



## CONTENTMENT IS WEALTH

**There is no food as good as happiness.  
And, to be happy, you have to be contented.**



In the present world, you will hardly find a man, who is fully content. There may be many causes of dissatisfaction. One of the major causes of man's dissatisfaction is his monetary difficulties. Besides financial issues, the problems may relate to personal, social, economic, political, moral issues etc. Man's wishes, desires, wants and demands go on increasing, taking various forms as days pass by.

### **Discontentment Disturbs the Balance of Mind**

Discontentment brings mental agitation and disturbs intellectual equipoise. As a result of this, man is weighed down with despair, indifference, tension, animosity, even fury and mental agony and cannot exercise his discrimination in order to find means of improving the conditions and loses the ability to act. Thus, his plans and

actions go wrong and give rise to conflict. Only by dint of hard work one can make both ends meet, and only the man of right understanding can work on the right lines. Otherwise, it is a blunder to let your reason be clouded by desires and, thus, lose your own happiness.

### **Contentment is Wealth**

Contentment is as good a means of happiness as wealth is considered to be. Is it proper, therefore, to lose the wealth of contentment in order to secure another kind of wealth? The right course of conduct is that man should be calm in the situation of crisis and, at the same time, should find a systematic method of mending or ending it. Considering the present to be the consequence of our own actions, we

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## PREPARATION OF GODLY SERVICE FOR THE YEAR

Hosting the Brahma Kumaris' Annual Service Meeting to Plan & Organise Spiritual Service events for the Year 2023-2024

All would agree that we have had a very eventful 2022/2023, with one of the most poignant and significant scenes being the election of the new President of India, Shrimati Draupadi Murmuji in August 2022. Our congratulations again to Madam President, PM Shri Modiji, and the citizens of Bharat! **Within a short time, she has proved beyond doubt that women are very capable of shouldering great responsibilities, particularly in the role of President of our enchanting nation, Bharat.** She must have inspired many-many capable, educated, and worthy females to take up prominent, impactful duties at community and national levels.

The visits of Hon'ble President to **the Brahma Kumaris HQs at Abu Road and Mount Abu in early January 2023, followed up with inauguration of a Women's Campaign and a Family Empowerment Campaign at Om Shanti Retreat Centre, near Gurgaon, in February 2023,** underline Madam's deep faith in the Almighty, Meditation and Spiritual Living. Recently, Madam President also witnessed a cultural

programme, “Golden Culture of Golden Bharat” by the Divine Light Cultural Group of Brahma Kumaris, Russia, at the Rashtrapati Bhavan Cultural Centre on 15th March 2023, which was an amazing event.

Madam President's deep passion for spirituality and empowerment of women was expressed eloquently in her address at ORC (abridged):



*“I know the Brahma Kumaris Institute very closely. I consider this Divine University as my home, Baba's home... I got a chance to go to Abu at the beginning of the year, where I felt immense energy and peace...”*

*“In our Vedas, Upanishads, Puranas and epics, women are praised as sources of strength, compassion and wisdom. We believe in Mother Parvati, Mother Durga,*

*Mother Saraswati, Mother Kali, Mother Lakshmi as protectors of morality. Similarly, women like Meerabai, Madhavi Dasi are recognized and honored as spiritual powers... Mahatma Gandhi, the father of the nation, is an example of how a woman can leave an impact in a man's life. Gandhiji's inspiration was his wife Kasturba, and he had often mentioned how he learned the lesson of non-violence from his wife... Spiritual life opens the doors to divine peace and bliss, and women and mothers should start aim to bring this peace and joy into their own families."*

*"Brahma Baba gave a proper place for the power and strength of women around 90 years ago. More than forty thousand sisters of this Institution are taking forward the Sanatan culture and spirituality of India in 130 countries of the world. Whenever women have got the opportunity, they have proved that they can perform better than men."*

We are ever-grateful to Madam President of India for her graciousness and regard extended to the Brahma Kumaris and our services.

In recent past, it was an honour for our Shantivan HQs Complex to host the visit of Hon'ble Chief Minister of Gujarat, Hon'ble Bhupender Patel, on 19 March 2023, to inaugurate the **National Campaign on Drug-Free India**, and also **celebrate the life of the Administrative Head of the Brahma Kumaris, Rajyogini Dadi Ratan Mohiniji on her 99<sup>th</sup> birthday (nearing 100 years!)**. The Medical Wing of Rajyoga Education & Research Foundation, sister organisation of the Brahma Kumaris, under the guidance of Dr Ashok Mehta

(Chairperson), Dr Pratap Midha, and Dr Banarsilal Sah and others, has been honoured with the invitation to join the Government of India in organising these 'Eradication of Tobacco and Drug Addictions Campaigns'. We are receiving encouraging news of conferences being held in different regions, with participation of thousands of eminent doctors and nursing staff, for which the Medical Wing deserves lot of praise.

This year, the Brahma Kumaris worldwide family has resolved to set up a multi-speciality hospital near Senior Citizens' Home, Shivmani, Abu Road, Rajasthan, on 50-acres of land. The need of this kind of Super-Speciality Hospital has been felt deeply after the onslaught of the Corona virus pandemic. There seems to be a vacuum in this part of Rajasthan as far as medical facilities are concerned. The responsibility of setting up this hospital will be borne by the regular Brahma Kumaris students-members, as well as the well-wishers of PBKIVV Centres and Global Hospital & Research Centre. All will be motivated to contribute 1 rupee per day for 2 years, which could suffice in setting up the facility in this rural/tribal belt of Rajasthan. There is lot of enthusiasm among the Brahma Kumaris family members who feel the necessity to improve healthcare facilities wherever possible. The Trustees of the Global Hospital sought divine guidance for this new project, and the following inspirations were received:

*"The children's thought of creating a Hospital is elevated. It is a way of doing good for all, and receiving good wishes from all. The task of consulting everyone,*

*and using everyone's cooperation to build the Hospital will move ahead. It is necessary to take advice from doctors for taking this task ahead. In the coming times, this Hospital will be useful for Abu Niwasi brothers and sisters, and the service of Baba's children. Loving remembrances to all the service companions!"* – **Avyakt BapDada, Trance Message of 16th February 2023.**

This is one of the most encouraging events for us, which confirms the adage: **'God helps those who help themselves...'** Those interested in supporting this unique project may communicate with B.K. Dr. Pratapbhai Midha, Director of Global Hospital & Research Centre, Mount Abu: drpratap@bkivv.org for specific details. We continue to receive subtle sustenance for our well-being from our spiritual ancestors: Beloved Brahma Baba, Mateshwari Saraswati, Dadis and Dadas. There is the concern that most of our newer generation of Brahma Kumaris Teachers & Students may not know our Founding Instruments very well. To derive maximum inspiration from the BK Spiritual Leaders of the yore, we believe that a proper memorial needs to be set up in their honour, as has been mentioned in the past. At this point, the Tapovan Farm land near Shantivan seems to be the most appropriate place for such a worthy memorial for these founding members of service who inspired and educated thousands and thousands of spiritual sisters and brothers all over the world. The idea will be to allot a big enough built-up area to include Senior Instruments of the Brahma Kumaris Yagya from each Zone of India, as well as overseas.

While all of the above services will no doubt be achieved with unity and success, it is also imperative to place our unlimited vision on the transition time moving towards the golden era, and readying ourselves spiritually. I am reminded of the powerful saying, **"Apni Ghoth to Nasha Chade"**, which in essence means, "The more you churn on your own self-worth, the more your inner intoxication will rise". The more we detach from looking and worrying about others, we can let go of entanglements and sorrow. **Helping others is a must, and we cannot forget our duties in spiritual service, but boundaries need to be maintained, and attention should be given continually to our own spiritual development:**

- ▶ Before sleeping every night, bring the day's activities in front of your mind's eye, and check to what percentage were you accurate, what lessons were learned etc. Just offer your thoughts to God, connect your mind's yoga with the Supreme, and keep the aim to wake up the next morning with a clear and clean slate.
- ▶ The next day, when you say good morning to Baba, just focus on what newness can be brought to your routine/schedule for the day. When we do something new every day, we can reach a stage of contentment and stability. With our elevated aim for progress, beloved Shiv Baba will bestow all the blessings we require.

Let's keep the aim of handing over our reins to the Almighty Mother and Father to guide us during this period of transition.

– **B. K. Nirwair**

## BE WORRY FREE

**Worrying does not take away tomorrow's troubles; it takes away today's peace.**

**B.K. Chirya Risely, USA**

It may seem impossible sometimes to live and not worry. **Actually 85 % of what we worry about never happens!** Never allow your life force to be depleted in fear or doubt. Instead, calm down, and *at times throughout the day, stop and observe yourself.* Calm energy enables you to notice what you are saying, thinking and doing and to rearrange your emotions and thoughts and find positive solutions. When we practice self-observation, we see other paths and ideas and recognize we have choices. We then have the power to create healthy situations and relationships that support loving kindness, clarity, respect and responsibility. Most of us come into relationships to receive love, respect and acceptance, without realizing our role is to give, not get. When our expectations are not fulfilled, we try to change people, which means we aren't accepting them. We send them negative energy, causing them to worry and move away from us!

**To become worry free, stop looking at others and focus on yourself.**

When we notice what we are saying, doing and thinking, we become self-aware. Self awareness is a shift in consciousness where one realizes his true self. To do this, go beyond awareness of the body, your roles and possessions and connect to the eternal part of yourself, the soul, and to the soul of others. This pure love frees and empowers.

