humility with it, though this isn't always the case. What is consistent though is that worldly wisdom is acquired through experience. It has nothing to do with ability, learning, financial standing, or genetics. Wisdom is learned through the school of hard knocks or through life experience. **We can share wisdom but not teach it. Being truly wise has more to do with attitude than learning.** To be genuinely wise, wisdom must have touched us in a real and meaningful way. We have to have 'lived the moment' that imparted it. We can share it, but if the person we share it with doesn't receive it in a personal, dynamic way, there is no benefit. It therefore takes a lot longer to acquire worldly wisdom than it does spiritual wisdom.

The beautiful truth about spiritual wisdom is that it's entirely God-given. We cannot learn it or earn it, and we don't have to spend years acquiring it.

While it may be essentially practical in its application, spiritual wisdom is entirely supernatural by nature. While God can and may use our life experience as a means to impart His wisdom to us, it is always only a tool, not the source. We can, with God, become as wise in things we have no experience in.

It's important to understand that spiritual wisdom doesn't exist for its own sake, and nor does it function alone. All of the spiritual gifts

Farha Sayed, Mumbai (Tarim/ Yemen)

work together, though not necessarily all at once. From my own experience, I have found that wisdom usually works hand in hand with the gifts of knowledge and discernment. Knowledge is when God reveals a truth that is hidden, something that a person hasn't spoken or shared. Of course, we must remember that there's no recipe in the workings of the spiritual gifts. They are dynamic and empowered by the Spirit to match the need, so we cannot possibly learn the 'how to' by rote. Wisdom of any kind, by virtue of its intrinsic nature, must have something to work with.

Most of us think wisdom is everything to do with our brain and intellectual capacity. We depend on external sources such as books, the internet and other learning aids to absorb and grasp the knowledge on different subjects. However, we are unaware of the ancient ways of our *rishis* and enlightened beings, who were embodiment of wisdom themselves. Once we are set on this spiritual quest, we are constantly on the mode of divine experiences which are again recognised by the brain as an experience. This is when the factors 'unconditional' and 'without expectations' should be taken extremely seriously and with a lot of awareness. If we get hyper or egoistic about our experiences, we miss out on greater experiences as the ego misinterprets the entire happening. Being a mere witness to all the experiences contributes further to our inner wisdom. The power of inner wisdom is such that it can transform an ordinary mortal into an immortal being.

Wisdom, the highest form of spiritual knowing, includes divine judgment,
.....contd. on page no. 23

THE SPACE AGE IS HERE WITH IT COMES THE WONDER OF SPACE TRAVEL

**Dedicated to all those who realise the importance
of the uncharted space of the mind.**

B.K. David, UK

This world is definitely not the wonderful place as what heaven is and so by default, logic and the daily news, it is very much hell.

This world is now incredibly low and degraded as a result of its people having become low and degraded: low in happiness, peace, love, energy, prosperity health and low in all other heavenly attributes.

The people that live in heaven are very decent: decent in relationships, dealings, business, are constantly peaceful, loving, caring, are healthy and wealthy, and alive with life and whose nature is to give and share!

It is now the whole of humanity that has descended down the ladder of decency and crawls about on the floor dreaming of being happy and elevated.

**The biggest most uncharted space is
the space in man's mind.**

Your inner space needs urgent exploring as within it, is hiding your deep states of bliss, peace, love and all aspects that people crave for today and chase after.

**Everyone longs to lick the sweet
lollipop of perfection in one form or
another.**

Everyone desire perfection which once they had and in one way or another, each and every day this perfection is calling to them and unknown to the individual, they are trying to taste

that perfection; be it through fashion, playing cricket or making a good business deal; all of which if successful, will leave them feeling very good and complete which is like licking the lollipop of perfection and unlike other addictions, this addiction is beneficial as it gives you a taste of truth and your once perfect self.

