

From the mighty pen of Sanjay



MEDITATION AND ATTENTION



The practice of Meditation means directing the attention of mind to God so as to have unique perception of His Being and the experience of His divine attributes such as Knowledge, Purity, Peace, Love, Happiness, Bliss and Power, and to rise to a higher level of existence which is characterised by super-sensuous joy, purity and sublimity. But, during the practice of meditation, one finds that his attention often shifts from God to objects and persons of the gross world and, thus, the continuity is broken. Though one cherishes the wonderful experience one gets, when one's attention to God has attained the form of 'full absorption' and one does not want anything or any incident to work as distraction, yet one finds that one's attention, somehow, gets diverted from beloved God to things of this mortal world. The practice of Meditation, then, becomes like moving up a ladder, reaching the top, staying there for a while and then stepping down and, finally, leaving the ladder behind to walk over to one's bed-chamber or to the market in the down-town or to one's office-room in the Secretariat. One, therefore, wonders how Meditation could become a continuous practice and experience, or how it could be a part of one's living. In other words, how can one's attention to God, His attributes and acts have continuity, constancy and stability?

Thus, attention is of vital importance to progress in all spiritual fields. Without proper attention, one cannot have introspection, meditation or spiritual progress. We must, therefore, understand what factors can create and maintain our attention in our spiritual progress.

► Attention is influenced by interest

It is a psychological truth that mind can attend to one thing at a time. Therefore, in order to direct the attention of Mind to God and to concentrate it on Him, one has to remove one's attention from other things. Attention is, thus, a selective act of the Mind. In this selection, it is natural that mind should select objects in which it is interested. In fact, attention is nothing

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Abu Road, Rajasthan, INDIA.**

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FROM CASHLESS SOCIETY TO GOLDEN-AGED CURRENCY



From the elevated versions of God, the Knower of the Future of Humankind, the fantastic transformation of Kaliyugi (Iron-Aged) world into Golden-Aged Satyugi World has been understood through the third eye of wisdom. The transformation is not just on material or environmental level; it goes much deeper to the level of the seed: **an infinitesimal source of spiritual energy: the human soul.** A lot depends on the quality of souls enacting their respective roles from time to time, and leaving deep impressions on society in the form of way of life, richness of Values and customs and systems. We people of Bharat share our pride in our ancient culture and leading a life of self-respect and that of respecting others, but we actually and truly do not know the beauty of our

own culture, which is 5000 years old.

For the last couple of weeks, demonetisation has resulted in many dramatic events. Our newspapers and multi-media are constantly filled with pictures of hundreds of people standing in line for hours trying to get some cash from the Banks. Limited cash at the Bank Counters and exhaustion over long hours of waiting have resulted in some deaths as well. We all know how important the role of ready cash is in our day-to-day life, especially in Bharat. Being cashless has affected the age-old social customs and rituals carried out during the marriage season and other festive occasions. It appears that it's only during the Election Rallies that people seem to be happy about the change, but otherwise, the anxiety of many

is a challenging sight to behold.

The aim is to create a cashless, transparent society as seen in many parts of the West, but just think about it: it must have taken the Americans and Europeans many decades and centuries to follow such norms. As we learn from Media, even today there are only about 47% of the population in USA who use the swipe-card technology. Even during the periods of natural disasters and other calamities, they save up to 100,000-500,000 dollars...

Despite all of the above, since the present Government is determined and focused on counteracting corruption, **we learn to accept the change and support it by becoming instruments of change, for ushering in purity of purpose and transactions.** The bitter realities are that the economical and social crimes are at a

pinnacle; money required by Defence is enormous. We need to look closely at where we are headed if we don't bring about this social change. No matter how much we spend on Defence, the adversaries or enemies will spend just as much. Both are marching ahead with fear and uncertainty in their hearts, knowing very well that the present-day localised conflicts would result in nuclear wars one day. But whoever wins or loses, both sides will incur huge losses. **The future is bleak in a number of directions, but before such chaos erupts, let us resolve to become honest and pure with the self and others, to create new beginnings of a Sattvic Culture, Sattvic Food, Sattvic Riches, Sattvi Jewellery/Gold Coins, Sattvic Relationships, Sattvic Administration/ Sovereignty.**

Though the intentions of the Prime Minister and present Government are very noble in

bringing benefit to the have-nots, it also compels one to think deeply of the Law of Karma on the individual levels, as well as collective level for the whole nation. It's startling to learn that only 1% of the whole population pays taxes, but even amongst that 1% there are people who have accumulated so much wealth disproportionately... From the very beginning, after Independence was gained, we have been listening to the fervent promises of every National Leader connected with alleviation of poverty, but what a pity that the percentage of those living under the poverty line has constantly multiplied. Even today, more than 33% of India's population are in this category. The Law of Karma plays a very important role on both micro and macro levels. **Those who have realised that righteous karma by a small minority helps in the betterment of some sections of society, are inspired to believe in the**

Almighty Divine Being and do what is right (as goes the old saying); this uplifting attitude is the need of the hour. To be inspired to sow seeds of good, righteous karma and lead one's life with transparency can help bring about a valuable change in the mind-set of people, which is otherwise based only on materialistic, gross thinking. From the recent happenings, we all have noticed that material wealth tends to become the source of sleeplessness, leading to high blood pressure and finally causing heart attacks in several places. People who have led their lives deeply entrenched in the policy of righteousness and truthfulness, especially in their financial dealings and while paying taxes on time, would enjoy very peaceful, secure and comforting lives. Let us propagate this belief system with lots of love and compassion for the otherwise suffering society: rich or poor. In our childhood days, we

used to hear from our elders of the Highest on High Divine society at large towards the that “**To be God-fearing in our personal lives and ever-helpful, towards the elderly and needy without distinction or prejudice, is to receive blessings from all**”. Being. Humans were worship-worthy, righteous living beings many ages ago, and **it is high time we channel our vision of positivity and goodness to re-establish that glorious period or Satyuga on earth again**. Through Self-Realisation and pure love for the Almighty God, let’s direct new world of peace, plenty, health, wealth and happiness. May you be ever-happy by being a powerful instrument of change as per God’s *Shrimat!* The Golden-Aged Deity World Sovereignty is your Godly Birthright...Claim it now.

HAPPY NEW YEAR 2017

As we approach the great culmination of the Year 2016, many eventful memories of the whole year flash across the mind’s eye, sharing joy and important lessons. We wish our dear readers and their families a very, very healthy, wealthy, spiritually prosperous and ever-happy New Year!!!

Our new resolution would be to lead our lives as per the Elevated Spiritual Tenets, or *Shrimat*, as Spiritual Light-Houses and Might-Houses, by removing our inner weaknesses, and negativities from every corner of the world. We shall endeavour to inculcate and spread goodness and virtues through our own actions and interactions, and thereby glorify our beloved Supreme Parents, Divine Elders in the form of our respected Dadis and Dadas, and the whole great spiritual worldwide family of Brahma Kumaris.

May every member of this noble spiritual family become the hope for humankind, by alleviating all sufferings from around the globe!

Clear vision, sincerity of purpose and determination are required for us to be steadfast in our practical lives. With the help and guidance of Avyakt BapDada, our honest, humble and caring attitude would work wonders.

Let’s come together to glorify our Supreme Parents through earnest dedication and sacrifices!

With spiritual love and best wishes from Respected Dadi Jankiji, Dadi Hirday Mohiniji, Dadi Ratan Mohiniji, Br Rameshji, Br Brij Mohanji and all sisters and brothers of Madhuban.

OM SHANTI

–*B.K. Nirwair*

KEEP ONLY ONE BABA IN YOUR HEART TO BE OBSTACLE FREE

– Rajyogini Dadi Janki,
Chief of Brahma Kumaris, Shantivan



On this divine path, three things are very important: love, faith and co-operation. In fact, these are the factors which are making this family move. God Shiva has told us not to spend our time in an ordinary way. He has told us that *five minutes* of the Confluence Age are equal to *one year* of the rest of the cycle; hence, we should not waste time. Neither I should waste my time nor I should waste my thoughts; as this is a very valuable period. By remembering God Shiva, one receives the current. When we are in an ordinary stage, we are unable to receive the current from the Father. Yes, everyone on this path is moving but some are flying whilst the others are struggling along.

The easy way to move quickly and without obstacles on this path is to keep only one Shiv Baba in your heart. He is my Baba. When this sound emerges from your heart then

everything will look easy. You will be able to make intense effort and it won't seem to be hard, rather it will appear to be easy because everything you are doing is coming from your heart.

Ask yourself: "My Shiv Baba is the World Benefactor and what am I doing?" In fact, He wants His children to claim a high status and so He is teaching us now, before the Deity Kingdom comes onto this earth, in a practical way. Along with the Father, we are also carrying out the task of establishing heaven.

During the Confluence Age, we are not alone, God is our companion. Detachment allows us to meet God because only in that state, can the soul develop and maintain relationships with God. He is our Mother, Father, Teacher and *Satguru*. He is also our Friend and our Beloved. That One, who is mine, is sitting right in front of me. Relationship with

Him, gives the soul so much happiness.

We are going home. It is time to remain in silence. We are preparing to go to the land of silence and peace and so we need to experience that peace and silence here, and to go home in that state. The land of peace is my sweet home and the soul experiences all comforts in the land of peace. There is no unrest in the land of peace. If I experience extreme peace internally then nothing will bother me.

Now, I have to only hold onto what is good. Part of the task of establishing the Age of Truth is to finish corruption. Thus, I have to finish all corruption inside myself. We are becoming elevated and are establishing the one true religion. Without love and faith, life is dry. It is not a matter of doing a lot of service; I also need to have intense love for and faith in Shiv Baba and His

noble task of world transformation through self-transformation. To transform myself, I have to become the embodiment of peace, love and happiness. This is what it means to be knowledge-full. This is our diamond like life. If my character and actions are ordinary, then, others, won't experience this to be a diamond like life. When a play is enacted, the eyes of the audience fall on the hero. If he acts in an ordinary way, they won't feel he is a hero. We are hero actors in this Eternal World Drama. The attention of the director is on the hero actor and the hero actor remains aware that the director is intently watching him or her. So, Shiv Baba has told us to be attentive and cautious while playing our heroic role.