\* TIME magazine has a good start for understanding self-awareness.

- "In 2023

aim to practice body neutrality. This means accepting our bodies as vessels that allow us to go for a run or walk to the mailbox, instead of attaching positive or negative feelings to them... . Rather than saying, 'I love my body', shift to "I accept my body as it is." "I appreciate what it does for me." Wonderful thoughts, right? Yes indeed... but who is 'I' 'my' and 'me'? Is the body saying, 'I accept and appreciate what my body does for me?' No! So, who is it appreciating the body? *It is I the soul who thinks 'I accept my body as it is'.* The body merely puts this thought into sound. *Me, myself and I all refer to the soul, the imperishable invisible being of spiritual light that gives life to the body.* I the soul thinks, feels, speaks and performs actions through the physical body.

*Practice this change in identity by saying 'I, the soul.'* With this new identity, I approve of myself knowing who I am. *When I forget to say, 'I the soul', the habitual habit of 'I the body', of identifying myself as a body, remains along with the worries and tensions.* Check every day what you have filled in the container of your mind? Does anything need changing? Meditate and fill yourself with peace and spiritual power being received from God. I, the soul, choose my thoughts wisely and reclaim a calm and peaceful mind in order to grow spiritually and help others grow. I the soul make a promise from my heart to let go of the habits that hinder my happiness and reclaim my peace of mind. Keep practicing and you will forget all about worry!! ■ ■





## GOD SHIVA -THE LORD OF YOGIS

**He is teaching His children to become soul conscious, completely vice-less, nonviolent in all respect, attain fulfilment in all virtues and powers, fulfilment in all code of conduct and 16 celestial degrees of perfection.**

**B.K. Surendran, Bangaluru**

**I** will descend at the end of every Kalpa (5000 years) and teach the true and real Yoga only once. The important aspect of this yoga is that, 'One should understand that he/she is a soul and remember Me'. This is called the spiritual yoga. The remaining are mundane yoga taught by human beings – Param Pita Param Atma - The Lord of Yogis.

There are many kinds of yoga being practiced by people of India from ancient times. Hence yoga is not new to Indian life style. Yoga is closely associated with Yogis over the years. As time passed by, common people have also taken to yoga practices for keeping up sound health and spirit. Many reformations have also been brought in by those who have been practicing it over the years. As yoga is gaining popularity among all strata of society, there sprung up many types of yoga practices. Some people call it meditation as well. Some of them are as below:

▶ 1. Breath meditation

- ▶ 2. Dynamic meditation
- ▶ 3. Golden light meditation
- ▶ 4. Kundalini meditation
- ▶ 5. Preksha meditation
- ▶ 6. Transcendental meditation
- ▶ 7. Vipasana meditation
- ▶ 8. Witness meditation
- ▶ 9. Zazen meditation
- ▶ 10. Rajyoga of Swami Vivekananda

There are many Yogis, Saints, Rishis, Munis and promoters of spirituality and Yoga who have gone abroad and populated Yoga and meditation for a very long time now. Thus the yoga of India has come to stay as part of everyday life of people of other countries also. Due to the efforts of Sri. Narendra Modi, Hon'ble Prime Minister of India, 21th June is declared by the UN as the International Yoga Day. Accordingly, the world celebrates Yoga Day every year on 21<sup>st</sup> June.

When we speak of yoga, the word yoga is derived from a Sanskrit word 'yuj' means to

connect. In order to connect, there should be two entities. I have two dimensions of existence. One is my physical body and the other is my spiritual self. Body is made up of 5 elements such as ether, air, water, fire and soil. Whereas the proper self – has a spiritual personality which has mind, intellect and *sanskars* along with 7 divine virtues. There is no question of the body connecting with anything whereas the spiritual person who is the life force and that life force looks through the eyes, speaks through the mouth, hears through the ears and connects with fellow human beings. This life force needs to connect to some higher source of power in order to enrich that power for well being. In fact, when the self – the soul connects with God with mind and intellect and concentrates on His self-effulgent light form in soul consciousness and converse with Him with reverence and loveful feelings the self gets spiritual power from the Lord. This kind of Rajyoga meditation will enable one to control his mind, intellect, *sanskars* and sense organs in a natural way. This is made possible because the Rajyogi will enrich the spiritual power from the Supreme spiritual energy source – the Lord. This yoga was taught by Him in the last Kalpa during the Auspicious Confluence Age at the end of Iron Age and beginning of Golden Age. This Yoga remained dormant in the memory of some of the outstanding souls and after golden age and Silver Age, the dormant memory started emerging in the mind of those Sages, Saints, Rishis and Munis when they remained in prayer, silence and searching for God, they came to have glimpse of the Yoga taught by God in the last *Kalpa* and they started practicing it in bits not knowing the real yoga and the one who taught it. With trial and error, they integrated physical exercises with meditation in their own style. The

truth could not be discovered.

In this Kalpa, almost in the middle of the Copper age Adi Shankaracharya and the like sages, saints and hermits appeared on the scene, many of these personalities started practicing 9 types of *bhakti* cult (*Nava vidha bhakti-naudha bhakti*) which have slowly aligned to physical exercises of various kinds as the copper age progressed. *Bhakti* cult also progressed and branched out through different kinds of festivals, customs and rituals. Even the *bhakti* cult got distorted and perverted with the beginning of Iron Age. The truth remained as a tip and the distortions came to be called the truth. In the process the true yoga which was taught by God Shiva- the Lord of Yogis has come to be practiced in the form of a variety of physical exercises, breathing exercises and so on and so forth. Many Sadhus have gone abroad and established their branches in other countries and the real yoga is commercialised with different brand names publicising that what they teach was the right yoga. The real meaning of Yoga and its practice has also been forgotten, not to speak of its unlimited benefits. Ultimately, people in general have come to believe that physical exercises, breathing exercises of various types, walking with different paces are what is called yoga and they practice it.

### The Unique Rajyoga being taught by the Lord of Yogis

The Lord of Yogis, the Gita Sermoniser God has descended to teach the Real Gita knowledge on Rajyoga – the most ancient Yoga – Meditation to humankind. He is the sole authority on the Art and Science of this unique Yoga which can be taught by Himself only and nobody else.

The self effulgent – incorporeal God Shiva

who teaches this yoga through the medium of Prajapita Brahma, in His sermons reveals that He is the Supreme Father of All souls of the world. *This Yoga can be taught by Himself only because the object of meditation is the Lord Himself. The practitioners who should first of all practice soul consciousness and concentrates on the self effulgent form of the Lord and converse with Him with reverence and experience peace and bliss. The Lord is the ocean of all virtues and powers. One who concentrates on the light form of the Lord and heartily converse with Him with his mind, intellect, heart and body in unison selecting a particular relationship in the form of Father, mother, friend, guide, teacher or Sadguru and absorb in His remembrance will enjoy super sensuous joy. This kind of remembrance will also enable the soul to get rid of the rust of sins. If we regularly and constantly remember the Lord, we will be able to get rid of the sins we have committed over many births.* In the process we will also be freed from diseases and restore our sound health.

Kalpa is of 5000 years. The Cycle of Time is divided into 4 epochs: Golden Age, Silver Age, Copper Age and Iron Age. Every epoch is 1250. Now the cycle of time has moved to the last phase of Iron Age. The old world is on the verge of renewal in which the old is destroyed on its own weight and the new world is going to be ushered in. This world is a stage of drama. Almost all souls are on the stage now along with the Creator Himself. He is teaching His children who have recognised Him, the *Brahma Gyan* and Rajyoga Meditation which covers all aspects of the creation and the Creator. He is teaching His children to become soul conscious, completely vice-less, nonviolent in

all respect, attain fulfilment in all virtues and powers, fulfilment in all code of conduct and 16 celestial degrees of perfection. He has been teaching us to bring in perfection in our life so that we all will take birth in the beginning of the Golden Age as perfect human beings – deities. The present time is the Confluence Age – Leap Age, which is between Iron Age and Golden age. He has been asking us to be ready to go back home – the silence world. He has descended to take us back home. It is truth stranger than fiction. ■ ■

### *Life Changing Advice*

- Find your purpose, your passion, your unique place in the world... and fight for it.
- Don't be afraid to give up the good and go for the great.
- Be Brave, Be Bold! Never allow fear to dictate your choices. Use your VOICE & trust in your abilities.
- Enjoy life, remember to be grateful for the little things, be kind to the people around you and follow your heart.
- When you lose something, don't think of it as a loss; accept it as the gift that gets you on the path you were meant to travel on.
- Love Yourself, Because You Deserve it.
- If you want to live a happy life, tie it to a goal, not to people or things.



## GO INTO THE DEPTHS OF TRUTH

**We have to be detached observers and experience how Shiva Baba is our Companion.**

**W**hen we say 'Om Shanti' three times, both day and night become good. We sleep well with good dreams. Shiva Baba says, "Connect your mind with Me." When we do this, Baba becomes happy and we become fortunate. On the one side, He is the One, the Supreme Soul, the 'Doer' and, on the other side, are the ones, the souls, that do. He is the Detached Observer. He becomes our Companion and our body and mind are intoned with Him. We are not thinking about money. What would we do with money? Baba provides food and water and as is the food so is the mind.