**The snow of problems settles on your road
and easily freezes and makes you skid and
crash.**

Today's fast-moving motorway on which all must drive and encounter endless difficult situations and complications, without great care, will take away your peace of mind when you do not travel it holding the steering wheel of calm which you can get and order for free through meditation.

**All are driving with three flat tyres and
a battery that will not charge up.**

Your poor driving and concentration power has resulted in you having lost most of your power and virtues along your road.

Your mind has systematically been drained of much of its energy and is now depleted. You've allowed your 'mind/soul' to be plundered and robbed of its greatest treasures and assets; its power and self-awareness: when a tightrope walking lacks the energy to concentrate and focus clearly, he will definitely slip and fall.

Without self-awareness, that's fuelled and bolstered up by your spiritual energy, purity,

decency, nourished daily by your happiness, peace, love and goodness, all will dissipate at an alarming speed.

Our gradual decent into body consciousness and ill-health and sorrow will only stop when we remember to stop and think and change our negative, false thoughts and focus on the spiritual and ignore the physical.

We need pay attention at every step and when we tread in a dirty puddle that reflects our body consciousness, we need look away in another direction and by doing so we shall have put a plug in the hole of our sinking ship called

The spiritual self is a natural 'giver' of goodness and truth.

Everyone now gives sorrow as they live in sorrow and have become blind to their true self – the soul. People have become transfixed and hypnotised by their body and their body conscious image.

If a person lives in falsehood, what is he going to give to everyone he meets?

We now have become total 'takers' as we are totally empty on the inside. If someone is full, they would not even think to take as they are full.

It's become human nature to take but with this, they have the nature of always feeling sorrowful and empty and tired. It is not hard to see and work out the problem and the dilemma facing everyone.

They say 'to give is to take'.

They are quite right. One just needs check and double check and quadruple check what it is you are giving out as once given out, it will come back to you tenfold.

They say life's give and take; not take and perhaps give.

Give always comes first. Today take always comes first. God's saying is: Give and give a lot, and take nothing in return – or accept a little in

return to please them, but you can accept all of their good wishes!

We all must become a spiritual Houdini.

You should work out a solution to any problem facing you and then escape from it. Everyone is tied up with the rope of their problems which confuse them and use up all their energy with worry: without energy we collapse and feel down. Do you think Houdini would have escaped from what he did if he was feeling weak and without energy, shrewdness, inner strength and composure?

We all need escape the handcuffs of our bad habits.

Do you have the key to free yourself? If you did, you would not be handcuffed, right? These handcuffs are not so much invisible (hard to comprehend and see) but they are if it's you that is handcuffed.

You need work out what the solution is to each of your bad habits and with those solutions, when acted upon, will become the key that will unlock your handcuffs of sorrow and set you free.

Only a free mind devoid of bad habits can be a happy mind.

So, think of a solution today to any of your problems and make that idea a concrete plan and make it real. You can solve whatever problems you are facing when you make an action plan.

We are infinitely happier when we are being given money than when having to pay out. Are you happier shopping, cooking or sitting down to eat what you've cooked? We need to learn to be infinitely happier whilst earning than when we are spending: we need learn to be happier giving instead of feeling happy only when we are taking.

The act of loving to give creates an

atmosphere of happiness and enthusiasm for both the self and for those to whom you are giving.

To take – what a mistake.

To give is decent, spiritual and also stops a person from descending. The opposite is also true. Pure giving creates health, wealth and a sense of achievement and contentment which no amount of taking will ever give you when you are taking.

People live by the law of take, take... and will only then think of giving.

This law of today is seeing everyone become spiritually bankrupt but overflowing with sorrow. Can you see that this world is devoid and bankrupt of any happiness and purpose that is noteworthy? If not, you need an eye test today. Without real purpose, happiness or value in one's life, there can be no hope.

Only when we stop taking, stop being selfish, stop moaning, stop crying and always looking in the mirror, and start giving, and start thinking, will we start laughing.

Giving makes for strong rungs on a ladder on which you can climb and ascend and reach new heights in your life that you might not even have ever dreamed of.

