

From the Mighty Pen of Sanjay



GOOD DAYS AND BAD DAYS



From the point of view of climate, some days are hot whereas some other days in other months are cold, depending on whether it is summer or winter. Similarly, some days may be dry whereas others may be rainy. One has to bear with all these changes. Whether we like these or not, these are facts as well as a part of our life and we have to live with these. At best, what we can do is that we can provide against this weather and have certain kind of things that can counter the effects of weather and can protect us against the extremes.

Though a day is always of twenty-four hours, except at poles yet all days are not the same. Changes do take place often; else life would be dull and boring. Sometimes, an old person, remembering suddenly some happy moments of his childhood days, showing a flash in his eyes and happy curves on his face, says: "Those were the days ..."

The days can, thus, be of many kinds if we consider them from different points of view. There are some days, which we consider as 'bad days' whereas there are some others, which we consider as 'good days'. We have all heard some people saying: "I have fallen on bad days". Actually, the days are neither bad nor good because a day is just a name given to a period of twenty-four hours; it is just a unit of time but still we have a meaning when we say: 'I am on bad days' or 'That fellow is on good days.'

Sometimes, bad days just happen and if a person is having a bad day, people just make him feel worse and worse. There may be people criticising him bitterly without his fault and accusing him absolutely without any basis, or whatever role he plays and the job he does, turn into a complete failure. He does his best yet the success eludes or evades him. He loves some people and has good wishes for them and yet these people get estranged from him or turn into his enemies or rivals. He hasn't done any bad act and yet his mind is empty of peace and he feels that happiness is totally missing from his heart. Those very people, whom he had helped in their dire need,

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THE SPIRIT OF JANAMASHTAMI

May everyone kindly accept multimillion-fold hearty, loving greetings on the most auspicious occasion of Shree Krishna *Janamashtami*, the spirit of which is not confined to one day only, but it remains in our consciousness and sustains us throughout the year!

Shree Krishna is truly adored, respected and worshipped by devotees around the world for the best reasons. The land of Bharat is considered to be Shree Krishna's birth place, holding hundreds of very interesting mythological stories, connected with his life right from his birth, childhood and growth into maturity. In the entire Indian mythological history, the role of Shree Krishna is exalted as the highest and greatest 'Hero' of this entire World Drama. The Krishna Leela illustrates the stories of Shree Krishna's melodious flute-playing, signalling the time for *gopis* and *gopas* to

come together and perform the most ecstatic divine dance (*raas-leela*). All of his young friends would await the sound of that magical flute to leave their homes and activities and run to the Vrindavan gardens to spend hours and hours basking in the beauty of Shree Krishna's pure, loving smiles, gestures and ecstatic dance.

This kind of *raas-leela* though enacted every year on Shree *Janamashtami*, it is actually symbolic of that most beautiful life on earth, when there was no stress or strain in any being's life. Life was just a celebration for all in the company of their beloved Krishna. That is not to say there weren't day-to-day duties of worldly life and family responsibilities, but it was the purest form of a global divine family set-up where only love, happiness and righteousness prevailed. Perhaps, those boys and girls, men and women living in Shree Krishna's time were all

highly enlightened beings, naturally living out the experience of 'god-hood' or deitism.

So what was the basis of such a beautiful, carefree divine life full of divine virtues and richness in everyone's life?

To reach such a pinnacle of human existence, there must have been a very, very powerful philosophy of life adhered to, decorated with great values and morals to enable a person to reach such godhood in psyche. The double-crowned sovereignty of health, wealth, happiness, peace, purity and prosperity is symbolic of conquering the whole world, and thereby claiming the Godly birthright of being divine deities, i.e., world emperors and empresses. What an exquisite era that portion of the world drama must have been!

However, while our awareness is enriched merely by recalling the stories of the scriptures and enacting the life of Shree Krishna during the festival, the call of the times is that we should understand deeply and accurately how these this elevated being

and his dearest and nearest kith and kin created such a glorious fortune and divine world order! If knowledge begets attainments, then what was that spiritual wisdom that enabled Shree Krishna to claim the highest degree of power, grace, health, wealth and happiness!

Here we have to explore the depths of the Supreme Being, God's, own words enshrined in the 18 Chapters of *The Shrimad Bhagwad Gita*: These 18 Chapters can be likened to condensing the entire ocean of spiritual knowledge and storing it in an urn. The stories of Krishna *Leela* are explored and enjoyed from *The Bhagwad Puran*, but in order to reach the highest state of consciousness and consolidate all the virtues and powers to become a World Emperor or Empress, one requires at least a lifetime of learning and practising the invaluable art of 'Self Awakening', 'Self Development', 'Self-Empowerment', 'Self-Enlightenment', that also encompasses the events of the entire world drama of

5000 years.

There are certain sections of the scriptures that enlighten us about the time of the recitation of *The Shrimad Bhagwad Gita*, as that of when the war of Mahabharat took place. It's very well explained that this great event occurred thousands of years before the advent of Jesus Christ. **Let us recall the tenets of *The Gita* where God reveals to the most beloved Arjun that 'it was not for the first time we are meeting. We had met before, we are meeting now, and we will be meeting again...'; and so it follows that this meeting of the Supreme Being with the accurate effort-maker Arjun took place actually at the juncture between the age of extreme unrighteousness, lawlessness, irreligiousness, called the Iron Age and the beginnings of a new divine world order, called the Golden Age.**

The beauty of Supreme's revelations are such that it reveals the cyclic repetition of the world events, especially when God, the Supreme Parent, Teacher

and *Satguru*, descends down on earth or 'reincarnates' to re-reveal the most esoteric, invaluable spiritual knowledge of leading a divine life. **I am sure our inquisitive readers would very much appreciate that the truth and nothing else but the truth be re-revealed at the present time, when we don't feel that there is any other hope for the humanity.** It's only the righteous guidance of God that enables ordinary human beings to enrich their lives so precisely with Godly wisdom and the art of Rajyoga Meditation, and thereby earn the reward of becoming like the worship-worthy Deity Prince Shree Krishna, and Deity Princess, Shree Radhe, who go on to become the worship-worthy Shree Narayana and Shree Lakshmi.

Here, comes the question about the instrument or medium or chariot of God, without which the reality of the entire episodes of *The Mahabharat* and *The Shrimad Bhagwad Gita* would have remain buried under the camouflage of *The Vedas, Shastras, and Puranas*.

Who would not want to imagine and practically live the life of Shree Krishna's closer companions; however, first, there is the need for us to learn the truth about *The Shrimad Bhagwad Gita* and it's true Sermonizer, so that the role of the chariot can be clarified. In Indian religious philosophy, we have come across the symbolic relationship of the angelic deities known as Brahma, Vishnu and Shankar with God, the Incorporeal Supreme Soul Shiva, the Being of Divine Light. Many philosophers have misled humanity about the name and form of the Supreme, stating that that the Divine Being is nameless, formless and, in some instances, adding that He is completely Omnipresent! These kind of confused concepts are unacceptable for those, who have deep faith in the wisdom of *The Shrimad Bhagwad Gita* and it's Sermoniser. For, it is very well enshrined in *The Gita*, as follows:

"Whenever there is decay of righteousness, O Bharata, And there is exaltation of unrighteousness, then I

Myself come forth;

For the protection of the good, for the destruction of evil-doers,

For the sake of firmly establishing righteousness, I am born from age to age."

In other words, the Supreme Being descends down on earth as an Avtaar, that is, He enters in a corporeal human body medium to be able to guide and elevate His prodigal spiritual children of the humanity, as otherwise God has always been, and will always remain in His eternal form of spiritual light. This is why the eternal, unchanging name of God, the Supreme, is 'Shiva', meaning 'Benefactor'. And, so, God becomes the Supreme Teacher or Sermoniser of the real *Shrimad Bhagwad Gita*.

No doubt, we remain ever-grateful to our great scholars and sages like Ved Vyas, who became instrumental in providing us with the invaluable scriptures that are needed for performing different aspects of worship and devotion (*Bhakti*). **However, it is time to step up from devotion (*Bhakti*)**

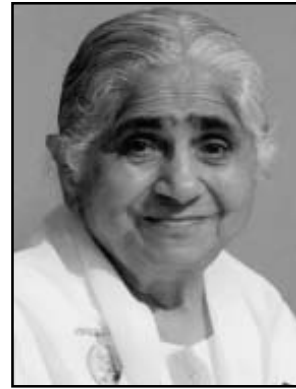
into the glorious realm of spiritual knowledge Gyan: spiritual understanding that helps create our spiritual income and fortune for 21 births to come.

Our beloved readers, sisters and brothers, who love and believe in Shree Krishna and wish to experience super-sensuous joy and upliftment in real life, may join us on the path of self-education and self-reformation, so that we continue to transform our consciousness from that of being limited, fragile and indecisive (iron-aged) to unlimited, strong and wise (golden-aged), or, in other words, from *tamopradhan* to *sattopradhan*. A genuine realisation of the truth behind God's teachings and application of the same in our thoughts, words and actions with sincerity, can help us crystallize our long-cherished dream of bringing about a paradise-like Golden Age, worthy to be inhabited by our most beloved Shree Krishna and Shree Radha.

– B.K. Nirwair

SPEAK SOFTLY, SWEETLY AND ACCURATELY

– Rajyogini Dadi Janki,
Chief of Brahma Kumaris, Shantivan



Shiva Baba has given us support from childhood. He entered in the body-chariot of Brahma and the lovely moments of life began. In the beginning, there were just a few hundred and now see, there are hundreds of thousands of Baba's children. Brahma Baba was a jeweller. His face was always sparkling. With Shiva Baba's remembrance, he became vice-less, egoless and incorporeal.

Shiva Baba is with us children and we are with Him. Wherever Baba is, His children are there too and wherever Baba's children are, He is also present. Before I speak, I remember Baba. This is my personal loveful feeling (*Bhawna*) for Him. All we have to remember is 'who I am and who is mine'. When we say that Baba is ours, we touch our own hearts. We have an agent in-between, who has enabled us to see God.

God has shown mercy on us and, thus, we have received infinite happiness. By belonging to Baba we receive infinite happiness. No one should be visible to me and I should not

be visible to anyone. Do you still look here and there? We have to take care of ourselves. To take care of ourselves is our own work. Day and night we should have this remembrance: 'Who am I and Who is mine?' Being hand in hand with Baba gives a lot of happiness. If you want to become an angel, lift your feet above the ground. Be aware of who you are and fly higher up.