Now is the time to give the return to God Shiva. I don't have to think a great deal. I simply have to do what He is asking me to do. If you go into the depth of what is not necessary for you to know, then, you will lose a great deal.

As God Shiva began the task of re-establishment of the New World, science started the task of destruction of the old world. There has been so much development of science in the past 100 years. During destruction, three things are to take place at the same time; natural calamities, civil war and nuclear war. Shiv Baba has spoken of this. So, what do I have to do? God Shiva is keeping us safe by making us belong to Him. There is one Protector who can protect us. My task is to remain clean and, thus, to remain safe. I simply have to do what God Shiva says. To come under the influence of others, even to think that someone is very good and to be attracted to him/her is *Maya*. To let my intellect be pulled is *Maya*. Remember the fact that one who is introverted is always happy.

The more I stay in economy and in *eknami* (in remembrance of the One Father), the more I will attract Baba's love.

Past is past. Now, put a full stop. Don't let your past influence your present or your future. It is time to take full benefit from what God Shiva is teaching and use it to transform the self and to create your bright-right for 21 births.

CONTROL OF TEMPER: A SHORT STORY

Once upon a time there was a little boy who had a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the fence.

On the very first day, the boy had driven 37 nails into the fence. Over the next few weeks as he learned to control his anger, the number of nails hammered daily, gradually, dwindled down.

He then discovered that it was easier to hold his temper than to drive those nails into the fence. Finally, the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pulled out one nail for each day that he was able to hold his temper.

The days passed by and the young boy was, finally, able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence, and said, "You have done well, my son, but look at the holes in the fence. The fence will never be the same again. When you say things in anger, they leave scars on your soul just like the holes on this fence." He again added, "You can pierce a knife in a man and draw it out. It won't matter how many times you say sorry for your action, but the wound is still there".

SOURCES OF INNER STRENGTH FOR HAPPINESS IN LIFE

—B.K. Surendran, Bengaluru

The term ‘human’ is derived from the Latin word ‘humus’ which means soil. Human being is therefore a combination of body and the spiritual energy, which we call the soul – the being. Soul in the body is like an actor performing a role wearing the costume of the physical body.

During the course of life, we all have to act in different ways to satisfy ourselves and others. When we are like actors, we should be aware that there are many audiences watching our performances. In order to lead a better life, or in order to act well, we must have the inner strength. It is the strength or power of the soul that matters, not the power of strength of the body. It is the spiritual energy – the soul – which supplies energy to the body also. Body on its own has no strength without the presence of soul in it. The soul/spirit within the body is the mover and shaker of events and incidents. The soul, who is the actor, performs its actions based on its thoughts. Thoughts are

energy units. A thought of self-esteem can lift a person to a great height of success. A thought of remorse can lead a person to a hellish life. A thought can create a shock in an individual, which is something like a thought attack, that may lead to a heart attack. A thought can be given as *affection* to a person or an *infection* to a person. We contribute happiness through our thoughts and feelings. In the same way, self-respect-oriented thoughts have the unique capacity to empower us from time to time. Therefore, an attempt is made to gather some of the self-strengthening knowledge bits for better of tapping of happiness in our life. Life is full of happiness. Life is a flow. Life is an occasion for celebration when there is excellence in life.

Self Knowledge

It is said that if we understand ourselves, we can understand others. We have thoughts, emotions and feelings. We have come to know that we are souls, tiny points of light manifesting

through the body. The body is the chariot in which we travel in the high road of life. The self has the faculties of mind, intellect and resolves with seven divine virtues which become our basis for good behaviour and empower us to efficiently carry on our day-to-day activities of life. “I am a spiritual being, a point of self luminous, sentient and immortal entity, the eternal spark of life, called the soul”. We are all goodness-oriented individuals with our own greatness. We have an immortal existence in the universe. We create thoughts which unfold any amount of mental, intellectual and physical activities in the world. Thoughts are ideas which rule this world. Pleasant thoughts can keep us in happiness and good spirit. We have to understand the consequences of our thoughts, words and deeds before we translate our thoughts and words into action. As we keep attention on each thought and the feelings emanating from such thought we are able to constantly study ourselves and gain experiences of life. This way we are able to understand ourselves as time passes by. Our thoughts, ideas, words and dealings will also teach us new lessons on life from time to time and these become again an addition to our bank of experiences.

Self Identity

We normally identify ourselves with the body, which has a name given to it by our parents. But, it is a wrong identity. We were also wrongly identifying ourselves with our profession, religion, caste, creed, region, pedigree and language, etc. Wrongly identifying the self as body, is the root cause of all sufferings and problems in the world. The practice of soul-consciousness, which is to consider the self and all others as souls, make the way for lasting peace and happiness in life. "My identity as a soul makes me globally relevant and my outlook becomes so broad that there comes a universal existence level where I promote universal brotherhood, unity and integrity". We are able to self-recognise ourselves as what we really are. Peace is generated from this kind of true identity. Even though we live in a place in the globe, but we are able to think globally and contribute our might locally for the well-being of the world. Body consciousness creates all sorts of boundaries and thereby we are separated from the human family of mankind. Soul-consciousness brings us together as a family and enables us to live in this world with feelings of peace and brotherhood.

Self Esteem

It is also crucial in augmenting the inner strength. We must be aware of our plus points, our special qualities, our qualifications, position, post, our blessings and our support base. The point that "I am an immortal self, a great soul with a lot of goodness" itself provides us with self esteem. We will have self respect. It is said that unless we respect ourselves, others will not respect us. We must appreciate ourselves on our achievements, good work and our contributions in life so that others will appreciate us. We must pat our shoulders when we scale new heights in the field of life. This will generate self confidence and courage to march forward with enthusiasm and zeal, ecstasy and joy. We come to give self approval to ourselves understanding well that we are good and great persons with self worth for an exalted position. When we understand our own greatness, we will be able to appreciate the greatness of others. Life is a cooperative endeavour. Together we are able to march forward and make progress. This is how we can achieve harmony, solidarity and integrity in life.

Self Motivation

When we are able to appreciate and accept the self,

self motivation comes. As a self-propelled robot, we are able to go forward to any extent without anybody's assistance as a lot of energy is generated inside. Self motivation is an unseen machinery which works on its own, having a particular aim and object in life. Self awareness, self identity and self esteem are the fuel-generating stations for the self to navigate and negotiate any bends and turning points without any difficulty. Here, one is able to assess and evaluate the self-worth and self-regulate the course of life as a natural nature. If somebody from outside motivates us, this can go on for sometime, but, in the long run, it cannot be sustained. Therefore, self motivation is the natural course for us to keep us moving always. Of course, others can inspire us on the way.

Self Discipline

We may be great performers and contributors. But, if we do not have self discipline – the rules of the game of life – our efforts will not sustain us. We must have a systematic routine starting with the thoughts. Since our life starts with a thought, we must think before thinking what we want to think, what we should speak and what we should do, which should be based on ethics, values and code of conduct. Punctuality, regularity,

sincerity, honesty, truth, integrity, simplicity and humility should form the bedrock or our basis of self discipline. As we are in the path of spirituality, we must imbibe soul-consciousness and from that stand point we must deal with one and all. As God, the Supreme, is our Teacher, Preceptor, Guide and Supreme Father, we must create time for remembering Him in order to keep Him always with us. God is the company and companion of our life. We will be watching over ourselves always to see that we do not deviate from the path of hard work and self discipline. Self decorum and self dignity should be maintained. If we uphold the rules of self discipline, we can carve out a life with righteousness, 16 celestial degrees of arts, thereby being all virtuous and completely viceless.

Self Renewal

Life is a journey. It is always running on the high way. Both the body and spirit are on the move. Therefore, it requires proper maintenance. We must renew our life on day-to-day basis. Everyday should be made as a new day for which the energy of enthusiasm, optimism, zeal and enterprising nature should be kept alive. Energy of happiness should come to us from all sides for which constant contribution should be made. We

should accumulate the wealth of good relationship with one and all and see that we constantly distribute thoughts of happiness, words of happiness and acts of happiness to others. We must become constant learners from the school of life and learn from our own experiences, our own activities, our own failures and successes. We must try to learn new things in life. We must constantly read good literature which will update our knowledge base. We must keep an eye on our precious wealth of time. Not a single second should be allowed to be wasted at any cost. We must keep ourselves creatively and constructively busy in self improvement or helping others to lead a better life. We must take time for exercise to keep the body fit and healthy, selective in our food habits which should be *sattvic*, to ensure leisure and entertainment very moderately to keep us pleasant in mind and spirit, to keep good company of people and to learn new lessons on life. We must create time for Rajyoga meditation both in the morning and evening, which is the power backup formula for self renewal.

Self Satisfaction

When we look back, we can convince ourselves that we have a host of self empowering power

base. Our life is totally independent, even though at times we are interdependent. Self knowledge, self identity, self esteem, self confidence, self approval, self appreciation, self motivation, self acceptance, self recognition, self awareness, self worth, self satisfaction, self regulation, self approval, self dignity, self decorum, self contribution, self renewal, self discipline and self improvement form a mine of immeasurable inner resources, which we can tap at any time and derive self satisfaction at all times. ❖

EXERCISE AND DIET

Unhealthy lifestyles are rooted in the mind and seeded in the soul. The spiritual exercise of the mind involves taking the mind out of the physical body and to the subtle, angelic body of light and, then, to our state of being a soul - a sentient point of light and power. As regards diet control, pure thoughts are the healthy diet for the mind. Creative thoughts are like vitamins and positive thoughts provide proteins that build will power, while thoughts of serving others are like carbohydrates, which provide energy for the mind. ❖

SPIRITUAL KNOWLEDGE:



THE REAL SOURCE OF PEACE AND HAPPINESS



–B.K Subramanian, Avadi, Chennai

There has been a vast and vital difference between Godly (spiritual) knowledge and worldly knowledge. The worldly knowledge comprises of several components and subjects such as science, technology, medicine, commerce, accounts and so on; whereas the spiritual knowledge imparted by God Father Shiva is unique, solitary and squarely different from the corporeal knowledge. The human beings try to attain position/status through the worldly knowledge for their livelihood and survival in this world. They earn a lot of money through such knowledge that they gain from multinational or universal studies of different types. Though these studies are essential for making a livelihood in this mundane world, it cannot be denied that those studies, professions or positions alone cannot fetch a man/woman long lasting peace and happiness which are the primary objective of humanity. Mr. Bill Gates, the so called No. 1 richest man in this world, the inventor of computer technology, in an

interview to the media admitted that he had not been always at peace and hardly experienced comprehensive happiness. From his very statement, it could be realized that it is not the quantum of money or assets possessed by human beings that decides the quantity or quality of peace and happiness within. Apart from health, wealth, education and status, there has been a wide lacunae or a missing portion that shoots up and causes the troubles and miseries in human life. All the introvert/introspective efforts put on by men, *sadhus*, saints, philosophers, research scholars, enlightened personalities to know the truth behind such predicaments left them devoid of the unquestionable answer.

At this juncture, there has been a gross failure on the part of human beings in this physical world to realize the eternal truths of life, and understand the cause and effect of each and every action performed by them through their sense organs, i.e., body, eyes, ears, nose and mouth. This is the time God

Shiva, the Creator and Supreme Father of all the souls, descends down onto this physical world from the incorporeal world which is the Sweet Home of all the souls and incarnates into a human medium and renames him as Prajapita Brahma to reveal the entire story of human life right from its inception at *Satyuga* till its end at *Kaliyuga*.

There was a famous lyric writer in Tamil cinema named Kannadasan (late). He has written in a movie song that man knows from where he comes out to this physical world (i.e. from the womb of mother) but he does not know where he goes after death. The whole human society including the founder fathers of religions, saints, philosophers, research scholars, scientists and medical experts have remained silent on this issue as nobody knows the answer. It is God Shiva, the Creator, the Supreme Soul and Supreme Father of all the souls who has vividly clarified that. He is Incorporeal and never takes a human birth like human beings in this world. He, being the Supreme World Benefactor, affirms that we human beings are only souls and not the physical bodies. The physical bodies are mortal coils; whereas the souls are immortal and imperishable. The souls descend from the incorporeal world, take on physical bodies

by entering into the wombs of mothers and play their roles as per the predestined drama which is eternal. When the physical bodies die, the souls leave incognito to take on new physical bodies again by making entry into wombs. The souls are revolving in the cycle of birth and death by changing their physical bodies during the passage of time in three stages, i.e, Satto, Rajo and Tamo with retrospective causes and effects of actions performed in each birth. Thus, the exit and entry gate of the souls are death and rebirth respectively. The incorporeal world is the Sweet Home of all the souls and the souls will have to return to their original home as per the time schedule of the world drama which is nearing its destination. All the souls were in their purest forms when they existed in the soul world and as such it is mandatory that the souls must become pure before retiring to their original home.

God is the only purifier as the term 'omnipotent' has been conferred only on Him as in *The Srimad Bhagavat Gita*. The cordless connection between the souls and the Supreme Soul eliminates all impurities from the souls like lust, anger, ego, attachment, jealousy and make the souls pure and powerful so that they could live a meaningful life of divinity when the New World dawns on the earth.

The teachings of God Father Shiva automatically eradicates the vicious qualities in men/women and reinforce the innate sterling qualities and Godly attributes present in the souls who carry forward these *sanskars* within to decide the royalty or quality of life in the next birth in the Sun Dynasty, i.e., *Satyuga*. ❖

REALISE THE DIVINITY

– **B.K. Meera**, Jayanagar, Mysore

Divinity is present within us. Establishing a harmonious relationship and sharing our innate qualities help us realise divinity within us. This is the aim of our religious striving. For attainment of a noble ideal goal, we should be able to overcome ordinary desires and temptations. To achieve good, we have to renounce bad. To realise the divinity, we have to first affirm our true identity of being a soul, renounce evil and realize the purpose of life.

This helps us concentrate our mind on the path of spiritual progress and perform duties of our life simultaneously. This is possible when we are in a state of soul-consciousness. This state of elevated consciousness can be achieved through self-knowledge, divine union with God, expression of virtues and pure unconditional human service, i.e., the attitude of helping others with no expectation.

How can we develop and strengthen this attitude of helping others? We should see others not in terms of outward forms, castes, colours or religions but as pure beings of spiritual energy. Even those who have lost awareness of their divinity, should be given respect; we should wish them well and strive for their welfare. A man who claims to have loved God, cannot hate his brother or neighbour as he realises that deep within each soul there is divinity and spirituality. We need to feel a sense of love and brotherhood for all living beings, then our service will be both unique and unlimited because such service will not be limited by our body-consciousness but rather be infused with unlimited spiritual love and purity of God. ❖

NEED OF CELIBACY TO PRACTISE YOGA

– B.K. Sujoy, Durgapur (W.B.)

“On the path of devotion, Vishnu has been shown comfortably resting on the ocean of milk, churning and experiencing happiness. Look at his bed! The snake was made into his bed, that is, he controlled the vices. He became carefree by becoming a conqueror of Maya. There is no need to worry about being defeated by Maya or about battling. Constantly think about and churn the Supreme knowledge and remain carefree. No vices should attack you.” – Supreme Father God Shiva

There are mainly five evils which are the root cause of all sufferings – be they are economic, political, social or individual in their appearance. Sex-lust, Anger, greed, attachment and ego are these five evils. These vices exist at all levels and in all aspects of our society. They give rise to other vices like hatred, enmity and jealousy. If we rank these vices according to their negativity and as a hindrance on the path of ‘yoga’ or reunion with Supreme Father, we get sex-lust as the most harmful evil.

It is very difficult for a person, who does not observe celibacy, to practise Rajyoga. Rajyoga, by its very definition, means communion with God, who is the Ocean of absolute purity. So, having impure thought is the very

antithesis of a yogi, whose very aim is to attain complete purity in thought, word and act. Sex-lust is the gateway to Hell. Just as a gate provides only an entry to a house or to a city, so does one enters hell if he falls headlong for this body of just bones and skin and loses reasons and mental balance under the influences of his youth. Love is the essence of the world, but sex-lust takes one so deep into the realm of body-consciousness that one loses all sense of true awareness of being a soul. People, when advised to stop indulging in sex, which is a poison, in fact, say, “We admit that lust is poison, but if poison is taken as and when prescribed by a doctor and taken in proper doses, it is not harmful but useful! Just as the Government

of today, has in view of present serious times, taken steps to implement the birth-control plan and strict judicial punishment for the rapist to protect the women of the country, so has the **All-seeing, All-knowing, Beneficent Supreme Father**, who is the **Supreme Soul**, proclaimed a state of Ordinance of Purity in the whole world, which has now become itself a whore’s den and the dwelling place of sorrow and suffering for all, in order to transform it into a heavenly holy and happy world.

There is no doubt that if both men and women practise Rajyoga along with observance of celibacy and other required disciplines, then the vices, which have reached their extreme limit, will come to an end. The Supreme Father has issued an *ordinance* that we need to become holy and yogi in order to end man’s wicked actions. Through Rajyoga we are undergoing a spiritual revolution, awakening our souls from the slumber of ignorance to establish a pure, peaceful, and happy world. It is indeed a settled fact that without continence, one cannot meditate fruitfully and cultivate virtues like simplicity, patience, forbearance, etc.

“The greatest gift of a woman is her virginity (celibacy)” – *The Old Testament*.

UNDERSTANDING AND OVERCOMING ANGER

– B.K. Viral, Borivali, Mumbai

Every one of us knows the negative effects of anger, in terms of its impact on the following:

- ▶ Mind, in terms of destroying internal peace, happiness and harmony;
- ▶ Body, causing various toxic effects and diseases;
- ▶ Relationships, where anger can lead to lasting resentment or break-ups;
- ▶ Work, where anger can lead to loss of efficiency and productivity.

However still, conquering anger seems a big challenge.

Let us attempt to understand how anger works and how to conquer it!

A. Process of Anger:

Anger starts with Irritation, Control and Influence. The seed of anger is irritation. If you check subtly, an outburst of anger always starts with irritation (or multiple times irritation). The main reason of irritation is trying to *control* something which is not in our control. Situations and people are largely beyond our control. After all, why do we try to control

situations and people? Because sometimes, they tend to have a negative *influence* on us.

B. Protection from Influence

Hence, the key to conquering anger is to protect oneself from negative influence. The main ways to remain safe from outside influences are as follows:

1. Direction of thoughts/Introversion (Soul-conscious stage): Whatever we think about, we become exposed to its influence. Hence, the more our thoughts are tuned with the inside world, the more protected we are from influence of the outside world. If we think more about people, objects, body, or the world, then we are more prone to outside influence.

The more we think about soul, qualities of the soul, the soul's home, the soul's Father, the Supreme Soul and the role or part of the soul in the world drama, the more we begin to develop inner power. This is called the **introversion** stage, or **soul-conscious** stage.

The more we think of the person creating negative energy,

the more we become influenced, and, hence, we too start getting angry. Conversely, the more we are introverted and contemplate on our real self, our innate qualities, the more stability we are able to experience in our inner world. Introversion also refers to the practice of keeping attention on the quality of our thoughts.

Take a pause to notice that as soon as we look at our thoughts, they begin to slow down. Hence, this gives us a greater degree of choice to proactively choose a response rather than give an automatic reaction. This helps us to control anger.

When we have attention on our thoughts, as soon as the thoughts start going in a wrong direction, we can become aware of it and change them. This prevents the negative thoughts from continuing further and resulting in an outburst of anger.

2. Yoga: Those, who are spiritually weak, become easily influenced. Hence, becoming more powerful is another technique to remain safe from influence. This is possible by forging a loving connection with God, the Supreme Soul, the Ocean of Power. As we turn our focus and thoughts towards God, it helps us to stay cool internally and we are able to handle situations in a much

easier manner.