The road with the signposts of giving leads to the town called **Ever Ready for Happiness**. Selfishness takes you directly down the bumpy road to the densely populated city of **Never Happy**.

If you are not on the right road to **Happy Ville**, you'll not be climbing up the ladder but still falling down it head first or are already on the floor crawling in despair.

Double-check today your direction and the road you are travelling on before it's too late for you to turn around. ■

GOD IS WITH ME

–B.K. Sapna (ORC), Delhi

Every moment of my life is fine
God is with me and He is mine
God is the creator of all
Everyone calls him supreme soul
Every act of God is divine
He is with me and he is mine
He says follow me in everything
Control your senses, you are the king
His company is a good sign
He is with me and he is mine
God always tells me oh my son
Don't depend on anyone
His world is a beautiful design
He is with me and he is mine

.... contd. from page no. 20

discrimination, intuition, and other activities of mind that come under the heading of pure knowing.

It is not dependent on reasoning, intellectual understanding, or deduction. It simply shines as the light from within that illumines the way and reveals whatever needs to be shown at a particular time. **Through regular practise of Rajyoga meditation, brain becomes more focused and gains inner strength to vision the power of right or wrong.** The wisdom thus received has enormous benefits not only to the body but also for spiritual growth. Basis of regular meditation is to feel divine wisdom flowing through, energizing and renewing all areas of life. It acts as a guidance system. Because of daily practise, steps are in order and thoughts rise to new heights. ■



FOCUS OF MIND

A SPIRITUAL PERSPECTIVE

**The ingredient for the “success” in life is “focus”.
Why does wandering mind keep on switching
from one perspective to another?**

B. K. Dr. Shiv Kumar, Ahmedabad

Why is it so difficult to focus on a particular task? Attention disorder is increasing drastically in this world. Mind is finding it difficult to focus on one aspect, the wandering mind keeps on switching from one perspective to others. There are various reasons behind the distraction. The pioneer of “emotional quotient” Daniel Goleman, as per him “emotional distraction” is the major factor behind lack of focus. People find so much difficulty to focus when they are emotionally disturbed. In this state, the mind becomes so stubborn, heavy and disobedient to follow the instruction of the conscience in spite of several years of practice of meditation. Another reason is so much information. Intellectually the person's state of mind is so much fragmented; one finds it difficult to focus. In the absence of focus, effectiveness of a person reduces drastically. **A disturbed mind disturbs the body functionality. The wavering and wandering, monkey mind, keeps on jumping from one branch of information to other without any proper goal and undefined reason.**

Above and all commercial entities are trying hard to drag the attention of common man. Attractive offers, advertisements, show-offs, reality shows, advocacy, emotional black mailing, etc. are stealing the attentions. Many are suffering from attention disorder; they cannot focus on a task.

Flexibility and Focusing of Body and Mind

As one needs to do constant endeavour to keep the body flexible, fit and fine. With age, one needs to be in discipline along with relentless effort to be physically fit and flexible. One needs to have proper diet, exercise and routine to maintain the body. Similarly, one needs to put constant effort to keep the mind flexible and focused. It needs a kind of exercise of brain and mind. The exercises are in the form of meditation, positive thinking and good feeling. The psychological exercise needs to detoxify mind from the waste and negativity to reduce the obesity of mind. Flexible mind can be focused, mind free from obesity of waste and negativity can respond to situations with agility and activeness.

Poison to Focus of Mind

Food with poisonous content is always prohibited. Poison is poison, slow poison kills slowly and heavy poison kills instantly. There are various types of poison of mind, many of them are slow and sweet but at the end they are poison. Many of the things are quite exciting and thrilling, give a sense of bliss, pleasure and joy, but are dangerous for the mind and act as boosters for emotional disturbance. Lust, lustful or sexual pictures, videos and gossip excite one, even an aged person feels youthful and energetic. But

these are the major ingredients for the loss of focus of mind. Certain things hijack the focus of mind. Once one loses the focus of mind, it is difficult to regain the focus, in spite of several efforts. Putting effort for a good task is always advisable, but why to lose focus out of negligence, as it is so precious for life? Till the time one is enjoying natural focus of mind, one underestimates the worth of it, it is an invaluable qualification of a person to remain focused and flexible. Anger, aggression, hatred and impatience are the ingredients for uncontrolled and fast thoughts. We have never realized attachment is also a big barrier in focusing the mind.

