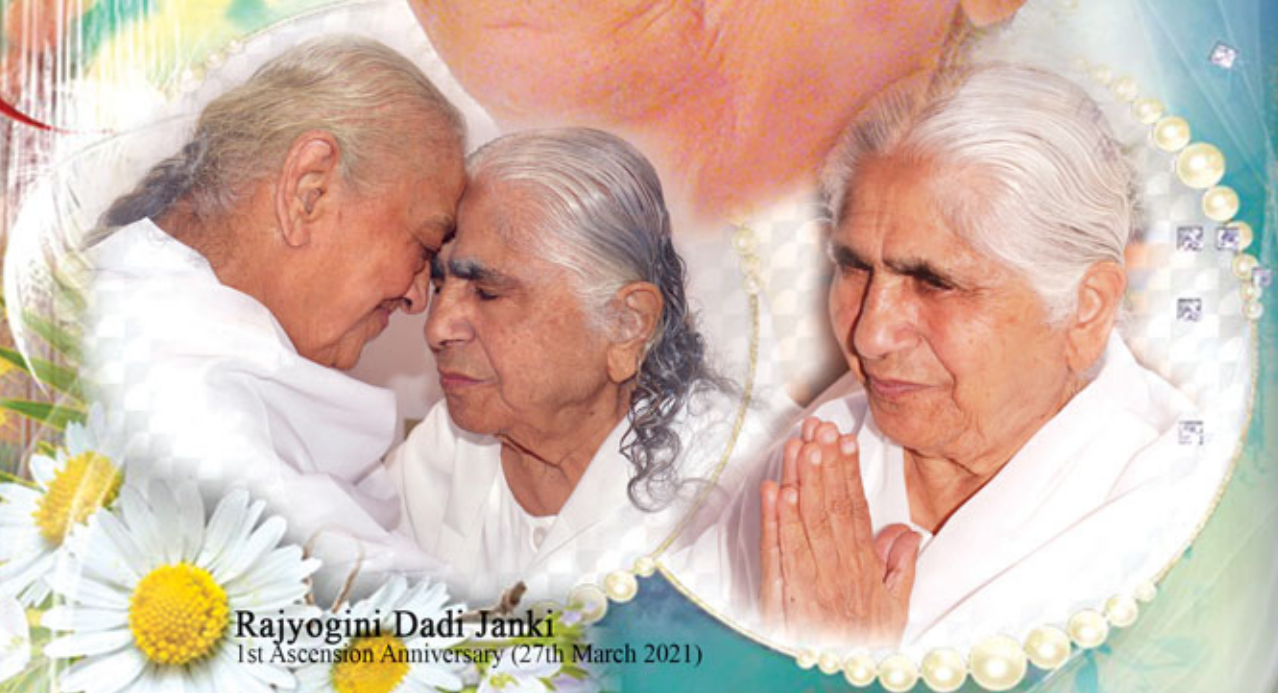


SUPREME SOUL
GOD FATHER SHIVA

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Rajyogini Dadi Janki
1st Ascension Anniversary (27th March 2021)



Reeva: (MP): Mr Shivraj Singh Chouhan, Hon'ble Chief Minister is felicitating BK Prakash for his Godly and humanitarian services.



Bettiah (Bihar): Ms Renu Devi, Dy Chief Minister is being presented Godly gift by BK Anjana.



Raisinghnagar (Raj): Mr. Arjun Ram Meghwal, Union Minister of State, Mr Balbir Singh Luthra, MLA and Mr. Manish Kaushal, President of Municipality are being presented Godly gifts by BK Geeta.



Cooch Behar (WB): Mr Prahlad Singh Patel, Union Minister of State is being presented Godly gift by BK Sampa.



Bharatpur (Bhusawar): Mr Bhajanlal Jatav, Minister of State for Home is being presented Godly gift by BK Geeta.



Mandi (Bakichauki): Mr Jai Ram Thakur, Hon'ble Chief Minister of HP is being presented Godly gift by BK Daksha.



Koraput (Odisha): Mr Jual Oram, MP and Mr Jayaram Pangri, former MP are being presented Godly gifts by BK Swarana.



St. Petersburg (Russia): BK Santosh is in group photo with BK family during celebrations of the Day of Protectors.

From the Mighty Pen of Sanjay



QUALITIES, MANNERS AND ETIQUETTES



The list of divine qualities, one has to imbibe, is fairly long. Included in this list are goodwill, love, unity, faith, etc., among the great ones besides good habits, good manners and etiquettes, which too are to be inculcated deeply. Otherwise, for want of these good manners and habits, the divine virtues, one possesses, shall remain hidden like a light under the bush. Wrong habits and bad manners are harmful to the possessor as well as to the people, who come into contact with him. So, a virtue-seeker gives full attention to learning manners; he does not consider them mere trifles; he is careful in adopting them because he knows that manners reflect one virtue or the other. We shall, now, discuss about some of the manners or forms of etiquette and shall see how they are connected with the main virtues.

The Manner of Talking

Take, for example, the manner of talking. Coming in between two persons while they are talking together, or cutting in before the other person has had his say and, then, putting forth one's own opinion - this denotes deficient powers of endurance and megalomania. One, who lacks endurance and sobriety, starts on his own without hearing out the other person because he has not fully digested what he is going to say; one, who lacks humility, cannot wait for other's permission to speak, whereas gentleness makes one ask to be permitted to express one's opinion on the subject of talk. He, who does not follow even this simple rule of manner or conduct of talking, is definitely conceited, for he regards his views as superior and flings them about at the wrong time.

Lack of Punctuality

Suppose, I have to deliver a speech at a function or at a meeting and I am a habitual late comer. The chairman has come, but I arrived late. It is clear that my behaviour is not quite correct - the chairman is in, but the speaker is not! It bespeaks pride because I do not show respect to the chairman nor value the time of the audience, who have taken the trouble of coming from distant places to hear me. This is lethargy because my

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■ Editorial ■



INCORPOREAL GOD SHIVA - THE SUPREME SATGURU



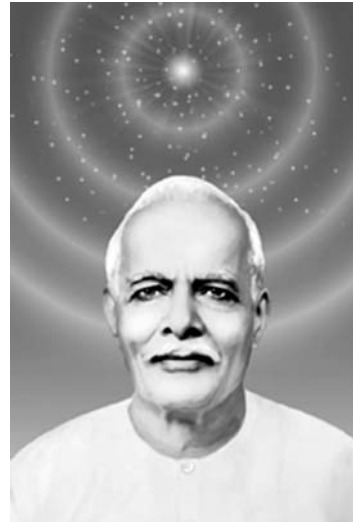
We, the people of India, are very fortunate to have lived most of our lives by our age-old traditions, even though these traditional belief systems hail from the path of Devotion (*Bhakti*). For instance, we celebrate every year Maha Shivratri festival not only in India and Nepal but also in other parts of the world, when people normally visit temples of God Shiva and make their offerings of worship with a lot of love, deep faith, zeal, enthusiasm and devotion. The devotees of God Shiva put on fast, practice celibacy, remain awake throughout the night as a mark of devotion and offer prayers to Him. This year, this auspicious festival will be celebrated on 11th March. Let this year's Maha Shivratri mark a new beginning in our lives by teaching us to be in divine company of the ever-Divine Being, God Shiva, through His remembrance.

