
‘A’S OF ATTENTION TO BECOME HIS PRIVILEGED CHILDREN



– BK Pooja, Chandigarh

Attention or tension, which one is easier to adapt? Nowadays, if we can see the latter has become so natural that we keep inviting it in our lives. Tension has become a way of our life. But we need to ask ourselves how much comfortable are we with it and most importantly for how long? Because once we decide that we do not want it in our life then getting rid of it is not that difficult rather it is one of the easiest things! How! Well, it is simple. Once we are aware of ourselves and of our Supreme Father, i.e. the God who makes us the most privileged children of all, should we still need to make even the slightest of efforts to be tension-free? God Shiva is the Almighty the Supreme and All Powerful. His powers are incomparable. But instead of doing any magic, He gives us Divine Knowledge to improve the quality of our lives. He silently works on us, the souls and helps us to restore our divinity. He is there to guide us and to empower us with His

unconditional love. He says, “If you want to get rid of tension then just put the letter ‘A’ before the word tension. If we churn on this antidote of tension even a little, we find few important ‘A’s’ which can work wonders in making us obstacle-free and help us in achieving our aim of a virtuous life.

Following are the few ones providing us a platform to progress in our spiritual life:

▶ **1. ‘A’ge:** The very first ‘A’ we need to put our constant attention on, is to ask ourselves in which Age are we living at present? We all know it’s the wonderful of all Ages, the Diamond Age, i.e. the Confluence Age in which we are being sustained by God Himself. In this Age, we always need to remember one slogan – ‘A’LL IS WELL – for nothing can go wrong if God is there as our constant companion. He loves us, cares for us and makes our life simple and pure. What else do we need! We are the luckiest incognito

shining stars on this dark planet. This is an Age of uplift. We need to give attention that each of our thought, word and action should be so elevated that we are able to move forward in this spiritual journey.

▶ **2. ‘A’usterity:** This is the most ignored aspect in one’s personality. And that is to be an embodiment of self respect, to be truly austere. God has given us plenty of points on self-respect or self-esteem, to help us regain our lost divinity i.e. how we see ourselves. For example, we are the master creators, we are the master world benefactors, we are master almighty authorities etc. We just need to emerge these thoughts in our consciousness and then experience them in ourselves practically.

▶ **3. ‘A’cceptance:** Acceptance is the basic foundation for transformation. Here, we need to have attention mainly on two things. First is to accept our own self (our *sansakars* and mistakes) and second is to accept others (people and situations). The first one is a bit tricky. Whenever we commit any mistake intentionally or unintentionally, the very first thing is the guilt within, be it in a subtle form or in the



most obvious form. What we need to do here is after realizing the mistake; we need to forgive ourselves even if the other person whom we have hurt has not been able to do so despite our repeated apologies. Is this being selfish? Well! Not at all! Be brave enough to do that. Forgive yourself immediately and let the other person take his or her own time to forgive you as per his/her spiritual capability. Just start working on yourself and not repeat the mistake ever again and also be ready to taste the sour fruits of those actions bravely. Develop your own ways to improve thyself in the company of God, the Ocean of Mercy. And the most important thing is to consider 'self' as the master ocean of mercy.

When we consider the other part of acceptance, then we will find that after becoming a true Brahmin, we gradually learn to accept people and situations. But there are situations which test our patience and we find ourselves prone to getting hurt, crying, complaining getting frustrated, feeling insecure about everything and everyone and sometimes even doubting God if He is there with us or not. At

such times if we feel we are back-sliding into negativity, we need to remind ourselves that everything that is happening around is just a part of the script of this amazing drama of life. God here teaches us to just be a master observer of everything while lovingly accepting whatever comes our way. He is there to give us enough power to enable us to pass the situation. He guarantees us that He will help us. The condition is we need to take that first step of courage i.e. the first determined thought to do what is right.