Baba is *satchitanand* – the Truth, the Living and the Blissful One. He will take us to the Golden Age very soon. Maintain your zeal and enthusiasm. Never speak with a loud voice. Never raise your voice even by mistake. We have to speak slowly, sweetly and accurately. Let there be truth in your efforts. Let us live in unity with one another.

Keep God In Front Of You

Keep Baba in front of you at each moment. Keep your mind with Him and as you leave the body, He will be standing in front of you.

Do you know how to create a powerful atmosphere? You have to have faith and create

good vibrations. No matter what type of soul comes in front of you, have such faith and such good wishes inside that he or she is filled with humility in your presence.

There is a connection between attitude and awareness. Now is the time that we must make spiritual effort to remain in the awareness of God.

Then our attitude will be filled with mercy and feelings of benevolence for others.

The influence of others should not touch you; your attention should not go towards them. Check to see who is in your awareness. Give others an experience by maintaining an awareness of God when you are with them.

People will forget words, but they won't forget the experience.

Keep God in front of you, and you will become more like God. This is my feeling (*Bhavna*), my good wishes for you. ❖

PERFORM *DHARMA* BEING UNCONCERNED OF OTHERS' RESPONSE

–B.K. Rose Mary

Both words and action of our Supreme Father God Shiva teach us to “perform *dharma* unconcerned of other’s response.” This is what was being told to “Arjunas” (all those who earn and digest the Knowledge Shiva Baba teaches and act accordingly (*Murli*: 06.08.2018) in the concluding phase of each *Kalpa* (a cycle of 5000 years). The term *dharma* means action performed to benefit oneself, others and environment. So, the *dharma* of His children now, in this Confluence Age, is to co-operate with their Supreme Father in becoming world-benefactors as He is to replace soon this Iron Age with the Golden Age. In view of the extreme importance, one has to continue to perform this *dharma* being unconcerned of others’ response. This supremely elevated and beneficial teaching got changed when it became the part of *The Bhagavat Gita*, which states: “Perform your action unconcerned of its result.” (*The Gita*: 2:47). Let us see how the original teaching is arrived at and

is eternal, in view of experience of our own and of God Almighty Himself.

When we give same degree of love to many people we receive varying responses from each one of them because each person acts/reacts according to his delight/passion/impression (*sanskar*). Influence of *sanskar* can be seen even among very knowledgeable people like scientists. When they go very deep into Science, some scientists lose their faith in God whereas faith of other scientists becomes stronger: “Science offers a surer path to God than does religion.” (*God and the New Physics*, Paul Davis, English Scientist). This means some scientists see only data like studying the chemistry of a flower whereas other scientists, by the same data, get inspired by the contemplation of God’s beauty in Nature. That is because, unlike knowledge, understanding is born of the feeling awakened in us, a sense of awe, in response to mere data: “The most beautiful and profound emotion we can

experience is the sensation of the mystical. It is the sower of all true science. He to whom this emotion is a stranger, who can no longer wonder and stand rapt in awe, is as good as dead.” (Albert Einstein). Srinivasa Ramanujan, one of the greatest mathematical geniuses, said: “An equation for me has no meaning unless it expresses a thought of God.” This statement actually should have been the whole purpose of Science. (*The Man Who Knew Infinity*, Kanigel, Robert, page-7). Like Dronacharya (symbol of ancient Indian Education System) of *The Mahabharata*, today’s Education System provides knowledge (*vigyan*) for employment rather than wisdom (*gyan*) that can provide contentment that comes from knowing the ultimate truth about soul (*atma*) and Supreme Soul (*Paramatma*). It is wisdom (*gyan*) that enables us to think in terms of the dictum ‘One God One World Family,’ which is the only solution to world’s problems. *Vigyan* is always in the control of its sponsors, who are concerned of their own interests, hence, often divisive. That is why we have two words (*gyan* and *vigyan*) which are different just like *desh* (own country) and *videsh* (foreign country), *yog* (union) *viyog* (separation) *karma* (action) and *vikarma* (vices). Everyone knows that no Science is possible

without applying mental power. But, what is the source of this mental power? Nikola Tesla (a great scientist best known for his contributions to the design of the modern alternating current electricity supply system) believed that "The gift of mental power comes from God, Divine Being, and if we concentrate our minds on that truth, we become in tune with this great power....The day science begins to study non-physical phenomena, it will make more progress in one decade than in all the previous centuries of its existence."

If the response of scientists to same data varies, one can imagine the case of ordinary people. Just like each TV Channel has its own delight/passion (some are for news, some are for entertainment, some are for sports, science, nature, animals, spirituality, etc.) "each individual has his own *sanskars* and activities; they cannot be the same as those of another." (Murli: 27.07.2018). The *sanskars* of people living in the concluding phase of each *Kalpa* are prophetically depicted in the great Indian Epic *The Mahabharata* through characters such as Dhritarashtra (power-hungry), Duryodhan (ego and misuse of money), Dushasan (wicked

commands/misuse of tongue), Shakuni (destroying an individual/nation by pretending as friend), Aswathama (symbol of individuals and nations determined to use world-destroying weapons, proof of which is abundant now with ever stronger nations of world having in their possession weapons like *Brahmastra*, the latest being the introduction of *Poseidon*, the world destroyer, from Russia. (<https://www.popularmechanics.com/military/weapons/a22537135/russias-nuclear-tsunami-apocalypse-torpedo-is-named-poseidon/>).

Because individuals and nations go by their *sanskars*, even God Almighty is given both honor and dishonor by people as there are persons, who are religious, non-religious, irreligious and even atheists. It means even God cannot have expectations about many people as He Himself receives varying responses from people according to their *sanskars*. In the concluding part of each *Kalpa*, God Shiva elevates the *Shudras* (complaining and sorrowful people) to *Brahmins* (great minds of seeing everyone as soul (*Atma*), and doing good in imitation of their heavenly Father God Shiva) and gives them rebirths as deities in the Golden Age (1st quarter of the *Kalpa*)

where they manifest their divine qualities naturally. However, from second quarter of the *Kalpa*, they begin to evolve downward through *Kshathriya* and *Vaishya sanskar*, and again reach *Shudra sanskar* in the Iron Age; and, thus, the cycle of elevation and entropy repeats eternally.

In other words, God Shiva continues to do good without any expectation even when He knows that the vast majority would refuse to benefit from His teaching and training programmes: "Only those who responded to His teaching programme continue to study for cycle after cycle." (Murli: 06.03.2018). The *Surya Vanshi* (deity) *sanskars* of people of the first half of the cycle (earthly heaven) deteriorates into *Asuri* (demoniac) *sanskars* in the second half of the cycle (earthly hell). Thus, men and women of second half of the *Kalpa* are aptly called *nara* and *naari* (from the root *neer*, water) because their *sanskars* resembles like that of water, which is a symbol of inconsistency as though dancing according to outer circumstance and taking the form of its containers. Most of the humans too act like water, being driven by the circumstances; hence, the ancient people added *su* (good) to *nara* and *naari*; thus, we have the words *sundara* (handsome man) and *sundari*

(beautiful woman) in most of the Indian languages. It was on the basis of good qualities one was called handsome or beautiful. In other words, humans with *Surya Vanshi sanskar* were known for their consistency as they were masters of themselves; hence, one can have expectation about others in the first half of the *Kalpa*. But, humans with *Asuri sanskar* (known as *nara-naaris*) are inconsistent as they give control of their lives to the circumstances, which means people of second half of the *Kalpa* may or may not act/react according to another person's expectations. Having expectations in the second half of the *Kalpa*, especially now in the concluding phase of *Kalpa*, would bring only disappointment.

That means those, who take birth in the first half of the *Kalpa*, always repeat the same in every *Kalpa*. As a result, only 33.33 crore people inherit life in earthly heaven (first half of each *Kalpa*) because they responded to the spiritual light when it was shined in the previous *Kalpa*. Yet this number is too small, say around 4%, in comparison to the rest of the population, who did not respond to the spiritual light; hence, inherits the earthly hell (second half of the *Kalpa*). Interestingly, similar ratios can be seen in many important areas. For example, only 4% of

the universe is visible (which responds to physical light) whereas the rest of the universe is invisible to which the scientists call as "Dark Energy and Dark Matter" (which do not respond to physical light), "which is a fifth and previously unknown type of fundamental force, called quintessence, which fills the universe like a fluid" and serve as a support to the visible universe. (<https://www.space.com/11642-dark-matter-dark-energy-4-percent-universe-panek.html>; <https://www.nationalgeographic.com/science/space/dark-matter/>).

Of all the water available on earth, less than 4% is fresh water. In all the actions we perform, around 4% is what we do consciously. In all the trail of thoughts occurring in our mind, the beneficial ones are only around 4%. Of all the works people do, very few are productive such as done by farmers, who are less than 2% of the total population.

Now, let us come back to the subject of few people who benefit from God's spiritual Knowledge and Rajyoga training programme. Even when there is no scope for expectation in the case of vast majority, God Shiva is consistent in His action of recreating the New World when it becomes too decadent at the end of each *Kalpa*, thereby

making Himself the supreme example of *Shivam* (unconditional love and benevolence) for all eternity. Considering His actions, God can be defined as "the Servant of Humanity" (*Murli* 2.5.2018) because at the beginning of every *Kalpa* He makes abundant provisions not only for our mere sustenance but also for enjoyment of our life. Look at the provisions of many variety of flowers, fruits like apple (over 7500 variety), mango (over 1000 variety), bananas (over 1000 variety), etc. Because of such abundance people experienced in the beginning of each *Kalpa*, they named the earth as *prithvi* (daughter of *Prithu* or abundance, which is the sign of *prithi* or love). In other words, God Shiva recreates such provisions in abundance whenever they get depleted/destroyed, and at last goes into silence, which means He is not interested in receiving mankind's response – gratitude, honor or worship. "Shiva Baba comes and serves altruistically" without any expectation, thereby proving Himself as the Supreme Epitome of *Satyam* (Truth), *Shivam* (Benevolence) and *Sundaram* (Beauty). (*Murli*: 09.06.2018).

Those, who have benefited from His *Rajayoga* training programme, find delight in

(Contd. on page no. 12)

September 21, 2018:



INTERNATIONAL DAY OF PEACE

—B.K. Viral, Borivali, Mumbai

September 21 is celebrated throughout the world as International Day of Peace (IDP). Peace is the gap between two thoughts; hence, the slower our thoughts the greater the experience of peace. Our thoughts are fast when they're waste or negative, while pure and elevated thoughts are very slow in nature.