Emotional Disturbance and Focus

There are various reasons due to which one remains emotionally disturbed. The reason behind failure in focus is “dissatisfaction”, there is a gap between expectations and reality. In spite of all achievements, one increases his height of expectations in relations and professional achievements and remains mentally disturbed. **Satisfaction in all conditions keeps one emotionally settled, which acts like a base for mental focus.** In the present time many are losing their, shelter, food, income and relations in war and crisis, as refugees seeking shelter in other nations. We are privileged to have a decent life, with all facilities, food and fun. Be happy to express your gratitude to God, mother earth, relations and Government. We are benefitted by so many ways. So, see the positive aspects. Do not curse the self by complaining of shortcomings and loopholes. We are so privileged to have these beautiful eyes, many are blind.

Friends and Focus

Friends can keep one focussed or can snatch away the focus. Be surrounded with good

people, engage the self with positive talks and task, build energy and strength to transform others. Many a time we get into bad friendship, with a positive intention of helping, supporting and changing their life and in the process we get mentally disturbed. It's better to build our inner strength and equanimity, maintain a good pace and patience in transforming the life of others. Another **interpretation of meditation is “keeping God as your friend” in every moment of life to derive a feeling of support, safety and sweetness.** Immersing the mind into unlimited positive energy keeps one focused, empowered and successful. Immersing the self in scientific development, enriching arts, helping others, self-development and knowledge enhancement is a positive thing to do. Great and renowned persons were focused somehow or other in many positive aspects.

Too Much Information Fragmented Mind

Information is good but it needs a special attention and analysis. Too much unprocessed information fragments our thought process. Information needs proper synthesis; we should understand the filtration of information. Bombarding mind and emotion with unnecessary and random information disturbs the mind. Information selection and synthesis is important. Meditation helps in integrating essential information and also in enhancing the self-control in selecting right information.

To enjoy life, enhance the focus; remain immersed in positive feelings, experiences and thinking. Focus is the part of positive intoxication, which makes one free from all other intoxications. Brahma Baba was so much focused on his act of world transformation, that, today we can see the results. Be focused. Cut down unnecessary visits, travels and tours that

drain out precious time and energy. Dadi Janki was an epitome of focus, her stable and focused mind did miracles in Godly service across the world. And in this material world also we have

been seeing the professionals, scientists, artists or players achieved their success through focus. There are several examples: APJ Abdul Kalam, Lata Mangeshkar, Tendulkar, Usain Bolt, etc. ■

On International Mother's Day (8th May)

TRANSFORMATION OF MOTHERS IN GODLY WAY

B.K. Yogesh Kumar, New Delhi

She's our first guru and God's first creation
Who saves her progeny from any situation
Being a mother is truly a pleasant feeling
Her smooth divine touch gives best healing

For her acts and duties, she is next to God
A true friend and companion, removes all load
An ocean of coolness, devotion and dedication
She is God's resemblance and the best creation

For a child's well-being, can conquer even death
Faces all the pains and troubles till the last breath
God can't see her in such a distress state actually
Makes her True Shiv Shakti, empowering spiritually

When vicious circle of Ravan – the villain in full flow
God Shiva chooses mothers, sisters, to let them glow
Lesson of 'Who am I' and 'Who is my' makes them pure
The connection with God Shiva will bring heaven for sure

His Pearls of Knowledge makes mothers 24-carat gold
Their transformation brings World Transformation multifold
Their sincere spiritual efforts enrich them holistically
When they're awakened, the world dawns heavenly



Contd. from April 2022 issue

REMEMBRANCE OF GOD: PANACEA FOR ALL ILLS

As we keep on remembering God, we enrich the attributes and powers of God. God's remembrance creates positive, optimistic and pure thoughts.