► **4. 'A'lltag:** 'A'lltag' is a Deutsch word which means 'daily routine'. We really need to pay full attention on our daily routine i.e., it should be strictly according to a true Brahmin's life. We all are very well aware of it. But sometimes the obstructions come. It could be due to a physical ailment, a situation or some person. What to do then? First thing, don't panic. Here I just need to pass this phase of my life very gracefully i.e. understand that this phase is just temporary and not my whole life story. It is just another way of settling my *karmic* accounts. It's been scripted in drama this way only. What

I need to do in that moment is just to keep my faith in myself, in God and in Drama. I need to remember that I am the master creator and I have the power to change it, by doing elevated *karmas* at present. It's a real test of my faith and dedication to God.

► **5. 'A'ntarmukhta:** 'Antarmukhta' is a Hindi word which means introspection. This is, no doubt, one of the most important 'A's that needs to be attended upon carefully and consistently on the wonderful journey to become angels. Introspection as we all know very well comes from being soul-conscious and reflecting on the divine virtues within the self; thus keeping a check on one's own transformation and growth while weeding out all the unnecessary traits not required by a Brahmin. We should not waste time looking at other's mistakes and weaknesses.

► **6. 'A'ttitude:** Our attention should also be on our attitude. What kind of attitude can help us remain obstacle-free? Well, according to Shiv Baba, this can happen only when we have a constant attitude of disinterest. We need to throw the light of our attention on

anything or any person which pulls us down from our state of elevated consciousness. There should be only one interest and that is to become 'Pass with Honour', to ultimately win the heart of BapDada (God Shiva and His now Angelic Medium Brahma) and whole of the Godly family just like our revered Dadis.

There can be more 'A's which definitely need our attention. But if we start with the above six 'A's, then our stuck spiritual effort can at least get a kick start. We are privileged children of the Supreme Soul and He is always there with us to guide and empower us. But the mistake most of us commit is that we don't take it seriously. The expiry date for our spiritual and divine effort is approaching very fast and suddenly everything will be over. It will be the time for the announcement of results as Baba would go back to His abode until the Confluence Age in the next time cycle! So 'attention' is the keyword. If we don't wake up now then it may be too late. My dear Brahmin brothers and sisters – let us collectively make an effort to kick away all the vices and weaknesses and stabilize the self in a state of bliss, peace and power. Let's believe in the self and the Supreme Being, who is guiding us at every step.

WE ARE SOULS

– Aayushi Sanadhya, (8 Yrs. Old), Pune

When you think of the word "I", what do you think it means? What do you see when you look at the mirror?

I AM A SOUL

When you say the word "I", you are addressing yourself as I, the soul. But many people have used this word wrongly. They remember their bodies, but they forget who they really are. They remember their physical residence, but they forget their real home, which is *Paramdham* or the Soul World. They remember their worldly, temporary riches but forget their spiritual wealth and abundance. This is how the souls come to degrade.

RECEIVING GOD'S LOVE

There are many people in this world looking for love. The only love that can satisfy this craving is pure, spiritual love. You may ask how and where one receives this love. Through Shiv Baba, but one cannot receive this love if they don't know how to get to Him? It is not the body that receives this love, but the soul. So, think of yourself as a soul, a point of bright light. This is how to receive this love.

We must remember that we are at the Confluence Age right now; so we must recognize God who has been teaching Rajyoga through the medium of Prajapita Brahma since 1937; forge all relationships with Him and listen to His Godly Knowledge, i.e. *Gyan Murlī* or Flute of Knowledge being spoken in all the centres of Prajapita Brahma Kumaris Ishwriya Vishwa Vidyalaya worldwide and follow *Shrimat*, i.e. Godly advice. Being the adopted children of Brahma, we must behave like Brahmins, i.e. Confluence-Aged souls, not Iron-Aged souls. When we transform our Iron-Aged *sanskars* into Golden Aged ones, we will be happily moving on to the Golden Age after staying for a while in *Paramdham*