God Shiva as the Supreme Soul is the Father of all the human souls. The descent of Him, which is the most important event in the entire world cycle of 5000 years in this world, is gloriously celebrated as Shivratri. It is seen as the most auspicious festival but the devotees are unaware of the significance as how Shivratri is commemorative of God's descent on earth to lead humanity from darkness of ignorance to light of true knowledge.

It is beautiful to note that a majority of people in Bharat have remained true to their faith in the Supreme and loyal to their family traditions for centuries. It is a common belief that the more the celebrations of festivals, observations and different kinds of religious practices are followed with understanding and purity of mind by each

and every religious denomination, the more one's faith in God and goodness will continue to increase and decorate our lives from childhood until eternity.

Mythological stories may not hold sufficient clarity about God Shiva's role as the *Satguru*; but, when we celebrate festivals like Maha



Shivratri, we take the opportunity to reflect on the essence of our traditional beliefs. We know that *Bhakti* is one way of connecting with the Supreme Being. Our scriptures teach us that it is after many-many lives lived as the devotees that we receive Enlightenment, or better known as "Spiritual Awakening" or "Receiving Gyana". For many births, we have been chanting hymns and prayers, in which we use the words, "*Guru Brahma, Guru Vishnu, Guru Maheshwara,*" followed by "*Paar Brahm Parmeshwar...*"; but, have we ever reflected on such concepts or thought about the practical and most auspicious era when Incorporeal God Shiva, the Supreme Father of the Hindu Trinity – Brahma, Vishnu and Shankar – and eternal Father-cum-Teacher-cum-*Satguru* of the Deities, actually makes His august presence felt on the world drama stage!

No path of Devotion was ever meant to be a destination in itself; it was simply a path to guide the seeker to the final outcome of having performed *Bhakti* for many lives, which is called

'enlightenment' in the form of God's benevolence. Here, at Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, we follow the path of spiritual wisdom as conveyed to us by the Supreme Source: Supreme Father-cum-Supreme Teacher-cum-Satguru, Incorporeal God Shiva Himself, through the chosen body-medium of an elderly Brahmin, whom the Supreme Being adorns with the name of 'Prajapita Brahma'. This only happens once in the entire cycle of 5000 years, when God reveals the highest wisdom of *The Shrimad Bhagwad Gita* and teaches the art of *Sahaj* Rajyoga Meditation for reawakening and re-educating all of humankind, which also include revelations about His own divine personality and the secrets of the religio-political affairs of the World Cycle of 5000 years. Had He not played this unique role of being the Supreme Teacher of Spiritual Knowledge, Wisdom and Rajyoga Meditation at some point of time, the humanity would have remained deprived of experiencing such depths of Godly wisdom.

As we learn from God's teachings conveyed through the lotus mouth of Prajapita Brahma and *Avyakt* Medium, Dadi Hirday Mohini, He enlightens the whole world personally by creating awareness in the minds and hearts of each individual about the value of one's own worth. Though God Shiva, the Supreme Being, is above the cycle of birth, death and rebirth, yet He remains the Knower of all Three Aspects of Time and descends down upon the earth from His Supreme Abode to re-reveal the truths about spiritual wisdom, which enables the human beings to re-evolve into god-hood.

This Godly act has been praised in our scriptures in different ways: for example, in *The Bhagwad Gita*, the Supreme Being says: "O Arjuna, we are not meeting for the first time... We have met before, we are meeting now and we will

keep on meeting *Kalpa* after *Kalpa* (Eternal Cycle of Time)..." So, what is the need of their such meeting in every *Kalpa*? The need of such meeting arises because God has to re-reveal the secrets of action (*Karma*), unrighteous/ negative action (*Vikarma*), righteous/positive action (*Sukarma*), the knowledge of the World Cycle of 84 lives, which describes the four Golden, Silver, Copper and Iron stages that the human beings go through whilst playing their respective roles in the World Drama, thereby ensuring that they return to their optimal spiritual potential and repeat their parts in every Cycle of 5000 years.

The devotees normally pray for Salvation, that is to return to the abode of the Metaphysical Cosmic Region of Souls (*Mukti-Dham*), and this is because the sub-conscious mind of the human souls remembers that the Knower of the World Drama had revealed that at the end of each repetitive Cycle, the human souls must return to their eternal sweet Home known as the Supreme Abode (*Paramdham*). After a brief sojourn in that sweet Home of Silence, the human souls will start to descend on earth to play their respective roles again, as per their *sanskars* and destiny. The *Satguru's* most compassionate aim is to enable us to rejuvenate ourselves to the extent of complete perfection, so as to perform our roles as golden-aged deities and fulfil our responsibilities in the subsequent ages towards the Society, Nature and World.

On this auspicious occasion of 85th *Trimurti Maha Shivratri*, we wish multimillion fold congratulations and motivate our esteemed readers to re-learn the Supreme Truths of the Creator and His Creation and finally return to their original stage of complete peace, love, happiness and purity, i.e., god-hood. Best wishes to all for the Maha Shivratri!

Om Shanti.

– B.K. Nirwair

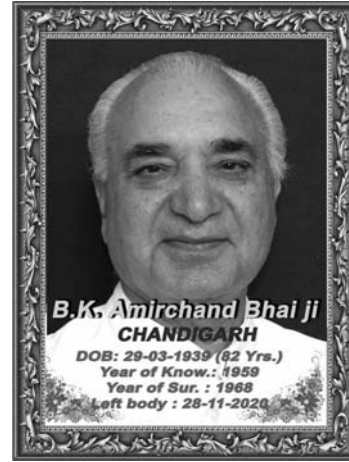
LOVING TRIBUTE TO B.K. AMIR CHAND

Our beloved divine brother B.K. Amir Chand, Director of Punjab Zone left his mortal coil and flown to the Subtle Region for unlimited service of transformation of the world on 28th November, 2020. He had been receiving medical treatment at Medanta Hospital, Gurugram for last 2 weeks. He was the beloved child of BapDada, an invaluable jewel of entire global divine BK family and a strong pillar of the spirituality.

He will always remain a great example of accuracy in following all principles of spiritual life. He was a legendary spiritual visionary and a guiding force for numerous souls. His message of peace, compassion and service has inspired one and all to build a better society and the world. His values, dedication and his commendable contribution in Godly services will always be an example and source of inspiration for all.