As one sits for evening meditation, one should look at the self/soul and see where it is seated. Is it seated in meditation with Baba? When the souls are in meditation, Baba satisfies each soul with His powerful *drishti*. Shiva Baba is the Innocent Lord, He doesn't even have His own body. He enters in the body of Brahma and sits in such a way that we too wish to sit between the two and become happy. We get this feeling when they are both together. There is praise of this Confluence Age. This is the time of establishment of true religion and destruction of unrighteousness. The good news is that we have to follow the Supreme Father. With every step, there is multi-million-fold income. There is nothing lacking at all.

Baba teaches us so well. He asks, 'Are

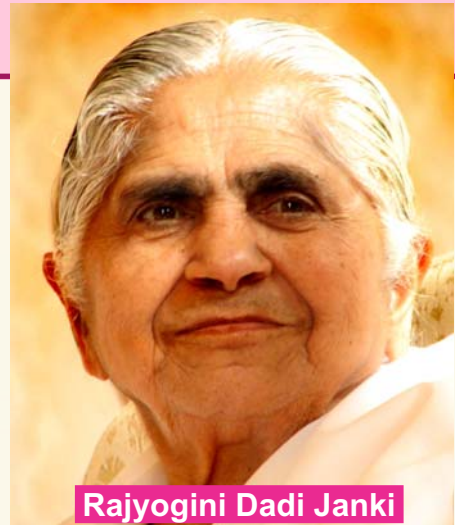
you satisfied with my *drishti*'?

We are Baba's

right hands and there is such a great feeling that our final journey and destination are going to be very good. The final moments will come. Baba says, "I am the Creator. You are My creations". We hold this attention that we will first go to *Paramdham*, the Supreme Abode, our metaphysical sweet Home, and then will come down again. Baba will not go alone. He will take all souls back with Him.

Let us become the beads of 108; then, we will become the garland around Baba's neck. In the establishment of the true religion, we have to go into the depths of truth. Therefore, we have to become very firm. We are, now, in the Brahmin religion. We have to be detached observers and experience how Baba is our Companion.

I stayed in Baba's home in Kolkata. Both my father and Brahma Baba were jewellers. My father, sister and I visited Baba's shop once. Baba asked my father, "Where are your children staying?" Baba then said, "This child will stay in Baba's home." That scene was very wonderful and whenever I go to Kolkata, I stay in that apartment.



**Rajyogini Dadi Janki**

Once, I had the thought to offer *bhog* to Baba and he then said, "When you sit in remembrance, you will go to Baba." He sees how the food affects the mind. He has created the sacrificial fire. He would keep me in the kitchen. Previously, I had never cooked as we had maids at home.

Now, we have to be Baba's obedient and sincere children. Ask yourself if you are obeying whatever Baba's orders are. We become faithful in relationships and sincere whilst doing service. When you get Baba's orders, say: 'Yes, Baba.' Let there not be an expression of thinking too much. I don't think too much now. I always look at what thoughts I am having. **We need pure thoughts in our mind and create positive thoughts for every other soul, for one's own self and the whole family.**

In the beginning, middle and end, whoever maintaining the kitchen is very fortunate. Baba used to come and see how

I was cooking. Even if before dying, someone eats Baba's food, that soul will become fortunate. We are all multi-million times fortunate ones.

We have to become completely vice-less and full of all virtues. In the early days, rupees were in '*annas*' and one rupee was worth 16 *annas*. We have to become 16 celestial degrees full and to do this; we have to follow whatever Baba says. Here, in Madhuban, we can see very good cleanliness. Last night after the class, I visited the kitchen and it was completely clean. I became so happy on seeing this. I am also very happy when I go to meet Dadi Gulzar each evening after the class.

We take our meals with our face shining in Baba's remembrance and, then, we get the thought to do some service. On the one side, Baba is my Companion and, on the other side, is my fortune. I become very happy looking at all of you. ■■

## WORDS OF WISDOM

- ◆ Smile, because you're beautiful. Laugh, because you're living life to the fullest. Stand strong, because haters can't bring you down.
- ◆ To make a difference in someone's life, you don't have to be brilliant, rich, beautiful, or perfect. You just have to care.
- ◆ If you want something new, you have to stop doing something old.
- ◆ A wise man can see more from the bottom of a well than a fool can from a mountain top.
- ◆ Think of what has been unthinkable until now. This is how you create a new you.
- ◆ Nobody raises his reputation by lowering others.
- ◆ As you start and end the day, be thankful for every little thing in your life. You will come to realize how blessed you really are.

## WITH MEDITATION DISCOVER A DIFFERENT 'ME'

**Peace helps you fly; power helps you rise and love helps you reconnect to God.**

**E**veryone says they want peace, but we have forgotten that peace is already within us. Peace is our original religion. Pause during the day and go into silence. Quietly, I step inside and connect to my original quality of peace. **Tell your mind to rest, be still and free yourself from the busy traffic of thoughts, words, and actions.** This silence takes us into a state of peace and the pieces of our hearts can come together. To go into silence means to go deep inside and keep external situations outside. Then the power comes to sort things out and feel peaceful, free from limitations. The vibes from our thoughts travel at a great speed with considerable impact. **Every pure and peaceful thought I create is energy whose current radiates out and touches people and places to help heal the heart of the world.**

Almost everything will work again if you unplug it for a few minutes – including you! – Anne Lamott.

In meditation, unplug your mind from everything and everyone. Pause in the stillness for a minute now. Connect with the Divine. Peace helps you fly; power helps you rise and love helps you reconnect to God. Feel yourself recharging with the eternal Peace that is within God. Let these thoughts of peace sit in your mind. Through

meditation, you discover a very different "me" from perhaps the stressed or troubled person, who may seem superficially to be "me". Imagine yourself as a calm, capable, empowered, successful and happy soul, being aware of each thought and reaction that comes to mind – and then ruling it. Within a second, you claim the power to act on the idea or ditch it. The negative traits in your personality, the thoughts of self-doubt, low self-regard, guilt, worry will no longer affect your relationships at home and work. Even the shadow of the news of war or disease does not diminish my peace, even though we live in a world that knows no peace and therefore no silence either.

Some might balk at being so 'in control' of themselves. But realizing you are a soul, you can 'get in control' of yourself, just yourself, not controlling others. Other people's lives and games are their own! You are responsible for yourself as you are now the independent soul, who can choose how to live. With meditation we get to know ourselves completely, both who we are inside and how we react to what is outside. We realize that our true nature, the real me, is actually very positive. We can throw off the old patterns of influence, recreate ourselves how we want to be, and begin to discover an ocean of peace right on our doorstep! ■ ■

## EASY TIPS FOR ENHANCING EMOTIONAL HEALTH

B.K. Viral, Mumbai

**T**he World Health Organization (WHO) defines health as a state of complete physical, mental and social well-being, i.e., health includes not just physical but also social and mental wellbeing as well.

These days, we are quite aware of the importance of physical health, but why not give the same attention to mental and emotional health as well. The mind thinks, studies, works, interacts with relations and does everything for us 24x7 and it is the mind, which also strongly influences physical health.

Keeping the mind healthy is very easy. For proper care of the body, we need the right diet and exercise. Similarly, **to care for the mind, we just need the right diet of pure information and the exercise of Rajyoga meditation daily**, even to begin with 15-20 minutes daily is enough.

And, indeed, **the mind is just like a little child. We need to know the art of keeping it busy, so that it is not attracted by anything harmful.** If anytime, it starts crying, i.e., it creates negative emotions like stress, worry, etc., just take a minute to withdraw from work, talk, resolve the issue, using divine knowledge and then get back to work. This also means that whenever we are very busy, we need to take a break for a minute or two and talk to ourselves and give ourselves a few positive thoughts. In this way, the negative thoughts will be reduced and even be replaced in our mind. This will also

ensure that the mind remains free from waste and is stable and peaceful throughout the day, which will reflect in all our works, relationships and interactions.

Going slightly deeper, the word **'healthy' means heal thy self.** Indeed, if we remain in the awareness of our true identity, 'I am a pure, divine being', this raises our frequency above ordinary waste thoughts, keeping us healthy inside, and full of purity, energy, bliss and joy. So, if at a certain point of time, the requirement of our mind is peace, say to yourself, "My real nature is peace and I am originally a peaceful being or energy." Also, we need to look at everyone around us and create the simple thought, "The energy of my peace is spreading to everyone around me and giving peace to them." In a similar manner, if we are stressed because of a relationship, let us talk to ourselves, "I am a sweet-natured soul and I have to give love to everyone, even if I am not receiving the same from others." We can also think, "I am radiating love to my home or my office and changing its atmosphere to one filled with good wishes and good feelings." ■ ■



## HARD MANNERS ARE SOFTENED BY TOLERANCE

**Patience on many occasions gets the job done, where anger can spoil it.**

In a city there lived a weaver who was of saintly nature. One day a group of mischievous boys came to test his patience. The son of a rich family asked her the price of a sari. When the weaver told the price of the sari 10 rupees, the boy cut the sari into two pieces and asked - what will it cost now? The weaver replied without getting angry – 5 rupees. The young man wanted to tease the weaver, so the young man went on tearing the sari piece by piece and kept asking the price.

The weaver also tolerated everything calmly. When the sari broke into many pieces, the young man said laughing - of what use are these pieces to me. The weaver said, you are right son, these pieces are yours, can't they be of use to anyone? Hearing this, the young man felt a bit ashamed and started paying the price of the entire sari, but the weaver refused and said - Your money will not make up for this loss.