Hence, in simple terms, the key to increase our experience of peace throughout the day is to the following:

- (i) Increase the number of high-quality thoughts
- (ii) Reduce the number of low-quality (i.e., waste and negative) thoughts

Role of Spiritual Knowledge

Spiritual Knowledge helps us to increase positive thoughts by reminding us of subtle elevated truths. Introspecting on different points of knowledge helps us to multiply the positive information by adding new perspectives, view-points and angles to the knowledge. This is called churning of knowledge to create the butter of spiritual power. Churning of knowledge is not

simply repeating what you have read but creating a movement of the knowledge inside the room of your mind and, then finally, implementing it in life. Such an exercise, when done over many days, creates soul power and strengthens our mind. In fact, it makes us extremely positive and free from negative and unnecessary thoughts that waste our mental energy when we indulged in them repeatedly.

While interacting with others, we need to remember the following points:

- They're pure, divine souls.
- They're children of One and the Same Supreme Father; hence, we are spiritual brothers.
- We should look at their virtues and specialities.

Remember the elevated self-respect points to remain in self-awareness while working:

- I'm a unique soul with many specialities.
- I'm God's special child. God and all His powers are with me; success is my birth right.
- I'm a victorious jewel.
- I'm the hero actor of this world drama.
- I'm a divine soul.

In relationships, we should remember that others are souls, who have been on a long journey, having different experiences; and, hence created different *sanskars*. Hence:

- They're not wrong but right from their own perspectives.
- They've a reason for what they're doing.
- It's not their fault.
- They must have had a difficult day.
- They're not actually saying to us, but just reflecting their inner disturbed state of mind.
- Let me send thoughts of peace to them.
- Happiness is my internal creation and choice; hence, I have the power to remain stable and happy irrespective of situations and people.

Role of Rajyoga Meditation

Rajyoga meditation is the process of creating elevated thoughts. Positive thoughts emerge when we realise who we are and who we belong to. With that realisation and awareness, negative and waste thoughts finish. We can create the following thoughts in meditation for a powerful experience of peace:

'I am a peaceful being', 'I am a pure soul', 'I am the energy using this body', 'I am the master of this body', 'I see through the eyes', etc. Along with this, we visualise ourselves as a very tiny sparkling point of light

in the centre of the forehead. 'Like me, God is also a point of light', 'He is the Ocean of Peace', 'His loving and powerful vibrations of peace are reaching me', 'I am full of God's peace', 'God's power is with me, all my tasks have become easy. Even if challenges come, God's powers will help me cross them with stability.' 'I give all my burdens to God and become very light.'

Benefits of Peace

Hence, today, let's aim to be peaceful the whole day. Being peaceful not only makes us feel very comfortable, but also helps us to do the following:

▶ To radiate good vibrations to the body, keeping it healthier. Peace makes the body organs work more efficiently and helps to improve sleep. ▶ To create a peaceful environment around, benefiting all. ▶ To improve significantly our focus/ concentration resulting in improved work efficiency, intuitive ability, creativity, job satisfaction, etc. ▶ To provide greater space to understand, accept and accommodate others, thereby improving relationships. ▶ To inspire others to work in a peaceful way, thereby creating a wave of transformation.

Hence, in essence, let's remain in the awareness of our original quality of peace and remain connected to God, the Ocean of Peace. This keeps us full of the experience of peace, thereby making us instrumental in bringing the Land of Peace, the illustrious time of the Golden Age once again. ❖

(.....Contd. from page no. 10)

copying their Heavenly Father God Shiva. They too perform their *dharma* – continuing to learn from Him, imbibing qualities from Him through *Rajayoga*, destroying all vices in them and helping others to do the same, and they do these things joyfully and whole-heartedly, being unconcerned of others' response. This helps even in one's personal life – the more expectation one has the more hellish his life becomes, and the more acceptance one has the more heavenly his life becomes. This enables them to be fully focused on the now, which brings not only great freedom but also efficiency in whatever they do. ❖

LOVE WITHOUT ATTACHMENT

–B. K. Shikha, Pune

Often we feel that if there is no attachment, there is no love. But, is this true?

Is attachment same as love or are they different? The sun gives the sunlight without ever asking for anything in return. Does that mean we don't care about the sunlight and we will not miss it if sun doesn't show up one day? The trees give their fruits and their shadow and everything else. Does it mean we don't realise their importance in our lives? What if all of Nature's elements started asking for a return for their services? What if we had to pay taxes to get sunlight or the air to breathe? Life will not be possible.

The reason why we humans find it so difficult to live is: now, we want a return for everything we give, including love. This is attachment. We take fruits from a tree. But, does it object if we go to another tree for a different fruit? No. Because Nature's way of working is to give; it has everything in abundance. Nature loves without any expectations and attachment. It never asks for a return. But, we stopped going by that rule. That's how we put ourselves in a cage. And the way to be free again is to become so abundant that we don't need to put taxes on everything we give. A society works by the mutual give and take. The more we give selflessly the happier we feel and we get the returns automatically. The returns are manifold when something is given or done selflessly and without expectations. And that is love in the real sense without any attachment, which generates true happiness. ❖

WE ARE SPIRITUAL BUTTERFLIES HAVING A CATERPILLAR EXPERIENCE



–B.K. Sujoy, Durgapur (W.B.)

Sometimes, we don't understand life – the things that happen to us or, in some cases, that don't happen to us. But, the important thing to remember is that life on earth is about evolving spiritually and this is not only about meditation and prayer.

Life itself is a property of the spirit. Life is about growth, experience and learning. Life is eternal. Sometimes, we don't understand why 'bad' things happen to us. Whether this refers to relationship problems or break-ups, finances, career confusion, health issues, addiction, depression or any other predicament, we need to be aware that no matter how dark it may seem, there is always light somewhere. We only have to find it and if that seems too hard, we only have to sincerely ask the 'light' to find us. When this happens, we will begin to change our outlook. We will understand that 'bad' things happen to us only as lessons that we have to learn and experience, to grow and evolve spiritually.

There are several attitudes, which help us to sustain our spiritual practice; cultivate and

maintain our values. It is important to get to know ourselves objectively and come to terms with all aspects of ourselves, both positive and negative until we have no illusions left. Then, we become internally free and strong. We can discern our ideal form as well as its opposite. We are inspired by spirituality and purity of purpose when we maintain an attitude of detachment regarding the rewards of our good actions. This attitude also serves to immunize us from criticism and attempts to make us doubt ourselves and our abilities. The influence of our physical identity, other people or external pressure no longer distort our judgment about what is right. We increase our power to overcome various forms of negativity, lures and weaknesses. We develop our ability to take responsibility and discharge our duties wisely. We also cultivate harmonious relationships.

We have divided our lives into so many little pockets; that is why we fail to realize that everything we do is a spiritual event. We have personal, private, professional, social, religious and

spiritual lives. All these things are a part of greater whole. When we go to school, college or office, it is spiritual. When we have love relationships, it is spiritual. When we spend time with family, it is spiritual. We cannot separate spirituality from our lives any more that we can separate ourselves from breaths. No matter what we do, we feel. Whether those thoughts and feelings are positive or negative, they determine the outcome of the experience as a whole.

Therefore, the life cycle of a butterfly gives an absolute direction to lead a life of spirituality amidst the din and bustle of our regular chores. If we look closely at the diagram of the life cycle of a butterfly, it begins as a small maggot, which does nothing except eating. That is what has happened to most of us. We become consumers, motivated by greed, and we want as much money as possible. Our life revolves around what we can acquire, and our identity is caught up in what we have. As time goes by, the caterpillar gets fatter and fatter and sheds its skin a few times, each new one is bigger than the former. When it consumes all that it can, it finds a safe corner to hide in and spins a chrysalis around itself. Within the secrecy and privacy of the chrysalis, total transformation occurs. It has to stay quiet for a long time, when the right time

comes, there is a miraculous transformation as the insect breaks out the chrysalis and emerges as a wonderful, colourful butterfly. This stage of the chrysalis is like the inner work of a meditator, who has gone beyond the life of a consumer. He goes deep within and begins the process of communicating with the Divine. This does not mean that we should go away from the world and give up everything. Do this inner work while continuing to fulfill the duties of normal life; in this way, slowly and secretly the process of transformation of *sanskaras* occurs.

When we are born on the planet Earth, we, in a sense, die in the world we came from. When we die on Earth, we are once again born in the world that we go to. This is the spirit realm that has infinite levels and dimensions. Where we end up depends on how much we learned and evolved during our lives on earth. So, when things seem difficult, take it as an opportunity to learn a lesson. The caterpillar thought it was the end of the world until it became a butterfly. We are spiritual butterflies having caterpillar experience. So, while meditation and prayer are great ways to develop spiritually, every experience we have and every human interaction are spiritual events that make our spiritual state change. The more these events bring us closer to love and compassion, the more spiritually advanced we become. ❖

Morning Musings & Night Notions



“Love in its essence is spiritual fire.”

– *Lucius A. Seneca*

“The real spiritual progress of the aspirant is measured by the extent to which he achieves inner tranquility.”

– *Swami Sivananda*

“You can’t have a physical transformation until you have a spiritual transformation.”

– *Cory Booker*

“The ideal economy combines the spiritual and the material, and the best commodities to trade in are sincerity and love.”

– *Morihei Ueshiba*

“The sin, which separates us from God and produces so many spiritual disorders, is selfishness.”

– *Ellen G. White*

“I want to congratulate all the men out there who are working diligently to be good fathers whether they are stepfathers, or biological fathers or just spiritual fathers.”

– *T. D. Jakes*

“Physical strength can never permanently withstand the impact of spiritual force.”

– *Franklin D. Roosevelt*

“Great minds are to make others great. Their superiority is to be used to rouse them from lethargy and to aid them to judge for themselves.”

– *William Ellery Channing*

“The gross heathenism of civilization has generally destroyed nature, poetry and all that is spiritual.”

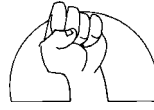
– *John Muir*

“Remembrance of God Father and divine service are the sources of children’s income.”

– *God Shiva*



EIGHT STEPS ON THE ROAD TO SUCCESS



We all live a life that is filled with different actions, which we perform from the morning to the night. Every action either in the personal, professional, social or financial sphere, is filled with the energy of an intention or a pure desire that 'I have to achieve what I aspire or aim for'. But things go wrong when the ambition starts becoming an obsession and it starts affecting our mind or relationships or health or sometimes all of these together.