B. K. Surendran, Bengaluru

It is a fact that remembrance of God is panacea for all ills. But we must know who is God. First of all we should understand who we really are, we are souls, tiny point of light; and who exactly God is, He is our Supreme Father, abides in *Paramdham*. He descends once in 5000 years from His Supreme Abode to communicate with human souls who are His eternal real children. He does not have a physical or subtle body, and does not come in the cycle of birth and death, is a self effulgent light-Supreme consciousness. He is ocean of knowledge, virtues and powers. He has descended and teaching humankind the spiritual effort making process very specifically, clearly and unambiguously so that all human souls in the world can recognise Him and remember Him with simple efforts.

Now we can connect with God in soul consciousness so that we will experience peace and happiness. This experience will further enhance our interest to remember Him more and more and we will be surprised to see that this is the panacea for all ills relating to mental or physical illness.

The specific panacea tips

Even though people boast of many achievements through education, training and practice, it is found that the following

achievements cannot be fully experienced and constantly made part of every day life by such education, training and practice.

Some of the achievements from His remembrance cannot be even dreamt of through man-made techniques. These achievements are in fact miracles and they form part of the natural trait in our life. Further, these achievements will be there with us for the entire life time because of the constant remembrance of God, which has come to stay with us as a natural nature throughout our life.

1. Achieves freedom from vicious, waste and negative thoughts. We can experience the positive, pure and truthful thoughts charged with peace and love, and its vibrations spread to our surroundings. Those who come in contact with us also naturally experience the effect of such thoughts. Our thoughts will start materializing. We are able to convey peace and solace to those needy. We are able to read the thoughts and understand the intentions and expectations of others.

2. Improves mental and physical health. We all know the effect of thoughts on body. The thoughts are constantly carrying the 7 core virtues of the soul to the different vital organs of the body. As the mind produces positive, pure

and truthful thoughts its vibrations have the unique capacity to ensure mental, physical and spiritual health.

3. Improves the power of concentration, decision making and memory. Remembrance of God is a constant concentration exercise naturally being practiced. It is not a forcible practice of concentration. It is naturally done as easy as that. Its consequence is the ability to discriminate men and matters. Its cumulative effect is a powerful and sharp memory because there is no waste in the thoughts. There is always the power of clarity at work because of clear focus and silence.

4. Develops ability to positively respond to people and situations. Because there is a lack of silence and stability, situations and people will not control the self. In contrast, the self is able to have self mastery and also mastery over the situations and people's thoughts. There is always a sense of belongingness and the intense intention to do good and make others happy. These goodness-prone thoughts are conveyed in advance to those who come in contact and hence situations and events cannot go out of control.

5. Achieves constant learning capability, maturity and finer wisdom. As the knowledge is constantly being used in day to day life, and the light and might from the Lord also is being drawn to the self, it refines the level of wisdom. As we come to understand the value of learning, efforts are put in a natural way and maturity comes on its own. Hence, learning and practice keep on moving, maturity and greater wisdom will unravel on its own.

6. Develops ability to create better inter human relationship. Remembrance of God is an act to establish constant relationship with the seed of humanity. When there is harmonious and loveful remembrance of the Lord, indirectly we

are establishing a loveful link with one and all in the world. When we think that everybody belongs to us and we belong to them, harmony in relationship is experienced at all levels of relationship.

7. Becomes the master of pleasant experiences in life. Remembrance of God gives us super sensuous joy which cannot be experienced from any other person, field or source. It is a direct experience getting out of the remembrance. It is the prerogative of all those who are the direct children of the Lord and who remember Him with the mind, intellect and the heart.

8. Develops capacity to maintain high self esteem. It is said that 'when God is with you, who can be against you'. High self esteem is maintained due to the fact that we are living with the Lord. We are not alone in the World. We are always in the company and companionship of the Lord because we are mentally connected and related to the Lord.