Because cotton was produced by the hard work of farmers, my family spun yarn from its cotton. I dyed it and then took time to weave the sari. Our hard work would be effective when someone wears it. Hearing this, the boy apologized to the weaver, yet the weaver said - If one sari gets damaged, another sari can be prepared, but if life gets spoiled, where will you get the other one?

The young man was forever reformed by the teachings of Tiruvallur, the great saint of Tamil Nādu. That's why it has been said that the sense of tolerance for social reform is the



B.K. Ram Singh, Rewari

sacrifice of personal interests.

**Mistake done unknowingly is forgivable but mistake made intentionally is a crime, yet to forgive him without getting angry is such a greatness that ends a rivalry or maliciousness.** It also increases personal prestige. True nobility lies in decency and chivalry, not in position and vain arrogance. The work of social reform is possible only with tolerance. Patience on many occasions gets the job done, where anger can spoil it.

**The definition of tolerance is - having patience**

The right definition of tolerance is to maintain patience in every situation and at every level. **Tolerance increases a person's self-power and he also becomes spiritually strong.** Everyone tolerates the crime of those stronger than themselves due to compulsion, but tolerance is only when the crime committed by the weaker than oneself is also tolerated. Those who tolerate everything become tolerant, that is, victory-defeat, condemnation-praise, respect-insult remain equal in all.

**Only the one who tolerates is calm or loving**

If a person is suffering in life due to someone's pressure, due to fear, wrongdoing, to get praise, selfish idol etc, then it is completely wrong to call it tolerance. Those who create hypocrisy in the name of selfishness or compulsion only defame tolerance. A person who tolerates will be calm and loving,

cooperative, that means the work capacity of a man increases only when he is tolerant or provides peace to others. By imbibing the virtue of tolerance even the hard *sanskars* become cool and become truly loving co-workers. This is the greatest greatness.

**Tolerance is the greatest of all virtues**

Every person has his own unique part on this world stage - if this is understood then the tolerance can definitely increase. **Tolerating the mistakes of others is a great thing but even greater is to forgive the mistakes of others.** That's why it is said - the quality of tolerance is a great power; it is the greatest quality among all the qualities. See in yourself - Do I have the quality and power of tolerance?

because to be constantly loving and co-operative is to imbibe the virtues of simplicity and tolerance.

**Tolerance doesn't come just like that**

All virtues are attained through patience, that is, tolerance and simplicity are the greatest spiritual powers of attraction. Patience increases work efficiency. Tireless effort and tolerance are the keys to success. The lesson of tolerance is confirmed when someone abuses you and you thank him in return. It is difficult to thank like this, but tolerance doesn't come just like that. For this, the practice of being detached from the body is needed in Raj Yogi life and God's company gives infinite tolerance to the person. ■■

## LAUGHTER: THE BEST MEDICINE

- ◆ Tortoise and a Rabbit wrote an entrance exam, Tortoise got 80%, Rabbit got 81%. Both went for admission to an engineering college, Cut-off needed was 85%. Rabbit didn't get admission, but the Tortoise got admission.

...

...

U remember when we were in the 1st standard, the tortoise won a race. Sports quota ... 5% marks extra

- ◆ In the class teacher said  
Teacher: "The first person to answer my question will go home early"  
Santa threw the bag outside  
Teacher asked: Whose bag is that???  
Santa answered: It's mine... i am going home bye..bye...  
Teacher:!!!!

- ◆ Teacher: What Is The Difference Between HIMAMI & TSUNAMI ?  
Student : HIMAMI is Face Wash, TSUNAMI is Total Wash.!



## POLLUTION IN THE MIND CREATES POLLUTION IN NATURE

**The quality of thoughts affect our health, every cell of our body, the environment and the atmosphere.**

**T**he human race has become separated and increasingly out of step with the natural world. Earth and her capacity to sustain life is being destroyed. Fortunes of billionaires grow, even as we increase the numbers of homeless and refugees.

“Our global systems of externalization, extraction and pollution are leading to 'ecological apartheid'. They are destabilizing the self-sustaining metabolic systems of Mother earth.” – Vandana Shiva.

Why do we find it hard to be at peace with ourselves, others and nature? Imagine a lake, calm, pure and so clear you can see the bottom. All is still and peaceful at its depth. Then the first polluting chemicals of the new factory and farm come rolling down the hill and into the water. It starts to cloud over and bubble as chemical reactions are taking place; pollution, impurity begins. When purity is lost, peace is lost. It is the same with human consciousness. We now realize the minds of human beings become polluted first... and nature follows our lead! What is the meaning of this bold statement??

To be at peace is our original inner state, but only when the consciousness of the soul is unpolluted – pure, clean and true. When the connection with God breaks, we gradually forget our eternal identity as souls and mistakenly think we are only bodies. This power of body-consciousness creates the first polluting 'chemicals' of waste and negative thoughts. The purity of our original virtues is overtaken by lust, violence, and greed. Sad memories and desires 'roll in' and take root in our

minds. Our inner light becomes 'cloudy' and fades. The power of the soul diminishes as the 'chemical reactions' of peaceless and fearful thoughts 'bubble' and become increasingly abundant. Carelessness, corruption and many desires begin suffocating and trashing our beautiful planet with pollution, fires, plastic, oil slicks and all manner of rubbish. So many majestic and ancient Sequoia trees and over 60,000 of our loved, cuddly koala bears died in recent forest fires!

The problem increases each year and places us all at risk, rich and poor alike. We have entered the third year of what science calls humanity's decisive decade. Unless we navigate a global change of course before 2030, we risk such severe, irreversible damage to Earth's regenerative systems that our species is unlikely to survive.

**We now realize how the power of our thoughts impacts us every moment and creates our world. Thoughts create our feelings and reach the person we are thinking about.** The quality of thoughts affect our health, every cell of our body, the environment and the atmosphere. I now focus on creating optimistic and kind thoughts and stop fretting about things beyond my control. Visualize what humanity could accomplish when our minds and hearts are clean and unpolluted. By sharing brotherly love and respect for each other and nature, the air, water and elements would once again become free from pollution. Keep on imagining because 'When we change, the world changes!' ■■

## EMPOWERING THE MIND

B. K. Sujoy, Elgin Road, Kolkata

**S**piritual nature is one of the most important skills that has to be learned and maintained by the psychologists. The more we know our spiritual nature, the more we remain unlimited awareness free from the limited awareness of body consciousness enabling us to have a broad intellect to deal with the clients and patients. Spiritual practice helps psychologists to acquire important skills of listening, attending and find beneficial solutions according to the need. It creates a broader and detached outlook towards the situation to help clients make the right decision.

**In Rajyoga we are taught to empower the mind making it free from unwanted and waste thoughts to stabilize in one continuous thought.** Rajyoga identifies the mind as described below.

**Mind of own direction(manmat) -** Whenever there is any fluctuation of our mind or the percentage of our happiness decreases, then check and we will find that there is definitely disobedience in following divine directions. We should check with clear intellect and change ourselves with the power to tolerate.

**Wandering and Mischievous Mind -** Being stable to the wandering intellect through the stability of our own elevated thoughts with the knowledge and overcoming obstacles well before they come, with deep love for God.

**Knowledgeable mind -** Instead of thinking about the cause, think about the solutions and we will become free from obstacles.

**Mind of a creator -** Being stable in the stage of a creator, we will not be influenced by

the atmosphere, the creation. Instead, we transform the atmosphere with a powerful attitude.

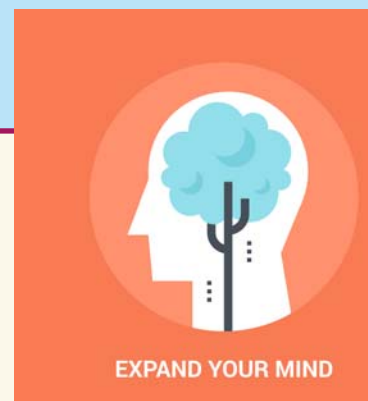
**Divine mind (Satoprodhan mind) -** See the role of other souls as a detached observer and donate power through good wishes and pure feelings to them. Do not be afraid.

**Victorious mind -** Father cannot forget his children. He knows that every soul has their own role to play at their own time. Transform own life to transform other lives.

**Unlimited Mind -** From one place, become instrument to serve many.

**Heavy and light mind -** The burden of the sins of the past does not allow the soul to experience its desires.

In spiritual counselling we deal with the stress which leads to diseases. Stress can be managed by empowering the mind with Rajyoga, positive thinking, integrated approach models and teaching the healthy way of living. By spiritual counselling, we can prevent most of the diseases, especially all types of lifestyle disorders like non communicable diseases and also help develop immunity to protect from communicable diseases by way of a healthy spiritual lifestyle which also includes nutritious food, exercise, mental and physical hygiene. Because it is a well-known fact that 75 to 90% of diseases are psychosomatic in nature i.e., they are connected with stress and once we are empowered to deal with day-to-day stress, we can very well remain protected and prevent diseases leading to a healthy, peaceful and happy life. ■ ■





# MY EXPERIENCE WITH SWEET SHIVA BABA

**B.K. Shankar, Avadi, Chennai**

I had been searching for God unknowingly till my age of 32. In March 2004 one of my friends gave me the address of Brahma Kumaris centre at Mugappair in Chennai. On 17 March 2004, I went to Mugappair centre with lot of expectations.