With his far-sighted vision he had successfully managed various activities of the Brahma Kumaris. He also held the following positions as one of God's worthy instruments of spiritual service: Member, Management Committee, Brahma Kumaris; Vice-Chairperson, Social Service Wing and Director, Sonipat Retreat Centre.

B.K. Amir Chand was born on 29th March 1939. He graduated from Punjab University and served Haryana Government as Accounts Executive in the Finance Department. In 1958, when he was only 19 years old, he came in contact with the Brahma Kumaris. The teachings of Rajyoga



Meditation, simple & honest life of B. K. sisters attracted him the most. Shortly thereafter, he became a powerful instrument of this organisation. In the year 1982, at the age of 43, he relinquished Govt. Gazetted post voluntarily and totally dedicated his life to uplift the lives of the downtrodden.

Under his matured guidance, a number of National Conferences, Fairs, Seminars, and Awareness Campaigns had been organised in various parts of India. He had been serving as a valuable and effective instrument in spreading the teachings of the Brahma Kumaris, both in India and abroad.

He was honoured with 'Bharat Gaurav' Award at British Parliament in 2018. He had also received 'International Award for Excellence in Peace and Spirituality' in 2006 by International Association of Education for World Peace, USA.

The whole divine Brahma Kumaris family is paying a special heart-felt tribute to this departed angelic soul along with all the team members of 'The World Renewal', the Spiritual English Monthly Magazine. May his inspiring life continue to enlighten the society and the divine BK family! ❖

Every action of a *karmayogi* is *yogayukta* and *yuktiyukata*, and never ordinary at all.

THE LIFE OF ENLIGHTENMENT AND EMPOWERMENT

– B.K. Surendran, Bengaluru

It is neither the life of a mendicant nor the life of hermit (*sanyasi*). But, it is the life based on higher values, etiquettes and good manners. It is the life of mindfulness and contentment. This path is shown by the Lord. One must live a life of enlightenment, which comes from the Godly knowledge base. The specific knowledge of the self, drama of life, *karma* philosophy, independence of each and every actor – the role of souls in the field of *karma* and role of God – give us the precise and detailed knowledge about life. Where from we have come, where we should go back, who is who and what is what in the world is revealed in detail by the Creator Himself. Everybody has freedom to choose their thoughts, words and actions. Each and every actor is important. Even if one actor does not participate, the drama is incomplete. The so called knowledge one gets in the world is not applied on oneself because it mostly pertains to the material or physical world outside. It does not pertain to the inner, spiritual world inside.

In fact, the inner world is the proper world. The Godly knowledge is related to everyday life. When one has got the Godly knowledge, he is supposed to apply this knowledge in everyday life on oneself. The Godly knowledge is quite related to the inner spiritual world. Thus, as the application of the knowledge progresses, such knowledge matures into wisdom and enlightenment, which will manifest in words and actions in one's life. This knowledge gives one a package of code of conduct based on the original existence level – the soul level, soul to

soul relationships, souls and their involvement and interaction in affairs of the world, the relationship of soul with God and so on. This is an attempt by God to restore to the souls their own self-sovereignty.

Neglect of Divine Directions

It has been observed that some of those, who pursue the path, forget sometime the original teachings of God and get trapped in some self-created notions and illusions. When they are face to face with bad *sanskars* or indecent behaviour of co-aspirants or some other Godly instruments, they mistake that situation and try to find some escapades in the name of leaving such people alone. We normally hear such people telling that 'let them do whatever they want, we do not want to associate with such people, they are silly, money-driven and so on' and, thus, neglect the studies, avoid the place of study and also the responsible instruments and other co-aspirants. The reasons further put forth by them are – they are neglected, opposed, criticised, not being treated well, not being given the chance or preference; they are not also consulted and so on and so forth. They forget the fact that such situations are part of the syllabus for the study of Godly knowledge. At that point of time, they forget the fact that God Himself is teaching them and that their relationship is with Him and Him alone and not with those, who appear to be opposing them or ill-treating them. The people, who appear to be opposing, are not, in fact, opposing; but, they are giving an opportunity to learn new lessons on Godly knowledge and Godly life; thus, ultimately, it is a lesson on life.

God has already forewarned us: "You are in the battle field and you are supposed to be in the battle field always. Being in the battle field means you should be well armoured and should be ever ready to wage a war with *Maya* – Illusion". When a person runs away from the

An eye for an eye is a negative and harmful act of revenge.

battle field, he is called a coward. If the battle field conditions are not in our favour, we must stay put there and see that the battlefield situation is changed to our favour. Then only we can be called the brave warriors. The knowledge that is being given by God is to be applied then and there. Application of the knowledge and the experiences gained thereon are going to create greater maturity and understanding. Other people, events, situations, problems, environment, etc. are the examiners. Examination is at every step. When a person keeps himself away from the field of study, which is also the field of battle, how can one prosecute his studies, fight out the battle and pass the examination?

Similar Situations in Worldly Life

Even in worldly (*laukik*) life, people face such situations. In all fields of life, people come with a lot of commitment and hard work where they had faced a lot of problems. The eldest of the famous Hinduja brothers has written a book entitled *Success Story*. The preface of the book reads: "I dedicate this book to all those people, who have pulled my legs and who had created a lot of problems in my life, but for those people I have become the Hinduja of today." One, who is determined and has a specific vision and mission, never looks back. He races through the mist and fog and achieves greatness.

We can take the case of political leaders. They are in a battle field of life for achieving something great and worthwhile in this world. They are subjected to severe criticisms, maligning, character assassinations, leg pulling and life threats and so on. Still, they never leave the battle field. After years of efforts and struggles, they become a member of a local body, an MLA or MP or a Minister. There are many political leaders, who, after years of struggles, could not get any post or position and,

still then, they have been in the battle field and have never left the field. In fact, those, who have left the field and their political parties, could not get anywhere and their lifetime efforts were a futile exercise.

The situations faced in family life are also not different. If a wife or husband finds that the partner is not cooperative or not giving love and affection or not giving respect and regard, etc., such partner may not necessarily opt to get out of the family. They remain in the family because they have got duties and responsibilities to be fulfilled and, as time passes by, situations also change. Political life has a code of conduct, family life has a code of conduct and each and every member has to maintain the self-discipline by following this code. Every member has to conduct himself/herself within the personal space he or she is supposed to use. Just like in a traffic flow, every vehicle has to maintain its space and if the space is violated there is likelihood of an accident. In human life also, there is a specific space for every body and if that space is violated it will result in a sin and thereby giving rise to worries and anxieties.

Need for Introspection

God, the Supreme, is the Ocean of Light and Spiritual Might. His instructions, advices, orders and guidelines are parts of the great spiritual study. The aspirants are bound to follow the path of knowledge step by step. His divine directions (*Shreemat*) are the benchmarks. The moment the aspirants start manipulating and interfering with the divine directions and become careless in following the directions, they start losing the ground. Rajyoga is the loveful remembrance of God through which the aspirants get enthusiasm, zeal and passion to foster constant remembrance and also maintain close relationship with the Lord. The practice of yoga is the spiritual effort, which binds the aspirants with

Be good and do good practically instead of saying 'I'm good' vocally.

the Lord. Those, who practise yoga, outlive the perennial worldly (*laukik*) human relationships, which were in a way crude bondage. In fact, they were trapped in attraction of bodies of other human beings. The technique of yoga has helped them to get out of the traps and, now, they feel freedom to think, speak and move around.

But, this freedom is not safeguarded constantly due to the reason that they start manipulating, overlooking and disregarding the divine directions and remonstrance. They also start forgetting the Lord, who was their very life and was everything for them when they started their spiritual journey. When they first started, they had set a great vision, and that vision was being translated into practical terms as their experience of supersensuous joy, happiness and peace had increased by leaps and bounds. They were enriching in all fields of life. There were many positive welcome transformations taking place in their relationship with others, the stress-free way in which they had dealt with the problems and also conducted their everyday life with peace and satisfaction. But, the moment they started looking at others, their life started moving to a different direction. They started picking up holes in others' coats, criticising others, branding them as bad and so on. In the process, they left the morning *amritvela* meditation session, the morning spiritual discourse and the service programme, which had, in fact, enhanced their capacity to coexist and live together in a context of diversities in the past. They started neglecting the Godly lifestyle practices – the dos and don'ts. Such aspirants get isolated when illusions play the fiddle and they start dancing to their tunes. The battle, thus, starts.

In fact, this is an occasion for all of them to introspect and correct themselves instead of

blaming others and complaining about them. They must become constructive and creative thinkers. Such churning will enlighten them and guide them properly. They must recall those days when they first came to the abode of God, their experiences they got then and their convictions of the relationship they had with the Lord. They had convinced themselves then that God and His mission were the focus of their life. They are bound to be thankful and grateful to the Lord for all that enlightenment He has bestowed on them. It is not that human beings matter in this case. It is the Lord and His great mission and perusal of a life of great achievement that should matter to them. They should review their 'value system' and 'revalidate' their stand on Godly life.

Realisation and Re-alignment

We all have a moral responsibility to see that God's mission on earth is fulfilled with satisfaction and we should stay with Him to the last moment. We should not be dropouts of the great school of spiritual study, which God Himself has introduced, where the Lord Himself is the Supreme Teacher and *Satguru*. We are hand in hand with the Lord. We should not put forth lame excuses and sidetrack. We should not cheat and breach the trust of all those souls, who believed in us and have kept faith in us. We should never leave the battle field. We should be part of the game. We must be active players.

Just because some of the co-aspirants appear to oppose us, we should not become traitors. Some of us might have the impression that if we oppose and put obstacles in the *Yagya* by creating a separate outfit and all that, then, the co-aspirants and responsible instruments, who opposed us, will learn a lesson. It is rather a better option that instead of having such a negative impression, we should start asserting our point of view and try to remain in the battle

See and interpret everything with a larger perspective of 'we' than 'I'.

field. There are many alternative ways of dealing with a situation by remaining in the field. But, instead of that, we indirectly become the stumbling blocks in the *Yagya*. In reality, in this way, we oppose God and His great mission. We are thereby committing a great sin.

We are the souls, who should safeguard the *Yagya* and maintain this to the last moment by being the right hand of the Lord. We must identify our self-created weaknesses and patch the leakages and remove the blocks. The *Maya* – Illusion – will force us to leave the hand of the Lord. Never leave the hand of the Lord. Tighten the grip by moving around with Him always. We all have the practical experience of the simple loveful remembrance of Him and have the enlightenment that His remembrance is the panacea for all ills in our own life and the innumerable problems in the world. Similarly, the knowledge bestowed and blessed upon us by Him is a great power, which enables us to overcome any problems in life. Therefore, postpone all the temptations, inflated ego syndromes and all false prestige issues for execution at a later date. Then, we will ultimately win the race. One important fact we should remember: The *Yagya* of the Lord will grow and draw to its logical conclusion at the right time even in our absence because the sole Founder of the *Yagya* is the Lord. We must remember that He has given us a golden chance to create our fortune. Let us take this chance and be the chancellor. ❖

BEING A GODLY INSTRUMENT

– B.K. Gaurav, Bengaluru

Nothing is mine, I surrender to You;
However you use me, it is up to You;
Whatever I have, all belongs to You;
I need not worry, my responsibility is upon You.

You are the one who gets things done, I'm just an instrument;
I need to become double light and finish my attachment.
Due to body-consciousness, I got trapped in arrogance;
I became insolvent, bankrupt and lost my sense.

Later, You came and enlightened about true 'me' and 'mine';
Freed me from *Maya*, holding my mind and intellect's line.
I, now, feel utmost security, as my hand is in Your hand;
You're sailing my life's boat and taking me to heaven's holy land.

Worn-out body, weak mind and few pennies
That I had are, now, all Yours;
O Innocent Merchant, You give in return
Everything brand new and pure.

I'll never break Your trust, I swear;
I'm a trustee, I'm Yours and will always be Yours.
I'm fortunate, I've been chosen for world-transformation;
You make me worthy and put New World's foundation.

Every dark cloud comes over the sun only to go away.

HAPPY HOLI - THE FESTIVAL OF SPRING, COLOURS AND LOVE

–B. K. Dr. Swapan Rudra,
Durgapur, (W.B.)

Holi is a popular ancient Hindu festival originating from the Indian sub-continent. It is also known as the festival of spring, festival of colours or festival of love. In West Bengal, it is named as *Basanto utsav* as introduced by the world poet R.N. Tagore at Shantiniketan. It is predominantly celebrated in India but has also been spread to other parts of Asia and the Western world. The *Holi* festival signifies the arrival of the best spring season blossoming love in hearts at the end of winter. After observance of *Maha Shivaratri* in *Shiva Chaturdashi* a day before the new moon in *Falgun* month, *Holi* comes 15 days later in the full moon day of the same month in *Falgun Purnima*. According to the *Vikram Samvat* calendar initiated by Maharaja *Vikramaditya*, *Falgun* is the end of the year and the then New Year starts from *Chaitra*. In true sense of the term, *Holi* signifies the end of *Kaliyuga* and a fresh start of *Satyuga*. *Holi* is very special in this sense that there is no obligation by means of any worship, sacrifice, chanting of *mantras* or oblation as required in majority of festivals. It is a day of full enjoyment with colours along with some festive activities and a day to celebrate joyously by getting together in monotonous life, to get rid of past errors, to end conflict, to forgive and forget and to repair our broken human relationships. In many places, *Holi* is celebrated for 1 or 2 days and in a few places like Brajadham, i.e., Mathura and Vrindavan, it is a 7-day ceremony.

According to legend *Vishnu Puran*, *Holi* is celebrated as a festival of triumph of good over

evil in honour of god *Vishnu* and his devoted follower *Prahlada*. There is a mythological story which states that the demon *Hiranyakashyap* subjected his son *Prahlada* to cruel punishment for being a devotee of *Vishnu*. *Holika*, the sister of *Hiranyakashyap*, tricked *Prahlada* for sitting on a pyre with her. She was wearing a fire-proof cloak and *Prahlada* was without any such garment. As the fire roared, the cloak flew from *Holika* and encased *Prahlada*, who survived while *Holika* was burnt alive. For this reason, the first evening of *Holi* is celebrated as burning of *Holika* (*Holika Dahan*) when people gather in a place and perform rituals in front of the bonfire; and, along with burning of waste materials, they also pray that their inner evils should be destroyed in the way *Holika* was burnt into ashes. The fire, which shines with its brilliance on *Holi*, decomposes the *raja-tama* particles in the atmosphere and this helps activate various deities in the form of colours. This bliss is celebrated symbolically by throwing colours in the air. The following day is celebrated as *Rangoli* or *Fagua*, a free-for-all festival of colours where people smear one another with different colours. People visit family, friends and even foes to show love through colours either in powder form or mixing them in water and, then, share sweets with each other and one another.

As per *Krishna* legend, *Holi* is celebrated in Brajadham, where *Krishna* was supposed to grow up, in commemoration of the mutual divine love of *Radha* and *Krishna*. People everywhere celebrate the day by throwing red-rose fragrant powders (*Gulal*) and splashing odorous coloured waters. The children and young people form groups armed with dry colours, coloured solutions and water goons (*Pichkaris*), water balloons filled with coloured water. Different groups perform by singing *Holi* songs and dancing and some by playing drums and *dholok*. In Brajadham, the *Holi* festival lasts for a week.

When an angry man defames and insults you, donate him the virtue of your tolerance.

The rituals go beyond playing with colours and include a day where men go around with shields and women have the right to playfully beat them on their shields with stick.

In a spiritual sense, at the time of burning of *Holika*, we burn all our wastes and negativities for the sake of preparing ourselves for the forth-



coming Golden Age. Spiritually, *Holi* has a deeper meaning to celebrate the changing time, i.e., the time of a great shift of the present vicious world into virtuous one by means of spiritual transformation of the whole human society. **God Shiva Himself has revealed the actual meaning of *Holi* in three ways as follows:**

- (i) The term *Holi* means that anything or matter, which is past, is not to be kept in memory and we should not think about it again. It hints us to make a full stop to the past and move ahead to accomplish the busy schedule of life in easy manner in remembrance of God.
- (ii) The term Ho-li means "I became the own child of God, i.e., I should be always connected with Him and be within His umbrella of grace and protection. In this precious time of Diamond Age (*Sangamyuga*), whatever we do, we should complete the same with the awareness of Godly directions but never with

our prejudiced decisions, our own or others, inflicted with vices.

- (iii) The term *Holi* means holy or pure. Whatever work we do should be with the help of divine intellect, not with demonic directions.

Holi is definitely the festival of colours, but in which colour will we paint ourselves – only with material colours or with the colour of original qualities of the souls? In the present world, every human is painted with many types of colours i.e. wealth, name, fame, prestige and different vices like lust, anger, greed, ego, anger etc. As we do not know God and not only that, we are suspicious about God & His true identity and always argue about the matter of spiritual essence of any festival. We hardly think about our mental progression and to be equipped with positive & powerful thoughts. We are always busy with futile things connected with material progression and hence in every moment *Maya Ravana* is hopping us all. **Now the time has come to know the actual facts linked with such a festival like *Holi*. We even spend the holiday of *Holi* in unholy way without knowing its true meaning and we just try to enjoy the day/days to fulfil some evil desires of being revengeful & attracted with sensual pleasures through harmful colours, bad manners and impure food & drinks. We never try to make our souls colourful with the colours of power, purity, joy, peace, love, truth & bliss so that we may be liberated from our bondages created by our own *karma* as per the Law of Karmic Account.** Besides Godly knowledge & love for Him, nothing is possible in one's life. The more we avoid the things to celebrate in its original meaning, the more we will be back and lose ourselves day by day. We know that there is no peace & happiness outside, still we beg the same from others. Since *Dwaparyuga*, we have been losing our inner

Dispel the darkness of ignorance by switching on the light of your Knowledge.

qualities which have been captured by *Ravana*, the demon king of vices. Since that time, we are just following the religious practices, rituals i.e. fasting, worship, sacrifice etc, but in no way we cannot unearth the truth behind the same. Many times originality has also gone away from the hymns or scripts in the way of modification by different hands while narrating the same. In *Purans* and myths, there are always exaggerations in different ways to satisfy their own needs in narrow sense. But still if we search, we must find at least some truth inside any occasion.

So the most necessitate thing for us at present is to colour our souls with the loving colours of God and also to make others colourful with the same for its stay permanently within the souls. First half of the 5000-year old *Kalpa* i.e. *Satyuga & Tretayuga* is called the Day of Brahma when the deity souls remain in soul conscious colourful state and the 2nd half of the *Kalpa* is called the Night of Brahma when the human souls become infected with vices. Since then the true colours have gone and we have started celebrating the festivals with material colours only, may be synthetic or eco-friendly. When God descends on this earth, we again make ourselves colourful with the original qualities of the soul and this is called true *Holi*. We celebrate the decedence of God Shiva as Shivaratri and hence, *Holi* is being celebrated in the same month of *Falgun* immediately after Maha Shivaratri. *Holi* is not only to throw the material colours in the clothes & bodies, but to spread others the colours of knowledge & qualities. *Holi* is to donate unconditional love & very best wishes to self & others. It is also not only an enjoyment to swing loving *Krishna* in cradle, but also to know the true facts behind the birth of *Krishna* who will be the first prince of Golden Age and at the same time to acquire the

qualities of him to spend the days in the next coming heavenly world, now under construction, with super sensuous joy & pleasure. We are going to celebrate *Holi* accordingly being holy in mind & action. ❖

Hearty Tribute to Dr. B.K. Yudhisthir

We pay hearty tribute to divine brother, Dr. B.K. Yudhisthir, who was the

Associate Editor of our English spiritual magazine 'The World Renewal'. He breathed his last on 26th October, 2020 at the age of 60. After a sudden paralysis attack and brain



Dr. Brahma Kumar Yudhisthir
DOB : 13 March 1960 Death: 26. 10. 2020
Year of Knowledge : 1983 Surrender : Since 2016

stroke he had been undergoing treatment at Trauma Centre, Abu Road as well as at a private hospital in Ahmadabad for 10 days.

He got Godly knowledge in 1983 in Cuttack, Odisha during his college days. He served as teacher and later as a Principal of a B.Ed. College. He had been offering full time services at Shantivan since 2016 as a dedicated brother. Also, he had been writing articles for this magazine regularly.

With deep feelings from the heart, we pay heartfelt homage to the departed soul. May Supreme Father, God Shiva, bestow eternal peace on the beloved soul!



Enjoy the most elevated fruit by experiencing the closeness to God Father.

*A Tribute to Dadi Jankiji
on her 1st Remembrance Day-27th March, 2021*

THE LOVING MOTHER FOR ALL



– Prof. BK Onkar Chand, Shantivan

I came in direct contact with Rajyogini Dadi Jankiji, the then Chief of Brahma Kumaris, in the summer of 2010, when she was in her Godly service tour to different centers of Himachal Pradesh and Chandigarh. It was her first visit to that region and I consider myself fortunate to accompany her for almost a week. There was not a single day when she didn't inspire me for my spiritual progress.



I can't forget those moments when she looked into my eyes; her eyes were sparkling with love and beauty, and she said, "You are Baba's serviceable hand and a powerful mike. You will definitely glorify Baba by your speech and action." After that these simple-sweet yet powerful words became a blessing for me and motivated me to dedicate my life for full time Godly service.

In 2014, when I shifted to Shantivan from Chandigarh, I got several opportunities to meet her and listen to her valuable words. **She always used to advise everyone to ask themselves 3 questions: Who am I? To whom do I belong? What have I to do?**

Last year on 27th March, 2020 after a brief illness, Dadiji left her mortal coil at Global Hospital, Mount Abu at the age of 104. Dadiji might have left her mortal body but her teachings, as exemplified by her life, still resonates in our hearts and in our minds.

She was a benevolent leader, full of generosity and compassion, who always reminded us that for creating peace, you need to be peaceful. H.E. Ram Nath Kovind, the President of India, was highly impressed by her when he and his family specifically came to meet her in December 2019 at World

Headquarters of Brahma Kumaris in Mount Abu. Not only that, leaders from all walks of life bowed before her with respect. She was loving but detached. She was firm but also very flexible. It is no exaggeration that thinking of that great soul creates a flow of divine energy in us.

By her own exemplary life she had promoted spirituality, rajyoga meditation, peace, love, universal brotherhood, service and other humanitarian values into people in India and abroad. I always found that she had all motherly qualities; she was very loving and caring, she led the organization with the power of love, compassion and wisdom. If anyone ever met Dadiji even once in their life time, they felt such a deep connection, love and admiration that their hearts would say - Dadi ji loves me the most. She was an embodiment of love, cooperation, divinity, humility and unity. She had a perfect balance of love and law. Even an arrogant and haughty person would be transformed by her fellow feeling and selfless love.

She was a loving mother for all the souls of the world. She was the one who nurtured millions. She dedicated a major part of her life for spiritual service of mankind. Whenever I think about Dadi Jankiji, there appears a flash of happiness and I smile instantly.

She practised what she preached. Her unique quality was that her thoughts and words matched her actions. It was because of her true love for God and good wishes for one and all, every spiritual aspirant would respond immediately to her call for spiritual service. Dadiji had great self-esteem, she respected all and received respect and love in return. Her transparency and loveliness created self-respect in others.

True leaders always live in everyone's heart and so does Dadiji. She always had a very pure vision towards everyone, which generated friendliness. She contributed a lot for popularizing India's ancient wisdom, spiritual values, ethos, cultural heritage, meditation and lifestyle among people of all nations.

My sincere and respectful salutations to Dadi Jankiji whose life will always inspire all of us! ❖

Keep this awareness, "I am a pure deity soul and seated in the temple of this body."

URGENT NEED FOR PRACTISING SPIRITUALITY



–B.K. Dr. Ajit Singh Rana, Rohtak

The want of the people to remain always happy may be fulfilled by practising spirituality. 'Practising spirituality' may be defined as an application of spiritual values and powers in human behaviour as well as awakening and strengthening the spirit by acquiring spiritual knowledge and practice of meditation. It is not an obstruction; rather, actually, it is helpful in the performance of one's duties and in earning of wealth but through fair means only. Of course, there should not be lust or any objective for blind accumulation of wealth. The goal of life should be to achieve perfection in values and powers, which is possible only through practising spirituality. Since spirituality is found common and hidden amongst all the religions, it may be pursued by all individuals to make the earth a better place for eternal peace and happy living for all.

As per the Law of *Karma*, a state of permanent happiness depends on distancing oneself from bad or sinful acts, and on doing always good deeds in the form of good and positive thoughts, words and deeds. Knowingly or unknowingly, we keep on doing wrong acts under the influence of the five vices commonly known as lust (*Kama*), anger (*Krodha*), greed (*Lobha*), attachment (*Moha*), and ego (*Ahankar*) and also desire for limitless wants. For instance, under the influence of ego, if you rebuke a worker working under your supervision in a normal way, who gets hurt, you have committed a sin of which you are unaware. Practising spirituality expands the field of our awareness and makes us awakened and, then and thereby, we

may stop doing sinful acts.

People, generally, decide the goodness or badness of their actions, in a given situation, on the basis of their conscience or inner voice of the soul. As regard bad *Karmas*, our souls warn us not to do them; but, unfortunately, in most of the cases, we don't listen to those promptings of our conscience or hidden voices. For instance, in cases of the acts of theft, bribery, favoritism, scandals, adulteration, corruptions, etc. people act against the inner voice of their souls. In most cases, the inner voice or spark is too weak to check the bad deeds, because the strong temptations of the five vices and desire for limitless wants overpower or cover it immediately and extinct the spark abruptly. It is like a glowworm or firefly, which twinkles momentarily only and fails to remove the darkness of the night. Therefore, to do good deeds and to remain always happy, it is required to empower and strengthen the soul so that it may grow from a spark to a lamp and, then, to an ever burning flame, on the one hand, and to remove the five vices and unnecessary wants, on the other. By practising spirituality daily, we may achieve both these goals just like killing two birds with one stone.

Values, virtues and powers like peace, purity, happiness, bliss, love, perseverance, contentment, forgiveness, concentration, etc. reside in the soul and not in human body. The soul and body are two separate entities. The soul is an eternal point of conscient energy, which is the master of the body and the body is constituted of five elements of the Nature. The aforesaid invaluable jewels such as values, virtues and powers are not only inexhaustible source of happiness but they also accompany the soul as *Sanskaras* for the next rebirth. These cannot be purchased from the market at any price but they may easily be gained by practising spirituality regularly and patiently for long.

Originally, the soul in its pure form is always happy. But, due to the five vices, which are

Wake up from your slumber because God is dispensing destiny to all now.

acquired through rebirth after rebirth, and desire for limitless wants, the soul becomes impure and owing to that it does sinful acts and thereby suffers from a lot of pains and agonies. It may be made pure and happy again by practising spirituality.

To a spiritual person, who recharges and energizes his/her soul with regular meditation practices and spiritual knowledge, the loneliness, becomes a blessing and she/he may enjoy the sweet silence and bliss, even while staying at home.

Practising spirituality may make life healthier, happier and more worthwhile for the self, the society and the world at large. A spiritual person may be better equipped with values and powers to do good and bring welfare to others as Buddha, Mahavir, Christ, Kabir, Nanak, Dayanand, Gandhi and also Brahma Baba did during their time. Brahma Baba, the corporeal founder of Brahma Kumaris Organization, became the medium of Incorporeal God Father Shiva (*Parampita Paramatma*) for establishment of the New World of peace, purity, prosperity, etc., known as *Satyuga*, as the destruction of the old *Kaliyugi* world, full of pains and sufferings, is at the door step. He also helped in this task by imparting His simple unmatched spiritual knowledge and simple Rajyoga meditation to the adopted children. So, we may take a step forward in practising spirituality in order to remain ever happy, peaceful and blissful and may also

Morning Musings & Night Notions



“I believe that if you put negative energy out there, that is what will come back.”

– *Persis Khambatta*

“The tree has been always an allegory for spiritual growth.”

– *Juan Antonio Bayona*

“Hinduism alone is ...a great diversified and yet subtly unified mass of spiritual thought, realization and aspiration.”

– *Sri Aurobindo*

“Self-control means wanting to be effective at some random point in the infinite radiations of my spiritual existence.”

– *Franz Kafka*

“The degree of freedom from unwanted thoughts and the degree of concentration on a single thought are the measures to gauge spiritual progress.”

– *Ramana Maharshi*

“Discernment in the Lord guides me in my way of governing.”

– *Pope Francis*

“The theatre is a spiritual and social X-ray of its time.”

– *Stella Adler*

“A rebirth out of spiritual adversity causes us to become new creatures.”

– *James E. Faust*

“Only the Supreme Soul, God Father Shiva, can say, “You are souls. No saint and sage can say like this to you.”

– *God Father Shiva*



Check your impure and negative thoughts to change them into pure and positive ones.

Shakti Niketan – A PARADISE FOR GIRLS

It sounds very impractical in the modern times, when we refer any place to be a paradise, but this is not at all any exaggeration, rather are absolutely true words. You may feel like questioning us, how can it be possible for a place to be a paradise in this vicious world where everything is so artificial and full of pretential. To answer your question I would just quote the example from mythology. In the kingdom of *Ravana* uttering the name of *Rama* was a sinful act. There lived a virtuous being named *Vibhishna* in a small hut where the word *Rama* was studded at the entrance. This is enough to prove that wonders do exist even in this malicious world.

Come, let us know about a place which is

a paradise. Its name is 'Shakti Niketan' a spiritual girls hostel situated in an integral part of Om Shanti Bhawan, New Palasia, Indore, Madhya Pradesh.

Dear sisters, you all are so very lucky, that God Almighty, our Beloved Father Himself has laid the foundation of this beautiful paradise, to enjoy his sustenance in the form of Shakti Niketan.

It was founded in the year 1983. Here girls from 6th standard till graduation come not only from Madhya Pradesh but also from every states of India like Uttar Pradesh, Himachal, Punjab, Haryana, Rajasthan, Maharashtra, Bihar, Jharkhand, Goa, Tripura, Andhra Pradesh, Tamil Nadu, Odisha etc. and from other countries like Nepal and Bangladesh.

This is a unique hostel, rather one of its kind in the entire world, which provides facilities to enhance academic and spiritual knowledge.

Shakti Niketan is continuously striving its

Indore Hostel Kumaris in a Talk Show



Wear the crown of present responsibility to receive the future crown of jewels.

effort to impart physical as well as spiritual training to the gems of the modern world and polish them into flawless diamonds.

This hostel in its true sense is a paradise, because here Brahmakumari sisters who themselves are exemplars for young girls and are highly educated in true sense, impart training to the inmates of the hostel for their all-round development. The nurturing of the girls is carried out by the senior sisters with complete devotion and without any monetary expectations.

Really! There is no such hostel in the world where the young girls are taught the lessons of resilience by enhancing their skills. The girls here are taught various cultural and art forms, trained in interior-decoration, painting, writing, cooking, home science, and hygiene. They are also taught the art of hospitality and life skills.

Secondly, this hostel is really a paradise because the moto here is complete purity. The pure and beautiful ambience, the spiritual teachings are deeply rooted in the practices of Shakti Niketan. The radiance of purity is reflected on the faces of these angels, which is equivalent to the deities of the paradise.

We lovingly call 'Shakti Niketan' to be 'Mini Madhuban' as it resembles Madhuban in all of its practices and activities. One can feel peace and purity similar to the environment of Madhuban.

It is well said, "Truth needs no proof". This is our ardent wish that you please once visit 'Shakti Niketan', a true paradise and resolve all your curiosity.

Below are the words of few of the hostelers –

One of the inmates says, "We have to bring out those loving sisters who are trapped in the worldly chains, still pretend and boast their falsehood."

The second one utters, "Oh! my dear uncle and aunt, the world is deteriorating day by day. Which place would guarantee you, education and security in real sense? We are lucky ones to get golden chance of happiness in true sense here.

I humbly beg, do please visit and spread my message in every village. Oh, do come and join us, don't let go this golden privilege. The worldly pomp and show are not nice, come and fill thyself with Shiv Baba's divine love."

The third inmate says, "Those who are keen to become worldly beauty queens are heading towards the hell. We all are the real beauty queens, because with the grace of Baba in the paradise we dwell."

I hope, the lucky readers would surely have a keen desire to grab the opportunity and bring in their daughters here to transform them into deities.

For more information contact –

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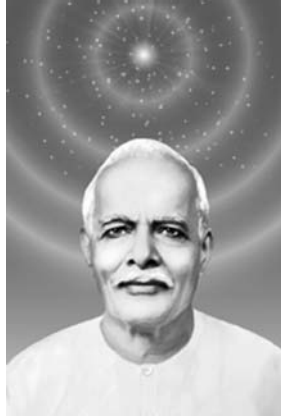
The nectar of God's divine knowledge is flowing now, one may drink it now or never.

MAINTAINING INNER PEACE DURING UNCERTAINTY

– B.K. Dr. Shibprasad Parhi,
Model Colony, Pune

Can we maintain inner peace, happiness and stability in the present time? Can we maintain a sense of calmness with the growing challenges that are surrounding us? A few years back, we were hearing the words “Suddenness” and “Ever Ready”. These mean, as per the Supreme Father's hints, to be ever ready to sustain ourselves in the midst of uncertainty and to be prepared to face the unprecedented challenges. I have been hearing these words in the version of *Avyakt Bapdada* in which the Omniscient and Knowledgeful Shiva Baba had consistently signalling about something through the trance message, delivered through the corporeal body of Dadi Gulzar. Today, the situation of world affairs is quite frightening. The COVID-19 pandemic has created global health crisis and it is the greatest challenge we have faced since World War-II. Day by day as the things are getting worst, so, the question arises: “Can anyone maintain peace of mind and stability in this troubled time?”

Job scenario is also bad and unpredictable. People are struggling to get their salary. Now,



how to prepare the self for such situation? How can we prepare the self for the present and future crisis? Going through the Supreme Father's spiritual knowledge, experts' opinions and personal experiences, the following points or steps emerged out of my thought process:

Enhance your courage and be brave:

The first basic quality one should have is the courage; the rest of the things such as money, knowledge, intelligence, relations and wealth will start supporting. Once, one gets frightened, one loses one's balance of mind and logical thought process. Then, one becomes desperate, fearful and anxious during such crucial phase of time. Suffice to say that the situation and time support the brave person. In spite of all the odds, oppositions and problems, do not lose the valour or courage. During the present time, there are multiple amount of miseries and threats from diseases, natural calamities and financial crises. Just imagine the situations of people in the coastal parts of India, when 'Amphan' devastated Kolkata, Sunderban, Hugli of India and Bangladesh. In comparison to so many devastated people in different parts of the world, still we remain privileged. We have a house to take a shelter, food and amenities for survival. All of us must have witnessed that so many people left their cities and jobs to return to their hometown. Adding to the misery, the poor started the journey of thousands of kilometres by walk. Here, one point can be mentioned. We should develop tremendous courage with confidence to face such situations. Practice of soul-consciousness can make us fearless and strong from inside.

Maintain the connectivity: Many people isolated themselves during the COVID-19 lockdown last year, they stopped talking to their

We're the victors over our circumstances but not the victims of them.

near and dear ones: friends, colleagues and relatives. That is one of the most hazardous behaviours. As per human tendency, stress and tension are reduced if one is engaged in dialogue and sharing. We may not expect anything through our contacts and relations; but, we should remain connected to give the test of our faith in others. If you have faith in others, you will maintain sweet, strong and healthy relations. The research says that the person, who is suffering from the overconfidence bias, ignores the public information and relies too much on private information. Information sharing and maintaining a healthy discussion can keep one informed, careful and motivated. Avoidance is not good. One should maintain the physical distance but should not ignore the connectivity through other media. But, too much connectivity through the social media can trap a person emotionally or intellectually. One should be careful; rather he/she should strike a balance in terms of connectivity.

Enrich your knowledge and enhance your skill: Crisis period is the best time to relax and to refocus on the skill enhancement. This is the golden time to learn good things. One should go through some of the good books, can join some of the courses, develop some of the skills, etc. Believe in the saying: "Knowledge is power". Knowledge will change the behaviour and attitude of a person. Knowledge guides one to be skilful. At present, one should have updated the skill-set to face the challenges. Wasting time on waste thoughts, anxiety and stress is not going to give any solution. Do not waste your energy in fearing the darkness; instead, ignite a light of hope through enlightening. Several people have shared their experiences that

during the time of disease, jail and limitations, they double their efforts in study, reading and learning to develop a strong thought process. Many of them wrote great books within the jail. Gandhiji, Nehru, Tilak and many others wrote books during such time. Always we should appreciate time and make the best and most out of time. Convert this recession to recreation and empowerment.

Increase the patience and power of mind: Patience is the key for the success. One may be daring and confident but it is the patience that enables one to enjoy the fruits of the struggle. One should develop the psychological strength through the practice of meditation and positive thinking. It is important and necessary to develop one's own inner strength to face the challenges. The treasures of inner knowledge, values of peace and purity are present in everyone; one just needs to awaken them. We should rise from the veil of ignorance for self-realization and realization of God, the Supreme Soul. God, the Supreme Father, is the Ocean of love, knowledge and power. Our association with Him can reinforce our purity and peace in each moment. Be merged or submerged within the ocean of happiness and knowledge to forget this world of sorrow and pain.

Reduce the expenses and be economic: This is the time to reduce the expenses; if one introspects and analyses one can reduce so many unnecessary expenses. The expenses, which are not adding value to life, should be reduced first, then, to reduce the expenses of buying unnecessary things or items. One should spend on food items and can have some safety stocks of them for the future. Home cooking can ensure purity, safety and health and enable us to

Let's have the courage to offer flowers to those, who offer us thorns.

take throughly the home food. One should prefer to cook rather than buy food from outside. Be economic so that within the limited earnings, one can have the quality of life, food and enjoyment. One should do necessary expenses on good food, sanitation and medicines but not on the unnecessary things. One can buy some of the emergency items. In case of electricity failure, how one should sail through the situation in one's life. The situations around us may change drastically; so, we should be proactive for arranging the alternatives.

Be optimistic but careful: One has to be optimistic within during the period of challenges. Let the problems come, we are well prepared to face them. Being optimistic is necessary; the researchers unveiled that pessimistic persons are not competent to face the crisis. One needs to be optimistic and motivated to live for tomorrow. Joy and happiness inspire us to live. Optimism makes one confident and courageous. In spite of all dangers, if one sees the opportunities and successes within the threats, one will keep on sailing the boat within the storm. As the Almighty is with us, the impossible is going to be possible and, under the sheltering canopy of His Love and Care, nothing can harm us. Be positive, motivated, hardworking and careful. In the name of optimism, neglecting duties, responsibilities and *Karma* is wrong. So, try to be very watchful, careful and dutiful along with the spirit of optimism.

Empower the self and serve the society: Keep on empowering the self through knowledge, meditation and positive engagement and, at the same time, serve the

self, society and the world. Everyone has the scope and ability to serve the world through their physical and psychological resources. If you cannot help through physical labour, do serve through mind and good wishes. If you have surplus money or can cut down your own expenses, then, try to serve the world financially. The friend in need is the friend, indeed. We can serve the world in various ways and means. We should have the strong desire and determination to do so.

So, all the above steps can help one to remain busy and easy. Keep your mind clean and clear, as at anytime you may receive the signal or hints from God to act upon. There will be heavy cost of missing those signals. It needs hours of practice to keep the mind stable, clean and clear. It needs months or years of practice to be stable, decisive and sweet during uncertain times and unpredictable situations. One needs to develop the acumen of decision-making to be faster and accurate. Be ever ready to face the chaos, uncertainty and volatility. It can bring surprises in terms of success, happiness and love; and it also can bring threats, challenges and problems. Success is my birthright. The spiritual teachings of the Supreme Father through the corporeal body of Brahma Baba are keeping us happy, motivated and engaged. My profuse thanks to the Merciful God, Brahma Baba and senior B. K. brothers and sisters for helping me in transforming my life. Still there is time, millions can take advantage of the spiritual knowledge and practice of meditation in order to transform their life forever. ