

THE POWER OF MEDITATION

– B.K. Lalatendu Panda, Ahmedabad

Recently while addressing a group on ‘Power of Meditation’, I was asked a very simple question: “What have you personally gained by practising Meditation?”

My honest reply: “I don’t know if I gained anything, but I lost many things.....”

I lost my Anger.....

Addiction to Smoking, of 25 years

Addiction of Drinking, of 24 Years

Tobacco addiction of 10 Years

Non-Vegetarian Diet

Onion and garlic

A BRIEF ABOUT MY PAST

Born into a family of priests of ‘Lord Shiva’, I used to visit the village ‘Shiva’ temple whenever I had an opportunity to visit my native place in Orissa. I would spend some time in the temple during every visit, though I was not well-versed to perform the rituals. (Though it was the family tradition and still continues).

I spent seven years of my childhood in the hostel of a Sainik School, with the aim of joining

the Armed Forces. Strict discipline was maintained there. After study, I joined Pharma sector where I spent 25 years of my professional career. I was inspired by the motto ‘Work is Worship’ and ‘Duty is God’. I worked for two organizations and ultimately resigned from the job with the aim to lead an independent life.

My wife Mamata was introduced to the Brahma Kumaris, during September 2009. Though I came to know about her association with Brahma Kumaris, we never discussed this topic as she knew my nature and habits and also about my reluctance towards such organizations. For me it was my work, my friends and my own lifestyle that mattered most.

After a lot of self-study, I seriously decided to learn about the organisation and its system during December 2012. It was decided to start the Seven-Day course which could be completed in 15 days, as I had so many questions in mind. I take this opportunity to

appreciate the patience of the B.K. sisters and my wife for those 15 days which have changed my life forever...

Though I was disciplined and honest, I used to smoke 10-15 cigarettes per day, was addicted to tobacco, drank liquor for 7-10 days a month, and took non-vegetarian food, besides onion and garlic every day. I had uncontrollable anger (I had resigned from my first job of 22 years only because of anger).

After taking the course, I overcame all the above-mentioned bad habits and my lifestyle took a different direction.

I started attending ‘Murli’ classes mainly on Sundays and became a regular student of the ‘Supreme Teacher’ very soon. It was from 1st June 2013 that I started waking up at Nectar Time or *Amritvela* and also gave up onion and garlic completely and forever.

Now I attend ‘Murli’ classes regularly in the morning at BKs Satellite centre, Ahmedabad. I also participate in service activities of the organization and am looking forward to perform ‘Godly Service’ at Madhuban (Mount Abu, the Headquarters of BK’s).

I also got an opportunity to play Holi with Incorporeal God Shiva on 15th March 2014 at

‘Madhuban’. It was an experience of lifetime. Honestly speaking, the experience of meeting God cannot be explained in words; it can only be experienced...

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I had just resigned from my Corporate Job (as General Manager – Sales and Marketing). Actually, I had been leading a hectic lifestyle for 25 years. Suddenly, life had come to a halt. I’d just started my own business, with zero income, rather a loss. My elder daughter was to leave for US for her Master’s Degree. The younger daughter was preparing for her Medical Entrance Exams. Suddenly life ahead started looking blank...I resigned from the job to lead the rest of my family life peacefully. But Peace was slowly slipping away...

It was at this juncture that ‘Baba’ held my hands tight and things started improving. While the elder daughter left for the US, the younger daughter focussed on her studies.

To our pleasant surprise, the things started improving on the Business front too.

Finally, my search for ‘PEACE’ has ended....My Life has changed forever...

Baba has given me everything that I need.

LOVE, PEACE, SHEEN AND GLOW!

– Chitra Rola, Mumbai

Having stayed away for so long
The soul had almost forgotten
The beloved of many a birth
And devoid of all zest and mirth.

It had been her privilege
To come and meet any time
The companion so special
Exotic, sacred and sublime.

She had been to that holy land
The sacred place where stars dwell
Talked with diligence and murmur
Just a sign was enough, no need to spell.

She learnt to gently listen and smile
Love and worship, ever stay agile
Hope and faith filled too much
Soul always felt the golden touch.

His presence kept her smart
All tempting attractions she’d thwart
But slowly she fell a prey to vice
Dominated by Anger, Lust, Avarice.

Bitten also by Ego and Attachment
She became sullen and arrogant
Forgot her companion so serene
Ocean of love, sacred and sanguine.

Realising her plight, He’s come again
Back to her universe, infallible captain
To revitalise her and again to train
Stay ever cheerful, never to refrain.

She has opened her inner portals
Invited Him to stay in her heart
The most beloved soul, purest of all
Showers love, teaches her never to fall.

Once more she’ll be most beautiful soul
Ready to return and deftly play her role
With Him, to the celestial world so above
To be filled with Love, Peace, Sheen and Glow!