Soon after my entry into the centre, I felt the tranquillity with lot of comfort. A sister gave me introduction about Brahmakumaris Vidyalyaya together with first day Rajyoga meditation class. She asked me to come the next day for the second lesson. But I was not able to go out and felt that something pulled me in. I saw in the next room meditation class with a melodious song going on. I sat there. To my surprise and goodness, I felt very light and the feel of super sensuous joy getting inside me. So, I stood there until the meditation was over.

The next day morning my mind urged me to go to the centre. Accordingly, I went around 6.00 a.m. the next day morning. Another brother continued the course from second lesson onwards. I asked several questions to that brother for about 1.5 hour logically. He answered all my questions patiently and authoritatively smiling. In this way I finished my seven days course amidst a lot of chit-chat.

As the spiritual knowledge imparted at the centre was something new and interesting, I went to the centre twice daily both in the morning and evening. Thereafter I went regularly to attend the Murli class. Gradually I felt empowered with a special kind of lightness and

mightiness. Both my mind and body became very light. In fact, my belief and thinking pattern completely changed.

After one year I asked the in-charge sister to permit me to go to Mt. Abu, Madhuban for *BAAPDADA Milan*.

As per instructions I handed over the filled in form given by her and booked the train ticket to Mount Abu. I was counting the days for my journey to Mount Abu with zeal and enthusiasm. I had purchased new white clothes and all other essential things required for my journey and stay at Madhuban.

Since I was a govt. servant, I got my leave sanctioned by my superior officer. My head office made necessary addl. charge arrangement during my absence. One day prior to my journey I had my lunch at office and was ready to leave my office by 5.30 pm. Unexpectedly, all of a sudden at about 3.00 p.m. on that day I received the Election duty order from the municipal office. I was shocked and did not know what to do. I was helpless. With tears in my eyes, I went to my principal and asked for his help. He said that my leave would be automatically cancelled, since it was election commission order. However, he guided to approach the municipal authorities and ask whether they could do anything in my case. Immediately I rushed up to municipal office and asked for their help. An officer told me that if there was any other person in my office to undertake my election work, I could be relieved from election duty without any hitches. The time was around 4.00 p.m. and I had to go back to my office which

was situated 4 km away from the municipal office. When I reached my office most of my colleagues had received their election duty order.

At this juncture, I told God Father Shiva Baba you are not only my Father, Guru and Guide you are the Supreme authority and you alone could help me at this crucial time. At that time one of my colleagues came to me and enquired about my problem. I explained everything. He came forward and agreed to do the election work on my behalf. Astonishingly I was happy and thanked Baba for the timely help with a song in my mind: *shukriya Mera Baba*. The time was 5.30 p.m. I rushed to my principal along with my colleague and showed the election duty change of order got it attested and authorised by him.

At this stage my principal told me 'You received divine help' and wished me all the best. Then I hurried up to the Taluk office with my colleague and showed the revised election duty order authorised by my principal to the election special officer. It was already way beyond the duty time. The Election special officer after hearing everything from me willingly and impressively agreed for the shift of election duty from me to my colleague and signed the order of change of election duty by sitting late even after office hours.

Tears of joys and happiness rolled down from my eyes and my heart was again singing the song *Shukriya Baba*. Then the next day I undertook my journey to Mount Abu with lot of love for Baba.

From that day onwards my faith and belief in Baba increased manifold. I became unshakeable even during adverse situations.

I became a regular student of Brahma Kumaris Vidyalaya and thus spent 10 years in the spiritual life.

In the year 2014 one night during the rainy season, I was driving my car with my wife and

two daughters towards Chennai after attending my relative's marriage, all of a sudden both head lights of my car turned off. My family members became frightened as I was not able to drive without head light. I slowed down and asked my family members to remember Baba. Since it was late night, stopping the car was also not safe. To my surprise one Maruti Omni Car passed by over taking our car and went slowly in front of our car. I noticed Baba's sticker on the rear mirror of the Omni car. I followed the car slowly. In the meantime, I gave a call to the in-charge sister and expressed the difficulty faced by me. The sister asked me where we were, then she guided me and asked to drive slowly and informed that we could reach Brahmakumaris retreat centre ten km away from that location. The Omni car in front of us stopped and the inmates of the Omni car enquired about the problem faced. I told everything. The brothers in the Omni car introduced themselves as cooperative soul of BK centre and asked us to follow their car. We reached Baba's retreat centre and stayed there safely. That was the wonderful act on the part of Baba. Baba is very much concerned about the safety and security of his special children.

During the past 19 years of *Gyan* life, I have come across several such problems Baba's reaction and response are immediate if we utter from our Heart – *MERA BABA, MEETHE BABA, PYARE BABA*.

The present situation across the world evinces the clear proof that we are reaching the fag end of *Kaliyuga*. We are expected to accelerate the speed of our effort and empower ourselves to face any type of situation. Since BABA is our Boat man, we should never leave the hands of BABA.

It has already been said that the Boat of Truth will shake and jolt but will never sink. ■ ■

## SAY I WILL, NOT I WILL TRY

**Support your goals with a strong willpower. Don't postpone, never say let me try. Be certain about your goals and purpose and make sure there is no element of doubt or fear.**

**W**hen wanting to do something, we often say: Let me try, instead of Let me do. Trying is different from doing it. The word 'try' radiates an energy of doubt to the mind, body and universe. It permits us to put ordinary efforts, to fail and to disown responsibility for the result. It is like accepting defeat at the starting point. Whether it is a change in your habit or a new project at work, do you convey your ability by saying "Let me try"? Do you sense the word try putting a subtle ceiling on your efforts, and negatively influencing the result already? The words will try and will do are at completely different energy levels. Trying is a low-energy word which slows down success or makes failure a possibility. It doesn't let us give our best. Let us begin every task on a strong foundation by confidently saying "I will do". It's highest vibration becomes a blessing for us. It also sends the same message to the universe and attract success. Let's delete 'try' from our vocabulary. When our initial thoughts and words are powerfully positive, our determination makes us do everything accurately.

**Remind yourself everyday many times that you are a powerful being.** Do whatever you decide to do. Set clear goals and be sure how you will achieve them. Give

your best as you work on them. Support your goals with a strong willpower. Think, decide and implement immediately. Don't postpone, never say let me try. Be certain about your goals and purpose and make sure there is no element of doubt or fear. Always believe, don't just desire. Take action, don't just try. Own responsibility, don't just hope. Always achieve in every sphere of life, don't just attempt. **Ensure that your inner conversations are positive, program your mind for success even before you begin an activity.** Use only high-energy words like I can do it...it's very easy...I will do it. As you will raise your vibrations, fear and doubts will fade away and your positivity will radiate to situations and attract favorable events and people and make you successful. ■ ■



## VALUE VERSES WASTE

To the extent I eliminate waste from my mind;  
I am able to enhance my value.

Payal Jethra, Mumbai



“You've only eaten two *chapatis* today, generally you eat five. Is there a problem? Can I bring you something instead? This might affect your health.”

Whose voice is this? I'd say an overly protective parent. But let's read between the lines. It's hard to tell whether this is a toddler or a middle aged child the parent is communicating with. Perhaps it's the care giver of a senior citizen? The point here is don't we find ourselves overdoing things and crossing the line of love into the territory of attachment?

Have you ever tried chasing a butterfly amongst a garden of colourful flowers? The more you chase it, the further it drives you. But, if you sit down at one spot, it comes and perches itself on your shoulder. This indicates that it gets your attention if you stop getting its. Children, situations, circumstances and people around us are like that little butterfly.

The concept of “waste thoughts” was unknown to me before I connected with God through this BK University. Things seem so much clearer and sorted right now from where I'm looking. **Spending unnecessary time, effort, energy and thoughts on people, circumstances and situations that can easily be sorted through Him, drains the battery of my soul.**

Firstly, chasing illusions takes away power, energy, time that I'd rather channelize in meditation, reading points of Knowledge, writing to Him, spending time discussing with Him. Not

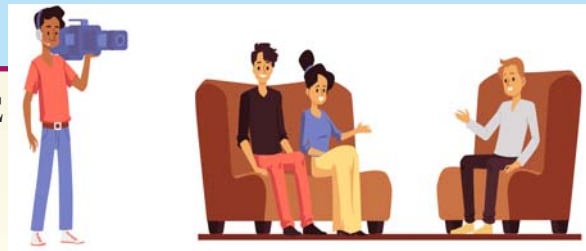
only was this affecting me adversely but it was also sending out a subtle energy that makes the other person feel uncomfortable. The child will come to food when his tummy grows. The boss will come to your office desk when there is a need. The right things happen at the right time thanks to drama. What I need, is to learn to sit quiet.

Sometimes, doing nothing is enough. Who knows my presence could mean putting the finger in an undesirable pie? 90% of my soul battery is now intact for me, the soul to channelize direct and redirect the mind to value and leverage upon the energy when and where required.

