

From the Mighty Pen of Sanjay



# CONTENTMENT IS WEALTH



In the present world, you will hardly find a man, who is fully content. There may be many causes of dissatisfaction. One of the major causes of man's dissatisfaction is his monetary difficulties. Besides financial issues, the problems may relate to personal, social, economic, political, moral issues, etc. Man's wishes, desires, wants and demands go on increasing, taking various forms as days pass by.

## Discontentment Disturbs the Balance of Mind

Discontentment brings mental agitation and disturbs intellectual equipoise. As a result of this, man is weighed down with despair, indifference, tension, animosity, even fury and mental agony and cannot exercise his discrimination in order to find means of improving the conditions and loses the ability to act. Thus, his plans and acts go wrong and give rise to quarrels. Only by dint of hard work can man make both ends meet, and only the man of right understanding can work on the right lines. Otherwise, it is a blunder to let your reason be clouded by desires and, thus, lose your own happiness.

## Contentment is Wealth

Contentment is as good a means of happiness as wealth is considered to be. Is it proper, therefore, to lose the wealth of contentment in order to secure another kind of wealth? The right course of conduct is that man should be calm in the situation of crisis and, at the same time, should find a systematic method of mending or ending it. Considering the present to be the consequence of our own actions, we should be careful about the future. Just as food sustains the body, so does the mind find sustenance in happiness. So, the saying goes: "There is no food as good as happiness." And, to be happy, you have to be contented. Just as, for bodily wellbeing, man seeks food; similarly, to maintain the state of happiness, one has to ensure stability of one's mind and contentment.

(Contd. .... on page no. 33)

## CONTENTS

- ▶ Contentment is Wealth....  
(From the Mighty Pen of Sanjay) ..... 3
- ▶ Global Enlightenment for Golden Age (Editorial) ..... 4
- ▶ Go into the Depths of Truth .. 8
- ▶ Shiva Baba: The Saviour and Light of My Life ..... 10
- ▶ Our Unseen Enemies and Friends ..... 12
- ▶ The Father Awakens Those, Who are Sleeping ..... 16
- ▶ A Spiritual Attitude Transforms into a Benevolent Beatitude ..... 18
- ▶ Prajapita Brahma: The Prismatic Personality ..... 21
- ▶ Easy Tips for Enhancing Emotional Health ..... 25
- ▶ Walk with Truth and Purpose to Feel God's Love ..... 26
- ▶ My Experiences of Spiritual Knowledge and Rajayoga of the Brahma Kumaris ..... 29
- ▶ Coming and Going Back as Point of Light ..... 32

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<b>Annual</b>	Rs.100/-	Rs. 1000/-
<b>Life</b>	Rs.2,000/-	Rs.10,000/-

Subscriptions payable through Money Order/Cash or Demand Draft (In the name of 'The World Renewal') may be sent to:

**Om Shanti Printing Press,  
Shantivan-307510,  
Abu Road, Rajasthan, INDIA.**

#### For Online Subscription

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## GLOBAL ENLIGHTENMENT FOR GOLDEN AGE

**D**uring my recent visit to Trauma Centre of Global Hospital Research Centre (GHRC) to wish a few patients speedy recovery, I met the hospital doctors, who were busy on their rounds caring for the patients. I also met a few young patients with complaints of high levels of blood pressure, sugar and cardiac problems. A good number of elderly men and women were also waiting for their turn. Though many of them have been practising applied spirituality and Rajayoga meditation in their lives, they still suffer from ill health from time to time. Possibly, the main reason of this is the external pressure caused due to their social responsibilities, and, perhaps, is due to their less attention on caring for the self while caring for others.

In general, the health of individuals in every field seems to be under stress and strain. The fast evolving IT gadgets and expanding social media have

contributed largely to the havoc playing on the nerves of a majority of users as well as to their deteriorating relationships and lack of ability to face situations of life. The communication explosion has become one of the main causes behind their weak family values and non-existent caring attitudes that were prevalent in the past. The main focus of a good percentage of the educated class, whether they are IT or business professionals or industrialists, medical professionals or a section of the pharmaceutical industry, is to capitalise on the economy. But, the results are quite dismal: high levels of competitiveness amongst the high-achievers in cut-throat industries are leading to emotional disorders, lack of any relaxation or sleep within 24 hours, and unhealthy attachment to materialism.

As the prices of required items or commodities of daily use keep spiralling, the middle class and ordinary sections of

society face more and more challenges as they bear the pressure of caring for their elders and children. On a broader scale, the rising tensions between big nations are sounding the warning bugle and alerting us towards commencement of the imminent Third World War. Climate change all over the world is playing a big role in creating psychological upheavals in society and daily life. Is it possible to find respite in the midst of these challenges?

Over 82 years ago, the Incorporeal Supreme Divine Being had bestowed divine visions to the founding father of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya (PBKIVV) about the future events and the direction in which the old world is heading towards, and also shared the wise counsel of how we should prepare to face such examinations of life on personal and global levels. Accordingly, the flag-bearers for positive change have been carrying God's message of the revival of values based on Godly wisdom to all corners of the world since the last decades. The present events further compel us to think differently and uniquely for the cause of human reformation,

and thereby motivate us to become agents of positive and uplifting social change.

Blessed are those, who are treading on the path of spiritual enlightenment shown directly by the Knowledgeful Source of Global Transformation: the Almighty Knowledgeful Supreme Being. **Those, who apply spirituality in their lives and learn the art of invoking God's blessings through meditation practices, become great leaders, sources of inspiration and guide to reform the society. The required change comes through a change in human attitudes based on proper understanding of right and wrong.** Thoughts and actions based on ego or false body-consciousness and indulgence in material pursuits have no doubt provided superficial comforts and temporary attainments, but compelled the humanity to face the most disastrous of situations in personal and social lives, since the last few centuries. Extreme levels of impurity and negativity have seeped through the world atmosphere like a cancerous virus spreading throughout the physical body in such a manner that people

accept these as natural and difficult to live without! The wrong and false knowledge being taught at various levels has pushed the global community down under the ocean of vicious existence. Though some people show their willingness for self-transformation, they also feel too weak to conquer over their inner defects. Therefore, there is an urgent need for bestowing the highest spiritual knowledge and universal truths about life sciences and their true understanding, and practical inculcation of values and virtues in life to thwart away the negativities, vices and weaknesses from our thoughts, vision, words, actions and interactions.

**It is time for all to realise that the Sun of Truth and Divinity has risen again to dispel the darkness of age-old ignorance, superstitions and sufferings.** Though we have had the invaluable and powerful sustenance of the Prophets and Religious Founders, who shared their words of wisdom with great clarity and faith from time to time, yet over the ages their precious teachings have lost their significance amongst the human

race, as people are now totally blinded by false illusions and rigid practices. The followers of each religion go through the four stages of the golden, silver, copper and iron states of being, in terms of spiritual power, purity and commitment to their belief systems. The philosophy imparted by those truly enlightened souls was instrumental in giving a very good start, but now the prayers and forms of devotion have become mostly mechanical and routinely affairs, or are instigated by God fear-ness or fear for the Supreme. In a way, this may be known as the Dark Age or Iron Age of the existence of the human race. There needs to be the emergence of powerful thoughts of conviction and expression of divine actions to reap the fruits of goodness, greatness and godliness.

Those, who assimilate the Supreme Being's wisdom and practise Rajayoga meditation in their lives, have a very clear vision about the required change of attitude and actions needed among the human brethren or citizens of the world. The following are the main aspects of Spiritual Wisdom that we are required to emulate

in our lives and wish to share with everyone:

(1) The present age is the most auspicious time in the Cycle of Time, called *Purushottam Sangam Yuga* (the Confluence Age) since the Incorporeal Supreme Divine Being descends upon the earth to guide us back to our original state of consciousness, which is so pure, beautiful and virtuous, filled with compassion and benevolence.

(2) The highest wisdom of God, known as *The Shrimat Bhagwad Gita*, or elevated Versions of The true God of *The Gita* is imparted onto human beings only at the Confluence Age, as per the Supreme Being's promise. The spiritual knowledge (*Adhyatmik Gyan*) is the most powerful path of knowledge that liberates us from our inner weaknesses and vices, and helps us transform our negative personality traits. In other words, Spiritual Wisdom acts as the catalysis for a spiritual birth and positive value-based lifestyle, developed on foundation of soul-consciousness and God-Consciousness. Every human

being on earth needs to receive his or her godly birthright of Spiritual Wisdom, which may soon become a reality through the maximum use of scientific means of communication and modern media.

It is quite appropriate to share with our readers some of the recent Elevated Versions of *Avyakt BapDada* that remind us of the Spiritual Treasures of Knowledge, Virtues and Powers that make us multi-fold fortunate:

“This gathering is of the emperors of the Confluence Age. It is through this sovereignty that you attain your reward in the future. The world of Brahmins is free from sorrow. Have you become such carefree emperors that there is no wave of sorrow even in your thoughts? Do you experience yourselves to be the carefree emperors, who are constantly on the bed of happiness in the world of happiness? The reason sorrow is that something is unattained. Attainment is the means of happiness. So, to be an embodiment of all attainments means to be an embodiment of happiness. Have you become such an

embodiment of constant happiness?

“The means of happiness are relationships and wealth in particular. Just think about it - you have attained the relationship of eternal happiness, haven't you? In terms of relationships, if even one relationship is missing, there are then waves of sorrow. In the Brahmin world, all relationships with God, the Supreme Father, are eternal. All relationships are imperishable; and, so, how could there be any waves of sorrow?

“In terms of wealth, the set of all treasures, or the elevated treasure of all wealth, is the wealth of knowledge through which you can automatically attain all types of wealth. Since you have attained wealth and relationships, you are in a carefree world. You are the children and the masters of the world of constant happiness, that is, you are the emperors. Have you become emperors or are you becoming that?

“If there is any kind of sorrow, you must definitely have gone outside the *boundary* of the world of happiness. You got attracted to one *artificial* attraction or

another or some artificial form, just as it is shown in the memorial of the previous cycle that Sita was attracted and crossed the line of the code of conduct, that is, she crossed the *boundary* of the world of happiness, and where did she end up as a result of that? In the cottage of sorrow! When you are within the *boundary*, you experience happiness even in a jungle, and become fortunate even in renunciation.