They say success for some comes at a price – a broken soul, a stressful mind, an unhealthy body and harmed relationships. For some, life is like a continuous challenge to be overcome. *Challenges are good; they bring out the inner powers and help in tapping the hidden potential inside you. But, at the same time, for the life of a man, who eats, sleeps and breathes challenges, it is the wrong road to success.* The main cause of professional burnout at a young age is an obsession to focus simply on dreaming and achieving and achieving. But, the truth is that no matter how much you achieve, accomplish, and acquire in life, there is always

something more to be had. And, in this race to achieve more, many people put off what really matters in pursuit of the things they want to achieve. They tell themselves that they'll worry about these things once they've reached their destination. Things like family, enjoying with friends, nurturing relationships, forgiving enemies, enjoying life and experiencing peace are put off, and, most of the time, they are never re-discovered.

This is what cause people to become severely depressive, unenthusiastic and disinterested after a certain period of time in their careers and family lives. Today, many people have realised the importance of meditation and relaxation techniques because they have lost the balance in their lives. We shall explain 8 different steps one needs to take on an emotional level so that success is achieved. At the same time, it is a success without any of the side effects, in the form of love lost in relationships or physical and mental illnesses.

Just for a minute stop what you are thinking and ask yourself, if a goal or an achievement is so significant that you do not mind losing

some of the important relationships of your life? Also, what use is an achieved mission if in the process we get sleep disorders or our digestive system is weakened or we suffer from high blood pressure or diabetes? Also, we may even suffer from mental illnesses like depression or sometimes even end up attempting suicide. The same purpose of life can be achieved without losing mental peace, even if the achievement takes place at a date later than the one intended.

So, *the first step* on the road to success is *revising our purpose* to one that can be achieved at a slower speed than the speed we might see others working at. Competition is not at all an un-required energy in mainstream society but *when competition is accompanied by or mixed with comparisons, it becomes negative or self-harming.* So, competition can be healthy but do not compare, comparisons are unhealthy.

Also, ensure that while moving towards the destination of success, *we need to set smaller goals to be achieved instead of targeting directly at the bigger cause.* This is important because this keeps us extremely light in our journey and keeps us on the road to success and does not let us become tired when the going gets tough. This is a way of unburdening oneself

while travelling on the road to success which can be long at times. Another important feature of a relaxed journey to success is *satisfying people who are a part of the journey* and not developing cold relations with them. Very often, people are so obsessed with work or professional targets that a 12 hour at the workplace in a day is a common practice with no time left for their family members. This causes distancing and differences to increase and very often children or husbands or wives are affected negatively by this and they become dissatisfied.

The road to success is filled with major changes, which we as travellers need to adapt to and face, without the changes affecting us negatively. There are people, who are very weak at adapting to change because of lack of spiritual strength and the tendency to look at the changes negatively. 'Brahma Kumaris' knowledge explains that the one, who moulds himself, becomes real gold or valuable or in other words, spiritually pure or powerful. So, *the ability to mould or the ability to change* is a spiritual power, which we need to fill ourselves with. Also, as with traffic signals, what is required is *the ability to stop on the road* while passing the rough certain signposts. These signposts convey to us that crossing them at that moment

of time at the speed at which we are, will cause an accident in the form of an ill physical body or a broken relationship. This can bring the journey to the destination of success to a standstill.

Another spiritual ability is *the ability to inculcate new and constructive sanskaras as per the demands of what side-scenes* are seen on the road to success. These side-scenes may, sometimes, be surprising for many. The type of *sanskaras*, which may be required to be inculcated at that moment of time could be simple like remaining egoless or keeping the feeling of love and empathy for everyone, not focusing on the negative points of others, being patient

and unflustered or accepting each one's role with ease. Some other *sanskaras*, which we need to evolve may be like emerging the power to discriminate between wrong and right or remaining economical in using resources like money, time and energy, etc. Also, just like any other journey, sometimes it is also important *not to get stuck in these side scenes*. We need to ignore them and carry on with determination with our complete focus on enjoying the journey. It's great to focus on destination, but the most important thing is that we should learn to be happy right here and now and give priority to simple things in life.

– (Source from *Awakening with Brahma Kumaris*)

PLAYING WITH PEARLS OF VIRTUES

– B.K. Urvashi, Mount Abu

A disappointment is never easy to surpass. I work hard towards a goal giving it all I have and still end up empty-handed. 'Where did I go wrong? what's the use of being diligent and conscientious? May be everything depends on luck, God didn't help me...' A vision that was initially strong and focused takes a sharp detour into the by-lanes of disheartened thinking. On the other hand, **by looking at the situation with a calm, detached attitude, I can locate the faults or leakages. Even if my attempts were faultless, to refuse to learn from a set-back is a sign of ego.** God helps me back on my feet when He sees that I haven't closed the doors of my mind to new experiences.

...Contd. from July, 2018 Issue



POSITIVE JOURNALISM FOR ESTABLISHING A VALUE-BASED SOCIETY AND BETTER WORLD

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

This article continues highlighting the roles and responsibilities of the media professionals for establishing a value-based society and better world. Media and its professionals are responsible stakeholders in God's noble task of world-transformation through their personal self-transformation. Personal self-transformation begins with the transformation of one's own personal or individual self.

Positive Journalism for a Value-based Better World

A value-based better world is only possible through personal or individual self-transformation of the media professionals because they also form the constituting units of the same society and world, which is largely the sum of all individual selves. Let every media person try one's level best to transform or change the negativity in one's self and be positive, spiritual and value-oriented and thereby be a shining mirror

for the world by following the famous saying of Mahatma Gandhi: "Be the change that you wish to see in the world."

(i) *Marriage of Heart and Wealth is not Possible*

Media persons have to keep in mind the fact that the marriage or union of heart (*Dil*) and wealth (*Daulat*) is not practicable. It is rightly said, "Marriage or union of heart and wealth is impossible but that of heart and heart is possible." Union of hearts is possible when one's heart is good, pure, positive and spiritual; and this can hold true only when one combines through practice of Rajyoga meditation one's heart and soul with the Heart and Soul of God, the Supreme, the Bridegroom (*Sajan*) of all human souls, called the brides (*Sajniyan*). If media persons regularly meditate upon God, the most Benevolent, Supreme Spiritual Father, it can purify the heart and soul of the practitioners, fill them with

good and positive thoughts, and, thus, finally empower their hearts and souls.

Acquisition of spiritual knowledge and practice of Rajyoga meditation can help to get a positive and effective transformation in one's state of mind, vision, perceptions, attitude and actions. Then only the media persons can view, study, analyze, understand and interpret people, society, events and situations in their right and true perspectives without any diversion and subversion from the professional ethics. In this way, they can inform and inspire people and society, guide them, point out righteous pathways, show the ways of real peace and happiness, establish a better world based on values and spirituality and become the role models of positive journalism and professional media ethics.

(ii) *Purity is the Mother of Peace, Prosperity and Happiness*

In order to establish a value-based society and a better world characterized by peace, purity, prosperity and happiness, the media professionals should observe cleanliness of body, mind, spirit, thoughts, words and deeds, manners and behaviours while dealing and

interacting with family members, fellow beings as well as others. Purity comes with the observance of four principles such as practice of Rajyoga meditation, association with good company, observance of celibacy, taking of pure vegetarian diet and inculcation of divine virtues. Purity is, in fact, the Mother of Peace, Prosperity and Happiness in the sense that when one observes purity in all its aforesaid aspects, Peace, Prosperity and Happiness follow after him/her just like a calf follows after the cow, its milk-bearing mother. In real sense, God is the Ocean of Purity, Peace, Love, Happiness, Knowledge, Power and Bliss. When one forms a loving union with the Divine, it is a natural corollary that all spiritual qualities, attributes and properties of the Supreme become the heavenly birthright of those, who establish relationship with Him.

Concept of Values

In order to be instrumental for establishing a value-based society and better world, the media professionals should be conversant with the concept of values. 'Value(s)' refer to those standards of principles,

ideas, self-imposed rules (whether moral, spiritual, ethical, etc.), which we maintain in life or which we adopt to live our lives righteously and successfully, or which we stick to with a clear conscience without any fear of outside threat or influence. Values also refer to objects, experiences and achievements that we consider desirable and valuable for our existence and evolution; for liberation from evil and suffering, and evolution of our inner and outer environment, leading to eternal joy and bliss.

Values are the noble aspirations of religions, cultures and philosophies, and these are duly espoused and respected by us. Values alert our moral conscience to remain free from temptations and give strength to resist human weaknesses and guide us for better, happy, comfortable, peaceful and sociable existence in the world. Values are the beauty, grace and treasures of life, and determine our moral and ethical choices in life. Values give indication of character because the nature and quality of human beings are determined much more by values held rather than by the amount of information one

has gathered and mastered. Media and media professionals can be instrumental in imparting value education or value-based education, which is the process of bringing about desirable changes in behaviour of the students and people in society for better understanding, association, assimilation and adjustment in a society of multi-diverse world that has almost become a global village at present.

Concept of Spirituality

The media professionals, who are responsible for ushering in a better world, should have clarity regarding the concept of spirituality. The human being is a spiritual entity or an embodied spirit known as *Jeevatma* because he/she is the combination or composition of both his/her outer body, called *Jeev* and inner soul or spirit, called *Atma*. The soul is a very subtle point-of-divine-light, called spiritual energy that sits at the centre of a person's forehead between two eyebrows and performs all activities through its physical organs.

The Brahma Kumaris Organization (BKO) is spiritualizing individuals by reminding them of their true

identity as the immortal souls, who take the mortal bodies to play their roles on the earthly stage. Also, as souls we are the spiritual children of One and the Same God Father. This awareness transforms the human souls into divine beings by instilling in them the divine virtues and thereby divinize the society and the world in very near future. The realization of all souls connected with a common thread of divine qualities creates integration among various faiths, and religions and establishes mutual love, trust, cooperation, reciprocity through understanding of similarities and acceptance of the various diversities as part of the integrated whole.

It is also explaining the people that all sorrows and sufferings are due to man's



separation from God, the Supreme Source of all virtues and powers and one needs to restore human being's sacred bond of relationship with God for its regeneration, rejuvenation and elevation.