Just because someone picks up merely two pieces of fruit from the tray of fruit salad I serve, doesn't necessarily mean there's a problem with the fruits or the manner in which they're served. Perhaps that is because they're full or that's as far as they wish to go. It doesn't mean they are getting back at me or paying back. My focus ought to be sharp and unwavering. What I need to learn is eliminate waste thoughts and optimize value. Our parents gave us what is required at the right point of time. Let's respect, optimize and maximize the gifts we already have, shall we? Overloading children with toys and gadgets, colleagues with goodies, acquaintances with elegant but unnecessary gifts is not only a waste of energy, time and resources but also me, undermining my own value. What I'm really doing here is filling in the lack within me by going out into

**Contd. on page ... 31**

## YOU SHOULD ALWAYS AIM TO BE A STAR IN LIFE'S TV SHOW



**The last episode of life's long running TV drama is to end soon and with a startling revelation that few could have ever imagined.**

**T**his TV has the biggest screen – the world. It has the most actors – everyone. It has endless stories, plots, wars, romances and sorrows within it.

This world drama TV production is on-going, varied and forever changing. It has reached its final episode and the very last scene is now taking place before your eyes.

**All is to be revealed in this final last scene.**

This ending will be nothing new and will repeat exactly as it did in the previous showing of this series and will last not a second longer and will conclude as it did in the previous cycle and will have to finish exactly as it did before with each actor contributing unknowingly to its downfall with each person's thoughts and actions contributing to the world's dire mess.

This mountain of sorrow created by all of mankind through the ages, has now reached critical point and has released an avalanche that is running down its face and everyone is in its way and there's no escaping the consequences of this avalanche that will cover the world as nothing can stop it.

**All the actors are playing their identical roles in this unlimited drama of life.**

Everyone is playing their role and will continue until the final curtain falls on the vast majority of actors. If not a hero working for the good, then one must be part of the problem and each day has seen them ignorantly snowing on

**B.K. David, Paignton, England**

one of the four slopes of this mountain of sorrow.

It makes perfect sense to make yourself your own starring role within this TV drama; and it's not going to change for you but you can change yourself into a star and lead a happy and constructive part that gives pleasure to many.

Today you can make efforts to be the very best you can, a hero, as yesterday is gone and tomorrow, you might break a leg or your neck and so it's only today that you will ever have at your fingertips to become a star. Will you take this opportunity and grasp it tightly and act? Let us see...

**Heroes need to transfer what's in their minds into actions and noble deeds today.**

This world drama has too many villains, crooks, baddies and sorrowful victims and needs now all the hero actors with peace, love, spirituality and truth in their repertoire to stand up and be counted so that they can start making an impact in this world of endless sorrow.

The world is now in dire need of those that are endlessly good and have learned to ignore and reject their once endlessly bad side that they have slowly managed to control and rein in over time by simply ignoring their negative side which was at times a torrent of bad habits.

When enough people make the right effort on an elevated spiritual path and step clearly off their old body conscious path that was going

round in laborious and difficult circles, and stop being a victim to their past bad habits that they have picked up in life and start saving and generating inner power that will allow them to control their emotions and desires, the world's people shall carry on waiting at base camp without the heat of love as there shall be no fire of truth burning in their camp. All that are sat at this base camp are now at the mercy of what is coming down the mountain of sorrow and heading straight for them.

**Do you have such bad habits that live in your subconscious and manifest all too easily in your conscious mind and often rule you and your daily life?**

Whatever state of mind you were in at this point in the previous cycle, be it high, low, balanced, stressed, average or simply exhausted, you will be in this exact same state now. For most, it will be a sad state of mind that they are in that's full of sorrow and stress as they will be carrying round with them the many bad habits they've allowed into their life and are firmly at the bottom of their rucksack (in their mind) and only act as a heavy burden.

Today, right now, you have the chance and knowledge to be the person you really want to be. But you will need self-discipline and certain amount of inner power to overcome all your impure body conscious desires and poor habits that have been dragging you down for many years.

It does take time to conserve and build up your energy stocks and get wise to your impure side. Yet with effort must come rewards and success and you will finally be able to dam up and hold back the force that your bad habits possess over you.

It is not a crime to have bad habits but it is a crime if you keep allowing them to be ever-

present in your life and do not take control of them and instead, you just keep on feeding them on a daily basis that only sees them grow stronger and stronger as you grow weaker and weaker.

You should today make the first steps towards taking this chance to finally start removing your defects and weaknesses from your life and when you do, you'll be setting yourself free from the drudgery of being a slave and subservient to your bad habits.

**You should aim to be a carrier pigeon with an invaluable message for the world and free yourself today from your cage of bad habits.**

Until a person takes full control of their life by taking control of their thoughts and actions and starts being the master of their inner self and creates thoughts of peace and coolness which will reflect outwards, they will always be a victim that often sees them out of control and a slave.

**Has your mind become a rusty can and your problems stones within it?**

If you choose to be a star, then last cycle you will also have made the same choice and now all will be able to see your progress of making yourself into that same star. Yet from what is visible, most seem to be content with wasting their lives away doing nothing worthwhile at all and getting bored, fed up and stressed out over small incidents: their minds hold nothing of value and act as an empty tin that allows small problems to be stones that rattle in their minds throughout the day.

**Are you a leading star in today's unlimited play with an elevated role spreading your love, peace and happiness everywhere you go? If not, why not?**

Many lead a life as some TV extra forever in the

background that's never noticed and has no important lines to say.

Perhaps you might have held long ago the elevated aim of being a star, to be loving and peaceful and who was always cool and calm but with life's constant tests and pressures, you've slowly dwindled into a star that's without light?

Some, with their care and attention, have managed to keep focussed and are a glowing star of loveliness and shine on all that come near them in this unlimited TV show called life.

**It's very good to think this: once a star, always a star.**

If you pass today's opportunity to make yourself into a star, you'll never become a star. Then you will forever go unnoticed in life in the background leading a mundane life and importantly, will not have the shining light of happiness inside you that all stars have and which automatically radiates outward and fills the world with its love and peace and feels like pure entertainment for the soul.

**This inner light of purity can make others smile, feel good about themselves, elevate them, heal and energise them, and leave them feeling cleansed.**

Most cannot remember being a star and have no pull to become a star now. Yet if you make yourself a star today, it will mean you can remember previously being a star and destined to be a star again soon.

Would you really like to be a star at the beginning of each and every TV show that is produced and shown on life's TV screen with an endless audience? If you want to give everyone happiness, learn how to become a star, and learn it soon, and learn it with love and dedication.

**Will your film be shot in B&W or Technicolor?**

Is the lens of your mind always clear and

without the dirt of body consciousness which distorts the focus of your mind greatly and your ability to see clearly? You should check if your vision has grown blurred from countless fingerprints of greed on your lens?

Has your mind become a servant to your desires that sees you a victim being ruled and dominated by your bad habits and desires?

**One needs star qualities if one is to be a top film star.**

How long would an audience watch an out of focus film that's blurred and confusing and gives them a headache? Not all can turn their head (mind) away from watching life's sorrowful films which cause them endless misery.

Are your aims high but feel now you have no chance of grasping them? What would you call the boxer that wanted to be a world champion but struggled to wake up in the morning to train and could not get his shorts on and didn't like getting hit?

When you look at life's film that runs slowly, it often makes no sense; be it the plot, quality of the actors and their poor acting or is shot in black and white and without any colour of truth and goodness in any frame, the film will have little meaning.

**Whatever you breathe in (think) can either pollute your mind or can make it cool.**

Only by constantly wearing the glasses of truth can you watch any scene unfolding before your eyes and remain happy and detached from that scene and stay safe from the pollution that can emit from the many scenes and cause you internal harm as most plots are tainted with great selfishness or contain the lethal gas of anger but which today, for most, is breathed in daily and goes unchallenged as is unaccepted norm.

**Contd. on next issue)**

## GOD COMES AND BRINGS THE SOULS BACK TO THEIR ORIGINAL STAGE

**T**he declaration of 'Supreme Father, Supreme Soul', means Supreme Soul is the Father of humanity and we are His children. The significance of the word "Tattvam" does not mean the soul is the Supreme Soul, as Supreme Soul is the Supreme Father then the soul would also be called the Supreme Father. If everyone is Father, then who will be the children? There is something wrong in the understanding. The father and the son cannot be same and must be different. When we say 'son' it is always in connection with the father, and vice-versa. He is always adored as the Supreme Father, the Supreme Soul.

As per the Supreme Father - "there is a difference between the stage one had, and the stage one has now. The stage of each soul was the mirror of the Father, purest, peaceful and powerful. At the end of the cycle God descends to bring the transformation in individuals to minimize that difference". The Father gives us the knowledge on how to bring the transformation in individuals to regain the original stage of perfection. The Father guides: "Remember Me, and you will absorb the strength to catch up with your original stage; otherwise your actions will not be elevated."

Sometimes we say that we want to do good actions, but the mind doesn't move along, it tilts towards the bad; and we do not know why this happens. It is because we don't have the strength to do good actions. Because our stage is *tamopradhan* (completely degraded), we are

influenced by vices a great deal. Our old propensities (*sanskars*) create an obstacle in going towards good. The Father says:

'Children, let that obstacle go away. How? By having a connection with Me, or through My remembrance. Through continuous remembrance of Me, one continues to clear the burden of sins, the obstacles, or bondages. Along this practicing the knowledge, given by Me is essential. One should continue to perform elevated actions, so that one will become *Satopradhan* (completely pure) and will attain the pure stage which was originally one's.'

### God Comes and Transforms the Entire World

This knowledge will remain in the intellect of those who listen to Godly versions, i.e. Flute of Knowledge or Gyan Murli, daily. Our attainment from the unlimited Father should be in the intellect. We receive a body in the New World only based on this attainment. As is the soul, so is the body; means as per the purity and strength of the soul, each and every soul carries the human body, and as are the body and soul, so shall be the world. Hold all these aspects in mind. It is not a question of one person, but the





whole world. The Supreme Father, the Supreme Soul, is creating such a pure world now. No one else can perform this act. Christ came but he is not called the one who created the world; he is preceptor who established Christian religion.. Buddha came, and he created his new religion in this world.

To transform or to create the world is the task of the One who is called the World Creator, World Almighty Authority. This should also be understood: that His task is different from that of all other souls. As souls come and do their respective tasks, similarly, He does His task; but He has His own way of doing His task. Even the Supreme Soul enters a human body to perform His act.

Each soul takes one birth after another. We cannot say that all this is the act of the Supreme Soul. It is the karmic account of each soul. There have been good souls in the world like Christ, Buddha, Gandhiji, and other religious people who played their respective roles, as you have done. The soul has the record of many births, and that record will play. This world is a place to play. That is why it is called the drama stage. Even God has an act to play, once, in this drama. His act is the most elevated, as He comes and transforms our world; but how does He do this? By transforming souls, God transforms nature and the world. God explains all these things, it is His job.

### **God Takes a Body but does not Suffer from any Karmic Account**

This world is called the field of action (*Karma-kshetra*), where every human soul plays its respective part. The Father says: "I too have a part, but Mine is different from everyone else's. Even I have an account, but it is different from that of souls. I don't come into the cycle of death and birth and unlike souls, I never suffer karma.

My part is that I only come and liberate souls. This is why I'm called the Liberator, the One who makes souls free from bondage. Only I will come and let all of you understand, how God comes or descends, and liberates all."

There are certain rules or laws which also need to be understood. There is a law for everything in this world. There are laws for this human world, and also for human beings.

First comes childhood, then adolescence, then youth; then as a man grows he becomes old and is totally decayed until one day he meets his end. Everything grows; decays and one day will also meet the end. It is similar with the life of the world; it too has laws. Everything will grow, and will be reduced. As with the different stages of life, it is similar with our different births. Then also there are stages for the life of the world, and likewise, there are stages for religions. The first religion is the most powerful one. Those religions that come later are less powerful. Accordingly, the religions expand.

### **God Comes and Establishes the World of Religious Souls**

The Father says: 'I also have My part in this drama. I come and purify everyone. A powerful Soul is needed for this task. I am also a Soul; like all of you a Soul, not different; but My task and My part are huge and elevated. This is why I'm called Supreme Soul, God, and Liberator.'

No human being can be a liberator. Human beings come and expand their number, just as Christ came. His task is to bring souls of his religion to this world from the *Paramdham*, the soul world, the sweet silence home. But the preceptors cannot take the souls returning to the Silence world, it is not their task. To take everyone back to the Sweet Silence World is the task of the Supreme Soul. So God is a soul like all others, but His task is Supreme and different,

and that is why He is called God.

He says: 'I'm also a soul, like you. There is no difference in the form, but yes, there is a huge difference in the task and action. Those are called religious fathers, and I'm called the Supreme Father. They are religious fathers who establish religion, and I'm the Supreme Father,

the Supreme Soul. I'm not limited to being the founder of one religion, as they are. My task is huge, wide, great – different from others. This is why it is said, "Hey God! Your task is unique." How is it unique? There is a difference between the task of the religious fathers and My task, and this is why I am called God.' ■■

## KEEPING THE WATCHMAN OF ATTENTION ALERT

All the religions and spiritual groups place a lot of importance on the virtue of discipline. Without discipline you do not manage to transform negative habits and you do not create a new state of awareness where the self is nourished through the experience of spirituality. Every day you eat, you brush your teeth, bathe, drink water and breathe, and all of this you do not consider a discipline; you have adopted them as something natural in order for your body to continue working properly. On a spiritual level you also need to nourish yourself and to have a discipline that, with practice, a time comes when it becomes natural because you make it a part of your life. In the process of change you need to discipline yourself in order not to let old habits come back. Until you have burnt them and they have died, you should keep the watchman of attention alert in order to maintain your self-control, given that each time you use a negative habit in action, you strengthen it. When you do not use it, you allow it to die.

The path of the spiritual traveller is therefore one of waking (awareness of self as soul) and sleeping (under the illusion that we are our body), waking and sleeping. We tend to fluctuate between the two (like dawn and dusk) until we find stability in soul-consciousness. This is why it is important to awaken and stay awake, and why it's important to give our mind and intellect good spiritual food (spiritual wisdom) and exercise (meditation) every day to keep them fresh and alert. Being conscious of the soul, acting from that consciousness, the scars (habits and tendencies) left by past actions based on illusions of bodily awareness are healed. Discipline is necessary for growth and personal transformation if you want to obtain satisfying and permanent results. If not, the old habits continue to rule in your life. The evidence that our discipline in the practice of meditation in working is mental lightness, an increasing easiness in our interactions with others and success in everything we do. ■■



**New Delhi:** Mr. JP Nadda, BJP National President is being briefed about services of organization by BK Prakash, BK Somshekar, BK Ramakrishna and BK Mahesh.



**Kohima:** HE La Ganesan, Governor of Nagaland is in group photo with BK Roopa and other members of BKs.



**Neemuch (MP):** A program on "Happiness Awaits You" is being inaugurated by BK Shivani, Mr. Sudhir Gupta, Member of Parliament, Mr. Srichand Kriplani, former cabinet minister, Ms. Swati Chopra, President of Municipality and BK Surender.



**Lucknow:** The 'Jal-Jan Campaign' is being inaugurated by Mr. Swatantra Dev Singh, Cabinet Minister along with BK Radha and BK Manju.



**Jaipur (Rajapark):** International Women's Day programme is being inaugurated by Mr. Rafiq Khan, MLA, Ms. Soumya Gurjar, Mayor, Ms. Sangeeta Beniwal, Chairperson, Rajasthan State Child Rights Protection Commission, BK Sharda, BK Poonam and others.



**Dhule (Mah):** BK Nikunj is being felicitated by Swaminarayan Mandir's Kothari Maharaj – Shri Anand Jeevan Swami at Shri Swaminarayan temple.



**Gwalior (MP):** BK Adarsh is being awarded with "Gaurav Ratna Samman" for her excellent work in the field of de-addiction by Mr. Praduman Singh Tomar, Power Minister.



**Delhi (Kingsway Camp):** New Meditation Centre "Holy House" is being inaugurated by Father Felix Jones, Head of the Archdiocesan Commission for Ecumenism and Interfaith Dialogue, BK Asha, BK Shukla, BK Pushpa and BK Sadhna.

## **Contentment is wealth . . . . .**

**Contd. from page ... 3**

should be careful about the future. Just as food sustains the body, so does the mind find sustenance in happiness? So, the saying goes: "There is no food as good as happiness." And, to be happy, you have to be contented. Just as, for bodily wellbeing, man seeks food; similarly, to maintain the state of happiness, one has to ensure stability of one's mind and contentment.

### **Remember the Law of Karma and Law of Eternal Change**

This world of ours is subject to change and every human being reaps as he sows. Hence, man should play his part at the present time as a mentor and do good deeds so that he does not have to face any undesirable situations later. He should remember that change is bound to happen, because the world cannot be the same every day or even every hour. He, who is engaged in amassing much wealth, is always busy employing his faculties to earn more and more, maintain and invest it and also spend part of it. He cannot get enough time to devote himself to meditation of God and enjoy the bliss of intellectual communion with Him.

### **God is the only Support of the Poor**

We have not to lose sight of the fact that wealthy people are visited by low engagements and longings and, having thus strayed away from God, roam in dream cars and in the land of vices. Richness is not about having a big mansion or a luxurious car or an entire wardrobe of clothing. Living richly means figuring out what to spend your time, money and energy on, and what to ignore. Our culture praises those, who have accumulated wealth and prestige, but in God's economy, money is looked on very

differently. **God loves those, who live life with a sense of purpose and of committed values, and it is this life, which only can bring happiness and richness. A person, who may not be great financially but takes God to be his only support and is ready to hand himself over to the Supreme Soul, is spiritually wealthy.** By itself, wealth can lead one to deny or at least delay true spiritual riches. It is said in *The Bible* that people should trust God, but not wealth:

*"The rich must not boast in his riches.*

*But the one who boasts should boast in this,*

*That he understands and knows me—*

*That I am the LORD, showing faithful love,*

*Justice and righteousness on the earth,*

*For I delight in these things.*

*This is the LORD's declaration. (Jer. 9:23-24; HCSB)"*

Those, who believe in the rich condition of spiritual wealth, may say, "I will be very prosperous in the coming Golden Age. The poor shall be raised up by God, the Merciful. Holding on to this virtue of contentment even in difficult situations of the present, I shall move on to the ever-happy New World of righteousness by virtue of accepting whatever comes my way and happily singing the praises of God. These bigwigs, proud of their riches and turned away from God, shall leave behind all their riches. I am lucky, a million times luckier than they, because I have become the child and heir of God, the immensely rich Father."

### **Discontentment is Because of Disease**

Now, one may ask, "All that you say is perfectly right. But there is another difficulty. This body of ours is a source of worry. When anyone is suffering from a chronic disease and

does not get over it, in spite of efforts, how can he be contented?"

Now, in answer to this, one should note that if illness causes discontent, the body will be affected or overpowered all the more by this feeling, because mental worry influences the body. So, discontentment does more harm than good. There is an intimate and dynamic relationship between what is going on with our feelings and thoughts, and what happens in the body. A *TIME* magazine special showed that happiness, hopefulness, optimism and contentment, "appear to reduce the risk or limit the severity of cardiovascular disease, pulmonary disease, diabetes, hypertension, colds and upper-respiratory infections," while "unhappiness and discontentment can worsen heart disease, diabetes and a host of other illnesses."

Illness is very real, accidents do happen, but it is the understanding that when the mind and body work together then we will be able to miraculously cure ourselves. **In fact, one should tune one's mind on to God and fill it with the divine power, which will help one to fight the disease.** Love of God will help enthusiasm to grow and bring vitality and liveliness.

Someone may say he has to be served by others because of his helpless physical condition. But, a man, if placed in such a situation, must know that even if he is continued to be attended upon by others, he should not be dissatisfied with oneself or with his attendants, as otherwise the latter will lose their alacrity to work. They will say, "He is dissatisfied even though he receives due medical treatment and service." They will simply be less enthusiastic than before.

### **Disease has Come to Bid Farewell**

You will have to keep in mind, as you have already learnt to believe, that the present time is the Iron Age. Matter has also become decadent and impure (*Tamoguni*) and unholy (being inclined to war and wickedness). The soul has still debts of old bad actions to pay. So, diseases will visit the body or come only to bid farewell to it. Is not a debtor, who is reported to be preparing to leave for other lands, visited by his debts before he leaves? Hence, it ought to be clear that one should not feel discontented but consider that all that is around him is soon to vanish. Only then will you come to have contentment. ■ ■

#### **Contd. from page ... 22**

the world and attempting to compensate for the lack within me.

No matter how hard you try, the law of the Universe simply will not allow you to help the child sitting on the aisle seat with his oxygen mask unless you have yours on. Even if you do try, it's endangering two lives instead of one through turbulent skies. It's me He teaches to value first. To the extent I eliminate waste from my mind; I am able to enhance my value.

The same principle can be applied to time, money, resources, and relationships too. I value your time so I show up 10 minutes before our meeting time. This is how value and waste are directly connected. The more I value, the lesser I waste.

Once clear on this, it can be applied to words and thoughts. This is how I learn to create few valuable, elevated, high-energy thoughts.

**"A value is valuable when the value of value is valuable to oneself"**  
- Dayananda Saraswati ■ ■



**Mandi (HP):** A spiritual exhibition on the occasion of Intr. Mahashivratri fair is being inaugurated by Mr. Sukhvinder Sukhu, Chief Minister along with BK Susheela, BK Deepa, BKPremlata and others.



**Baktara (MP):** Mr. Shivraj Singh Chouhan is being presented Godly gift by BKSunita and others.



**Delhi (Dwarka):** Mr. Parshottam Rupala, Union Minister of Fisheries, Animal Husbandry and Dairying is with BK Dr. Banarashi and BKSaroj after a spiritual meeting.



**Kotdwar (UK):** A Programme on Maha Shivratri is being inaugurated by Ms. Ritu Khanduri, Speaker of Uttarakhand Assembly, Mr. Sharat Chand, BK Neelima and others.



**Jagadhri (Hry):** A Programme on MahaShivratri is being inaugurated by Mr. Kanwar Pal Gujjar, Education Minister, Mr. Balvir Singh, Judge and BKManju.



**Ambikapur (CG):** A spiritual fair on MahaShivratri is being inaugurated by Mr. Amarjeet Bhagat, Cabinet Minister along with BKVidya and others.



**Ropar (Pb):** Media Seminar on 'Role of Media in Social Transformation' is being inaugurated by Prof. Sanjay Dwivedi, Director General of IIMC Delhi, Mr. Bahadur Jeet Singh, President of Rupnagar Press Club, BK Sushant, BK Rama and BK Karmchand.



**Sitamarhi (Bihar):** Saint Sukhdevji Maharaj, disciple of Baghi Dham saint Narayan Dasji is being presented Godly literature by BK Renu, BK Ashok after the discussion of divine knowledge.

## HOW DOES INCORPOREAL GOD TEACH RAJYOGA?

B.K. Sarika, GGRC, Ahmedabad

In the Mahabharata, it is said that God showed Arjuna His variety form seeing which Arjuna covered his eyes and remarked: 'O Lord! Your brightness is so intense and scorching that even my divine sight cannot bear looking at You.' What bears consideration is whether this would be the kind of thing a child would say upon seeing its father? A child would be happy to see its father, wouldn't it? The Father comes at this very auspicious confluence age and gives His own introduction. He says: "I don't have such a form. I am the Supreme Father, that is, I am God, the Supreme Soul, who lives beyond."

Besides, wouldn't a child look like its father? Just as a soul is an extremely subtle star, so too, the Supreme Soul, is also a star; He is not small or large. He is also not thumb shaped as some believe Him to be. The Supreme Soul is the Father of all souls, and He looks exactly like them, that is, like you and me. He and I have the same original qualities or virtues except He is *Supreme* in all virtues. While I am loving, He is the *Ocean of Love*; while I am kind, He is the *Ocean of kindness*. He is the *Ocean of Knowledge*, the *Ocean of Happiness*, and the *Ocean of Peace*...the *Ocean of all Virtues*. As I go through the cycle of birth and death, I go from being pure to impure, from virtuous to vicious, whereas the Supreme Soul, because He remains beyond this cycle of birth, remains ever pure.



He is the *knowledge-full One*, the *Seed* of the human world tree. A physical tree is non-living but had the seed been living, it would know how the tree grows and how it bears fruit. The Supreme Soul is the Living Seed of the human world tree and so He has the knowledge of the whole tree - the beginning, middle and end of the human story.

All souls are *actors*, He explains, and each one has its part recorded within it. Such a tiny star and yet, it has the part of the whole cycle within it! Similarly, God too plays His part in the unlimited drama of this world. The difference is that we souls, receive our own costume, that is, a body through which we enact our roles. In each birth, we receive a different costume. The Supreme Soul too needs a body to play *His* part but because He does not take birth through a womb like souls do, He does not receive a body of His own. His, is a **divine incarnation** and it only takes place **once** in the whole cycle.

Many ask: "But how can this be? How can the incorporeal One come?" Yes, He *can* come. When people invoke a departed soul to feed it, that soul comes but the body of the soul doesn't; the soul enters a *different* body. In the same way, incorporeal God enters an old, impure body to play His part; He names the one whose body He enters, *Brahma*. He doesn't enter the *perfect* Brahma who is a resident of the subtle region. Why? Because God comes as the *Purifier* to purify impure souls. So, He must come into the

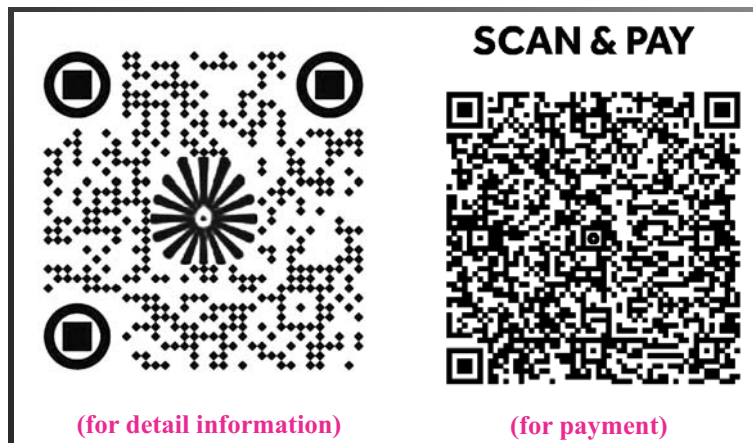
impure world where the impure souls are and enter an impure body.

Then, the question becomes: "But why *this* particular body? Why not a different soul's body?" But surely, God would need the body of an experienced person. It is *Krishna* who is the first prince of the new world. It is this soul who experienced 84 births from the beginning to the end. The last of his many births is an ordinary birth. God enters the body of the Krishna soul at the end of his last birth - the same soul who was once Krishna, now becomes Brahma, **the chariot of God. Therefore, he is Bhagirath** (the lucky chariot of God).

The people of Bharat believe that Shiva rode a bull, that the bull is His chariot. But Shiva is *incorporeal*, so how could He possibly ride a bull!? He would need legs to be able to sit on a bull. Besides, why would God choose a bull of all things as a

chariot? what would be the benefit from it? That, the Father points out, is blind faith.

Through the medium of Brahma, the Supreme Soul adopts souls and gives them the true knowledge of the Gita. In that sense, Brahma is also my spiritual father. Through him, the eternal Father, Shiva Baba, reminds souls of who they are, gives His own introduction and reveals the secrets of the beginning, middle and end of the world drama. It is by imbibing this knowledge that corporeal Brahma became the pure, perfect Brahma shown in the subtle region. Therefore, Brahma's name is well-known, and Brahma's *advice* is also well-known. The incorporeal Father kept Brahma Baba, the corporeal instrument, in front of the corporeal children for them to be able to *follow* him in a practical way; when one sees a powerful example, it is easy to follow. The Supreme Soul, Shiva Baba's elevated *Shrimat* to all His children is: "Follow father Brahma at every step." ■ ■



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