

THE END STAGE BATTLE

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World-famous game of chess is a formidable test of one's determination, dedication and self-discipline. It also tests the mental endurance and will-power to maintain equanimity under any situation on the chess board. Here the immense mind-power is used for clever moves to win an insignificant battle on the chessboard. Life is also like a game of chess – unpredictable and forcing us to make different moves. In fact, it is a much more complicated affair as the mankind faces perpetual and lifelong battles with pain, suffering and diseases. Today man suffers from an **Abhimanyu syndrome** which ensures an early death due to ongoing battles of a novel kind. The foe is one—Maya, Ravana, Satan or Devil with various forms of negativity—stress, tension, anxiety, fear, frustration, lust, anger, greed, ego, jealousy and hatred. As **Deadline after Deadline**

syndrome (DLDL syndrome) saps the life-force, chronic fatigue and sleeplessness begin to take over. God-given neurotransmitters (Feel Good Hormones) get exhausted resulting in depression. If acute suicide ends the story; overeating or eating Amitabh-certified Cadbury chocolates and drinking Aamir Khan-advertised cola result into obesity. This overweight soon gets translated into arthritis, diabetes and heart attacks. The modern Abhimanyu goes on taking muffled, unnoticed steps to his certain grave in a life full of pain and sufferings. Pill power provides temporary solace while will-power goes on diminishing. Swallowing a chunk of tablets on the slightest pretext becomes a way of life. This form of scenario is one kind of end stage battle in life.

Another kind of end stage battle is one in which a person is in a purposeless and useless

existence either in an old-age home or in the hospital, in deep coma. People often misinterpret these situations and say, “What a great will power! This person is fighting the Death itself.” Holy Quran provides a very logical answer to such situation. It says, “Allah, the Merciful, gives innumerable chances to the human beings to come to Sirat al mustaqim or ‘The Straight Path’. Hinduism calls it as the ‘Path of Shreyas’”. It is said that Allah the Supreme, sends one lakh twenty four thousand Wahi, God’s Messengers to provide a living example for the humanity to follow. In spite of this, when men in the grip of Satan turn a deaf ear to Divine teachings, then Merciful Allah becomes a ruthless judge at the time of doomsday. He revives the dead from their tombs, shows them the proofs of various misdeeds. Then the punishment comes for each and every bad act in proportion to the magnitude of the crime at this end stage battle. One of the Brahma Kumaris concepts, received through mystical experiences of a human conduit, tells that God Shiva, the Supreme Soul descends on the planet earth at the end of this Kalyug and teaches us the

technique of Rajyoga (connection with the Supreme) which burns out the Bad *Karmic* Load (BKL) and liberates us from the pain and sufferings on account of this load.

There is a third category of people going through hell in life before death liberates them. A battery of investigations using art equipments in the most advanced hospitals show a state of being “Absolute Disease-less” but the person continues to suffer extreme weakness of body or limbs or inexplicable pain in one half of the body or myriads of such symptoms which are not described in medical texts. Specialists become bamboozled. Even the psychiatrists fail to discover anything abnormal. But all of them advise to develop will-power or Mind power. However, they fail to take into account the *Karmic* accounts of the soul.

The burning out of Bad *Karmic* Load helps in the empowerment of soul and resultant emancipation from suffering. This is possible only through Meditation. A practitioner of Meditation gets a life full of health, happiness,

harmony, peace, prosperity and success till the last breath. It logically becomes a proof that the person has burnt out all of his Bad *Karmic* Account. Everyone desires to breathe his/her last peacefully and painlessly and in such death nobody suffers—neither the goers nor the watchers.

Various forms of meditation are derived from Indian Integral Yoga of Sage Patanjali which has eight components—*Yama*, *Niyama*, *Asana*, *Pranayam*, *Dhyan*, *Dharana*, *Pratyahar* and *Samadhi*. *Samadhi* is also of eight levels. *Yama* means what should always be practised throughout life, e.g., *Satya* (Truth), *Ahinsa* (Non-violence), *Asteya* (non-stealing), *Aparigraha* (conquest over avarice and desires) and *Brahmacharya* (celibacy at gross level and purity of thoughts). *Niyama*-practice forms the daily routine. It includes *Shauch* (External and internal cleanliness), *Swadhyaya* (Self-study or accentuation), *Tapas* (intense meditation for self-purification), *Santosha* (contentment) and *Ishwer-pranidhan* (Total surrender of self to God). Mere practice of *Yama* and *Niyama* is said to

give *Sankalpa siddhi* and *Vaacha-siddhi* (Thoughts and words becoming a reality). *Asana* gives flexibility of joints and suppleness of muscles. *Pranayam* detoxifies the “Terror Molecules” called Free Radicals formed due to stress. *Dhyan* and *Dharana* have been termed as “Mindfulness or mental Silence type of Meditation by American psychiatrists. Researches held in this field show that this is the most powerful technique for self-purification and mind-empowerment. A state of spiritual equilibrium ensues, which enables one to remain calm, happy and peaceful under any provocation by persons, circumstances or temptations. Devil offers tempting, transient and materialistic gains which take the souls in their grip and make them leave straight Path (*Shrimat*) laid down by the Supreme.

Currently there are only five evidence-based meditations for health, happiness and peace viz 1. *Preksha Dhyan* of Jainism 2. *Vipassana* of Buddhism 3. Japanese *Zen* 4. *Brahma Kumaris* (BK) *Rajyoga* and 5. Art of Living. **BK-*Rajyoga* is multi-**

component capsule dispensed free of cost through its 9000 centres in more than 140 countries. It is an easy method, which helps in total relaxation of mind and body. The health benefits and self-transformation happen within a short period of regular practice. It is tailor-made for the 'Extremely Busy' persons of today who do not have time for themselves as it can be done anywhere, any time and for any length of time. The Brahma Kumaris' seven-day Foundation course trains the aspirants in all the components of Rajyoga.

Holy Quran tells- "Believers shall survive and thrive. The non-believers shall perish. Kufra i.e. ignorance about Allah, the Supreme, and denying His existence or worshipping a body form even if that of a Wahi (God's Messenger), is the greatest sin. A day will come when the whole mankind shall get disenchanted with multiple religions which came into existence because of greed and avarice of the self-centred persons. Allah, the Merciful, then shall give Divine knowledge to a chosen few

who shall be selfless and elevated souls (*Wahi*). A new and single religion shall then get established." Srimad Bhagwat Gita says that God will descend at the time of extreme irreligiousness and will re-establish true religion. The idea of a beautiful Paradise, a New World order, is recorded in both Eastern and western prophecies. In fact, this is the time—of extreme degradation and intolerable sufferings—when the Supreme Soul, God imparts true knowledge through the corporeal medium of Prajapita Brahma. Rajyoga taught by God Shiva Himself, helps the souls to regain their original, pure state and re-establish Paradise on Earth. A remarkable process is going on; it's our history in the making. But are we ready to believe? It is rightly said, **'Believers shall survive and thrive'!**

CHANGE OF PERSPECTIVE

– **Precious Pearl**

To Love, at times, was hard to do,
What I now know, 'wish' then I knew...
That the path of Love requires a 'must',
To confer and convey, I must love me first!

To Forgive, at times, was hard to do,
When I couldn't or wouldn't, I wish I knew...
That the child within was hurting and pained,
From years of neglect, though them I did blame!

To Accept, at times, was hard to do
The disputes and dissent, wish then I knew...
Stemmed from fears unresolved, entombed within,
Thick layers of dust, much to my chagrin!

Let me hold you today, my dear little child
And give you the love that you were denied.
Forgive me for hurts that cry to be healed,
For misuse and miscues from which I couldn't shield!