It is also explaining that change is the unchangeable law of the Nature and Universe and the present *Sangam Yuga* is the transition time for the souls to change their thoughts, words, deeds, lifestyles, etc. through spiritual knowledge and practice of Rajyoga as imparted by God. It is making constant efforts to make people realize that as wars, divisions and hatred are created first in the minds of human beings, likewise the seeds of peace, unison and love can be sown there and the fruits thereof can be ultimately realized and reaped by making mind a fertile, ideal ground of goodness. Time is not linear but cyclical; our past gives us the present but the present is the foundation of the future. So, we have to set the present right by bringing the necessary and desirable changes in it to secure a bright future of hope, success and prosperity.

Media needs to emphasize that spiritual education is the root and foundation of all other kinds of education. The humanity, today, is crying for peace, love, unity, understanding, etc. in spite of the material prosperity and scientific and technological advancement and spirituality

is the missing dimension of life.

Values & Spirituality are Linked with Rajyoga Meditation.

Media persons should keenly understand the fact that *values and spirituality can be integrated in one's life through the practice of Rajyoga Meditation*. All kinds of values - universal or temporal including human, social, ethical, moral, spiritual, economic, aesthetic values, etc. - are demonstrated by our actions (*Karma*). Values and spirituality are to be developed together because their relationship is inextricably interrelated, interlinked and interdependent. Establishing oneself in the state of soul-consciousness through Rajyoga meditation gives the much-needed power to develop values and for their practical application in everyday lives.

When spirituality is developed, values emerge; and when values are developed, they increase spirituality. Rajyoga makes this development and emergence practically possible. Thus, Rajyoga meditation is the King of all Yogas in the sense that it gives us a clear understanding

and realization of our self and God. It also enables the soul to reunite, reconnect and re-commune with the Supreme Soul in order to regain our lost values, virtues, powers, qualities and also the passport to a holistically healthy and heavenly life.

In order to establish a value-based better world, media and its professionals should cooperate and coordinate this spiritual-cum-educational B.K. Organization, which is dedicatedly engaged in creating such a value-based world of Heaven.

Suggestions to Journalists for Positive Journalism

In the present world where media is regarded as the fourth pillar of democracy, it has manifold contributions to make in the greater interest of the individual, society and the nation. The media professionals can be instrumental in building a better world if they follow the under-mentioned suggestions in their true letter and spirit and practically implement them in their personal, social and professional life:

- (i) A media professional has to have a clear vision of the self and of the Supreme Self.
- (ii) Through vision of the self

and the Supreme Self, he/she can have the true



vision and philosophy of life and also of the real worldview.

- (iii) He/she needs to self-introspect about the impact of his thoughts, words and actions on others.
- (iv) In order to reform, rectify and improve the health of the system, the media personnel has to begin with changing the identity of self from body-consciousness to soul-consciousness.
- (v) He/she has to include practice of Rajyoga meditation as a part of the routine life and experience communion with God and realize all affinities or relationships with Him.
- (vi) He/she needs to inculcate the values of love, peace, empathy, truth, compassion, forgiveness, friendship, charity, unity, nobility, integrity, humanity, spirituality, spirit of peaceful co-existence, etc.
- (vii) He/she has to think

globally and act locally with universal perspectives.

- (ix) With these seminal changes, he/she can make proper analysis and interpretation of people, events, situations, and thereby make practice of positive journalism in true perspectives.

For media and journalism to be useful and serviceable to individual, society and nation, it needs to become unselfish, truthful and moral, and such moral values can be endorsed in it only when a spiritual dimension is introduced to it. The force of values, ethics and morality would make it, follow the right path. The spiritually charged media would be in a position to give solid solution to all the problems of the individual rather than being the problem itself. This positive and healthy journalism, would, indeed usher a new era of love, light and vibrant life for the individual, society, and the nation as well. But, this would be possible only when spiritual values like truthfulness, love, honesty, non-violence, compassion, etc., are inculcated by media professionals and they also simultaneously spread through their professional works of positive journalism. ❖

Power of Thoughts

– B.K. Apperna, Chennai

“Telepathy” is a word we often use in our daily common parlance. We say, “I was just thinking of you, and you called me!”, or, “I was just going to call you and there you are!” This, we say, is telepathy. Telepathy can be said to be the purported transmission of information from one person to another without using any known human sensory channels or physical interactions.

Though the concept of telepathy and thought waves has been nulled by scientists, saying that there is no scientific evidence of it, it has been seen in reality that thought waves do work. We, sometimes, feel uneasy all of a sudden and later find that someone known to us was in some sort of pain at that precise moment; or when we are talking about a person, that person is also talking or thinking about us at the same time.

If just thinking of a person or wanting to talk to a person makes that person call us at that very same moment, then won't all our thoughts get carried? By all thoughts, we mean both positive and

negative. Our thoughts do get carried and the vibrations get emitted into the atmosphere. Thought vibrations can travel a long way and know no boundaries. So, what we think about a person, the society, an event, and everything else, not only has an impact on the self, but also on the entire environment.

Yes, every thought matters. We hear the popular saying or proverb: “Watch your thoughts, they lead to attitudes. Watch your attitudes, they lead to words. Watch your words, they lead to actions. Watch your actions, they lead to habits. Watch your habits, they form your character. Watch your character, it determines your destiny”. As clearly described in this age-old saying or proverb, our destiny is determined by our thoughts. And keeping control over them is certainly not taken to be just a piece of cake. Therefore, in our lives, a very challenging and important part is that of managing our thoughts and feelings. Very often, our mind is full of scattered thoughts.

These scattered thoughts reduce our focus. Our thoughts vary from matters relating to our work to past events, both sweet and bitter and to our future.

In today's world, we are all highly influenced by technology. The more we get into technology, the more are we bombarded by different ideas, questions, fantasies and illusions. They cloud the mind and, as a result, we lose clarity in our thoughts. We reach a state where we're no longer in control of our thoughts. We're rather controlled by external illusions.

Some of us find it very difficult to stop these thoughts. It is okay to have a few old thoughts. But, dwelling on them can prove detrimental to the self. So, a connection, at regular intervals during the day, with a peaceful source of spiritual energy is needed.

In a world which is apparently “connected” by technology, there are two important links that nowadays remain disconnected or weakly connected all the time. One is the link between the self and its own spiritual qualities. The other is between the self/soul and the Supreme Self/ Soul. The spiritual self, residing in this body, is originally peaceful. By remembering this, we experience peace and joy. Incorporate God, the Supreme

Soul Shiva, is the Ocean of Peace.

To remain in this soul-consciousness, it is essential to give the mind some positive thoughts to think of and experience those thoughts to nullify the influence of life's different situations. There are these situations, which greatly require the use of the mind. So, we should choose some positive thoughts depending on the situation and strengthen the mind using them. For example, when faced with a physical illness, we could repeat in our mind the following: "I am a powerful soul. The Supreme Soul is with me. I am here to complete His task. I will definitely succeed in doing it." Such thoughts can strengthen the mind and prevent us, the human souls, from going into a state of despair and depression. The more positive our thoughts are, the swifter is our recovery.

Similarly, while doing a tough mental task, we could say, "I am a powerful soul, who is performing the task with utmost attention and I will complete it successfully." Such a thought makes the performance easy and stress-free.

Similarly, taking a minute off every hour to check the thoughts going on within us certainly helps us in syphoning away the negative and waste thoughts in order to usher in good, positive

and useful thoughts.

Spending a few minutes in silence early in the morning, helps us connect with the second link, God, the Supreme Soul. Connecting with Him gives us new insights and brings in peace and joy and enables us to get on with our daily life with positive and good thoughts and with ease. Similarly, giving an account of the day to God before retiring to bed in the night makes us feel light and helps us in having a good night's sleep, thereby ensuring that we remain fresh and cheerful the next day.

The mental health of each individual affects the entire environment. It is only when our thoughts become clearly channelised

that we will see the truth behind the concept of telepathy. Yes, every thought counts. Every thought generates a vibration – a vibration that influences the environment. There is a constant exchange of energy all around us. It is in the interest of the happiness of ourselves and the rest of the world that we must pledge that from this minute, we will have only positive thoughts and send only positive thought vibrations into the universe, and thereby let us make a peaceful and happy world. ❖

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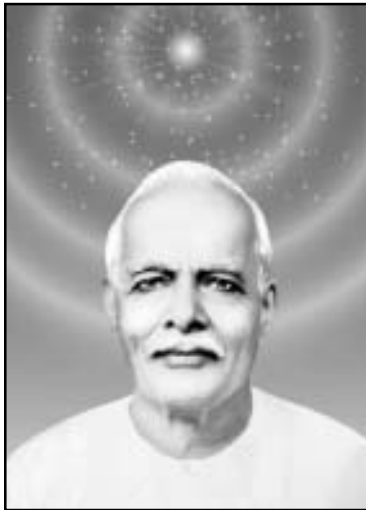
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LISTEN TO THE VOICE AND CALL OF GOD, NOW OR NEVER!



–B.K. Subramanian, Avadi, Chennai

The greatest secret of the world history and geography revolving in a cyclic manner covering a period of five thousand years has been revealed by God, the Creator and Supreme Soul Shiva through a human medium, known as Dada Lekhraj and renamed as Prajapita Brahma by Him. God enlightens that we are actually souls, immortal sentient points



of lights that subtly operate the physical bodies, which are kinetic instruments meant for performing actions / *karmas* through sense organs, i.e., body and its various organs like eyes, ears, nose and mouth.

The soul being the owner of

the physical body wittingly or unwittingly departs from the body for its disposal by way of burial or burning. The soul then takes a new physical body, like a costume, which is born through rebirth given by new bodily parents. The above process (birth, death and rebirth cycle) has been unceasingly moving on for a very long period of 5000 years. Currently, the souls have become weak, tired and tedious owing to their long journey of 84 births in life and the burden of vices like sex-lust, anger, arrogance, attachment, jealousy, levity, etc., has also ascended amidst the journey, i.e., from *Dwapar Yuga* onwards, and weariness also increased, reaching its peak in *Kaliyuga*. The souls have now come to recall and realize through the spiritual knowledge imparted by Supreme Soul, God father Shiva that the human bodies now available in the world market under the trade mark “marriage” are substandard, inferior in quality and misfit to have a balanced systematic regular life.