“Wherever you Brahmin souls may be, even amidst an atmosphere of sorrow, you are like a lotus. You are detached from sorrow; and, so, are the carefree emperors. No waves of the sorrow of some physical illness, no waves of the sorrow of a wasteful upheaval in your mind, no waves of the sorrow of a lack of attainment of perishable wealth, no waves of the sorrow of your weak *sanskars* and nature or those of others, no waves of the sorrow of the atmosphere or *vibrations*, or waves of sorrow based on relationships and contacts pull you to themselves, do they? You are detached from them, aren't you? When your world changed, your *sanskars*

changed. Your nature also changed and you, therefore, became a part of the world of happiness.

“In fact, you became *beggars*, that is, not even your body - the home - belongs to you. You have become *beggars*, haven't you? However, you also became the masters of all treasures of God, the Father. You became self-sovereigns. Do you have such intoxication and happiness? This is known as being a carefree emperor.

“You have become Brahma Kumars and Kumaris, you have become yogis. To be experienced means to have *authority*. Which *authority*? The *authority* of self-sovereignty.”

With this spiritually awakened consciousness, we understand and realise the beauty of God's plan for global transformation from the Iron Age to the Golden Age of peace, purity, and happiness. The concept of such a world of Paradise needs to be very clear: it will be an era where every human being lives a life of natural and constant truthfulness, divinity and loving relationships with all creatures, free from ignorance,

negativities, vices and sufferings.

Let us all invest our time and energy for effecting global enlightenment for re-ushering in the Golden Age on earth. Only then will the words of the Supreme Being and the Religious Founding Fathers prove to be true: “May there be peace on earth and goodwill amongst human beings...” May you become a great example of self-transformation for world transformation!

Keeping the above objectives in view and with the spirit of service onto humanity, the Brahma Kumaris have envisioned a global project of enabling each human being to experience Spiritual Enlightenment through the use of modern means of education, publicity and exposition. The senior service instruments of the centres/branches this Institution in Bharat and Nepal as well as other countries have decided to celebrate the running and coming year 2018-2019 as “Global Enlightenment for Golden Age”, during the Annual Service Meeting held in Shantivan Campus, Abu Road, from March 22-28, 2018.

– B.K. Nirwair

# GO INTO THE DEPTHS OF TRUTH

– Rajyogini Dadi Janki,  
Chief of Brahma Kumaris, Shantivan



When we say ‘Om Shanti’ three times, both night and day become good. We sleep well with good dreams. Baba says, “Connect your mind with Me.” When we do this, Baba becomes happy and we become fortunate. On the one side, He is the One, the Supreme Soul, the ‘Doer’ and, on the other side, are the ones, the souls, that do. He is the Detached Observer. He becomes our Companion and our body and mind are entuned with Him. We are not thinking about money. What would we do with money? Baba provides food and water and as is the food so is the mind.

As one sits for evening meditation, one should look at the self/soul and see where it is seated. Is it seated in meditation with Baba? When the souls are in meditation, Baba satisfies each soul with His powerful *drishti*. Shiv Baba is the Innocent Lord, He doesn’t even have His own body. He enters in the body of Brahma and sits in such a way that we too wish to sit between the two and

become happy. We get this feeling when they are both together. There is praise of this Confluence Age. This is the time of establishment of true religion and destruction of unrighteousness. The good news is that we have to follow the Supreme Father. With every step, there is multi-million-fold income. There is nothing lacking at all.

Baba teaches us so well. He asks, ‘Are you satisfied with my *drishti*?’ We are Baba’s right hands and there is such a great feeling that our final journey and destination are going to be very good. The final moments will come. Baba says, “I am the Creator. You are My creations”. We hold this attention that we will first go to *Paramdham*, the Supreme Abode, our metaphysical sweet Home, and then will come down again. Baba will not go alone, He will take all souls back with Him.

Let us become the beads of 108; then, we will become the garland around Baba’s neck. In the establishment of the true religion, we have to go into the

depths of truth. Therefore, we have to become very firm. We are, now, in the Brahma religion. We have to be detached observers and experience how Baba is our Companion.

I stayed in Baba’s home in Kolkata. Both my father and Brahma Baba were jewellers. My father, sister and I visited Baba’s shop once. Baba asked my father, “Where are your children staying?” Baba then said, “This child will stay in Baba’s home.” That scene was very wonderful and whenever I go to Kolkata, I stay in that apartment.

Once, I had the thought to offer *bhog* to Baba and he then said, “When you sit in remembrance, you will go to Baba.” He sees how the food affects the mind. He has created the sacrificial fire. He would keep me in the kitchen. Previously, I had never done cooking as we had maids at home.

Now, we have to be Baba's obedient and sincere children. Ask yourself if you are obeying whatever Baba's orders are. We become faithful in relationships and sincere whilst doing service. When you get Baba's orders, say: 'Yes, Baba.' Let there not be an expression of thinking too much. I don't think too much now. I always look at what thoughts I am having. We need pure thoughts in our mind and create positive thoughts for every other soul, for one's own self and the whole family.

In the beginning, middle and end, whoever maintaining the kitchen is very fortunate. Baba used to come and see how I was cooking. Even if before dying, someone eats Baba's food, that soul will become fortunate. We are all multi-million times fortunate ones.

We have to become completely viceless and full of all virtues. In the early days, rupees were in 'annas' and one rupee was worth 16 annas. We have to become 16 celestial degrees full and to do this, we have to follow whatever Baba says. Here, in Madhuban, we can see very good cleanliness. Last night after the class, I visited the kitchen and it was completely clean. I became so happy on seeing this. I am also very happy when I go to meet Dadi Gulzar each evening after the class.

We take our meals with our face shining in Baba's remembrance and, then, we get the thought to do some service. On the one side, Baba is my Companion and, on the other side, is my fortune. I become very happy looking at all of you. ❖

## YOUR REAL WEALTH

Understand that your real wealth cannot be taken from you or destroyed. The world has become very luxurious and showy but that wealth is destroyed quickly. The flame of our minds, our inner light, has been lit, and this is our real wealth. Our light can ignite the light of others. So, give your company and co-operation to others. If someone is feeling lonely or empty, they may be looking for some support. They may feel that they don't have anything. Offer spiritual friendship to those, who are feeling alone and keep a loving relationship with everyone.

## NOURISHMENT OF HAPPINESS

If you really want to know how to live a good life, Dadi can share that secret with you. It is not a matter of wearing a good suit or dress, of having a good car or other material possessions. It is a matter of learning how to remain happy. There is no nourishment like happiness, and there is nothing as debilitating as worry. In fact, if you want to know about giving happiness, then reflect on this in your mind: "What does it mean to be a donor and a bestower of blessings?" Have you become such a person yet?

The secret is to be free from ego and attachment. You will then really feel that everything is good and that there is no need to be concerned about anything. You will really feel that you are a child of God. Ego and attachment destroy one's life. It doesn't matter how big a business you may have, or how wealthy you are, ego will destroy you. So, remain free from ego and attachment and fill yourself with the nourishment of happiness. ❖

– Rajyogini Dadi Janki ji

||| A Miraculous Survival Experience |||

## SHIVA BABA: THE SAVIOUR AND LIGHT OF MY LIFE



—Deepak Shah, Nairobi, Kenya



**I**t was Saturday, 8th April, 2006 when I was returning home from office. I had just finished talking to Jyoti, my wife, when, all of a sudden, in the fraction of a second, a bullet hit me. I don't know where it came from but it hit me in my spine and it was instant paralysis, though no one knew about it. I was very near to my home and my colleague, who saw the incident, ran to inform others. My wife came out running and she realised it was me who had been shot. I was unconscious and could see a white light before me. But as soon as she put her hand on the forehead and called out, I came back to consciousness and started saying, "Baba, I need to be strong and positive."

I was rushed to a hospital. My pulse was very weak and I was bleeding profusely. The bullet had created thirteen perforations in the intestine and the doctors had to cut eighteen centimetres of intestine. They somehow saved my life but I was paralysed from deep down

the waist, complete paraplegic, which meant that I would never walk again.

This incident changed everything for me and my family. The doctors and my family had the thought of pulling the plug, but Baba wanted me to live and be an example. It was a big personal tragedy, but being in Baba's knowledge gave me the strength and the courage to face it with a positive outlook and also, the strong support that I received from my family helped me recover from the shock.

I used to run my own business but after this incident, the business suffered a lot. I was in hospital for 64 days, came home and then headed to South Africa for rehabilitation and to get back to some normality. I was there for seven weeks, joined by my wife and daughter. My daughter thought of letting go of the idea of doing further studies, but Baba gave me the strength to, in fact, be her support and encourage her towards higher studies. In those trying times, I

always felt that Baba was holding me and guiding me to make the right decisions and to have the right attitude at the much-needed time.

Today, though I am in wheelchair, yet I am running a business full time. I am disciplined in work and people wonder: How, in spite of being like this, I am able to work so much! But, I tell them that it is Shiva Baba and not me. He is the Saviour and Light of my life. Having Him by your side, everything flows. I know I am disabled but having Baba with me means I have everything. I accept that things have changed, like travelling, etc., but still it is fine. I am content with the life I have and I thank Baba for that. I know that what is important in life is respect for the family and Baba.

I love working. At times, my family tells me to go slow but I love working and interacting with people. I feel this incident was a wake-up call as before this incident, I was rushing and rushing in the worldly pursuits



aimlessly; this incident gave me a new perspective. My priorities have changed and I have begun to value the important things of life. Before this incident, I used to attend Thursday classes regularly. Now, I am not able to go to centre, but Baba is still there for me. The B.K. sisters are close to us and I always say to Sister Vedanti, "I am just a call away, if there is any service of my capacity, let me know." In spite of my limited contributions, because of my disability, she always says "You never shy away from any service." And I know it is all Baba's doing, not mine.

The outcome of the incident could have been worse, like a memory loss or something worse. But, I thank Baba that nothing like that happened. He made me so strong mentally that I could pass this test. What also helped me was Baba's knowledge to lead a simple and pure life. Leading a simple life always helps you and you are able to come out of any trauma much faster. Not using any intoxicants or cigarettes, etc. helped my body to recover fast.

Even the doctor, who took care of me, told that my survival was nothing short of a miracle. The bullet hit just

half centimetre away from Aorta (the large arterial trunk that carries blood from the heart to be distributed by branch arteries to other parts of the body); if it had hit there, it would have resulted in instant death. There are people, who face adversaries and are depressed, but when they see me, they feel, thus, very enthusiastic: "Why should I give up? If Deepak can do it, I can also do it." So, now, my life is an example for positively motivating other people and creating optimism in them.