3. Soul-conscious vision (dristhi) / attitude (vritti): The more soul-conscious our vision/ attitude is, then, however strong the negative energy sent by the other person may be, we are able to remain protected. With the soul-conscious vision, we can express unconditional love for each soul; all negative memories and past hurts associated with each of our relationships is consciously released; the past is forgotten, resulting in a deep feeling/experience of freedom inside us.

It just means constantly seeing the other person as a soul and creating associated thoughts like:

- ▶ He/She is a pure peaceful soul.
- ▶ He/ She is the child of God; hence, my spiritual brother soul.
- ▶ He/ She has this speciality.

This not only acts as a powerful shield of protection for the self, but also sends powerful positive energy to the other soul, which helps him/her to remain stable and gives him/her the power to transform.

4. Looking at others' specialities: All souls have both specialities and weaknesses. Hence, Baba asks us to wear the spectacles of specialities, i.e., to look at others' specialities

rather than their weaknesses. The more we have the specialties of others in our awareness, the less influenced we are by any negative energy created by them. Hence, it is a very good practice to note down 2-3 specialties of each soul, at home or at work, with whom we come in regular contact with. Then, try to keep that speciality in your awareness when interacting with them. This acts as a powerful tool of protection for the self.

5. Developing and Understanding Mercy: It is very important to understand that the person, who is angry, is in pain and needs love and understanding. The other person can protect himself, but the one, who is getting angry, cannot escape the effects of the anger being created inside him. This awareness generates mercy for this soul, which provides a natural protection for the self.

It is also important to understand that the person, who is getting angry, is not getting angry on us, but he/she is actually just reflecting his inner disturbed state of mind. Hence, we should not take the outburst of his anger personally on ourselves, but should try to understand the situation of the person and empower him with our good wishes and feelings.

C. Applying other Techniques:

While protection from influence is the key technique to conquer anger, there are also some more following techniques which we can use in order to overcome anger:

1. Overcoming Control:

Before giving an advice, recommendation or suggestion to anyone, just check "What if the other person doesn't do what I say? Will I get disturbed?" If no, go ahead or else talk to yourself and convince yourself that the other person is also right from his/her perspective, and only then proceed to give the advice. In this way, one can overcome control.

2. Overcoming Guilt:

While anger is, generally, directed at other people, guilt is a form of anger directed at oneself. Guilt, generally, occurs due to a mistake done by the self. To overcome guilt, it is important to understand that the more we remain in guilt, the more soul-power is drained. And it is this power which we require to transform us and to ensure that the mistake made is not repeated. Hence, when in guilt, just ask yourself, "Do I wish to repeat the same mistake again?" If no, I cannot afford to remain in guilt.

3. Smaller Aspects of Anger:

To ensure that the old *sanskar*

of anger does not pop up again, it is very important to be aware of the smaller aspects of anger, which are as follows:

- ▶ Showing big eyes to others is a subtle way of trying to control other people.
- ▶ Giving orders to others is also something to protect oneself against.
- ▶ Talking in a different way with someone or not talking at all, is a subtle way of punishing others; this is also an aspect of anger.
- ▶ Talking with a loud tone of voice is also a sign of anger.

Note that protecting oneself from the above three aspects corresponds to Baba's instructions: "Speak Less, Speak Sweetly and Speak Softly."

4. Check your beliefs regarding anger: The fact remains that one of the major reasons why we create anger (or its smaller aspects as described above) is because we still subtly believe that "Anger is needed to get work done" or "Anger is needed to change other people". Hence, we need to change this wrong belief system once and for all.

This could be done by realising that negative energy can never be used to produce a positive solution. While in the immediate short term, it may seem that people behave, and work gets done the way we want. But this effect very quickly fades away. In fact, people not only tend to lose respect for the one who frequently gets angry, but they also start ignoring or finding ways to protect themselves from the influence of this anger. Hence, anger ultimately leads to no benefit and only creates rift, resentment, animosity and misunderstanding.

In fact, when there is love and respect, where you give priority to people over work, people will willingly wish to work for you rather than have to work for you, thereby ultimately leading to much greater work efficiency. Because when the inner state of mind is stable and happy, the external work done automatically becomes better! ❖

INCREASING THE POWER OF DISCRIMINATION TO IMPROVE ONE'S ACTIONS

Many people feel internally and complain that their intellect is not as clear as they would like it to be. One of the aims of meditation and spiritual knowledge is to make the intellect strong, clear and clean, as a result of which there is an increase in the power of discrimination. An increase in this power helps us maintain a sense of what is right and wrong while performing actions and thereby implement that awareness.

Meditation brings about self-realization whereby you realize what is happening inside you. Sometimes, while observing someone, we use the phrase: He/She doesn't know what he/she is doing, referring to someone who is acting in an incorrect way. If we are to act in an appropriate way, we need to be aware and be awake to the consequences (results) of our actions. The voice of the conscience brings with it that state of awareness, awakening, realization and discrimination. This is because, in meditation you feel quiet and you focus your thoughts inwards. In that state, the sound of the voice of the conscience is perceived and heard. It is a voice that is not affected by material worries or a preoccupation about one's image and public appearance. During meditation, you are completely focused on the present moment of spiritual empowerment and not distracted by: *karmas* which are necessary but unnecessary to be thought of that time, noise, unrelated ideas of the past and the future, mental chatter, etc., basically everything that separates you from your true spiritual self. In this way, you can listen to yourself within and, as a result, ensure to the maximum extent that your *karmas* are appropriate and accurate. ❖

|| From the Melodies of Mateshwari Jagdamba Saraswati ||

TO UNDERSTAND GOD, THE SUPREME FATHER, IS VERY EASY



Actually, a very vast knowledge is not necessary to understand God, the Supreme Father. Poor children have created different paths to understand God. Now, the Supreme Father says: “Know Me through Me, and explain it to others.”

Our intellect is filled with so many aspects of devotion. So God Shiva gives us several points of knowledge, so that God’s remembrance stays easily.

A very simple thing to understand is: ‘God is my Father’. God Shiva says in the Elevated Versions (*Gyan*): “Ask others – what is your relationship with God?” Just by knowing that relationship, the string of relationship with God is connected. When we came to know about our relationship with Him, our life became His. So, the Father says, “Children, it is very simple to understand Me”.

Detailed knowledge is necessary for explaining to others, and to clean up the ignorance filled in you. “Look, I am such a tiny point of light.



Mateshwari ji

There are so many descriptions of the human body, but how could they describe Me? I am a point of light.” All these aspects must be understood. The Father says, “My introduction is very simple. Only the Father can explain such simple knowledge”.

People have created such huge scriptures, the Vedas, the Epics (Granth), and the Puranas. They say that to attain God, ‘do this, do that’. There are so many dogmas and rituals. They say that to attain knowledge, first read the four Vedas, eighteen Puranas; and to attain God, do *hatha* yoga, follow fasts and disciplines.

But the Father says: “Children, do nothing of the sort; you don’t have to go through such hardships to attain the Father. Father means FATHER. Is it difficult for children to remember their Father?” There is no need to undergo so many hardships to attain Him. When the Father comes, He makes it very simple. He explains to His children as to how to attain Him. The Father makes everything easy for the children. God Shiva says: “I personally come to adopt you children. I come and tell you that you belong to Me”. The Father comes and brings benefits to us. He tells us good things, so that we become their embodiment. Should we not become it? What is the harm in it?

The Effort Here is Different

Nothing is lost in belonging to the Father. On the contrary, there is great gain. So, look inside yourself and see whether this life is good, or that life. Some think: “How can we believe that we will become Shri Lakshmi and Shri Narayan, and go to heaven?” Alright, you may or may not become that in future; but now, life becomes good. When our efforts are elevated, our actions are elevated, our future will also be elevated, won’t it?

You have seen worldly wealth and position, and the attainments here. You understand that the efforts here are different. For the future, and forever, this effort is new, to attain new things. New things are attained in the new world. The new world is to come; and you are looking at the present times also. This is not imagination. These aspects are not created by us. This is practical. One must also be witnessing the condition of this world. Educated ones understand that the world will definitely be destroyed.

Through mundane, worldly study you get position, wealth and attainments for just this birth, for a short time. Here, we are making spiritual, subtle efforts: "Forgetting the body and all bodily relationships, considering ourselves to be bodiless, and remembering the One Father. This is new effort, for elevated attainment; because it is obvious that world transformation will take place. How long can this world go on like this? If it goes on and on, will it be a world? We have been witnessing since childhood that the world continues to go downhill. We also saw this from Brahma Baba's life. Baba used to buy grains. He said that

grains which used to be so cheap have now become so expensive. Baba said, "So many things have become expensive, as I continue to witness. You see deterioration in the world in your own life, and will continue to see such adverse change. People will be much distressed in future. How long can such distress continue? Finally, everything will be finished."

Pain continues to increase, but the world will not go in pain for long. During the partition of Bharat and Pakistan, it was very painful; it did not last long. It finished one day. The Father says, "Many such difficulties are yet to come. There will be natural calamities. Then one day, everything will be finished and a new world will come". How the world transformation will happen, and what transformation comes – all these aspects must be understood. Understand and think about them very well. One can understand from one's own thinking that it is time to change. One must be witnessing where the world is going; how the changes are happening. Therefore, it is not right to stay away from this, despite knowing and understanding everything. The

clever and intelligent ones understand all these aspects deeply. Those who listen and think superficially say, "It's all imagination. The world has to continue in this way only". But since how as God has come, we must listen to Godly knowledge from His perspective.

MANAGE EMOTIONS

When the energy of our consciousness is out of our control, the mind gets agitated. We are being often emotional. The solution is to detach from the inner storms, stand back and observe the storms pass.

Detached observation withdraws the energy which your emotions require to sustain themselves. When you watch your own anger, it dies. If you observe it without being detached from it, it will be your master.

Today is the day to practise positive, detached observation, and each emotion-filled moment is the opportunity. This is 'real' work. The work of one who is a master of his/her own consciousness is the real master. Are you a master or a slave?

MEDITATION AND SCIENTIFIC PRINCIPLES

– B.K. Nirakar Pattanaik, Dubai

Since time immemorial, it is unanimously accepted by the luminaries and spiritualists that there is a close relationship between science and spirituality. Meditation is a spiritual manifestation in silence and science is the systematic body of knowledge in which cause and effect relation is found. The various scientific principles which explain the effects of meditation are as follows:

Demonstration Effect

Demonstration effects are effects on the behaviour of individuals caused by observation of the actions of one's own and others and their consequences. The term - demonstration effect - is particularly used in political science and sociology to describe the fact that developments in one place will often act as a catalyst in another place. In meditation, there will be a change in behaviour and attitude which will change the mindset of the followers and friends. Baba told us to change the world; so, firstly, we have to change ourselves.

Trickle-down Effect

The trickle-down effect is a model of adoption in market or society that affects many people and services. It states that fashion flows vertically from the upper classes to the lower classes within society, each social class is influenced by a higher social class. Two conflicting principles drive this diffusion dynamic. Lesser social groups seek to establish new status claims by adopting the fashions of higher social groups in imitation, whilst higher social groups respond by adopting new fashions to differentiate themselves. This provokes an endless cycle of change, thereby driving fashion forward in a continual process of innovation. This is also applicable to values. In meditation, values like silence and detachment are taught which slowly affect the other people. When we spread the power of silence in the environment, it slowly influences the plants, animals and the nature including the elements. Dr. Emoto did a lot of experiments on water particles in which he proved how our thought and consciousness

affect the structure of water molecules.

Due to this dynamic principle, initially a product may be so expensive that only the wealthy can afford it. Over time, however, the price will fall until it is inexpensive enough for the general public to purchase. A *ripple effect* is a situation in which ripples expand across the water when an object is dropped into it, an effect from an initial state can be followed outwards incrementally.

Examples can be found in Economics where an individual's reduction in spending reduces the incomes of others and their ability to spend. In Sociology, it can be observed how social interactions can affect situations not directly related to the initial interaction and uncharitable activities where information can be disseminated and passed from community to community to broaden its impact. The concept has been applied in Computer Science within the field of software metrics as a complexity measure.

The concept has also been applied to financial markets to describe the impact of a given event and how it propagates through the players in the industry and its effect on stock price and stock coverage. In meditation, the positive thoughts and vibrations generated are

spread in the environment and it influences millions in the society. The revolution started by the yogis and spiritual leaders affected thousands in the country. So, it is the fitting explanation to people's negative thought that meditation has no effect on the society.

The Butterfly Effect

It is the concept that small causes can have large effects. Initially, it was used with weather prediction but later the term became a metaphor used in and out of science. In Chaos Theory, *the butterfly effect* is the sensitive dependence on initial conditions in which a small change in one state of a deterministic non-linear system can result in large differences in a later state. The name, coined by Edward Lorenz, is derived from the metaphorical example of the details of a hurricane (exact time of formation, exact path taken) being influenced by minor perturbations such as the flapping of the wings of a distant butterfly several weeks earlier. Lorenz discovered the effect when he observed that runs of his 'weather model' with initial condition data, that were rounded in a seemingly inconsequential manner, would fail to reproduce the results of runs with the un-rounded initial conditions of data. A very small change in initial conditions had created a significantly different outcome. A yogi and the power of his meditation, though subjective and non-visible in nature, yet can influence people in other parts of the world. In the telepathy, it is shown how our thought resonates in the environment and brings drastic and positive changes in the thoughts of other people.

So, it can be concluded that the silent meditation in one part of the world can influence any other parts of the world. ❖

KEEP SEVEN RELATIONSHIPS WITH THE SUPREME

Every soul has an eternal and close relationship with God, the Supreme Soul, but we simply forget it as we become over-involved in, attached to and distracted by the untoward situations in our life on the physical plane and our different relationships with different physical beings during the course of our unending, cyclic journey of births, deaths and rebirths. Spirituality makes us realize the need of restoring our connection with God, which has either broken up or has become let loose. It also makes us realize that this connection needs to be a very deep and personal one and requires urgent reconnection.

God plays many roles, just as becoming a good parent, while bringing up His children. Each role consists of the expression of different spiritual characteristics and virtues of God. Think for a few moments about the main roles that God plays in our life and identify the main virtues and characteristics which He expresses, e.g., in the role of Father. He demonstrates to us the art of living and how to perform right *karmas*. In the role of Mother, He gives spiritual sustenance in the form of virtues like peace, love and joy to us. In the role of Teacher, He showers us with true knowledge of the soul, Supreme Soul and the complete World Cycle. These are just a few examples. We suggest you to do your own thinking about seven different roles that God plays: Father, Mother, Teacher, Guide (or Guru), Companion (or Beloved), Friend, Child, and how He plays them. Once you have done this inner thinking exercise, experience each of these seven roles on each of the seven different days of the week, one role per day. Feel Him playing that role for you and then note what you feel exactly and how you relate to Him. Also identify the spiritual characteristics and virtues that it brings out from within you. Playing the roles, that God plays, in your life will make you Father – like (*Bap Saman*). ❖

BRAIN WAVE PATTERNS AND THEIR IMPACT

– Dr. Barkha Pavse,
Sanaiya, Al- Ain, U.A.E

Through this article, I want to describe some of the brain state levels that can be achieved through meditation and their effects on human health.

The human brain consists of billions of cells called *neurons* which communicate with one another through electricity and when these millions of neurons send signals at the same time, a huge amount of electrical activity is produced within the brain. This electrical brain activity is commonly referred to as *brain wave pattern*.

Electrical activity in the brain undergoes many changes as a result of a person's movements, thoughts and emotions.

While there are millions of brain wave patterns or combinations, research has categorized them into only the following five general ranges:

ALPHA - These brain waves are present while dreaming or meditating and range between 8 and 13 cycles per second.

BETA - These brain waves are present during normal awakened state and range between 14 and 30 cycles per

second.

THETA - These brain waves are present during restful sleep and meditative sessions and range between 4 and 7 cycles per second.

DELTA - These brain waves are present during deep sleep and sessions of deep meditation and range between less than 1 and 3 cycles.

GAMMA - These brain waves are present during critical thinking or problem solving and tend to range between 30 and 60 cycles per second.

Their impact on human health

If a person is in *alpha* state, he/she will be in relaxed state, free of anxiety. If this type of brain wave present in a person then that person becomes more creative, relaxed and clear minded and good for super-sensory ability and higher learning.

Theta waves are considered to induce a relaxed state of mind and the person remains good in intuitional qualities and distant healing state.

Delta waves are good for body immune system and also

for healing others through distance.

On the other hand more *beta* and *gamma* waves weaken the immune system and person becomes more stressed due to these waves.

During Rajyoga Meditation practice, a person is able to attain the states of *alpha*, *theta* and *delta* even in awakened state of mind. The *delta brain wave* that can give one more relaxation and lead to hearty and healthy rest and comfort can be achieved through regular practice of meditation. Dadi Janki, The Chief of Brahma Kumaris registered *delta waves* under all conditions in EEG measured in 1978.

Meditation gives a sense of inner positivity, more controlling power and better clarity. While remembering God Shiva, we are able to attain the states of *alpha*, *theta* and *delta* due to the power received from the Supreme Source. As God's frequency is 0, so in order to reach Him we need to develop the *lowest frequency*, and that's why that God Shiva says: Remember me in soul conscious state. As we stay in soul-conscious state, it creates a natural state of love, acceptance and peace. Our vision of the self and of others is not that of seeing their faults; rather we can have a realization

(.....Contd. on page no. 26)



MONEY RUNS AWAY FROM THOSE WHO RUN AFTER IT

—Dr. Brahma Kumar Yudhisthir, Ph.D., Shantivan
Associate Editor

It is sarcastically said, “Money, money, money; brighter than sunshine, sweeter than honey.” Today, everything is measured by money. Earlier, metals like gold, silver and bronze were used as the concrete and substantial media of money, but, today, paper money lacks such concreteness and substantiality as the metal-money media had. Still man blindly runs after this paper money which ultimately runs away from him. There has been innumerable occurrence of incidents and events in which men have to throw away big sacks of money and flee from their homes when the police and income tax authorities are after them or get caught red-handed.

Case of a Jeweller

The author of this article has been witness to such an incident in Palam Colony, New Delhi, where he was earlier residing in a rented house and serving then as the Principal in a Senior Secondary School of this Colony. One day, a jeweller of this colony utterly belittled and demeaned me, saying, “What sort of a Principal are you? You have no car, no house; you are

simply staying in a rented house, whereas I am staying in a three storeyed palatial building.” That day I had no words to utter as what he was telling was a fact. But, just after three days, the author saw the same jeweller standing and crying bitterly in front of his palatial building in the market place before his relatives and many onlookers as the police caught him red-handed while he was dealing illegally in gold and jewellery. He was completely crestfallen and helpless as his accumulated money, wealth, gold and jewellery are unable to help him in this pitiable state.

Lakshya India Company

Some years before, in Abu Road area there was a fake Lakshya India Company which took away lakhs of rupees from its credible customers, who were investing money in it with hope of getting almost doubled in three or four years. The company initially doubled some customers’ money as a snare or temptation for people to invest more. They invested in thousands and lakhs in utter greed of easy accumulation of money; but at last the company

fled away closing its fraud business and swindling many customers of their money, leaving them utterly dispirited, disappointed and disgusted as their initial hard-earned money also ran away from them due to their vice of greed.

Men’s Mania of Money - the Material Wealth

But, men are still intoxicated with this paper money medium to an extent of being maniacs. This mania or intoxication has come to make and mar everything or being. Men are more maniac than women even though women are symbolically associated with wealth, learning and power. It is observed that men earn more money than women, but Lakshmi is worshipped as the goddess of wealth. More men are enrolled in the education institutions, but Saraswati is worshipped as the goddess of learning. Men are shown to be powerful, but Durga is worshipped as the goddess of power or energy. While Lakshmi, the symbol of money and wealth, is worshipped, the money-maniac men are blamed, denigrated, offended and suffer from the ignominy and vice of

greed in many ignoble ways.

Money as the Standard of every Measure

Before the advent of monetary system, people used to give and take their things through barter system. Through this system, one can give one thing and, in return of it, take another thing. In those days, people were not materialistic in nature; they used things as the medium of exchange; they were not so much possessive and were not intoxicated to an extent of being a maniac; thus, they led a very simple life with utmost satisfaction. But, money mania has brought with it unprecedented evil in the sense that people have become completely money maniac being intoxicated with such an abominable degree that they have come to measure everything with the *standard* of money, thereby quite neglecting the finer feelings of love, relationships, charity, kindness, empathy, compassion, etc. in human life. As a result of this, man has become unhappy and peace-less even having lot of money. The thoughts and ideas of people regarding money have changed drastically. Once, it was thought that money was meant for man; now, 'man is meant for money'. In this way, the life-gear has turned from

positive to *negative*, bringing thereby the ghost of various evils into man's mind and his daily lives and behaviours.

Money has Marred Love and Marriage

Love and marriage, today, are also ascertained by money. Earlier, character was the measure of selection of a bridegroom; whereas, today, money, bank balance, highly bulged salary packet, landed properties, amount of bribes one gets etc. are ascertained before a giving a girl in marriage to a man. This has resulted in inhuman cases of dowry deaths, bride burnings and terrific tortures of girls and women. Even rich people like the dowry system to continue. Largely, due to this the economically poor and backward sections of people greatly suffer and the social life has become completely shattered due to lack of values.

Plethora of Scams, Scandals and Corruption

Scams, scandals, corruption revolve around money. Major scams in international spheres such as such as Watergate, Monicagate, FIFAgate, and in national spheres such as Coalgate, Spectrumgate and Choppergate. Cases of scam and corruption are running for more than decades in courts, giving the accused wide

leverages to move and loiter freely and luxuriously by using the scam money as loafers and dilly-dalliers do.

These cases of scam and corruption are a grim reminder of the fact that those who were involved in such cases did not live a satisfying, peaceful, happy and contented life at all. The money they earned illegally have left them or run away from them in the form of expenditure on their court cases and health problems, thereby filling the lawyers' and/or doctors' coffers. Really, as money came to them, so it ran away from them, whether they understand this fact of operation of inevitable Law of Action (*Karma*) or not.

Modi's November 8 Demonetization Dictate

The Demonetization Dictate of Prime Minister Narendra Modi on November 8, 2016 in a televised address to the nation declaring the scrapping of the denomination of 500 and 1000 Indian currency notes as legal tender from the midnight was a sudden and stark shocking indication of *how money runs away from those who ran after it and collected black money and/or money disproportionate to their sources of income; or money accumulated through illegal, crooked and corrupt means*. The P.M. had declared

that citizens have to deposit or exchange these notes in banks or post offices within 50 days till December 30, 2016 and thereafter through Reserve Bank of India (RBI) offices. After this dictate, while 5.41 lakh crores of stashed or hoarded money by people has come straight to the banks' coffers, which was a good sign/effect of the dictate, the ill-effects of it were that some sacks of such notes were found to be thrown in the garbage; and somewhere it was also found that such notes were burnt out; and it was also reported that people, not devotionally but compulsively, thronged at religious places to make great offering of these notes on some special religious occasions.

Citing the further ill-effects of this dictate, Kapil Sibal, the Supreme Court advocate, had pleaded before the court that already 47 people of the country had been dead due to grievous shocks because they were unable to bear the brunt of it when their own life-long accumulated money simply and instantly turned into mere pieces of papers. Some innocent householders also who had collected money after selling their lands and/or for their daughters' marriage had to bear the shocks of this so called financial surgical strike at black money. Even

some people were still feeling the aftershocks of this strike: for example, it was reported in national dailies that antisocial elements were snatching away the bags of scrapped money from women and old people who were on the way to deposit in the banks or post offices, or when they were in the queues before the counters of these offices. What an unforeseen, unprecedented and shockingly sad scene in the country of money running away from those people who ran after it!

Major Negative Effects of Money Mania

Unethical and illegal use of money demoralizes, dehumanizes, deteriorates; money should enhance the quality of life, but, ironically, it is deteriorating the quality of life.

Mania of material wealth engenders the problem of creating incorrigible sinners in the world by way of misuse of money.

People mistakenly consider accumulation of money and wealth as 'dwelling in heaven' (*Swarga*), even though they display all characteristics of hell in their habits (*Aahar*), conduct (*Aacharan*), thoughts (*Vichar*), manners and behaviours (*Vyavahar*).

People have least attention to *spiritual wealth* – the spiritual knowledge and Rajayoga

meditation – imparted freely by God Shiva, the Ocean of Knowledge.

Men show their egotistic and proud nature whereas Lakshmi is the symbol of wealth; Saraswati is the symbol of knowledge; Durga is the symbol of power.

Due to this money mania, *people have become ignorant of the Karma Philosophy (Karma Darshan)*. They do not know the finer and esoteric aspects of the Law of Karma that inevitably operates in the world in the manner of Newton's third law of motion in Physics: "Every action has an equal and opposite reaction", which is the physical equivalent of the often-quoted and operated psychological principle: "As you sow, so you will reap."

People ignorantly live a values-free life throwing all sorts of ethics, morality and spirituality to the winds as they do not have the innumerable benefits of value - based happy and peaceful life which is only possible through inculcation of spirituality in our life.

People more often fail to manage their selves and commit innumerable sins and vices as they lack completely the knowledge of various principles of *self management*.

There is an unholy and indecent nexus among men,

money, wine and women altogether. As a result of this nexus, the whole humanity is now fully involved in sins like sex-lust, anger, greed, attachment, ego, indolence and jealousy and, therefore, are bound to reap the fruits of their own sinful thoughts, words and actions.

Money mania has led man far away from his inner self and God, the sole Seed of spiritual self-sustenance. So, he suffers unprecedentedly from acute psychological trauma and lives a complete meaningless life without any aims and objectives. Whereas man's aim of life should be self-realization and God-realization leading to self-transformation and world-transformation, he has been completely oblivious of this noble aim being ignorantly involved in the trap of body-consciousness.

People possessing material wealth are mostly seen remaining in unease and suffer from different kinds of sicknesses and psychosomatic diseases.

The whole lifetime of man is now passing through the hellish *Kaliyuga* - the Iron Age - the Devilish World in interaction with the Devil which represents the seven deadly sins.

The money-maniac ignorant man has been deprived of the

God-given spiritual wealth of knowledge for his liberation (*Mukti*) and liberation-in-life (*Jeevanmukti*), which are the foremost objectives of human life.

Spiritual Wealth & Its Beneficial Effects

It is time for getting rid of the money (material wealth) mania and earning the *spiritual wealth* of life-changing spiritual knowledge now in this auspicious *Sangam Yuga* in order to take a quantum leap from the present human stage to the deity stage. The following are the major beneficial effects of spiritual wealth: **i.** The spiritual knowledge of soul, Supreme Soul, the complete World-Cycle and Rajayoga meditation; **ii.** Self-realization and God-realization leading to self-transformation and world-transformation; **iii.** Freedom from indulgence in sins like sex-lust, anger, greed, attachment, ego, indolence and jealousy; **iv.** Liberation (*Mukti*) and liberation-in-life (*Jeevanmukti*), which are the foremost aims of human birth and life; **v.** Ushering in of *Satyuga*, the Ideal World of Paradise; **vi.** Moral and spiritual enlightenment; **vii.** Disease-free world of health and happiness in which the denizens have a sound mind in a golden body (*Kanchan Kaya*) free from all sorts of sickness

in SHIVALAYA established by God Father Shiva and live in interaction with the deities. **viii.** Principles of *self-management, self-restraint, self-continenence and self-contentment*; **ix.** Values-and-spirituality-based happy and peaceful life; **x.** Knowledge of the *Karma Philosophy (Karma Darshan)* including the esoteric depth of knowledge of *Sukarma, Vikarma* and *Akarma*; **xi.** Enhancement of the quality of life in all its varied aspects; **xii.** Best use of money, materials, and properties and accumulated wealth; **xiii.** Cultivation and inculcation of noble qualities of humility and abidingness in God Father, and thereby regaining of the lost Paradise as one's birthright from Him; **xiv.** Attainment of self-mastery, self-sovereignty and deity-world-sovereignty; **xv.** Realization of Kingdom of God within. ❖

(Contd.from page no. 22)
 that as souls we all are
 spiritually beautiful, and doing
 our best. This brings a state
 of calm and acceptance; a
 feeling inside that we have
 already known all along that
 we are good and perfect, and
 so are others! This feeling
 increases the spiritual energy
 level and we can transmit
 these positive vibrations to the
 whole world. ❖

ART OF LIVING: POSITIVIZE THE NEGATIVITY



– B.K. Bhagwan, Shantivan

Time is a precious treasure in one's life. However, due to our waste thoughts, such a valuable treasure goes waste. If one wants to fully utilize the immense potential of time and make the self powerful, one needs to be free from waste thoughts. The one in whose mind flows pure and positive thoughts, can only become a *karmayogi* and utilize his breath and time most effectively and efficiently; in fact, this requires intense effort. One who creates powerful and elevated thoughts can do an incognito service of making the self, others and atmosphere powerful. In contrast, the one who has waste thoughts, becomes an utter failure because the worm of waste thoughts attacks fervently from inside. Consequently, such a soul becomes powerless.

Once a disciple asked his *guru*, "My spiritual practice for many years has not yet been successful. What is the reason behind the failure of my practice?" Next afternoon, he took his disciple to a garden, where some adolescents had

gathered. They were thirsty. They began to draw water from a nearby well with the help of a bucket and a string. They toiled hard to draw the water but every time they pulled the bucket up, they found that the bucket was empty. Simply because the bucket had a hole, they remained thirsty even while being near the well. Despite their hard work and the well with water, they remained thirsty due to the hole in the bucket. In the same way, a spiritual aspirant sometimes works too hard to meditate and form a link with the Supreme; and God is also bestowing power, but if the aspirant has the hole of waste thought, he can't have an experience in meditation and draw or store the power. If one wants to have an experience, all he needs to do is to plug the hole of waste thoughts. This is the sole secret of success in meditation.

Even though there are many reasons which bring waste thoughts in one's mind; the most important one amongst them is the approach of negative situations in life. Because of

negative situations, various thoughts distract one's mind. And one is carried away by the wave of waste thoughts in form of anger, hatred, enmity, antipathy, jealousy, etc. towards those whom he/she feels responsible for creating such situations. In such situations, one needs to transform the negative situations into a positive ones. The one who sees every negative situation in life as positive, becomes dear to the self, the world and to God.

Here, an instance of Saint Tukaram is relevant. Tukaram was a devotee of Vitthal and led his life with full of love and devotion for him in his heart. However, some ascetics became jealous of the popularity of Saint Tukaram. They instigated the villagers against him. The villagers shaved his head, smeared it with turmeric, blackened his face and put a garland of vegetables such as brinjals, tomatoes, potatoes, lemons, chillies etc. around his neck and made him sit on a donkey and took out the procession around the village, thus insulting him. Not only this, they finally brought him in front of his house for his wife to see. Seeing this, his wife got furious and started abusing all. At this juncture, St. Tukaram asked his wife in a calm and composed manner, "Why are you crying? What wrong has been done? My

hair was long and I didn't have the money to cut it, so the kids cut it free of charge! And I also had dandruff but now the lime will cure it. And when we got married did we have a procession? No, so we had it today! Plus the vegetable garland will give us food for a few days." This shows the saint's humility and his tolerance. Another person would have been greatly insulted but instead he tolerated everything. This is the art of living. Tukaram transformed a negative situation into a positive one; that's why he became a Great Maratha. This illustration makes it clear that how we perceive a situation largely depends on us.

Let's have another example. Once, Saint Eknath Maharaj went to the river Ganga for a bath. While returning from the bath, a person, who was chewing a betel leaf, spat it on him. But, Saint Eknath without saying anything went for another bath, as if nothing had happened. As he was returning from bath, the person spat again. This went on for seven times. However, when St. Eknath Maharaj was returning from bath for the eighth time, that person thought that even though he kept on spitting at the Saint, the latter didn't react; definitely, he must be a great saint or a great person. With this thought of repentance, that person fell at the Saint's feet and apologized. St. Eknath embraced him and said, "Instead, I should thank you as because of you I could bathe in the Ganga eight times and, thus, accumulate blessings for several births.

Suppose, someone insults or abuses us, then, we should take the insult and transform it into a means of growth for ourselves. We should continue to have good wishes and goodwill even towards those who try to bring us down. By transforming negative situations into positive ones, one is blessed with the virtues of tolerance, patience, acceptance, gentleness and humility. One should have faith that everything happens for good and there is benediction in every situation. For example, it may so happens that something may be a good item but hasn't been packed well; likewise, even though the current situation may seem adverse on the outside but it may have good result in unseen future. Only the one, who has such a belief, can be free of waste. The one who sees a situation in a positive way is the one who keeps faith on the self, God and others, and can thus become an assertive optimist. ❖

OBSERVE PURITY TO ACHIEVE PEACE

—**B.K. Dathiah**, Kalyandrug

While people, today, pray God for peace, they really do not know the fact that peace cannot be achieved without purity. They do not make efforts to attain viceless ness or purity but instead wrongly consider indulgence in the vices to be breath of their life. How can one have peace when one has become so vicious? Vices like lust, anger, greed, attachment, ego, indolence, jealousy are at the root of all emotional disturbances, strains, tensions and imbalances in human life. If one wants peace, he/she has to go back to one's original nature of purity and observe it in one's thoughts, words and deeds. Unless the soul regains its original *sanskar* of purity, it cannot escape suffering and grief. Purity is the foundation of peace and bliss. And for achieving purity, the soul is required to act for the removal of every trace of negativity. Souls are burdened with the accumulated negative *sanskars* of their previous births, the extent of which varies from soul to soul. Through connection with the purest Supreme Soul by Rajyoga Practice, the soul is automatically purified and it moves further towards its original state of purity, peace and bliss. Peace cannot be achieved through reciting of mantras or performing rituals but by having a close communion with Supreme Being, which is possible through Rajyoga meditation. ❖

INVISIBLE GOD'S VISIBLE LOVE LETTERS

(This Christmas, why not attract God to you and let Him give you the greatest Godly gift and write all over your forehead with His pen of love?)



—B.K. David, Paignton, England

God's invisible pen is held by His invisible hand and writes with invisible ink from His invisible ocean. All goodness is created from God's invisible mind and given to the world by His Invisible heart. Yet God being God, His love letters are very visible.

Everything about God is always invisible, except the impact He leaves wherever He goes. All countries and all people remember and talk of a God at some point. Why? If so many people remember God and worship Him every day, talk and try to communicate with Him, then there must have been God on the earth in the past with whom they had talked and can still recall that connection with Him to this day. God's meeting and His love still live inside everyone today in an incognito way but if you listen carefully, you can hear many people talking to God and asking Him for His help as they talk about in today's world of sorrow.

Does everyone remember Elvis and the Beatles? Do they talk about Elvis and play his records today? Yes, for once Elvis was here amongst us; just as God was once here and is now once again present on earth for you to talk to and listen to Him.

God sings and dances for you all the time but in a way very different from what Elvis did. God dances the dance of spiritual truth and His songs sing of how great He is, how lovely His children are and of the new world to come. You can sing along at any time of day to these Godly tunes recorded on His Godly label.

Godly ink that makes you think with invisible thoughts

On one palm of your hand is clearly written 'FOREVER' and on your other palm is written in capitals 'NOW'. Which of these two do you think is the greater and more important? Is it more important to eat food or to grow

it? Is it better to sleep or wake? 'NOW' and 'FOREVER' are very closely related and it is in the 'now', right now, today, that will lay the foundation of your future.

Chocolates, Flowers or Heaven?

Yes, your future will arrive at your doorstep without your doing anything noble or even good in life or without your making any effort at all. It's what the Godly postman brings to you as a gift to your front door (life) and how worthy you become to receive it today, that is important. Many common boring gifts are frequently given by human beings to human beings and these are worthless. It is only God's gifts delivered by Him and His workers that have real value and beauty and which will last for you forever. A human gift of today might last a week and then break or may be put to one side and simply forgotten, right? God's gift can last for you forever and stay with you and bring benefit wherever you go. So, whose gift shall you want to receive today when hearing your doorbell ring? Man delivers chocolates, bills and junk mail whilst God can send you a special delivery of heaven which you'll have to sign for with truth and honesty and with a very clean heart as you'll be signing your name whilst holding God's Holy pen.

The Godly ink, pen and hand that can point you in the right direction whilst giving guidance and drawing a detailed map that leads you to His hidden treasure store of life.

Is it written on your forehead in Godly ink 'Now or Never'? On the soles of your feet, has it been written by divine pen 'True Path'? Are you constantly aware that God's hand is holding His pen whilst looking at you, your thoughts and actions?

God's map shows His treasure store not with an 'X' but with a golden sacred dot. Follow the compass needle to P (Perfect) and footsteps on the map and you can find such endless wealth that will never run out. You shall need to carry in your rucksack the shovel of truth and effort, but also use it.

Everything in life can, and often does, run out: your wife/husband can run out on you; your health may also run out and fail you; your TV license runs out and your car is always going to run out of petrol. There is only one aspect of life that is constant and certain and will never run out, and that is God and His wealth. God can never run out on a child who has pure intention and who opens his/her heart and hands to Him.

On every Godly Christmas morning, God gives out His

invisible gift to each of His elevated children which they can see in the mirror and make them smile.

This coming Christmas morning, when you look in the mirror, shall your forehead be aglow with your Godly gift? Will God have visited you early Christmas morning and whilst you were asleep, and with His invisible hand, left you His unique gift of love with your name on it that flowed from His sacred pen? Did God's sacred pen that is overflowing with loving ink from His heart, write for you a special message: *'Happiness, Truth and Peace be with you, My Sweet Child'*.

The greatest gift this Christmas is to give a gift to Christmas Father

Do you think there is a chance this Christmas morning that instead of seeing your shinning gift reflected back at you, you'll only see the bags and wrinkles under your eyes? Humanity will wake this Christmas morning to feeling only tired or with a hangover. When humanity wakes and looks in the mirror, this Christmas morning they will only want to go back to bed as feeling depressed and wanting to hide. Do you think you might see heaven and want to dance? Or will it be that God had no reason at all to stop in your bedroom to give you His gift?

Will God pass you by and not call in on you whilst doing His Godly rounds this coming Christmas morning?

Will God come down your chimney and kiss your forehead or will He find better food elsewhere to tempt Him on a more loving table than yours? Can you set out such a table of love and be confident that God will have to come to see you and the prepared food that awaits Him? It's every child's duty to try and attract God to their front door (mind).

And what is that gift given by God every Christmas morning? Can you remember God's gift to you last year? Did you get a gift? What was it? God does not give socks, chocolates or perfume.

The greatest gift God can give anyone is His sweet companionship and guidance that can take you to Heaven

If you look closely, you should be able to see Heaven this Christmas morning when you look in the mirror. Can Heaven be seen reflected on your face through the golden spot marking your treasure's location that is hidden behind your forehead? Does your treasure radiate through your eyes and show your wealth? When someone looks at you, do they see you or your treasure? Can a rainbow be hidden? Can you hide the Sun

and Moon? How many times in a week can you see the Sun and Moon? How many times in the week do people see your treasure? Can your treasure be hidden? Do your bad habits and attitude act as a huge cloud that at times hides your Sun's treasure? Real treasure has the power of truth and its rays can overcome and dissolve anything.

Do you have you the fire of love in you that attracts God to stand next to you? Does God reach to you with idle curiosity or is He drawn to you like a magnet, with the desire to share in your love? Have you got a special gift to give God this Christmas? If so, what is it?

Are you walking with open hands to the treasure chest of Heaven?

God likes the only children with diamonds in their shoes and whilst walking their path cannot help but drop diamonds for people to pick up. Their steps are full of peace and their directions are full of meaning and purpose. Their path makes them feel light without burden, as in their thoughts; there are life's true jewels. They know clearly what awaits them at the end of their path is an overflowing treasure chest whose key has their name on it waiting to be turned.

Sign here, please, to receive your Christmas gift

If you can see and feel your Godly Christmas gift, then, later in the day, others will also be able to share with it as they feel your heart is wrapped and warm from being touched by God's hand and gift as He wrote His name on your heart with His divine pen of love. ❖

**I SEARCHED FOR LIGHT
AND FOUND OUT: I AM THE LIGHT**

–B.K. Lakshmi Russell, Trichur, Kerala

In the darkness I searched for light –
The light that was about to be eclipsed.
I thought: How can the light be kept alight
And save the world from ending up in utter darkness?

There were cries of hatred, loss and pain
Nature too joined hands in the destruction.
Cries are heard everywhere and hopeless moan:
"Is there not a way out?", cried a poor man.

Blind with abominable lust, anger and greed
One cannot see on whom one does tread
At a spur of the moment and with endless blindness;
One little knows why he commits this act of unkindness.

Are we stepping down the ladder of life
Since our ancestors fared far better in their strife?
What happens to us as we move on?
Should we blame our progress or values-free education?

Would the world end in clashes and war?
Or end in Nature's Calamities and Thunder?
For when man's mind and nature become impure
It reflects through the outer Nature for sure.

The umbilical cord that holds together
Man and nature is now seldom remembered;
For the thoughts generated in human mind
Are absorbed through this intangible cord.

In the darkness I searched for light
And found out: I am the light;
For as charity begins at home, let me be the change soon
And inspire others for their self-transformation.

In the darkness I searched for light often
And found the light in each of my brethren.
With pure, positive thoughts and wishes, good and golden
Let's work in unison to cure both Nature and man.

(Contd.from page no. 3)

but interest in action and interest is mainly the attention in latent form.

Suppose a man is interested in seeing 'a cricket match'. Whenever there is a cricket match, he either goes to see it or he switches on his radio or transistor to listen to the running commentary or he asks people, now and then, what the latest score is. If he is interested in a particular player, he asks people about his performance. Because of his deep interest in the game, he anxiously awaits the moment for the commentary to start.

When the matches are over, his interest becomes latent again. Similarly, a man who is interested in politics, attends to political comments, reads political news and pays attention to results of political polls and alignments, or to opposition by political parties whenever there is a discussion on these issues and, then, in other times, his interest remains latent.

It should, therefore, be borne in mind that if our 'interest' finds a diversion from God to things of the mortal world, then our attention also shifts. So, it might, most probably, be due to lack of interest or diminishing of motivation that we lose continuity in Meditation. The main question, therefore, is: How to sustain

keen and strong interest?

Let us know how we can have proper attention by sustaining adequate interest.

Some of the reasons for lack of interest

The major cause of lack of interest is the lack of realisation of one's relationship with God. We observe that one does take interest in one's near relatives, for one loves them. One devotes attention to and spends time for and with them. If, therefore, one fully understands one's nearest and dearest relationship with God, one's love for Him should be intense. One's mind gets drawn to worldly relatives because one forgets the relationship of the soul with God. There is hardly a man in the world who does not take interest in his wife or children or friends and parents. Therefore, if one has this knowledge firmly rooted in his mind that all his spiritual relationships are with God, one's interest would multiply manifold, and this would give a boost to one's attention on God.

It should be understood in this context that the basic drives of hunger and thirst, etc. motivate a man to attend to matters connected with their fulfilment. One has, therefore, to have a deep thirst for God-realisation and bliss or strong hunger for valuable spiritual experiences. As

exercise and work enliven, in man, thirst and hunger, so do exercise of mind, by means of reading *Murlis* or listening to Godly Discourse, and the work connected with practising or teaching meditation, sharpen one's hunger for deep peace and bliss and one, therefore, feels inclined to devote attention to Meditation.

► Mental Set

We find that man attends to those objects or subjects towards which his mind is set. Thus, 'Mental Set' is one of the most important internal determinants of attention. 'Mental Set' means the tendency of mind, created and maintained by one's attitude to a subject or object. For example, the *mental set* of students just before the days of examinations or when the examinations are at hand, is, generally, inclined towards the preparations of examinations and, therefore, even the smallest thing which can bring them high success in the examinations or which is related to the date and location, etc. of their examinations, attracts their attention. If, therefore, we remember that the present period is the *Sangam Yuga* (Confluence Age) when we are, besides being educated in Rajyoga, also being examined, or that our final tests in purity and

yoga are at hand, we will definitely pay full attention to our subject of Meditation because we will have 'mental set' for it. One's attention on Meditation gets reduced when one thinks that one has no 'mental set' for it, and has, instead, 'mental set' for the worldly things.

► **The Aim**

Aim also influences attention and gives to man the proper *mental set*. Every man has some immediate and some ultimate aims. For example, the immediate aim of students is to pass examination creditably and with merit and the ultimate aim is to have education and to get a job. A student, whose aim is not to appear at or pass examination, will spend his time on other pursuits rather than read books. So, if we keep in mind our immediate and ultimate aim, we will have the congenial 'mental set' and the necessary interest in Meditation, and it will be easy for us to focus attention on God and on the subject of inculcating virtues. Our immediate aim is to have purity, peace, bliss, light and might or to attain the angelic stage and our ultimate aim is to attain deity-world's sovereignty. If these aims remain fixed in our mind, there is no reason why our mind should turn away its attention from Meditation and inculcation of divine qualities.

A person, who shoots an arrow or fires a bullet, has a target before him. This target is also called his 'aim'. He focuses his attention on this aim; then only can he achieve the object. So, 'attention' has no meaning if there is no aim. If there is no point or focus, there can be no attention. We must, therefore, clearly have the aim; then keeping attention will be easier.

► **Meaningful and Gainful**

Meaningful things attract more attention than meaningless things. So man naturally attends to those tasks which, he considers, are more gainful. No one likes to pay attention to useless and profitless pursuits. If, therefore, man's attention gets diverted for long periods from Meditation and divine studies, the reason could be that he does not find it gainful, fruitful or meaningful. It is, therefore, essential that one understands fully well the fruits and gains of Meditation or those of attention on God. When one understands that Meditation and divine qualities are the highest attainments and the most precious rewards, one feels quite fired with enthusiasm; and his interest also gets stimulated and attention finds a strong motive and purpose; and, therefore, the Mind lays its anchor on these. One should, therefore,

understand Godly Knowledge in depth and with clarity, for that would give him the proper value of Meditation and the real import of divine qualities and the significance of Confluence Age (*Sangam Yuga*), and then the fixity of attention in Meditation will find its purpose, and continuity in Meditation will be greatly prolonged, for one would feel such a state without it as a fish feels when it is out of water.

► **Emotion**

Emotion is also an important determinant of attention. It is a matter of everyday observation and experience that man attends to even the smallest fault of the persons whom he hates while he does not pay much attention to even the greatest blunder of a person whom he loves.

In fact, love plays a very important role in attracting and stabilising attention. Love is the intense form of interest. It gives us the 'mental set' for Meditation and makes the absorption of God's qualities in us possible. It is the greatest force of attraction which mind cannot resist and for which it is prepared to make all sacrifices. If, therefore, our attention shifts from God or from His Divine Qualities, it means we have not developed love for Him and His qualities. If our mind had fully realised the time and nature of this Iron-Aged world and its

objects, it would have had no attraction or love for it in the form of attachment. Instead, its love would find place in God and in divine qualities, without which happiness would remain an unfulfilled dream. It is, therefore, essential that if we aspire for stability in Meditation, we have to orient our mind with Love of God. In order to develop love, profound love, we must listen to the practical experiences of others: how God entered into their lives?; how He transformed and helped them? what valuable and imperishable gifts He bestowed on them, and what His attributes, qualities and acts are? These experiences will enlighten a person on the topic of 'God's true nature' and will give him a feeling of intimate and love- full relationship with God and, finally, it will turn one's attention to the Supreme Father and His wonderful boons and benedictions.

► Disposition, Temperament and Habit

Both disposition and temperament are important to attention. For example, a man having a religious disposition and rational temperament will attend to religious matters, read religious books and accept and

understand things by applying his reason. One who has a passionate temperament and sensuous disposition will, instead of going to religious gathering or attending to religious discourses, go to cinema houses to see adult and obscene films. There are so many things of interest in this vast world of enormous variety but each one will select a thing, which suits his/her disposition and temperament.

Similarly, habit also plays a great role in drawing or distracting one's attention. If, for example, a man has the habit of rising early, his attention will be drawn to the morning alarm. If, on other hand, he is, by habit, a late riser, he will not attend to the alarm.

But habit, disposition or temperament are greatly influenced by one's education, culture, and upbringing and by the company one keeps. One should, therefore, make it a point to lessen his contacts with people who are engrossed in body-culture and have vicious temperament and have a high disposition to body-consciousness and should, instead, align or associate himself with those who have

religious disposition and are of ethical temperament and have the habit of attending to things of spiritual nature, keeping the company of people of spiritual disposition and yogic temperament. This will deepen his interest and draw his attention to God and His divine ways and will further ennoble his disposition. This will give high momentum to his spiritual endeavours and will give him a boost, like the high-powered rockets get, in order to go into the orbit of Meditation.

Thus, one, who loves meditation, should love God profoundly, aim at the achievement of highest bliss, have keen interest in experiencing the angelic stage and acquire divine qualities and have disposition, temperament and 'mental set' by associating himself with people who attend daily classes and are of religious tendencies. He should study Godly knowledge in depth so as to understand and appreciate the importance and value of Meditation and Divine Culture. If one does this, then there is no reason, why he will have lack of continuity and stability in Meditation. ❖