There are three points of parables in God's *Murlis*. The

first one is about the self, i.e., the soul. It is immortal, imperishable and subject to transformation in the cycle of world drama in three stages, i.e., *satto, rajo, tamo*. The second one is about the Nature, which comprises of five elements such as land, water, air, sky and fire. These natural elements are also subject to change in conformity with the above. At the beginning, they were pure and soothing, then began their ups and downs and, finally, we are witness to Nature's fury at its worst. The third one is about God. He is the Creator, Omnipotent and Benevolent, who remains unchanged, and is constantly Beneficial/Benevolent to the human beings over the entire globe; hence, the name *Sadashiva* ascribed to Him.

Heaven and hell exist on this earth, depending only on the collective consciousness of the souls. Darkness is nothing but the absence of light. God descends down upon this world when it is enveloped in the darkness of ignorance and unrighteousness. This is a period when humans are acting under the influence of vices, and God, the Sun of Knowledge, dispels the darkness of ignorance by bringing a positive change through imparting spiritual knowledge and Rajyoga education and, thus, the night comes to an end and a new day

dawns. The role of God in the Eternal World Drama (EWD) has been set up only in this auspicious Confluence Age that lies between the fag end of *Kaliyuga* and the primitive start of *Satyuga*.

The anti-climax of the world drama is that even highly educated mass, who call themselves as genius, great and knower of all happenings and truths, are not able to understand the simple spiritual knowledge imparted by the Supreme and realize the truth behind the immortal story ever told by His spiritual children born through His Knowledge delivered through the lotus-mouth of Prajapita Brahma in this world of mortality. Such people are incapable of realizing the truth since they are inclined towards a falsehood idea and misconception that lustful life is the natural way of living as it bestows limited pleasure, mistaken as happiness.

Now, the sapling for a new life in paradise is being planted by God himself, wherein human life will be that of a deity and that there will be no trace of peacelessness, sorrow, suffering and pain in any way or in any manner. Such a world of infinite bliss is ahead of us where we could move in and inhabit for over a period of 2500 years, consisting of 1200 years each of *Satyuga* and *Tretayuga*.

The voice and call of God are reaching through the Brahma Kumaris Centres which have spread over the entire globe in more than 140 countries and are teaching "Rajyoga Meditation" free of cost exclusively for this elevated life. The human beings should *listen to the voice and call of God* and take the golden chance of learning this meditation in order to become divine deities, now or never! ❖

FROZEN PERCEPTIONS

Just like water, over a period of time, freezes and takes the form of frozen ice cubes, when kept in an ice tray, perceptions of different things, people and events, inside our consciousness, which come onto the surface of our consciousness regularly as we shape our thoughts, words and actions based on them regularly, also take the form of frozen or rigid perceptions over a period of time. These frozen or rigid perceptions, which sometimes never liquefy in our entire lifetime, are commonly called our beliefs, which can stick in our consciousness like ice cubes and be difficult to uproot at times. One of the greatest harms that holding to a set of beliefs does is, that it doesn't let us see from other peoples' point of view.

Let's say, for example, two people look at the same painting from two different points in a room. One describes what she sees and how the painting looks to her. Then, the other describes how the painting looks to him. Both perceptions are bound to be different to some extent. They are different because they look from different angles, different points (places) of viewing in the same room. So, who has the right view? Neither. But, what both of them see is right from their point of view. Another, e.g., is Mrs. A at my workplace, whom over a period of time, I have been seeing from a certain point of view and have started perceiving to be inefficient. Bringing this perception into my consciousness repeatedly has frozen this perception inside my consciousness and it has taken the form of a belief, which may be incorrect or correct, partially or completely. Now, even if three different people, who have all seen Mrs. A from three different points of view, i.e., in three different set of circumstances, and have seen three different shades of the same virtue, i.e., efficiency in her, come and share their different but all positive and right perceptions with me, depending on their respective circumstantial view, I will not agree with them and not respect their perceptions because a person with unfrozen perceptions would at least give a hearing to others' perceptions, but someone with frozen perceptions, i.e., with fixed beliefs, is not able to do that and is not able to empathize with or see from others' point of view. ❖

QUANTUM THINKING: A SCIENTIFIC WAY OF DEFINING THINKING POWER

–Farha Sayed, Mumbai

The Quantum Physics has enabled man to develop new patterns of thinking, called Quantum Thinking. The mind is the thinking faculty of the soul. In this way, the Quantum Thinking has enhanced the mind power to a great extent.

The Mind Power

Whatever you desire can be achieved through mind power. This is a reality that the Quantum Physics reveals to us. We all know that thoughts are vibration of energy. So, every single thought has powerful influence on your life.

The mind power is redirecting our thoughts to focus on what we want to do towards achieving a desired outcome. So, it's important to choose/create thoughts and use them consciously to achieve or create a whole new life.

Empowering the Mind

Look at the present situation or scenario in life; check your mind and the quality of thoughts appearing in or coming through it. These thoughts are mostly related to your past as past is a dominant factor. The mind

works at a great speed; deep thinking about past life makes you tired and restless. This will only affect your present life by stopping the success in future time. Therefore, empower your mind by creating no more thoughts. Prioritize your lifestyle and emphasise on significant thinking pattern; then, the mind will listen to the dictates of the soul. Instruct it clearly, treat it with love, and give attention to the speed of thoughts to let the speed of thoughts in the mind slow down.

Initially, it may not be feasible. At the first instance, tell or auto-suggest your mind multiple times. Once, the thoughts slow down, you will feel peaceful, very calm, relaxed, patient and stable in life. Let this be the part of the daily routine of your life. We need to check what we want and what we wish to give to people.

Overcome

You need to check the quality of your thoughts. Then, you should try to positivise the negative thoughts. Train your mind to be disciplined. Ensure

only one thought to arise in your mind and, then, check it and also remember who you are – a soul, the child of God, the Supreme Soul, the Ocean of Peace. In this way, when you are at peace, there will no longer be anger and uneasiness in the mind. Filter all the negative qualities such as fear, ego, hatred, etc. in the mind and fill it with positivity by creating the thoughts of happiness, love and peace. ❖

THE VALUE OF POSITIVE FOCUS

To change the focus from negative to positive is to create hope. Our normal conversations and interactions are full of negativity, whether we are aware of this or not. So, without our conscious knowledge, we develop a negative approach to life. It is important for me to be aware when my conversations with others becomes negative. I need to make a conscious change to start becoming more positive, and appreciate what life gives me. So much good in my life goes unnoticed. When I focus in the positive, it creates an environment of enthusiasm for the future that affects positively everyone around me.

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

LEARN TO LIVE AN INTERNAL LIFE

– B.K. David, Paignton, England

We must learn to live an internal life but not the life full of external show like that of a circus clown where people laugh at you thinking you're a fool.

Time can bury your treasure under much dirt; so, you need to make effort and dig. After all, if you've saved up and worked hard, you can own a car, it can belong to you only when you've paid for it. In the same way, when you've worked for peace and love in your life tirelessly, these should also belong to you as you've worked for them and, very importantly, you now deserve them.

Peace and love can be part of your life only when you work towards them with a pure heart. Once peace and love become yours, you can, at any time, jump in the car and drive yourself through life with one of them sitting next to you in the passenger seat whilst the other is relaxing on the back seat.

Crown Jewels of Peace, Contentment, Love and Spiritual Knowledge

Do you always walk round wearing the crown jewels of contentment? Or are you more

concerned with how your hair, makeup or baseballs cap looks?

You can desire the crown jewels as much as you want, but you'll never own them as they do not belong to you. Yet we all have the potential to own the crown jewels of peace, contentment, love and spiritual knowledge. These are the true treasures of life, which can belong to you and can be worn and displayed naturally all the time and not just for show.

Those that wear the crown of falsehood and materialism end up walking strangely so as to keep it on their head.

There is no real value in diamonds or gold and that crown, studded with diamonds or gold, looks very awkward, heavy, unnatural and uncomfortable to wear and should it fall off on to your foot, it would be broken.

Today's crowns make you jealous and give the wearer a sore neck. In stark comparison to today's man's crown, how comfortable it is to wear a spiritual crown that's studded with contentment and love and is made from pure peace! This virtuous crown you can wear at any time and enjoy it all day long.

You can wear this crown on your head without any fear of it being stolen or falling off. This crown of virtue can make you and everyone else around you feel very good. Wearing these inner jewels makes you feel truly royal. Only this crown of peace can make you sparkle with light.

When people see you walking on wearing the crown of these inner jewels, they feel amazed and encouraged to be the same. There is no greater gift than making people smile and feel happy. Wearing worldly jewels gives people a headache as they become secretly jealous and unhappy.

Do you chase after and wear jewels that create peacelessness in your life and give you a headache, backache and toothache?

It's only by wearing inner jewels that you truly make yourself valuable, happy and attractive. Inner jewels are priceless and so rare today as they cannot be bought from any shop. You might be rich but these jewels are not for sale anywhere. These jewels have to be either worked for or donated to you by someone as a gift by his/her own example.

Worldly jewels, in stark contrast to spiritual jewels, when worn, make the owner body-conscious and nervous as they are frightened to lose them or to be stolen. I have seen a man

snatching a gold necklace from around a lady's neck. Jewels and riches give the wearer a headache but not a calm mind.

Are you part of today's modern-day culture that readily creates and accepts a burden that robs you of your peace? Wearing diamonds and gold is a self-imposed burden that can rid you of all the precious aspects of your life that make it great; especially your peace. True jewels make you light and not fight. Is your mind a garden of light or a garden of fight? What will the people, who bury their jewels and money in their garden, have to eat?

How do you feel today? To feel light or heavy tells much about a person and how they live and what they want in life and how they go about trying to get it.

Looking within, do you find peace and see a garden of flowers or an onion patch? Peace carries within it essential antibodies that keep the disease of unhappiness and discontentment in check; it allows all things good to happen within your mind and body. Without the antibody of peace swimming in your mind and body, it's easy to become susceptible to catching the disease of peacelessness, which for many has become incurable. Once infected with anger that creates dis-ease within your mind, you really need to see a mind doctor in order to

be cured. There is only one Supreme Doctor that can cure all sorrows in all people.

Don't Fill Life with Wrong Fuel

Are you guilty of filling your petrol car with diesel? No one should wonder why people feel unhappy and cannot move forward in life and achieve what they want when they fill their life with the wrong fuel (thoughts and actions). Only with an injection of truth can you create an environment within your mind that will allow peace to exist and grow within it. It is only when you start to put the right fuel in your car will the engine start to run smoothly and correctly. Put diesel in a petrol car and it will not function.