The incident has made me a much stronger person mentally. I've been able to deal with things that I never thought I could. The human spirit is pretty amazing and I even surprise myself at times. My driving force is based on wanting to fix my mistakes and have a positive perspective. I don't know who did this to me; maybe someone, who had enmity with me; but I don't

want to question it, or find out who it was. Yesterday is gone, and tomorrow we don't know what is to come. Today is the day and I want to live it. I see and take it this way, thinking: No one is my enemy and no one is my competitor.

If we hold hard feelings for others, it means we don't trust Baba and Drama. One has to have faith in Baba that He is the canopy of protection and we don't need to worry. Baba is always there to hold us. He has made me live and see the good things that life has to offer.

I hope to be able to motivate others and convey the message that **disability is not an inability**. There is life beyond this. Being disabled does not mean you give up. Remember there is God, and when He is with you, nothing can stop you. Having and feeling the love of God, Shiva Baba – the Saviour and Light of my life – is the best gift for me in my life. ❖

APPRECIATION FOR WHAT EACH ONE DOES

Let me have a vision of appreciation for what each one does. This gives happiness to other souls. There is value in appreciation. The work one is doing, another can't do. It's my own good and subtle feelings that give benefit to others. The quality of my thoughts determines the quality of my actions and the quality of my actions impacts the quality of my thoughts. When the quality of my thoughts is positive, pure and high, I can give inspiration to others.

– Rajyogini Dadi Janki ji



# OUR UNSEEN ENEMIES AND FRIENDS



–B. K. Surendran, Bengaluru

Life in general and human relationship in particular are seen to be adulterated with obstinacy, pomposity, jealousy and arrogance. These undesirable traits drive us into being crazy, tense, greedy, showy, yearning for cheap popularity and so on. We sometimes appear to be living in a make-believe-reality. We try to cover up the true life and its greatness, its real beauty, splendour, candour and contours. On the occasions of joy and rejoicing, we lighten the exteriors with serial lights of different colours and combinations, but the real light that lightens the interior is never enkindled. We use such occasions to pose ourselves to be more than what we are, putting up false shows and wearing the mask of false identity. A brief introspection is being attempted here to highlight on the following some very crucial weak aspects, which pull us down from living a life of happiness and truth.

## Obstinacy

Life offers situations, which

hold many new lessons for us. When we look at the world, sometimes it appears that some people live with the sole objective of settling scores with others. Their hearts are hard without any feelings to bring succour and solace to others. They live with a low sense of self-respect, with their heads overtaking everything, including sense and common sense. Every discussion is taken as an argument, with their super ego coming into play and vitiating the atmosphere. In this process, they remain closed off from truth and better understanding. They know their limitations, but still it becomes a prestige issue and the falsity is held high, thereby culminating in dryness in their relationship with others. They are stiff people, who cannot bend and see what is underneath and what is being said about them in their absence. It is quite unfortunate that this nature arrests the growth of such people and the truth is murdered. Truth needs not be proved; it proves itself. Some people have the sworn affirmation that if a

particular person is in front of them; come what may, they will oppose them. The reasonable and justifiable standpoint has no place. Such people do not know that this is mere craziness, some kind of an abnormal state of being. It is arrogance and selfishness. They say that it is being strict but such strict attitude is good neither for them nor for others. It cuts them off from the rest of the people in all areas of life. It triggers from the ‘I know everything’ attitude. But, this is indirectly showing disregard to the views and feelings of others; or, in other words, disregard to the truth. It is a stubborn nature. People in authority, irrespective of whether they are small or big, if they start behaving obstinately, an irreparable damage is done to relationships. Inflexible attitude, with wrong overtones, dislocates the system wherever one is placed in the field of life. Such attitude is also called pig-headedness. It is also seen that this obstinate deportment leads to shirking responsibility, shifting responsibility and making others scapegoats for some wrong decision of theirs, which lead to failure of the system. Sometimes, the authority they hold, or the pedigree or the paltry knowledge they possess or the position they hold and so on prompt such behaviour. This is

a kind of intoxication or inebriation. The ego aspect plays havoc in the life of such people at various dimensions, colours and connotations. Such persons are not able to understand what they are thinking, speaking and doing. They are under illusion and are unable to hear the voice of the conscience. The sacred voice is shut up.

### **Pomposity**

When we look at the world, it looks very wonderful. There is beauty and aesthetic taste in naturalness. The land and plants, the flora and fauna, the rivers and the fountains, the hills and mountains, the birds and animals, the seas and oceans are all natural and, therefore, it is beautiful to look at them; it is a wonder to the eyes. But, human beings cover up the natural beauty of the soul and adopt the artificial forms and formations, cosmetics and make-ups to look beautiful. They compete with fellow human beings in their satire and attire, leading to physical, mental, social and spiritual ill-health. There is a lot of pomp and show in everyday life. At every step, people try to put up a better show devoid of truth and honesty. There is tall talk, far from truth. Everybody tries to beat the other. It is something like a balloon.

There is only air inside and it will burst any moment. There is a lot of vacuum. There is no substance inside but only pretence of different kinds. A person with a little education thinks that he is a scholarly person; one with a degree or two thinks that one knows everything in the universe and is omniscient; one with little authority thinks that one is the master of the universe; one, who has people's support, thinks that one is the most popular person; one, who has wealth and money, thinks that one is the richest person in the world; one with a good body and fair skin thinks that one is the most handsome and beautiful person in the world and so on. Based on these lines of thinking, people often put up a lot of show without any substance. Such people are living in a dreamland and at a subnormal or abnormal level. Their consciousness is clouded and judgement is blurred. They are intellectually, logically and spiritually ignorant. Such people are seen to be arrogant. There is falsity, yearning for recognition, cheap popularity and urge for self-praise is apparent in such people.

### **Jealousy**

Many people are seen to be pulling others' legs. When somebody progresses in life, various canards are spread.

They try to pull them down or lower them in the eyes of others. Some people are in the habit of creating cock and bull stories around someone's genuine progress. Jealousy manifests in different dimensions and degrees. There is frowning, taunting, mud-slinging, gossiping and low talk. They put hurdles and obstacles in people's lives. Such mean tendencies create a lot of tension and dissatisfaction in the life of such people. They not only pollute their mind and thoughts but also try to pollute others' minds. But, still they pretend to be friendly and helpful. Beware of such people! Their hearts cannot come together. Physically, they are seen to be together but mentally there is a wide void. Such people remain disturbed, day in and day out. They try to curtail the freedom and rights of others in the name of discipline. They try to take away the happiness of others. They try to take away the genuine opportunities of others. They try to deprive others of their genuine share. Such people enjoy insulting others. There is hidden arrogance or vengeance in them.

### **Switching to Simplicity**

On the other hand, let us examine some of the well accepted positive traits and

behaviour patterns in our day-to-day life. Sometimes, some people take obstinacy to be assertiveness, but there is a difference between these. Assertive people state their opinions, while still being respectful to others, whereas obstinate people attack or ignore others' opinions in favour of their own. Assertiveness is corroboration of what one states at a particular time or of a particular action for achieving the desired results. Putting up the point of view or opinion is always welcome, as it gives varied options for a particular situation as a sort of solution so that the best of options may be adopted. But, sticking to one's own point of view by holding that one's own point of view is the best solution, creates discord and displeasure. We can analyse, weigh the advantages and disadvantages of being obstinate and flexible. We can understand that being flexible creates harmony and comradeship. If we remain open to others, they will enjoy our company. There will be easiness in relationship. If we are flexible or simple, it means we respect others' views. Let us try to listen to others. Do not cut them short. Let us appreciate differences. Examine the various facets of others' views and see to what extent we

are able to accommodate their views. Moulding nature is a kind of security cover for safeguarding our pleasant moods and this also helps us to be always accommodative and easy. Life then becomes a flow. Reality is simplicity. It is natural. There is purity, truth and honesty. There is a lot of power and self-confidence in being simple. Simplicity integrates one with the rest of the humanity and the Nature.

### **Generosity**

Our experience has taught us that cooperation and generosity clear our way for smooth sailing the ocean of life. "Serve, Serve and Serve" should be our motto. We are here to give and not to take. But, this approach is not a one-way affair. What we give to this world becomes our investment. It is a short route to being happy and successful. Giving is truly living. It takes courage to be generous. It takes trust. It takes faith. It takes surrender. It takes an open heart and a kind of love that asks for nothing in return.

Let us give others a chance to succeed. Nobody can snatch our progress. Let us not get carried away by illusions, fears, apprehensions and presumptions. The fact remains that one's success depends on the extent one is able to give

opportunities to others, place others always in front and help them move forward, even by sacrificing one's own opportunity to help others, when one thinks that the other person can perform it better. In this process, the blessings start pouring in and that becomes the wings for our own progress in life. This is being egoless and having a constructive attitude.

As Steve Goodier said, "Money is not the only commodity that is fun to give. We can give time; we can give our expertise; we can give our love or simply give a smile. What does that cost? The point is, none of us can ever run out of something worthwhile to give."

### **Humility**

Humility is maturity in action. It is a combination of knowledge, experience, tolerance and patience. It is not mute silence. It is not insensible disposition but intelligent and knowledgeable way of doing things. It is greatness. One, who is humble, is not carried away by tales and taunts, blames and blemishes, but does service to others with compassion and determination. He is not bothered about appreciation or depreciation. Whatever he does, it is for the welfare of the world and the needy. He is a king without a crown, dwelling in the

hearts of those whom he serves.

In short, success comes to everyone in different forms but there are only a handful of people on this earth, who are able to achieve 'genuine' success. There are people, who are not only successful but are also loved and respected.

Not all, who are successful, have the capacity to digest it; hence, they become arrogant, obstinate and proud, thereby seeing themselves achieve what they desired. If we pick the story of *The Ramayana*, Ravana was very knowledgeable and the most powerful man on the earth with powers, which were bestowed upon him by Lord Shiva through years of meditation and persistence. But, what led to his downfall was his arrogance and the over confidence that he was the best and no one in the world had an ability to defeat him.

Hence, simplicity, generosity and humility are the greatest virtues of life and the key to be successful and to be genuinely loved and respected by people of all ages, castes, creeds, religions, races, generations, etc. So, we need to identify the vices of obstinacy, pomposity and jealousy and transform them into the virtues of simplicity, generosity and humility. ❖

## Practise and Experience the Benefits of Rajayoga

Imagine yourself as a capable, empowered, successful and happy soul. Imagine being aware of each thought and reaction that comes to mind, and then start ruling it. Within a nanosecond, you claim the power to act on the idea or ditch it.

Consider the negative traits in your personality would not play out: the thoughts of self-doubt, sabotage, low self-regard, guilt, worry, etc. At your own sweet will, they will never again be spoken by you or affect your relationships at home, at work or on the sports field.

Some might balk at being so 'in control' of themselves. But, if you really 'get' the realization of soul/self, you can 'get in control' of yourself. Just be yourself. Other people's lives and games are their own.

You are only responsible for yourself. Our mums and dads did what they did - sometimes well, sometimes not - but that time has passed, and you are now the independent soul, who can choose how to live.

With Rajayoga meditation, you can throw off the old patterns of influence and recreate yourself to be how you want to be. That is the power of Rajayoga.

This ancient meditation practice harnesses your natural powers and trains your mind to be your friend. You are not your mind; you are not your body. You have a mind and you have a body. These 'tools' sometimes work well and, at other times, may need calmness and exercise to get back to a healthy path.

We all make mistakes. We all waste resources. We waste our words, our energy and our time until we pause and think deeply about what matters in our life. When we hold on tightly to our views, the mind shrinks and smothers any power to love. In that state, the soul can't breathe new energy into a situation, and thereby everyone loses.

But, when we sit quietly, cancelling all mindsets, and allow ourselves to know the deep peace of the soul, miraculous changes can happen for the better. People will understand you clearly, new doors will open, friends will call and that stiff neck will relax!

Rajayoga teaches us to step back and observe life, take a calm breath, cool our reactions, and step forward in the way we choose, being independent of the attempt of others urging us to think or act as they wish. Rajayoga sets you free. It releases the power to respond with love. ❖

|| From the Melodies of Mateshwari Jagdamba Saraswati ||

## THE FATHER AWAKENS THOSE, WHO ARE SLEEPING



**W**ho says, “Awaken, O brides, awaken?” It is in the intellect that the One, who awakens us, is only the One Unlimited Father. He can also be known as the Bridegroom or the Beloved because, on the path of devotion, all the brides or souls remember Him. Hence, we are the ones, the brides, who remember Him and the One who has been remembered is the Bridegroom or the Beloved. He is also called the Supreme Father. Now, that Father awakens us; it means we are sleeping. The Father comes and wakes up those, who are sleeping. The Father sits and explains as to how we are sleeping. Sleeping doesn’t mean sleeping on the bed; it means sleeping in the sleep of ignorance as well. The Father comes and explains, who is sleeping and who is waking.

You have lost the everlasting happiness that you attained for many births. But, now, you are moving along in an unhappy life, as if asleep, devoid of that happiness, aren’t you? You



don’t even know that once you had everlasting happiness, due to the effect of forgetting. This forgetfulness also means that you are asleep, you are unaware. Neither you know that happiness nor the Father, the Bestower of happiness. You do not know about the inheritance you got from the Father, and, to what extent, there was happiness in it. You can either say that you have forgotten, or that you are asleep in ignorance.

Now, the Father has come and is giving us the awareness of the new world. You heard in the song – the New World is coming. The Age of Truth is known as the New World. Now,

the New Age, the New World, is coming. This old world, which is known as the Iron Age, has to bid a good bye. The Father says: “Awaken yourselves now to the fact that the New World of Happiness is at hand. But, you must do whatever you are expected to do for it. The Father is waking you up to do it.”

Whatever we want to do for having the new world, should be done now, shouldn’t it be? The sapling of the reward of elevated action, has to be planted now. The reward will be received in the future only when it is planted now. This is why the Father says, “You have to wake up now. It isn’t that you can wake up later; no, wake up right now. Make your actions elevated now. It is on the basis of these elevated actions that you have to attain the elevated reward. Make efforts to make your actions good. This is the last birth.”

This is the last of your old births. Make your actions elevated in this birth and lay a foundation, or plant a sapling now only on the basis of which you will attain happiness in the Age of Truth. Later, you have to eat and enjoy the reward. Whoever sows the seed, reaps its fruit. But, you have to do it now or never. The Father sits and gives us the knowledge of what to do now. Those, who

come daily, understand the teachings very well, don't you? Whatever went wrong birth after birth, and why we lost happiness, all these things are in our intellect, aren't they?

**The Father Comes Down and Ignites the Light of Knowledge**

What is the cause of our sorrows and sufferings? God did not give us any sorrow. The sorrow that we experience is because of our own mistakes. Which mistake? God comes and gives us the light to correct the mistake. It isn't that some magic light should be shown. It is not like that. He comes and enlightens the soul; He throws light on the reason of our unhappiness, and on what mistakes we have committed. He corrects those mistakes. Because, God to come and correct the mistakes means He sheds light on it. Knowledge is known as light.

Look, if one becomes a doctor through medical knowledge, it means he has received the light of medical knowledge, isn't it?

The light doesn't mean that you will be able to see the light. Many think that there will be a vision of light, it will be seen. It is said that we attained the light; attaining the light doesn't mean that we saw that light through these eyes, or attained it physically. This knowledge is to dispel the darkness of ignorance; so, it is known as light. Information about anything is known as light or knowledge of that thing.

The Father comes to put on track that has been derailed. He gives the light of knowledge, doesn't He? He has come and given us the knowledge, the teaching, the understanding and the light. We have committed some mistakes, and He makes us understand our mistakes. Our actions become corrupt due to the mistakes, which means we ourselves become derailed and corrupted; so, we need to become elevated by correcting those mistakes. Many people desire for a vision; they want to see something. Will the mistakes be corrected by seeing

something? We need understanding to correct a mistake but not a vision. A person commits a mistake due to ignorance. In order to correct it, the understanding regarding that mistake is given. Otherwise, it isn't that by seeing something, your mistakes will be corrected.

All these aspects have to be understood: that we have done something wrong, and, as a result, our actions have become corrupted. We have become unhappy due to the corrupted actions. The cause of our unhappiness is our mistakes. To correct those mistakes, the Father gives knowledge and understanding, doesn't He? In order to explain, He definitely has to sit and explain or teach, as in a school or college. Look, there is college for becoming a doctor, isn't it? Both males and females are given education through which they get degrees, which means they become doctors. Similarly, this B.K. Organization is the college for becoming deities. ❖

**Mind – The Valuable Gift**

Imagine owning the finest instrument in the world and not knowing how to maintain or operate it at its optimum? This is the irony we face with **nature's most valuable gift: the mind. It is a fertile piece of land, which does not discriminate between good and bad seeds, or thoughts.** Whatever I, the soul, sow (or think), the field of my mind will automatically nurture and produce fruits accordingly. Just as choosing a career is not taken lightly, when I value my thoughts and 'think' before I think, I can save for myself a lot of energy and time.

# A SPIRITUAL ATTITUDE TRANSFORMS INTO A BENEVOLENT BEATITUDE

– B.K. Khem Jokhoo,  
Trinidad (West Indies)

“Attitude” is the “feeling” generated when people meet each other or when they recall memories of their past interactions with others, situations or things. These “feelings” automatically emerge in the form of “thoughts” and “emotions” and the source is mainly from past experiences. The feelings can either be positive or negative. A spiritual attitude is one of good wishes and pure feelings.

### Attitude and its Eight Supporting Powers

Spiritual seekers, who aspire for fast transformation as well as to be the instruments of God need to understand the need for inculcating an elevated benevolent attitude as a prerequisite to the acquisition of spiritual vision. A spiritual attitude is a very deep spiritual power and it is supported by its own eight powers such as: 1. Power to discern (aptitude), 2. Balance in respect and self-respect (rectitude), 3. Faith in God and the self (certitude), 4. Unshakable in will power and

determination (fortitude), 5. Easy in nature but silently alert (solitude), 6. A constant donor and bestower (gratitude), 7. To be a flower and angel (pulchritude), 8. The stage of being selflessly merciful and forgiving (beatitude) is the final stage in spiritual growth of attitude.

### The Power to Discern (Aptitude)

Attitude is the small difference between success and failure. If taken lightly and carelessly, it becomes a liability and your own worst enemy. A person with an easy and loving attitude has the *power to discern* and find optimum solutions to any problem in the shortest time with the best results. This fruit of attitude is called “aptitude” and is reflective of the “purity” of the soul. If a person is the embodiment of the vices, his intellect becomes corrupt and, hence, his power to discern is “dull” and he will always be facing the difficulties in life. On the other hand, if the person is

the embodiment of “rectitude” that is uprightness in respect and self-respect, his line of the intellect would be clean and clear and he will have the powers to discriminate and judge as his personal guardian angels empower and prompt him.

### Unshakable Faith in God (Certitude) and Determination (Fortitude)

Aptitude is, therefore, a superior spiritual intelligence that provides the intuitive acumen and guidance to be successful even with the minimum resources.

One with a clever aptitude would have a feeling of absolute certainty, complete assurance and a sense of unshakable faith – that is the gift of “certitude”. Such a person would be blessed with “fortitude” that in any task, he would be unshakable and immovable knowing that success is guaranteed and it is his birthright.

### Easy in Nature but Silently Alert (Solitude) & A Constant Donor and Bestower (Gratitude)

People with a sharp aptitude and elevated attitude do not dawdle aimlessly as they consider waste thoughts, ordinary activities and idle company to be unattractive and a burden. They prefer to use *solitude* as a haven to generate new ideas. This newness creates



zeal and enthusiasm and they enjoy constant happiness and contentment. Concentration then becomes natural and as such they are blessed with clarity of thought, which generates intuitive wisdom that produces solutions long before the problem arises. Because of this serenity and calmness in their character, they do not seek name and fame, appreciation or recognition, but, instead, because of their inner contentment they always demonstrate an “attitude of gratitude” from the heart and not the head. However, they are always cautiously alert.

**Angelic Cheerfulness and Fragrance of a Flower (Pulchritude)**

People with an attitude of pure feelings and good wishes for everyone always see benefit in the good, the bad and the ugly situations. They always see the beauty of everything, never the weaknesses. Such persons would always be happy and be the *embodiment of cheerfulness* symbolic of a fragrant flower with angelic eyes and face of an angel (*farishta*). Their eyes and face radiate the natural merciful feelings as well as the embodiment of

forgiveness. They carry an aura of spirituality exuding the natural fragrance of flowers (*phool*) and this is the stage of pulchritude, the stage of being angelic, the stage of being ready for *beatification (sainthood)*, the saintly stage of being worthy of *deification (deity hood)* and worthy of worship. Beatitude (blissful state of *satyam, shivam, sundaram* or the seed stage) is, therefore, the state of bliss. Benevolent beatitude is a state of complete and holistic contentment in total life. This benevolent attitude and spiritual vision empower one with an irresistible charisma to attract and empower people with flowing showers of peace or blessings.