9. God realization and self realization become a reality. The surest and the shortest route to God realization and self realization is available in a package at this point of time. This package is blessed by the Lord Himself. He Himself teaches the way and the technique to reach Him, understand His personality and also to realize the personality of the individual souls by themselves. This is possible only during this most auspicious confluence age. In addition, we can come to know the subtle truth about the beginning, middle and the end of creation.

Make use of this opportunity now, very little time is left. Visit any of the Brahma Kumaris centres to know the truth. It is stranger than fiction. ■

(Conclude)



Nawapara Rajim(CG): Mr. Bhupesh Baghel, Chief Minister is being presented frame of God Shiva by BK Narayan and BK Pushpa.



Solan(HP): Dr. Rajiv Saizal, Health Minister is being presented Godly gift By BK Sushma during a program on Shivratri.



Jalna(Mah.): Mr. Rajesh Tope, Minister of Public Health and Family Welfare is being presented Godly gift By BK Santosh and BK Sulabha.



Ambikapur(CG): After paying the tribute to Rajyogini Dadi Janki on her 2nd Remembrance Day, Mr. T. S. Singh Deo, Health Minister, BK Vidya and others are standing in silence.



Panipat (HR): In a program on 400th Parkash Parv of Sri Guru Teg Bahadur Mr. Manohar Lal Khattar, Chief Minister is being presented Godly gift by BK Sarla and BK Bharat Bhushan.



Dalli-Rajhara (CG): A tableau of Somnath is being Inaugurated by Ms. Anila Bhediya, Minister of Child and Woman Welfare, BK Poornima and others.

Transformation of The Human Instincts

Contd. from page ... 3

yoga, we have to engage ourselves in righteous actions, and, for that purpose, we have to direct our instincts into right direction. We find that in His divine discourses (*Murlis*), God, the Supreme Father, has enlightened us as to how these instincts (*Pravrittis*) can be remodelled. He has given us a treasure of wisdom with regard to the transformation of these instincts, which are sixteen in number. Let us understand how each one of these instincts has to be transformed. We give here the example of only four instincts and the way of their remodelling or transformation.

Curiosity

God has said, many a time, in His Sermons that Godly student life is the best. Curiosity is the major instinct at play while one is at study,



because there can be no learning without *curiosity* or 'the *wish to know*'. In order to become good yogis, we have to use this instinct for the study of Godly knowledge. We should have the curiosity to know each and every point of Godly knowledge. So deep should be our yearning for knowledge that when we listen to God's revelations, our attention should be at its climax and we should receive every single point with a feeling of joy, wonder and love. It is our deep curiosity, which will enable us to have a good

grasp of Godly knowledge.

It is the curiosity, which enables us to have deep understanding and appreciation of every point of Godly knowledge as an imperishable jewel or as a sweet melody or as drops of sweet nectar.

All the branches of science and art have come into existence and have developed as a result of man's curiosity to know. Man has spent so much time, money and energy to know things and, as a result, mountains of books have been produced; yet, there is so much suffering in the world, because either the instinct of curiosity was yoked to the study of unimportant things or it did not get that knowledge and wisdom, which should root out all the sorrows and pains from the world. **With all the curiosity, man has not been able to attain correct and deep knowledge about the self, God and the World.** Moreover, man has been putting his curiosity to negative use or abuse. In the process, he has created many doubts in his mind and has polluted his mind. **Instead of using his instinct of curiosity to learn more and more about God and good things of life, he has been indulging in the habit of knowing the negative traits of others and has acquired the hobby of discussing and judging others.** As a yogi, one should not use the instinct of curiosity for knowing useless things or for gossip but should use it, instead, to learn and experience things, which bring about his own enlightenment and elevation.