The reality to happiness is this: your mind /soul needs the fuel of truth so that it can lead a life that has a lasting peace at its core. True peace multiplies itself on a regular basis and will drive you ever closer to finding the source to all peace.

When you have experienced Godly peace, you'll know about it, as it leaves you unable to speak and motionless.

The happiness and peace of today is always short lived as its roots are not set in truth. Each day I see people sinking so easily in the bog of falsehood: The bog with a neon sign above its door and a red carpet leading up to it. This vast bog can be found in most homes and can

lead to immense unhappiness if not careful to extract oneself from it. Once trapped, a person will find it almost impossible to free himself/herself. This modern-day bog is full of heavy chains, handcuffs, make-up, hair products, beauty creams, fast cars, aftershave creams or lotions, mirrors, hospitals, doctors, prescriptions, restaurants, walking sticks and medication.

Shoes of Show and Extroversion

The sure cure to medication is meditation and contemplation. The cure to unhappiness is introversion that puts the tears and shoes of extroversion to shame as they cause blisters. Are you wise enough to resign your shoes of show to the wardrobe of yesterday where there will never be a need tomorrow that sees you opening its door?

Should you wear these shoes once or twice a year, I'd say that's acceptable but I'm sure God wouldn't approve. But, then, God has no feet and is invisible, so how can He ever know the perils of our modern living and know of the joys of showing off to express oneself?

The reality is that when we wear the 'shoes of show', it shows we seek attention and this is an indicator that at that time our mind has shrunk and is at that time a shallow mind. The same applies to the 'flashy

coat that does not let you grow'. This coat might make you look attractive, smart and elegant but in the process also makes you heavy and shrinks your mind.

If not careful, your occasional extroversion can be met with occasional sorrow. Nothing is free today and the price we all pay for our body-consciousness is that we easily get stressed and tired from it all. When wearing clothes to dress to impress, we automatically walk the hamster wheel and do not realise it. Most people most of the time are walking on this wheel of sorrow and not only does it take them nowhere, it also causes them to walk backwards. Only truth enables a person to walk forward in life and avoid all the rubbish around him. Truth allows you to gain precious insight and to grow taller inside and become more healthy and loving.

Live a Life of Truth instead of Falsehood

Burying yourself in falsehood proves expensive. As you would not expect to find tulips growing on the seabed, you would not expect roses of peace to grow in your life if you scattered weed seeds from your pocket (mind). You do not need to be a scientist or Guru to know that you need to sow flower seeds if you're to expect flowers to grow in your flower bed (mind).

The people of today have become gardeners with

expertise in sowing seeds of falsehood that keep them in a sick bed or a bed of laziness, sorrow or frustration.

Living a life of falsehood instead of truth with such seeds in your pocket as you walk around ignorantly in life scattering these seeds, will see you also making your own deathbed with your other hands and without you even realising it.

Most people, in trying to build a life to enjoy, build it from a forest that only has trees that can make a self-centred and selfish life. They build themselves a coffin lined with newspapers, porn, hate and little else and screw it down tightly with the screws of ignorance.

Seeds of Badness Grow Deeds of Badness

The seeds of badness grow and lead to deeds of badness. The seeds become beads that create a necklace around their neck, which each one blindly wears. Everyone wears some kind of necklace around their neck that makes them heavy and tired. Body-consciousness, desires, vices born from the physical senses manifest in the form of bad habits and deeds and are a person's main features, which hang around most people's necks as ugly decorations.

If a person's garden has no vitality and goodness (purity) in the soil to grow beauty and is overrun with many stones, their

garden will turn into a cemetery in the future.

With each garden in each street, town and city of the world, all having the same stones but of different colours and size yet all creating the same old problems, it's simple to deduce why the world is going downhill and so fast.

We all need to take care of the gardens of our minds and weed out small and large stones and rocks. When your garden becomes fertile, then flowers can grow.

A very expensive tent is for sale today yet few are rich enough to buy it and wise enough to save up for it. Everyone is bankrupt and cannot afford to own and live in this plain looking tent. The first thing you need to do in order to have such a home of contentment is realise you need to take off your shoes of body-consciousness and leave them outside the tent.

A man with contentment is rich as his house has rich deluxe wallpaper (thoughts) that decorates the walls and windows that are cleaned every hour and a red carpet (attitude) at its front door. Although it might appear to be just a plain tent from the outside, it has great riches on the inside where everything is made of light and gold. The riches to be found inside this tent make all those that live within it contented. *(To be Contd. ...)*

BECOME A PERFECT PERSONALITY TO REAP SUCCESS

– B.K. Manjula Baijal, Bengaluru

A very important aspect of our daily life is erasing or removing the negative personality characteristics that exist inside us. We also need to ensure that they do not come to the surface and do not cause a hindrance or obstacle in our everyday dealings. In this particular sphere of self-change, there are some people, who are more attentive to their weaknesses. They are always keen to transform or remove them completely while some are less attentive and are unable to realize or check their weaknesses and change them. Spiritual power is needed for self-transformation, but the first and foremost power is the power to realize that a particular weakness exists inside me. If we don't realize we will not make the effort to increase that power within us. Also, once the realization is there, we need to think about possible thought patterns and efforts at the level of words and actions, which will lead us to become a perfect personality to reap success. We need to remove the flaws or weaknesses that give us

unhappiness and make others also discontent.

Self-transformation begins when we connect to God, the Highest Spiritual Source and use His power and love to bring the change within. His power works at the level of our consciousness. As is the consciousness, so are our thoughts. Once the thoughts begin to change, our feelings, attitudes, vision, words and actions also move towards a positive direction. Self-effort is not so difficult but it can seem difficult if spiritual power is lacking. So, Rajyoga meditation is the foundation of any self-change. Rajyoga meditation is a connection between two minds – our own individual mind and God's Universal Mind, the Supreme Source of all spiritual powers, qualities, values and virtues. He is invisible to the physical eyes but visible to the eye of spiritual wisdom or what we call 'the third eye'. This connection causes spiritual energy in its purest form to be absorbed from God. It flows into one's *sanskaras* and changes the *sanskaras* of thinking

negatively.

There are a lot of negative characteristics, which continue to work in one's lives, thereby colouring one's words, actions and behaviours. Such negativity cannot be removed by reminding oneself of it again and again. It is only when a ray of light comes, the darkness begins to disappear. God's energy works as the Spiritual Light to dispel the darkness of negativity and vices. Whatever thoughts are concentrated upon, those thoughts become powerful. It is like the growth of a seed. When a thought, a positive thought, is planted in the mind and it is concentrated upon, it becomes like sunlight adding energy. The more the concentration on them, these thoughts begin to grow.

In meditation, we focus on our qualities and on the Supreme Being - 'I am a peaceful child, the child of the Almighty, the Ocean of Peace.' When we create such positive thoughts each morning and water it with attention throughout the day, we find ourselves becoming more and more powerful. Negative circumstances or people with negativity do not influence us but we become a powerful source for finishing that negativity. We are able to maintain this positive thought under all circumstances. So, there is a total experience of positivity, whatever the situation may be. ❖



MENTAL SERVICE, CONSCIOUSNESS AND SCIENCE

—B.K. Dr. Dilip V. Kaundinya,
MD, Mumbai

Rajyoga meditation of Brahma Kumaris Organization (BKO) is a super-duper prescription for ever-lasting health, happiness, harmony and peace in life. Murli, which is one of the most essential components of “Rajyoga capsule” are the daily Divine Directions from the Supreme Soul Shiva, for a step-wise evolution of the soul to the final deity-like consciousness or soul-consciousness. At present, our minds are agile between *Rajasik* - *Tamasik* consciousness, more so in this Iron Age in which *Maya*, *Ravan* or *Shaitan* is the most powerful. This Devil has made us live in a state of amnesia (*Vismruti*) about our true self and its vast potential. We now undertake human experiences under Supreme’s guidance (*Shreemat*) to evolve our consciousness into full awakening (*Smriti/Jagriti*). God Himself has descended on this planet earth for this very purpose. Those who believe shall gain beyond all expectations.

The Supreme Soul advises us

to do mental service (*Mansa Seva*) through the thought vibrations of love, peace, power or happiness for providing some solace to the suffering humanity. A spiritual mind shall immediately start to work with belief and faith without wasting a single second. A scientific mind shall continue its habit of wasting time in the unending queue of questions and finding scientific evidences: Why are the thoughts called vibrations? Why should soul be considered as thought-transmitters? Is it possible to generate vibrations specific for love, peace or happiness? What proof is there that the vibrations could reach the whole world? The recent information about the psychic experiments done by the Russian scientists and their conclusion shall put the minds of the scientists to rest hopefully. Mental service (*Mansa Seva*) or meditation for peace in the world can be defined as “mass mind attention and intention” with a laser beam single-point focus on a single

emotion, which the practitioners of meditation wish to send to the whole world. Emotion is energy that sets the act into motion.

Faraday Cage Experiment

The Faraday “Cage” is an airtight, sound-proof, double-walled chamber having vacuum in between the walls and surrounded by copper-wire mesh around. This arrangement prevents transmission of all kinds of waves or vibrations - electromagnetic, microwave and others. A person, who is a powerful “thought-transmitter” seated in the Faraday Cage, was made to transmit specific thoughts at specific time-intervals. He kept a careful log of these “transmissions”. A highly sensitive “thought-receiver” was made to sit at increasing distances at specific times and to keep a log of thoughts received. Amazingly, it was discovered that our thoughts can travel for an infinite distance. When the Russians used this Divine Process for unethical espionage on America, Russia got disintegrated.

Russian experiments were replicated later on in U.S.A. It, then, became clear that our consciousness, energy with awareness and thoughts, is not strictly trapped in our brains and nervous system. It constantly interacts with the environment and our surroundings. Consciousness is an energetic

phenomenon, which can pass among various life-forms - humans, animals and plants - through an apparently "Empty Space". Mesmerism or hypnosis is one such phenomenon.

The Stunning Powers of Hypnosis and Astral Projection

Dr. Thomas Garret, a therapeutic hypnotist, had pioneered the treatment of shell-shocked soldiers of the First World War. One such patient was emotionally upset over a broken romance. He told Dr. Garret that he and his former fiancée have had a falling out over a trivial matter and she returned his ring. Dr. Garret, on an impulse, told the hypnotized soldier that he should now visit his fiancée and determine how she felt about it. After a moment of silence, the hypnotized soldier announced that he is standing outside the closed door of the girl's room. Dr. Garret then instructed him that 'you can pass right through the door in your *astral form*'. After another moment, the young man said, "She is writing a letter." Dr. Garret, once again instructed, "Look over her shoulder and see what she is writing." The hypnotized soldier delightfully said, "She is writing that she is sorry for her part in the quarrel". Later, the following day, the young man received a letter by

special delivery from his sweetheart, the very letter which the soldier had read astrally.