The stage of beatification leads to deification. This is the angelic stage of attitude when service is mainly done through the eyes and intellect. In this final stage, one becomes a constant bestower of good wishes and pure feelings and has the power to help distressed souls with an angelic “glance” especially when the atmosphere is filled with impurity. In this stage, one will have to quickly discern their intentions as well as

fulfil the precise needs of impure souls without being affected by their very impure vibrations. This stage is so much divinely powerful that one would only see others as inner divine beings (souls) of spiritual energy and not see their outer body. This is the preparation for the “*final course with full force*”, the constant angelic and *nirvan* stage beyond sound.

**Vision of Mercy and Forgiveness (Beatitude)**

Always have good wishes and pure thoughts of benefit for everyone. Even if someone tries to shake your stage, your action (*vritti, dristi, kritti*) should give them the “vision of benefit” while being merciful. If you cannot transform “harmful thoughts” to ones of benefit, you should at least forgive that person because you are the master ocean of mercy and compassion. Your forgiveness will be a lesson as well as a correction to the person, who is trying to harm you. To face means to transform. The time for giving forceful instructions is over; it is, now, the time to be unlimited in the attitude of mercy, compassion and forgiveness. Uplift, bless and forgive all even while they

insult you.

### The Stages of One with a Spiritual Attitude

When you extend your pure love to everyone with selfless motivation, that is an attitude of kindness. Sending vibrations of good wishes and pure feelings to those, who are in deep sorrow, is a benevolent attitude of mercy. Seeing the virtues rather than the weaknesses in people is an attitude of compassion. Blessing and uplifting people even as they defame you is an attitude of forgiveness. Treating others' weaknesses as your own, without spreading them, is giving respect to them. When you tolerate a situation and take responsibility as well as give cooperation even when not appreciated is an attitude of humility. This is because a positive attitude induces self-empowerment and at the same time empowers others. A good attitude, therefore, takes the support of all the virtues, powers and spiritual knowledge and accepts peace, happiness and prosperity as one's birthright. Every second, every moment and every breath of your life is nurtured by this positive and good attitude. ❖

### Morning Musings & Night Notions



“Religion is meant to teach us true spiritual human character. It is meant for self-transformation, to awaken the pure soul in man and his love for the Source, which is God.”  
– Radhanath Swami

“Being mindful is as good a way to be spiritual as anything else.”  
– Deirdre O’Kane

“The fact that I can plant a seed and it becomes a flower, share a bit of knowledge and it becomes another’s, smile at someone and receive a smile in return, are to me continual spiritual exercises.”  
– Leo Buscaglia

“There is no limit to the potential of brethren working together in complete brotherhood and selflessness toward spiritual goals.”  
– Joseph B. Wirthlin

“My state of cheerfulness is a reliable gauge of my level of spiritual enlightenment at that moment. The more cheerful, the more aware I am of my deep connection to the Spirit.”  
– Wayne Dyer

“It is through gratitude for the present moment that the spiritual dimension of life opens up.”  
– Eckhart Tolle

“I am the only Incorporeal One. You can keep and feel all relationships with Me.”  
– God Shiva



(...Contd. from March, 2018 Issue)



## PRAJAPITA BRAHMA: THE PRISMATIC PERSONALITY & GREAT GREAT GRAND FATHER OF THE HUMANITY



– Dr. Brahma Kumar Yudhishtir, Ph.D.,  
Shantivan, Associate Editor

**P**rajapita Brahma is next to God in the sense that he is the first, finest, finished and complete corporeal and divine being, called the first deity (*Adi Dev*), who comes ahead of all other corporeal beings/souls, just following after the Incorporeal Supreme Being, Supreme Soul Shiva, the Supreme Father of all souls, in the hierarchy of all categories of souls – Supreme Soul (*Paramatma*), deity souls (*Devatma*), religious souls (*Dharmatma*), virtuous souls (*Punyatma*), great souls (*Mahatma*) and sinful/vicious souls (*Papatma*). He is the first prince as Shree Krishna, and after his marriage with Shree Radha and coronation they are known as Shree Narayana and Shree Lakshmi, the first Emperor and Empress of the Golden-Aged Paradise respectively, who reign over this Divine Kingdom of God Shiva, called *Shivalaya*. In line with the Angevin Dynasty, Royal House of England, which gave 14 Kings including Edward - I,

the Sun/Deity Dynasty of Bharat in the forthcoming Golden Age will start with Narayan – I, the soul of whom is playing the role of Prajapita Brahma at present during this running Confluence Age, *Sangam Yuga*. This article highlights Brahma’s some other noble and sterling qualities, which are as follows:

### **Prajapita Brahma: God’s Instrument as Creator in the Hindu Trinity**

The Incorporeal Supreme Soul, God Father Shiva, who has no body of His own, performs



His three major activities of generation or creation (*Sthapana*), operation or sustenance (*Palana*)

and destruction (*Vinash*) through Brahma, Vishnu and Shankar – the Hindu Trinity. That is why the acronym **GOD** stands for **Generator, Operator** and **Destroyer**. Through the Hindu Trinity, He

performs the roles of creation of a new world order, destruction of the old world order and sustenance of the newly established world.

The Incorporeal, Knowledgeful, Supreme Soul, Supreme Father, God Shiva now explains the real meanings and essences of these scriptures through the lotus-mouth of Prajapita Brahma by taking his body as His temporary chariot when He descends down upon the earth to impart the Spiritual knowledge and training of Rajayoga for transformation of the souls and reestablishment of the heavenly world. God Father Shiva says in His own words through Brahma as mentioned in His Godly version, *Murli* (Hindi version, 25.07.2011): “The Supreme Father, Supreme Soul, narrates the essence of all these Vedas and Scriptures through Brahma, coming here...Here, you are listening to everything new. You have already read and listened to various scriptures, etc. Now, you are listening directly from the Incorporeal God Father. Earlier, you had heard everything from the corporeal men.”

### **The Real Symbolic Meanings of Brahma**

Various commentators of the scriptures including *The Gita* and the people interpret and read these scriptures with their own limited understanding and, thus, fail to perceive the real and

accurate meanings and also to take the proper benefit out of them.

The



real symbolic meanings of the mythological Brahma in the Hindu Trinity as depicted above are explained as follows: Brahma's grey beard indicates that he was an old man and not a deity or God himself for the latter are never shown to be subjected to the perils of old age. In other words, he was an earthly man living the household life in his own unique terms. His being seated on the lotus is symbolic of his complete detachment from the world of vices. As the quality of lotus is to stay in the marsh and mud and yet remain untouched by the mud; similarly, Brahma is born at a time when the world is full of immorality but he remains pure like lotus without being touched and influenced by the vices, sins and depravity unlike the common rut of people, who are influenced and tainted by these. The four faces of Brahma

show his perfection in four subjects of *Gyan*, the spiritual knowledge; *Yoga*, the spiritual meditation called Rajayoga meditation or self-realization; *Dharana*, the following of divine ethics or the inculcation of sublime values, virtues and qualities; and *Seva*, the spiritual service to spread the message and spiritual knowledge of the Supreme. He is shown to have four hands, each carrying a different symbol; the 'book' symbolizes knowledge, the 'rosary' stands for constant silent meditation, the *Kamandal* or the 'water-container' in the third hand is symbolic of the holy water or nectar of knowledge. He had attained divine knowledge and delivered this nectar of knowledge to many others. It shows that Brahma possessed the 'water of life' by means of which those, who are spiritually dead, are reawakened when they tasted the nectar of knowledge. Brahma's fourth hand is shown in protective pose or pose of blessing/benediction, which shows that he was himself fearless and attained such an elevated spiritual stage so that he could bless others.

This clarifies that Brahma was not just a figure in the books of mythology, but an earthly human being, who lived and walked on the earth and changed its history by his unprecedented

model of practical, spiritual life, thereby also influencing and changing lives of many people from the mundane and material state to elevated and spiritual state. For this reason, Brahma has been described as *Vishwakarma*, the creator of the world, and whose actions have worldwide effect. It is also said that through the mouth of Brahma was born the pure clan of Brahmins, which means that the people, who follow the spiritual knowledge that God delivered through the mouth of Brahma, become pure Brahmins, called the mouth-born progenies of Brahma (*Brahma Mukhvanshawali*).

### Exemplary Ideal of Complete 'Surrender' to God

After getting the divine visions or revelations of the destruction of the old *Kaliyugi* world and new Golden Age of *Satyuga*, he was ordained by the Incorporeal God Father to be His corporeal medium for the reestablishment of lost Paradise – the era of real and veritable Heaven, the new world of perfect law and order, of divine love, beatitude and bliss, of complete peace, purity, prosperity, health, wealth and happiness in which men, women and children will be the embodiment of all divine values, virtues and powers and be

known as gods and goddesses, 'made in the image of God'. As per the Divine ordains, Brahma Baba voluntarily surrendered all his worldly belongings and physical, mental and spiritual energies to the Incorporeal Founder of the Brahma Kumaris Organization (BKO) and became the corporeal founding father of it. Hence forward, he selflessly utilized his body, mind, wealth, time, energy, thoughts, words and deeds for the ordained task of self-transformation and world-transformation as per the Supreme Directions (*Shreemat*) in their true meaning and spirit, without questioning, without mixing any shade of his own personal opinion and without employing an iota of his own volition, thereby being the exemplary ideal of complete 'surrender' to God.

**Adam or *Adi Dev* – the First, Foremost and Forerunner of Mankind**

He is really the biblical Adam in true sense of the term or *Adi*



*Dev*, who was moulded by God "in His own image" to be the

first, foremost and forerunner of mankind. He was the first of the Hindu Trinity and the unique divine instrument through whom the whole world and the entirety of souls were to be *spiritually generated or created* by following his footprints. Thus, he was the first man-god, the prototype of *dev* or god of the forthcoming Golden-Aged world of deities.