Gregarious Instinct

Man has the instinct of living in groups - big or small. He forms associations and wants to enjoy community life. He cannot live alone, for such is his nature. **This is called the *social instinct*, which has the underlying wish to have**

company of others. While a *sannyasi* would, in principle, like to live alone away from the society, a Rajyogi would like to live in the society, for he considers that the society provides an environment for his spiritual training and tests, and also, he has to work for the transformation of the society in which he lives. He has, therefore, to employ his social instinct to form a team for spiritual social service or to open Godly service centre. This also gives him some satisfaction because he feels that he belongs to a group. But, **while working at a centre, one should not identify oneself with that small group but should consider oneself as a member of the big divine family.** He should not get attached to his group members and thereby develop narrow-mindedness but, while working in a group, he should also remain detached from them and should be aware of Baba instead of the group. He may have his spiritual relationships with others and should love them, and, yet he should remain mentally detached from them and uninfluenced by their negative traits. Moreover, **while working with others, he should be cautious so that he does not become dependent for his happiness on the opinions of or appreciation and admiration by others.** He should not develop the tendency to win name and fame or social recognition; but he should instead think of recognition by God (Shiva Baba) and should work for the love of Him. He should also keep in mind that he should associate with good yogis rather than with the people whose motives and manner of work is not yogi-like.

Instinct of Combat or Aggression

One has the instinct to fight. This instinct is used to combat one's enemies, to confront one's difficulties and to destroy one's obstacles. This instinct also manifests itself in the form of hatred for (or aversion towards) what one considers

bad, ugly or harmful. **We can, now, use this instinct considering Ravana or the seven deadly sins such as sex-lust, anger, greed, attachment, ego, indolence and jealousy as our enemies and for the elimination of our body-consciousness.** We can, now have *aversion* for this devilish, Iron-aged World, which is in its last stage. We can use this also in the form of *dispassion* towards our bodily relatives and in the form of *dislike* for things and persons, which can have negative influence on us. Thus, this instinct can also enable us to get detached from the body, to be viceless and to eliminate the obstacles standing in the way of our yoga-practice.

Now-a-days, people *fight* among themselves. They *hate* each other. They have *aversion* to things, which are spiritual in nature. We, as yogis, should give up anger, hatred and jealousy and direct our instinct of combat towards fighting our own evil habits or bad *Sanskars* or the result of our negative *Karmas*. As a result, we feel detached from the body and the world. We should use our natural tendency of 'like' and 'dislike' towards the good qualities (*Divya Guna*) and the bad qualities (*Asuri Guna*) respectively.

Thus, the instinct to fight enables us to win a final victory over *Maya* and it works as a great tool for our self-transformation. Without the will to fight, one develops the attitude of passivity and yields to pressures and is easily influenced by the negative. **The will to fight what is devilish and harmful helps man to liberate himself from his bondages and enables him to march from progress to greater progress in spite of heavy odds that check his progress.**

Self-Assertion

Everyone is aware of self-existence. One, therefore, often uses the pronoun 'I' or the

expression 'I am'. This may, however, take the form of arrogance if one begins to assert himself as superior to others. If one thinks that one is wise, experienced, mature, senior or elderly, one would expect his opinion to be accepted, himself to be honoured and his position to be considered as high. If people do not accept his opinion, a self-assertive person thinks that his position is being thwarted or his authority is being challenged. He may make it a prestige issue and behave with great obstinacy and vanity. He may think that it is against his dignity, self-respect or honour to submit or to accept that he is wrong and others are right. Thus, this 'self-assertion' takes the negative form of *ego*, *pride* or *haughtiness*.

