

“BEING WITH ONE” IN JAIL!! THE INSPIRATION!

– B.K. Sis. Vedanti, Nairobi

Our sweet Shiv Baba has given us a special project this year for all the centres throughout the world. The theme ‘Being with One’ is the special project that we all implemented from 14th-21st of September 2014. The 21st of September, declared as the International Day of Peace by the United Nations, held a special significance for us in Nairobi because it was the first anniversary of the terrorist attack at the Westgate Mall where many innocent lives were lost in 2013!!

The Nairobi family decided to experiment with this theme of “Being with One” from the 1st of June. Because the B.K. family really liked the theme, we held a special meditation programme. We prepared a special Meditation room in the Centre, with trans-light pictures of Brahma Baba, Mamma and other *Yagya* history pictures. The aim was to conduct a continuous meditation session there, from 7:00 a.m. until 7:00 p.m. (12 hours), to extend an invitation and an opportunity for everyone to “Be with One”!

We prepared a chart for each day where one soul would act as an angel for the day and would maintain silence and remain in that room for as much time as possible. Others were invited to spend time in that special Meditation Room. I had volunteered to be the first angel and had the opportunity to spend 2 days in this special room in complete silence. The experience was of being lost in love, being with One (Beloved BapDada).

RAKSHA BANDHAN CELEBRATIONS!

On the 9th of August, we had Raksha Bandhan Celebration Meditation with the theme of ‘Being with One’ to deepen this experiment and experience. It was an extremely powerful experience for everyone. On the 10th of August, i.e. the day of Raksha Bandan, Rakhi celebrations continued throughout the day with friends and contacts and in the evening I left for South Africa.

ARRIVING IN SOUTH AFRICA!

Even though I arrived there before 23:45 on the 10th but



B.K. Sis. Vedanti

reached the Immigration Counter only 2 minutes past midnight. When I showed my passport to the Immigration Officer, she denied me entry, since on the computer it was registered as the 11th. I was told that I was to be sent back to Nairobi on the next flight. But the flight was full. I remained calm and told the officer that it was okay. I was told that I would have to remain in detention at the airport. At that moment, I just surrendered to that scene and internally was experiencing being with One with the awareness that victory was my birthright. From midnight until two in the morning, I was moved literally like a parcel from one office to another, sent with different officers and to different departments. Although I requested for a wheelchair, the concerned person was off duty from midnight and so I had to walk!!

BEING IN THE HOLDING CELL!

After all the procedures were completed, they took away all my personal belongings including my Mobile and Passport. All I could have with me were my medicines. Although, everything was taken away from me, yet internally I maintained my joy of being with One (My sweet Shiv Baba). It was a very exhilarating experience that there are no other supports, just One Baba!! I was placed in the holding cell, which was like being in a prison. The atmosphere was cold. The room was barren apart from 5 bunk beds and the essential facilities of a toilet. No chairs were available to sit on. Not even water was available. I had to ask for water and it was given in a glass at a time through the iron bars of the cell door. There was no ventilation and I was sharing this room with 3 other women who were also detained for various reasons. One felt much disorientated, as it was a completely enclosed room with no windows, not even a clock in the room. I was not informed when I would be placed on the next flight to Kenya or where I would be taken next. The B.K. sisters from South Africa were waiting for my arrival and so before my things were taken

away, I managed to call them and inform them that I was being detained and that they should return to the B.K. centre. It was already past 2:00 a.m. I just stayed in the awareness of Being with One (My One strength and Support Bapdada)!

BEING RELEASED!

At 8:30 in the morning on the 11th, we were taken to have breakfast in a dining hall. However, all the food was non-vegetarian. I approached an officer and informed him that in my form, I had stipulated that I would eat fruits only and I asked if I could have a banana at least. As I was about to have some tea, I was told that an Immigration Officer was calling me. When I reached the Immigration Office, they said that they received a message from the Deputy Minister of Home Affairs to allow me to proceed to South Africa. I was wondering how this happened!

THE MIRACLE!

From early morning at 5'o clock, sisters Pratibha and Dipti of South Africa, called on a few friends and contacts for assistance, to make every effort to release me from immigration and bring me into the country.

After trying through various channels, they managed to contact a person in the Ministry of Home Affairs to

intervene on their behalf. The Deputy Minister personally called on a senior officer at the Johannesburg airport instructing him to release me. It was only after this intervention that the procedure to release me started. It took from 9:00 a.m. until 11:00 a.m. for the procedure to be completed. The physical experience was horrible but I was determined that no one and nothing would take away my happiness and I maintained the faith, 'victory is my birthright'. I had remained in the awareness of being with One (My Sweet Baba)!

THE SERVICE!

The scene in this eternal world drama which as per knowledge given by God Shiva is fixed, in which everyone's role is fixed; thus, it is auspicious and gave me an opportunity to serve many from midnight to the time I was released.

Every person I had to interact with, I used it as an opportunity to share some special message. At the end it felt as if this scene was just an opportunity to be with the One and to serve the One. It was a coincidence that the first person whom I tied Rakhi in South Africa, was the head Immigration Officer who was sent by the Deputy Minister to respond to my being detained! I

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to control sugar level. And I have started eating bitter gourd which I used to hate earlier.

More importantly, I started waking up early in the morning and started walking for one hour. And walking in the morning has made me realise that the world is immensely beautiful. Now, I get to hear the temple bells ringing and the birds chirping which I had missed till now. Not only has it helped me to control my sugar level but it has also helped me to reduce my waistline. And I feel energetic too.

When the heart wants to give in to temptations, shouldn't the mind be able to control? I take inspiration from Gandhiji's anecdote. Now, I tell those who say they can't control their diet that if I could control my diet and change my lifestyle, anybody can do it. My colleague stated that in her house nobody likes to eat bitter gourd. It was suggested by another colleague that a pinch of salt be added to the bitter gourd and the water squeezed out later, to remove the bitterness. I told her that if the bitterness of bitter gourd is removed then one is eating it only for the sake of eating; all the nutritional benefits are lost. How much we pamper our taste buds! In the process, we tend to forget that taste buds are just one part of our body. I have learnt an important lesson. There's no harm in eating tasty food but one should not make that a habit.

I now appreciate the saying "Be the change you wish to see in the world" with much more confidence and empathy as I have myself followed this and have seen successful.

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deeply appreciate this project, as it prepared me and gave me the experience of being with none but the One in a unique scene of drama. Thank you Baba, 'Thank you' to the divine family and 'Thank you' to the organisers of the project! Thanks to sisters Dipti and Pratibha from South Africa! This scene also made me understand what souls go through when they are placed in detention. I now understand their pain and sorrow and of how they are ill-treated and denied of their human dignity during such times!

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Soon thereafter, he got a permanent job in transport department of a State government.

I salute the indomitable spirit of the blind person who realized his goal despite many hardships. The officer mentioned in the story is Mr. Ranjit Singh Fuliya, who was my immediate boss in that office. He became instrumental in helping me also, in very dramatic circumstances. Such stories of genuine help offered to really needy fellow beings go to prove that all is yet not lost and mankind can certainly hope for betterment.

*(*Name has been changed, to maintain anonymity.)*

MAKE THE BEST USE OF OPPORTUNITIES

Usually, we give a lot of excuses for not doing things. Our words are then 'if only...' or 'some other time'. So even if we have the capability to do it, our capabilities are wasted, as they are not used at the right time. And we don't really experience success at that time. Whenever a situation demands something, which we feel is beyond our capability, we need to tell ourselves that the situation has come our way as an opportunity in order for us to use our capability. So when we believe in ourselves and our capabilities in this way, we will be able to make best use of opportunities.