

QUESTIONS and ANSWERS



– Rajyogini Dadi Janki ji,
Chief of Brahma Kumaris, Shantivan



Q. *God opens our intellect through knowledge. What is the method to keep one's intellect pure and clean?*

If you have true love for God, your mind will never go anywhere else. Mamma's mind never wandered anywhere. She focused on the One; Manmanabhav (Realising self as soul and remembering one God). We saw Brahma Baba in the form of penance (*tapasya*) as Shankar and we want to be the same. It has always been my aim to attain 100% in all of the four subjects viz., Knowledge, Yoga, Inculcation of divine Virtues and Spiritual service of mankind. By maintaining a balance of all the four subjects, we can become self-sovereign. I have to make my stage stable – all the four legs of a table should be stable and equal.

At the Confluence Age, our self-respect plays a very important role. The power of one's yoga, when it is connected with Baba, makes Godly Service happen. This is how service has taken place

throughout the world. With Him there is no feeling of being isolated or lonely. He is the Truth. I have to keep myself connected to Him and everything then becomes right. By keeping the self focused on God and acting upon His advice, the intellect will become clean and pure.

Q. *How will people realize that we are unique in the world? How are the sisters here different from women in the world?*

Many people are inspired by the divine knowledge. In the world women want money, position and recognition but we are different. We are Brahma Kumars and Brahma Kumaris. People are recognizing the work we are doing. If there is no cleanliness, the truth will not be visible. If we are civilized and simple, people notice that. People see that we don't waste anything.

Depression will never come if we have good company and keep attention on study. We must also perform spiritual service. We have to give to

others what we have received.

Q. *How can we remain ever happy?*

The first requirement for being ever happy is to keep good company. Don't harbour negative feelings for anyone. Keep the Comforter of Hearts, i.e. *Dilaram* Baba in your heart. When can we win God's heart? First, we should be accurate in our life. We need to maintain purity of our inner self. Mundane, ordinary and egotistical thoughts decrease our purity. Some have ego of their spiritual efforts or of their physical attributes, talents, skills etc. In such a mental stage, one's mind stays away from truth. When truth is there, the soul gets patience. Through patience, humility comes. Humility is very important. When there is humility, there is sweetness. If patience is missing, what will happen to your purity, to your sweetness?

I wish all souls to have the feeling of belonging, but not of attachment. The feeling of belonging keeps one safe. It

increases spirituality.... One doesn't need to make anything an excuse to go off in doubt. Each one has amazing specialties. We should not waste time in talking about people. We need to use our thoughts or energy in a worthwhile way and in that way it gets accumulated.

Souls should now receive light from far and they should become my companions in the divine task. If we are completely faithful and trustworthy, Baba gives the highest return. I now just have to be a renunciate; be simple and a sample. Brahma Baba's penance (tapasya) was the foundation of Foreign Service. When I am free from worry, only then Baba can get His work done through me.

Q. How can I overcome body-consciousness and inspire others also to do so?

We are inculcating the knowledge of the Supreme Soul. One who has yoga over a long time will reach Baba at the end... When one maintains a good yoga stage – a clear connection with Baba, then it is not a big deal for him to experience a bodiless stage. Let us discard all waste thoughts and remain busy in serving mankind. Our stage of Godly remembrance provides immense inspiration to others and helps them to experience soul-consciousness—beyond all mundane attachments. ●

SELF CONFIDENCE AND SUCCESS

– BK Ganesh, NOIDA

Praveen and Suresh are close friends. As Praveen has returned from an outstation visit, they plan to meet in a nearby park at 5 p.m.

When they meet, they have the following conversation:

Suresh: "I just joined driving class today. I started the engine and you know I was so scared. I felt nervous".

Praveen(listening patiently): "next?"

Suresh: "What I believe is that a lot of confidence is required to drive on the roads, which I feel to be lacking in me. I am just thinking whether to discontinue driving class."

Praveen: "Listen friend, don't be disheartened so easily. Just get on. Continue for just three days more".

Suresh: "Do you think all had a lot of confidence while they started driving?"

Praveen: "Probably not".

Suresh (persuading further): "Then how did they learn the driving?"

Praveen: "They might have had some amount of confidence initially and probably as they practised, they developed more confidence."

Suresh: "Does it mean that it is okay to start only if we have

some self-confidence and then during practice, more confidence can be built."

Praveen: "Yes, you have got the point, but there is a word of caution by wise people".

Suresh (with keen interest): "what is that?"

Praveen: "It will increase one's self-confidence, which is good. But, beyond certain point, it may harm."

Suresh: "Does it also mean that there is the optimum level of confidence?"

Praveen (smilingly): "Yes, lack of confidence creates harmful effects like depression, loneliness, anxiety, etc. whereas over-confidence creates arrogance, anger, feeling of supremacy, etc. But it is better to play in the bandwidth of confidence, which will ensure success. And interestingly, everyone has a different bandwidth".

Suresh: I understand it now. Neither under-confidence nor over-confidence is good. Optimum confidence ensures success, which is also termed as self-confidence.

Praveen: "Yes, dear friend, now go ahead. My best wishes for success in your endeavours".