He was definitely not like the saints or sages and the founders-of-religions of the past, who came in *Dwapara Yuga* after the elapse of *Satyuga* and *Tretayuga*, nor also like the 'god men' of the present, who come in *Kaliyuga* and are really diverting people from God and true path of spirituality by their self-proclaimed 'godhood', some even calling themselves "*Shivoham*" ("I am God Shiva"). Really, his personality was cast in a very different mould. Highlighting this unique difference in his personality make-up, B. K. Jagdish has rightly commented, "He was not like an orange-clad or saffron-dressed guru, selling a short-cut to *Mukti* or a recipe for meditation in Indian metropolis or in foreign countries by making jaunts in jumbo jets. He did not believe in philosophy of being tucked away in the red wood forests, besides a stream, away from all. He was a practical

world teacher. He knew that salvation of *an individual* would not solve the problem, for the whole world is in agony and is crying in pain. He, therefore, worked for the purification of *one and all*."

In fact, in contrast to these personalities, while he was on his earthly costume he had become the unique and humble follower of the Directions of God to serve the entire humanity, and with practice of deep, intense and loveful meditation he had not only become completely enlightened, purified, elevated and divinized himself but also has helped others to become so through his ideal and perfect example. Now, after fully settling his *karmic* accounts, he has completely liberated his soul from the earthly bondage and the mortal coil and has ascended to the Subtle Angelic World, and from there he has been working still in union and unison with the Incorporeal God in his angelic (*avyakta*) form for the good and welfare of souls, the spiritual children of God, and the humanity as a whole.

**A True Connoisseur of Art and Aesthetics**

A true connoisseur of art and aesthetics, Brahma Baba had a highly developed aesthetic taste and a keen sense of appreciation of music, songs, arts, artistries and beauties. He employed

music during meditation and meaningfully interpreted songs to give a fitting start and touch



of art to his discourses, and s o m e t i m e s equated songs to *The Gita*. Though he appreciated songs and stanzas of poetry and during the early days of the institution he composed some songs to be recited by the spiritual children, yet he considered silence as superior to songs and music and, gradually, led the children through meditation into a soundless (*Nirvan*) state. He loved all fine arts and used these for elevation of souls because of their effectiveness in conveying the Godly message in a very concrete and visual manner, and instructed to give clear and meaningful expression to Godly knowledge through paintings, illustrations, charts, sketches, diagrams, etc. But, at the same time, he also warned that arts have the potentialities both to raise souls to moral and spiritual heights and bring their downfall, and, therefore, advised that there should be no vulgarity and obscenity; rather beauty (*Sundaram*) should be blended with truth (*Satyam*) and goodness (*Shivam*).

### A Tower of Knowledge, Peace, Light and Might

The greatest Rajayogi of all times, Brahma Baba was a tower of spiritual knowledge, peace, light and might to many souls. He



could easily inspire the h u m a n souls by his m a g n e t i c meditative power to counteract the pulling forces of bodily and worldly attractions and to mentally fly higher beyond the space into the metaphysical Soul World. This mental flight of souls into the metaphysical world is termed as ‘*Yaad ki Yatra*’ – mind’s upward flight or pilgrimage (of remembrance) to the meta-physical world of souls – the Divine Abode of Incorpo-real God Father Shiva - on the spaceship of intense love for and remembrance of God. The human souls could easily do this *mental pilgrimage* as they came near him even though they considered this impossible a moment before. Describing this yogic power of Brahma Baba, B. K. Jagdish mentioned, “Anyone, who sat in his presence, experienced peace and withdrawal from body. There was a divine grace in his acts.

He radiated vibrations of spiritual calmness. He was noble-hearted and had become, by means of practice of intense meditation, a powerhouse from which a great multitude of men, women and children drew their spiritual strength.”

He neither believed in miracles nor considered good at all the materialization of ashes or watches by means of occult powers, which is considered by others a good achievement, as it did not really solve any problem or bring any lasting benefit. So, he emphasized that man should purify his self by taking a holy dip in the Ganges of Godly Knowledge and practising loveful Rajayoga meditation to get any lasting solution to human problems and desire many durable benefits. Thus, in this problem-ridden and strife-torn world, he, with the light of his spiritual knowledge and might of yogic skill, brought lasting peace and spiritual strength to many despondent souls, who were too weak to attain worthy goals of purity, and also blessed them all with the gifts of self-realization, God-realization, peace and happiness; and he is also now doing this divine and benevolent task in his angelic form of *Avyakt Brahma*. \*

(Concluded)

|| April 7 – The World Health Day ||

## EASY TIPS FOR ENHANCING EMOTIONAL HEALTH

– B.K. Viral, Mumbai

**A**pril 7 is the World Health Day. The World Health Organization (WHO) defines health as a state of complete physical, mental and social well being, i.e., health includes not just physical but also social and mental wellbeing as well.

These days, we are very much aware of the importance of physical health, but why not give the same attention to mental and emotional health too. The mind thinks, studies, works, interacts with relations and does everything for us 24x7 and it is the mind, which also strongly influences physical health.

Keeping the mind healthy is very easy. For proper care of the body, we need the right diet and exercise. Similarly, to care for the mind, we just need the right diet of pure information and the exercise of Rajayoga meditation daily, even to begin with 15-20 minutes daily is enough.

And, indeed, the mind is just



like a little child. We need to know the art of keeping it busy, so that it is not attracted by anything harmful. If anytime, it starts crying, i.e., it creates negative emotions like stress, worry, etc., just take a minute to withdraw from work, talk with it, resolve the issue, using divine knowledge and then get back to work. This also means that whenever we are very busy, we need to take a break for a minute or two and talk to ourselves and give ourselves a few positive thoughts. In this way, the negative thoughts will be reduced and even be replaced in our mind. This will

also ensure that the mind remains free from waste and is stable and peaceful throughout the day, which will reflect in all our works, relationships and interactions.

Going slightly deeper, the word 'healthy' means heal thy self. Indeed, if we remain in the awareness of our true identity, 'I am a pure, divine being', this raises our frequency above ordinary waste thoughts, keeping us healthy inside, and full of purity, energy, bliss and joy. So, if at a certain point of time, the requirement of our mind is peace, say to yourself, "My real nature is peace and I am originally a peaceful being or energy." Also, we need to look at everyone around us and create the simple thoughts, "The energy of my peace is spreading to everyone around me and giving peace to them." In a similar manner, if we are stressed because of a relationship, let us talk to ourselves, "I am a sweet-natured soul and I have to give love to everyone, even if I am not receiving the same from others." We can also think, "I am radiating love to my home or my office and changing its atmosphere to one filled with good wishes and good feelings." ❖

# WALK WITH TRUTH AND PURPOSE TO FEEL GOD'S LOVE



—B.K. David Exit.,  
Paignton, England

God has come to change people's shoes (minds) of falsehood; and you like it or not, you will have no such shoes left on your feet soon. Because, the only pair of shoes that will make sense for you to put on will be the Godly shoes that have the soles of good *karma*, which can guide you through your life's difficult times.

## Man Wishes for Happiness yet Gets Sorrow. Why?

Man's tongue has degraded him and sent him down the wrong road that has a very deep 'Well of Darkness' at its end where only nightmares and a painful life is found. By continually throwing yourself down this 'Wishing Well' that curses you, your life can turn into a nightmare that you end up having to live out daily.

Man simply wears the wrong shoes and whilst he does this, he is doomed as he trips over at every other step.

A lack of food in a person's

belly is not due to his/her poverty or ill-health but his/her lack of good *karma* stored in their *karma* bank.

You can be born into royalty yet with a lack of peace and contentment in your mind, you will live more as a beggar on the street wandering here and there.

## On the Catwalk, on the Sidewalk and in the Gutter

Most of the people hobble down life's catwalk with a walking stick or rusting chain around their neck which they have slowly accumulated and earned over the years. This catwalk causes those with a poor nature severe headaches, stresses and diseases.

What does it mean if you're noticed on the street but not by God? Everyone is disabled, either physically or mentally, to some extent. If you carry the chains of bad habits around your neck, this will eventually lead to chronic tiredness, and not to be able to think clearly is a form of

disability.

## Root out the Roots of Body-Consciousness

Have you enough love, strength and wisdom to take away the roots that have grown from your body to your mind?

By chopping down a tree, you will still have growing roots in the ground. Only when you take the roots out, you can stop getting the fruit of sorrow that grows from them. These roots of body consciousness have grown all over the world and created a huge tree of sorrow under which all live and pick and eat its poisonous fruit. People's minds and bodies have all become sick because of eating this fruit. Whilst everyone is possessed with the bark of the tree for some attainment, they cannot see the wisdom of looking deeper into the roots, which is the root cause of their sorrow and that makes everything grow. The roots can also make a person's happiness flourish when given the right sunlight, feed and water. Only when you have God shinning over your tree, eat a pure diet and give out love to those you meet, can your tree grow sweet healthy fruit. This wonderful fruit that grows from the branches (mind) of your tree (life) everyone can enjoy, including you.

The fuel and root cause of all



of life's falsities that are promoted and reflected with their endless glamour are a person's vanity and the desire to be noticed. Take away the fuel and the fire will soon be put out.

### **The Fire and Fridge**

You have the choice between two: live in the fire of sorrow that is fuelled by anger, vice and bad habits, which everyone is suffering from, or learn to live in the Godly Fridge of coolness that is fuelled by love and truth. What happens when you open this fridge door to step inside? The light of truth comes and coolness envelops you. Will you today step inside the fire and get burnt or step inside the Godly Fridge and become cool?

Who is at the front side and in the back of your mind? Don't let God hide in the back of your mind. God's real children always remember Him and put Him at the front of their minds. To hide God in your life is to hide a treasure chest of happiness and peace.

To shake hands with God requires a certain quality, a certain mind, a certain heart, a soft grip born from a certain desire. The only thing certain today is people's constant unhappiness, which they are unable to escape from by finding the fire escape that everyone possesses. The ladder to this fire

escape for the majority is rusting away as it is never even tested or climbed down. Some ladders are very shiny as the person gets into trouble on a daily basis and when he realises he is on fire, he quickly climbs down his fire escape to safety. Yet, in time, this fire escape will cease to function and he will become trapped and burn or choke to death from the smoke of vice.

The fire escape of truth is, for the time being, ever present and there to be used as a Godly gift. The rungs of truth need to be navigated and treated with respect.