A study published in the *The Journal of Offenders' Rehabilitation* reports that a group of people met regularly and meditated with the thoughts of "love and peace" for the whole world over a period of two years. This simple act reduced all acts of "terrorism" by 72 per cent. Another study published in 1999 showed that violent crimes in Washington DC decreased by 23.6 per cent in just two months period. As soon as the meetings of the meditators stopped, the crime levels started going up again. Fifty different scientific studies over preceding 30 years have shown that the meditators created miraculous improvement in Health and Quality Of Life (Q.O.L.) world-wide. Along with the impact on the health and emotions, there was a decrease in number of crimes, accidents, wars, violence and riots. These studies established a *plain and simple dictum* for health and solutions to the calamities – "Heal the world by healing yourself." Brahma Kumaris tell this in more precise way in terms of action - "World transformation by regular practice of Rajyoga meditation and Mental Service (*Mansa Seva*)." When even a small number of us move into what the

meditators call as "Satvik/Soul-consciousness" or "Pure Consciousness", there is less death, less terrorism and less warfare all over the world. James Twyman, who led several synchronized group prayers throughout the world through his "Global Consciousness Project", functions on *the concept that the tsunamis in the world are the reflections of the tsunamis in the human minds.*

Dr. Hew Len's Hawaiian Ho'oponopono

Dr. Len, a Hawaiian psychiatrist, was made incharge of a ward where they kept criminally insane and dangerous patients. The psychiatrists used to quit on a monthly basis. Dr. Len did an innovative act in addition to the usual therapy - his version of Hawaiian Ho'oponopono. In his chamber, he held each patient's file and kept on saying "I am sorry" and "I love you" over and over again. Within few months of application of this Dr. Len's version of Ho'oponopono, the patients, who had to be shackled, were allowed to walk freely. Others, who had to be heavily medicated, started getting off their medication. Those, who had absolutely no chance of getting released, were freed. Absenteeism and the turn-over of the staff disappeared. Soon, the staff outnumbered the

patients and, today, the ward is closed.

Five thousand years old *The Bhagavad Gita*, which is, today, the reference for powerful psychotherapy for the western psychiatrists, states, "A thought forms the seed of *karma* and destiny." Sage Patanjali's *Kriyayoga*, a powerful technique for thought-transformation involves "*Chitta-Vritti Nirodh*" for achieving a laser beam single-point focus of positive thoughts – the backbone of remaining healthy, happy and in peace for whole life. Psycho-Neuro-Endocrino-Immunology and Psycho-Oncology make it clear how we can achieve a conquest over the diseases from dementia to cancer by a powerful mind, meaning a strong will power that transforms a negative into a positive mind-set. In spite of this, the Indian mind-set refuses to believe in the findings of an ongoing Coronary Artery Disease (CAD) project of the Brahma Kumaris Organization, which showed 100% regression of blocks that happened within 3 months by practice of Rajyoga meditation along with diet intervention.

Dr. Peter Gariaev's Experiments with Thought and Light Energy

Dr. Gariaev sent a non-burning green laser beam (light-energy)

through salamanders' eggs and then through frogs' eggs. Amazingly, salamanders' embryos emerged from the frogs' eggs and vice versa. Dr. Gariaev, then, created Alloxan Diabetes in rats by destroying the pancreas with this chemical. Such rats usually die within 4 to 6 days due to Type-I Diabetes. Dr. Gariaev, then, removed the pancreas from a healthy rat. Then he shined a green laser beam through the healthy pancreas onto the rats, which had been poisoned with Alloxan. Amazingly, Gariaev's experiment was replicated by three different research groups in different geological regions in 2000, 2001 and 2005, and the result is that nearly 90% of the rats, who received this novel "treatment", showed a full recovery. They continued to live like perfectly normal rats. Dr. Gariaev further cured the "ageing" in the human cells by the same non-burning laser beam therapy. May be this is the scientific basis for Chromo therapy? If we would experiment with cancer cells, we would have cheaper Chromo therapy without debilitating side-effects instead of horrible chemotherapy for cancers. Dr. Gariaev then treated the seeds which have almost died of radiation after Chernobyl Nuclear Disaster and revived them by his novel "Light

Therapy". The dead seeds recovered completely and grew into healthy plants.

We are now beginning to understand that the "junk" DNA appears to act as regulators that control the information that affects the operation of our body and, hence, its health. This understanding is creating a new field called epigenetic. It shows that our *intentions and thoughts* become *control knobs* for changing the channel for the DNA signal! A *thought* is also an *energy-wave*.



Rajyoga practitioners literally experience "the energy" flowing in every cell of the body after an intense meditation, called volcanic meditation (*Jwalamukhi yoga*). In nutshell, mental service (*Mansa Seva*) as directed by Shiva Baba, the Supreme Soul, has a lot of power and also a specific science behind it. ❖

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

have now turned their back on him and show not even a little concern for his wellbeing. People point to his shortcomings and hit hard at his weakness and try to open or scratch his wounds.

And, when one is having a good day, people come out to help him, appreciate his works and qualities and like or love him. He feels that there is happiness in relationships; he has stamina and good health and he is fairly comfortable. He feels that people do not misbehave with him and that he, generally, meets success whatever be the venture he embarks upon.

Thus, there is change of one's days. History is full of examples of even kings becoming beggars or of ordinary men ascending on thrones. But, what we need to remember is that the shift in our fortunes or the change in our days is brought about by the change that took place in the quality of our own actions. The change in days, some say, is due to change in our stars, but even stars in the sky also change due to action of souls, which also are the stars now on earth. The stars in the sky and stars on the earth have a link. The whole nature is influenced by our own actions; and, so, we are the makers or builders of our own fortune. We determine our own

destiny.

So, basically, bad days are those days when a person has bad thoughts or does bad actions; and good days are, basically, those days when a person thinks good and does good. So, we need to check in with our self-talk. Are we being kind to ourselves? Are we talking to the self in a way in which someone who loves you would? Or is the inner critic running amok right now? Our thoughts create our feelings; so, if we are not feeling good, then the best thing we can do is try to change the way we are thinking. Show the self some compassion. We need to give ourselves the love that we would want to receive from others. If our mind is saying things to us that we would not say to our best friend, things like 'you are useless, no one loves you', etc., then we really are not being kind to ourselves and we are not going to start feeling better until we turn that around. We need to forget, stop blaming the self and others, forgive ourselves and others and tell that inner critic to stop being critical and become more like an awesome friend.

If we have a bad day, it can make us feel as if our whole life is the worst. And it's not. Acknowledge that it's just one day and tomorrow will be different. We should also keep

in mind, during the days of stress and strain or tests and tribulations that these odd days also will change because nothing, in this world, stays forever. Night is succeeded by day; and, so also, good days will follow bad days sooner or later and we should, therefore, have patience.

Since our bad days are consequence of our actions, we cannot, therefore, run away from them but have only to bear with them happily or with a heavy heart, as we choose. We cannot escape them; we can only take measures to keep ourselves safe from them or to protect ourselves from them as one usually does when an enemy pounces on him. There is no use cursing our stars or wailing over our misfortune, or barking at our bad luck, or accusing people for having left us or caused misery to us. On the other hand, we should take lessons from these hard tests and consider these as exercises for self-development or causes for crisis management.

Everything that life throws at us is there to teach us something. When life hits us hard, we are forced to grow and learn. In every seemingly awful thing, every heart break, every disaster, there is a lesson to be learned, some way in which we are meant to expand our awareness and understanding of ourselves and

our values. If we can try to look for the lessons and allow our challenges to help us develop as a person and improve our situation, maybe we can pass the test with flying colours or with honours.

There is also a lesson for all others, who are not on bad days. It is that they can at least have empathy for those, who are passing through tough times. Even if they cannot help in any other way, they should not point to the defects of and talk impolitely to such people, who are under tests. Let us not forget that one day we also have to face, more or less, such tests or situations in life.

Also, when anyone is on good days, he should not boast of his fortune. One never knows when one will be hauled up on live coals. One cannot always foresee bad days coming. Let us, therefore, not be proud to the point of boasting, bragging or praising the self. One can have jubilation and joy and feel satisfaction that one has done well; let one be confident of one's abilities but all this should not lead to thinking so highly of oneself that one harps on this tune again and again, sings songs of one's success at all assemblies and on all occasions so much so that others feel that one is trying to show them as second-rate people or less wise, less courageous or less in qualities, and thereby hurt their sense of self-respect.

So, whether days are good or bad, we should always be good in our actions, our state of mind, our dealings and relations with others, our attitudes and our response to various tests or situations in life. We can turn even bad days into good ones if we take to this course. ❖

ACCURACY

Accuracy is being in the right place at the right time; it is moving from a position of silence to a position of speech at the right time; moving from participation to withdrawal, from work to play, from laughter to thought, from colour to plainness—all of these at the right time. Accuracy is that most delicate point of transition from one thing to another.

Accuracy gives form to all those deep feelings that fill life. It enables them to be expressed as they should be, with coherence and power. It ensures that nothing goes too far or is overdone. It is a gentle control, not as obvious as discipline because discipline generally inspires action whereas accuracy keeps a check on it, but is every bit as important.

Accuracy comes from knowing how to live spiritually in a material world, how to make the meeting point between mind and matter a happy and precise one. An accurate person knows, therefore, how to retain health, because they never push themselves too far, but also how to avoid weakness. They understand the most subtle effects of thought on the machinery of the body, understand the relationship between what comes into the mind and what the lips speak, between what is touched by the hands and what the actions are. Each meeting point holds a secret. Accuracy understands that.

Accuracy doesn't come from forcing matter into a state of order, nor forcing yourself into silence because you know that you shouldn't speak. It is not a panic inside which suddenly brings a blocking against expression and says, "Don't!" It is the strength to retain depth and stillness inside so that you approach each second with respect - slowly, in the right way. If you move too fast, you miss the meeting point between things and become like the hare who scampered but lost the race. It is safer to be a tortoise!

– *INNER BEAUTY*

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