The instinct to assert the self or to have self-respect is natural but has to be used in a positive way and without hurting or harming others. Baba gives us real substance for our self-respect. He makes us viceless and good-at-heart and says that we are the Pandavas, the *Shiva-Shaktis*, the top-notches and the ones, who are glorified in the scriptures. He teaches us that we have been adored in scriptures because of our humility and purity. So, He gives us a proper form of self-assertion. We consider ourselves as God's most obedient servants and

as His most humble instruments of service to others. We adore Baba and not ourselves. **The instinct of self-assertion, in our case, takes the form of self-confidence and spiritual dignity.** We do not try to dominate nor do we intend to impose our opinion on others. We consider bragging and pomposity to be wrong, but we also know our self-worth. Our instinct of self-assertion works in the form of strong will-power and enables us not to be disappointed or discouraged. It does not take the form of false pride, but we also do not consider ourselves as the dust of the feet of any *guru* or *deveta*(god) as the devotees (*Bhaktas*) think themselves to be. **We, thus, consider ourselves as yogis, who have a worthy life, the spirit of service and who also do not get hurt when someone talks ill of us,** because we have no such ego that makes one feel hurt.

We use the instinct of self-assertion in the form of self-affirmation. Each one of us says in the mind: "I am a soul, a child of God, the Almighty; I am pure and peaceful in my original nature...." We say with confidence and self-assurance that we can win a decisive victory over vices. Thus, this and other instincts can be used to our good advantage if we can properly use them. ■

LAUGHTER: THE BEST MEDICINE

Customer: "Waiter, this soup tastes funny."

Waiter: "Funny? But then why aren't you laughing?"

I am often asked, "Is Google a man or women?"

My simple answer is: It's a woman because it won't let you finish your sentence without making a suggestion.

"Hey what's up?"

"Nothing much... Converting Oxygen into Carbon dioxide."

"How the hell do you do that?!" "Breathing... Dude."





Mohali (Kurali): A program on World Health Day is being inaugurated by Dr. Raman Kaliya, Dr. Nikhil Sethi, Dr. Virender Sethi, BK Aditi, BK Swaraj and others.



Faridabad NIT (HR): BK Poonam is participating in a program on 'Corruption Free Society' along with Mr. Sheel Madhur, former DGP, Mr. Nitin Agrawal (IPS), ADGP and others.



Shantivan(Abu Road): A program on Earth Day on 'Invest in our Planet' is being inaugurated by BK Poonam, BK Karuna, BK Mohan Singhal, BK Kamalesh, BK Piyush and others.



Shantivan (Abu Road): A Godly Service Expo during Annual Service Meeting is being inaugurated by BK Jayanti, BK Karuna, BK Shukla, BK Mruthyunjaya and others.



Faridabad (Jawahar Colony): Mr. Neeraj Sharma, MLA is being presented Godly gift by BK Subhadra, BK Pooja and BK Jyoti.



Warangal(Telangana): Lighting candles during a program on Shivratri are Mr. N Narender, MLA, BK Savita, BK Srileela and others.

Life Changing Advice

- Live as if you were to die tomorrow. Learn as if you were to live forever.
- Everything is possible. You just have to make it a priority.
- Don't treat people as bad as they are. Treat them as good as you are.
- Never forget who helped you out while everyone else was making excuses.
- Surround yourself with people who bring out the best in you.
- Focus on the lesson instead of the pain.
- Turn your wounds into wisdom.
- The best way to predict your future is to create it.
- Never take life seriously. Nobody gets out alive anyway.
- When it is obvious that goals can't be reached, don't adjust the goals, but adjust the action steps.

HELP YOURSELF

Unfortunately these two words tend to describe the generally selfish and materialistic culture in which most of us live. They result not in self-help but in dependency. Our education and our role models do not encourage us to help ourselves to grow, change and expand our capacities as human beings. Real self-help means recognising that no one else is responsible for our thoughts and feelings, and that we are only ever victims because we choose to be. Our destiny is always and only in our own hands – despite all apparent evidence which may indicate otherwise. Learning to help ourselves is also a prerequisite to extending a hand of assistance to others. We all need a leg up from time to time, but once there, we are always on our own.

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- CONTACT US -

Mobile: 09414006904, 02974-228125, Emails: omshantipress@bkivv.org, worldrenewal@bkivv.org

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Associate Editors: Dr. B. K. Ranjit Fuliya, Delhi and B.K. Onkar Chand, Shantivan