### **Live Life on the Surface of Truth**

The fresh air of love is far more powerful than a torpedo of anger. Some appear to have unlimited firepower and torpedoes and treat life as their own personal war that they must be seen to always be winning and the more angry they get, the more others will fear them. One needs to smile at such a basic nature, outlook and way of living, knowing that soon their torpedoes of anger will turn back on them and sink their submarine (life) to the bottom.

To live life on the surface of truth where it is warm from Godly sunshine comes to those, who want a better life. A few have to come to this surface and

renounce that basic mentality that is ruling the world. Are you prepared now to surface to a new life? Will you let go and drop the torpedoes of anger from your mind and become light and float to the surface? Anger is born of body-consciousness and unrequited, unfulfilled sensual love for the outer body whereas real spiritual love is born of soul-consciousness and love for the inner soul. God, as everyone knows, is a God of love – of love for the soul, not the body. So, do not engage in fashion of body and indulge in body-consciousness because where fashion starts happiness ends.

### **Ball of Karma Follows Everyone**

While strutting your stuff, you should try and remember that the bouncing ball of *karma* follows everyone. *Karma* bounces forever here and there like a squash ball with you being the wall. *Karma's* ball can sting as it also has spikes that can kill you. The trick is to walk with love and truth and, in so doing, avoid being hit by such a *karmic* ball that can kill.

What should you do and think when this ball hits you, as invariably it will at some point of time? It is good to remind yourself at such a time that eventually you will walk free of the dentist's chair and can go

home and drink tea with four or five of your favourite biscuits.

What is the difference between becoming a banana and a fly? If people learned not to be a fly in someone else's soup, the less time they'd spend in the dentist's chair (in sorrow). Some people are so sweet, like a ripe banana, that in their company you feel healthy and content. Life has boiled down to having a choice: become a banana or become a fly.

If you're walking without truth and purpose, know well that God will be soon going away from your life. God gives His love to human souls, who love the human souls and wish to be spiritual and thereby feel God's love ever flowing to them from His soul.

There's a Godly gift on your lap waiting for you, but can you see it? The only thing left for you is to unwrap it. Is your mind clear enough to see the gift that is being carried today in God's hand? God is trying His very best to offer this gift with endless possibilities and a lifestyle filled with divinity and happiness that overflows with beauty and is wrapped in endless love. But the wrapping paper has the word 'EFFORT' brightly printed all over it in red. Those, who put in efforts to change themselves, are entitled to this gift. ❖

## CARRYING FORWARD ONE'S SPECIAL TALENTS

Everything that an individual does, i.e., a soul does using the medium of the physical body is registered in the soul as a *sanskara*. *Sanskaras*, therefore, are the foundation of our present personalities and all our special talents and inclinations. There have been many famous personalities including artists, musicians, engineers, sportsmen, etc. who, before attaining phenomenal success in their respective fields, displayed amazing talents related to their respective field at a very young age. When and where could they have mastered these talents so well? It's obvious that amazing masteries at a very young age are not inherited from our parents. These talents have been developed and brought into practice in previous births, as a result of which *sanskaras* of the talents are created inside the soul. These *sanskaras* are then carried forward into the next births, and are brought into actions in the new births.

A more common day-to-day example is the following: A child is born into a family of doctors where, from the beginning, all efforts are made to mould and prepare him to become a doctor, according to family tradition. However, from an early age, the child shows strong tendencies to become an actor, starts to take part extensively in theatre activities at school and the talent starts manifesting itself. This example demonstrates that the characteristics a soul carries from previous experiences of previous births will take it in a specific direction despite attempts made by the family on the contrary. So, in short, genius is experience. Some think that it is a gift or talent, but it is the fruit of long experience of many previous lives. Some are older souls than others, i.e., they have been present on the world stage since a longer period of time and have covered a journey of more number of births and so know more. This kind of unlimited, broad vision of life provides us answers to many questions. ❖

—Awakening With Brahma Kumaris

# MY EXPERIENCES OF SPIRITUAL KNOWLEDGE AND RAJAYOGA OF THE BRAHMA KUMARIS

– Dr. D.V. Kaundinya, MD, Mumbai

The term ‘Siddhanta’ refers to eternal universal cosmic spiritual principles. The term ‘Vedanta’ refers to a pre-ordained specific point of time in eternal time cycle in which soul and mind becomes very weak. The mind power that could remember *The Vedas* and *The Upanishads* by merely listening to them becomes very feeble. Sage Patanjali appeared on the world stage and gave knowledge of *Kriyayoga*. Sage Vyas wrote *The Shreemat Bhagavad* so that the Vedic principles could be understood by the feeble mind. But, this era of *Dwaparyuga* deteriorated further. In Iron Age, even *Kriyayoga* and *The Shreemat Bhagavad* also became beyond the grasp of people. *The Bhagavad Gita* and chanting of Holy name became the easiest way for emancipation. The whole spiritual knowledge is based on “Experiences” derived from regular spiritual practice. Spiritual evolution passes through four phases of Yoga - *Karmayoga*, *Japayoga*,

*Bhaktiyoga* and finally *Gyanyoga* or *Rajayoga*. My *Bhaktiyoga* since childhood ended with International Society of Krishna Consciousness (ISKCON). Here, rich lectures by H.H. Gaurang Prabhu, H.H. Gaur Gopal Prabhu and H.H. Shubh Vilas Prabhu gradually built up a crescendo in terms of enlightenment. But, still I felt that somehow a *spiritual vacuum* always existed in my being. Somewhere something was missing. Everything was in haze generating confusion. Huge Scriptures and Sanskrit Verses (*Shlokas*) gave me an impression that one birth is not enough. The fish, meat and chicken eating Saraswat brahmin also had a fear lurking in my mind: What if I become a tiger in my next birth? A long unending journey of life passing through 84 lakh *yonis* gave me horrible dreams.

But, at a pre-ordained point of time, I underwent a free of cost foundation course of spiritual knowledge and Rajayoga in Brahma Kumaris Organization (BKO) and

followed their spiritual principles. Mystical experiences to a human conduit named Dada Lekhraj, an internationally renowned diamond merchant in Karachi, by Incorporal God Shiva gave him the spiritual knowledge. This was similar to how the spiritual knowledge that humanity received became *The Holy Quran*. The technique (*Vidhi*) for spiritual effort is very easy, very clear and very effective in a very short time. Within a few months of my spiritual efforts, my quick anger disappeared. This certificate from my better-half came after ten years of intense practice. No wonder, God Shiva, the Supreme Soul, tells us through His Celestial *Murlis*, “*Vidhi se hi siddhi hai*” (Following of the technique leads to achievement). Follow the technique and you shall have super human powers. Now, I could believe in mind power capable of giving the powers of *levitation* and *clairvoyance* by intense spiritual practice. I, now, firmly believe that I am not this body. But, I am a soul, a conscient point-of-light in the centre of the forehead. I, the soul, am ageless, timeless, disease-less and immortal. This is soul-conscious state described in *The Bhagavad Gita*, which has become a powerful book on psychotherapy today. The body is my costume for playing my

role in world drama in this birth. The Supreme Soul Shiva is also a conscient point-of-light. But, though He is a mere Point, yet He is the Ocean of divine virtues and powers. He does not pass through cycles of birth, death and rebirth. Rajayoga means the act of connecting the soul to the Supreme Soul and drawing the current and vibrations of power, peace and happiness from Him. The nectarine time (*Amrit Vela*) yoga at 4 a.m. and traffic control for just one minute every hour throughout the day gave me immense peace, happiness and empowerment. The practice of Rajayoga became so easy that I could do it while walking. The desired state of consciousness came within five minutes.

The Experience of Transcendence is called as Biological Relaxation Response (BRR) for physical feelings and the Zone for the mental state of focus, peace and happiness by Dr. Herbert Benson, an American cardiologist. The goal of spiritual effort is to regain the lost *deity-like status*. The vast knowledge, many bulky scriptures, verbose lectures with spattering of Sanskrit verses in *Bhakti* was mind boggling. In contrast, the precise knowledge of the B.K. Organization is exhilarating. The experience of immense power in *Amritvela*

yoga gives me a natural self confidence that *nothing is impossible*. Incurable disease is one whose *cure lies within*; this is the dictum in psychoneuro-endocrinal-immunology and psycho-oncology. A quantum jump in energy, enthusiasm and happiness became a constant experience of me throughout the day. Everything became very easy. In *Bhakti*, everything appeared very difficult and impossible to achieve. Secondly, I got confused about which scripture to follow, *The Ramayana* or *The Bhagavad Gita*? Even reading and understanding one of the scriptures appeared to me to be the task lasting several births. Extensive rituals appeared labour intensive, time consuming and without any tangible justification. Sixteen rounds of beads and that was the end of spiritual effort for the day. One can never have perpetual connectivity (*Nirantar Dhyan*) with the Divinity by this *Bhakti* technique. But, B.K. Rajayoga technique provides scope for *Nirantar Dhyan*. One could practise Rajayoga while doing daily chores, which enables to achieve a real *Karmayogi* stage.

The present era of Confluence Age (*Sangam Yuga*), the last hundred year of Iron Age, is the

era for making intense spiritual efforts, which is otherwise known as *Purushottamyuga*. Though descending on spiritual ladder takes place very slowly through the four eras, the era of Confluence/Transition provides a direct lift to achieve deity-like status. Intense Rajayoga practice or volcanic (*Jwalamukhi*) meditation burns out the bad *karmic* load accumulated through several past births and refrains us from end-stage battle of soul with vices leading to *Karma Bhoga* or suffering. A recent study has shown that average lifespan of an Indian is increased by 20 years. But, all of these 20 years are spent in pain and suffering (*Karma Bhoga*). The *Karma Bhoga* is of four types, which happens through body (*Tana*), mind (*Mana*), wealth (*Dhana*) and relatives (*Jana*). God Shiva, the Supreme Father of all souls, the Supreme Teacher and the Supreme Redeemer (*Sadgatidata*) is all Merciful. He cajoles the souls as a Father, shows the right way as Teacher and if one follows His *Shreemat*, He gives him/her redemption (*Sadgati*). Otherwise, at the end-stage of life, at the time of Destruction (*Kayamat*), He becomes a stern judge (*Dharmraj*) and dispenses punishments in precise

measures proportionate to our bad action (*karma*) or bad *karmic* load. Thus, all souls go back to the Supreme Abode. But, one set of souls goes without any final punishment and the other set goes after receiving punishment. Our action (*karma*) decides our fate.

Nine eternal truths told by God Father Shiva brought great mental peace to me, which are as follows: (i) Total duration of the Time Cycle is of 5000 years only and it is equally divided into four eras. (ii) God is not Omnipresent. He resides in the Supreme Abode (*Param Dham*) of all souls. (iii) Krishna is the first prince of the Golden Age (iv) Incorporeal Shiva is, in reality, the sermonizer of *The Bhagavad Gita*. (v) Each one of us is Arjuna fighting the demons in us in the form of *Vikalpa Vikara, Vasana and Vikshepa*. This negativity of mind and impurity of consciousness is called the Devil or *Maya*. (vi) The land of Bharat is indestructible. It never goes under the ocean as God Shiva Himself descends on the planet earth to impart the real spiritual knowledge only in Bharat. (vii) Incorporeal God Shiva descends down only once in Time Cycle in the human body-chariot of Dada Lekhraj, who is renamed as Prajapita Brahma, but He

never appears as fish, pig or other different incarnations (*Avatars*). (viii) The Divine *Murlis*, a four-page script read out in thousands of B.K. centres in 140 countries, form a very precise manual for spiritual effort under direct Divine Guidance. (ix) A human being always takes birth as human being only and there are only 84 human births in total.

Doctors must know about B.K. Rajayoga regardless of their personal belief and faith in ISKCON or others. Dr. Richard Davidson, Professor and Head of Department of Psychiatry, Wisconsin University, USA, called ancient *Dhyan* and *Dharana* as Mindfulness Meditation. B.K. Rajayoga is an evidence-based mindfulness meditation. It has given the **miracle of Bypass without Bypass**. Unpublished studies using Immulite in Biochemistry Department of Sir J J Hospital have shown miraculous results in Depression, Diabetes and Stress. The usual state of *Rajasik-Tamasik* rapidly changes to higher, purer, and more powerful *Sattvik* or soul-conscious state. Perpetually, happy and peaceful state of mind brings about permanent De-addiction. Transpersonal relations improve dramatically. Ken Wilber uses this soul-to-soul

(*atman* to *atman*) transpersonal transaction in his famous book on Trans-personal Psychology. Carl Simonton has achieved cancer-free-state in significant number of patients using mindfulness programme. David Eddie, Professor of Cardiac Surgery, using his Archimedes Model, has shown that a tranquil state of mind is the most effective way of staying healthy.

The celestial *Murlis* provide daily guidance and directions of the Supreme Soul for one's spiritual effort. Certain sentences in *Murli*, which one catches, forewarns him/her about the subtle way in which *Maya* may attack and ruin him/her. Today, it is seen that there are several Sadhus, who have fallen prey to the attack of *Maya*. Subtle ego may compel a soul to undertake illogical and futile task under the false belief that he has to correct the world. This small subtle attack may make him/her deviate from his/her chosen path, the right path. A soul with the quality (*guna*) of goodness suddenly develops a tinge of the quality (*guna*) of passion. He is, then, driven with a *wrong ambition* of correcting the world, which is a futile act of wasting one's time and energy. Only God can change the world. The greatest service to mankind is to strive for

bringing about a change in the body-conscious people in this devilish world to soul-consciousness by inspiring them to practise Rajayoga for having a link with God. Five novel instruments with the Medical Wing of Brahma Kumaris demonstrate *visual proof of transcendence* and help in deepening stages of meditation of the Rajayoga practitioner. The thought graph machine is unique. It shows a fish on computer screen. It turns into a mermaid and, then, into a man with deepening stages of meditation. Suddenly, a mountain springs up in his path. He develops wings. A sign, then, flashes across the screen, stating: "Congratulations! You have become an angel". Believe me, B.K. Rajayoga is a conglomerate of real spiritual knowledge from *The Bible, Guru Granth Saheb, The Holy Quran* and other Scriptures. ❖

### PLAYING WITH PEARL OF VIRTUE

Many of us don't like to be 'superstitious' but in some way or the other we all tend to believe in the influence of objects, omens, places or destiny... An intellectual mind usually discards such notions saying nothing external can really influence the human spirit. However, spirituality shows us a balanced approach: **although nature and physical objects/ places are inanimate, the thoughts and feelings experienced by human souls permeate the environment and remain there.** Since the relationship between soul and body is intimate and powerful, anything the body experiences (be it intake of food or contact with physical world) will affect the soul. **If the environment I live in is physically and spiritually pure, it is easier for me to increase my soul power.**

### COMING AND GOING BACK AS POINTS OF LIGHT

—B.K. Priya, Bengaluru

I am a point of light, you are a point of light;  
We all are the points of light, our Supreme Father is a point of light;  
We all came as points of light,  
Let's go back as points of light.

Let's think of light, let's be light;  
Let's have no conflicts among such lights;  
But, feel the peace and happiness in soul – a point of light;  
We all came as points of light,  
Let's go back as points of light.

Once, we all had a crown of light,  
Our palaces were decorated with lights,  
Our minds were also very light.  
Now, let's experience such lightness and light,  
We all came as points of light,  
Let's go back as points of light.

Now, our temples are lit up with lights,  
This is the symbolic memory of 'we, the lights';  
This is the eternal journey of lights –  
Coming and going back as a point of light;  
We all came as points of light,  
Let's go back as points of light.

Our original home is the world of yellowish-red light,  
Our subtle world is a world of white light;  
This is the time to light up our inner lights  
Through Rajayoga practice and take the upward flight;  
We all came as points of light,  
Let's go back as points of light. ❖

(.....Contd. from page no. 3)

**Remember the Law of Karma and Law of Eternal Change**

This world of ours is subject to change and every human being reaps as he sows. Hence, man should play his part at the present time as a mentor and do good deeds so that he does not have to face any undesirable situations later on. He should remember that change is bound to take place, because the world cannot be the same every day or even every hour. He, who is engaged in amassing much wealth, is always busy employing his faculties to earn more and more, maintain and invest it and also spend part of it. He cannot get enough time to devote himself to meditation of God and enjoy the bliss of intellectual communion with Him.

**God is the only Support of the Poor**

We have not to lose sight of the fact that wealthy people are visited by low engagements and longings and, having thus strayed away from God, roam in dream cars and in the land of vices. Richness is not about having a big mansion or a luxurious car or an entire

wardrobe of clothing. Living richly means figuring out what to spend your time, money and energy on, and what to ignore.

Our culture praises those, who have accumulated wealth and prestige, but in God’s economy, money is looked on very differently. God loves those, who live life with a sense of purpose and of committed values, and it is this life, which can only bring happiness and richness. A person, who may not be great financially but takes God to be his only support and is ready to hand himself over to the Supreme Soul, is spiritually wealthy. By itself, wealth can lead one to deny or at least delay true spiritual riches. It is said in *The Bible* as follows that people should trust God, but not wealth:

“The rich must not boast in his riches.

But the one who boasts should boast in this,

That he understands and knows me –

That I am the LORD, showing faithful love,

Justice and righteousness on the earth,

For I delight in these things.

This is the LORD’s declaration. (Jer. 9:23-24; HCSB)”

Those, who believe in the rich condition of spiritual wealth, may say, “I will be very prosperous in the coming Golden Age. The poor shall be raised up by God, the Merciful. Holding on to this virtue of contentment even in difficult situations of the present, I shall move on to the ever happy New World of righteousness by virtue of accepting whatever comes my way and happily singing the praises of God. These bigwigs, proud of their riches and turned away from God, shall leave behind all their riches. I am lucky, a million times luckier than they, because I have become the child and heir of God, the immensely rich Father.”

**Discontentment is Because of Disease**

Now, one may ask, “All that you say is perfectly right. But, there is another difficulty. This body of ours is a source of worry. When anyone is suffering from chronic disease and does not get over it, in spite of efforts, how can he be contented?”

Now, in answer to this, one should note that if illness causes discontent, the body will be affected or overpowered all the more by

this feeling, because mental worry surely influences the body. So, discontentment does more harm than good. There is an intimate and dynamic relationship between what is going on with our feelings and thoughts, and what happens in the body. A *TIME* magazine special showed that happiness, hopefulness, optimism and contentment “appear to reduce the risk or limit the severity of cardiovascular disease, pulmonary disease, diabetes, hypertension, colds and upper-respiratory infections,” while “unhappiness and discontent-ment can worsen heart disease, diabetes and a host of other illnesses.”

Illness is very real, accidents do happen, but it is the understanding that when the mind and body works together then we will be able to miraculously cure ourselves. In fact, one should tune one’s mind on to God and fill it with the divine power, which will help one to fight the disease. Love of God will help enthusiasm to grow and bring vitality and liveliness.

Someone may say he has to be served by others because of his helpless physical condition. But, a man, if placed in such a situation, must know that even if he is continued to be attended upon by others, he should not be dissatisfied with oneself or with his attendants, as otherwise those latter will lose their alacrity to work. They will say, “He is dissatisfied even though he receives due medical treatment and service.” They will simply be less enthusiastic than before.

#### **Disease has Come to Bid Farewell**

You will have to keep in mind, as you have

already learnt to believe, that the present time is the Iron Age. Matter has also become decadent and impure (*Tamoguni*) and unholy (being inclined to war and wickedness). The soul has still debts of old bad actions to pay. So, diseases will visit the body or come only to bid farewell to it. Is not a debtor, who is reported to be preparing to leave for other lands, visited by his debts before he leaves? Hence, it ought to be clear that one should not feel discontented but consider that all that is around him is soon to vanish. Only then will you come to have contentment. ❖

### PATIENCE

Patience is a virtue and a power too. Patience tells us that the journey of a thousand miles begins with a single step and that we get over there one step at a time. Patience teaches us not to rush. Knowing that there is a reason and a season for everything, it enables us to smile at the challenges, realizing that there is an answer to every problem. And, even though we cannot see it, yet there is awareness that within every crisis lies an opportunity.

A deep understanding and an attitude of pure feelings results in positive thinking. When we talk about positive thinking, it is usually just ‘think positive’ and ‘be positive’. But, just saying this, either to others or to myself, doesn’t help to change my thoughts permanently, in fact, usually, not even temporarily. Real positive thinking is much deeper than just to think positive. For this, I need to understand and see things as they are, without colouring them with my own attitudes. Then, I can deal with things in the most appropriate way, having understood everything accurately. ❖

Edited and published by B.K. Atam Prakash for Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Mount Abu and printed at: **Om Shanti Printing Press, Gyanamrit Bhawan, Shantivan - 307 510, Abu Road (Rajasthan).**

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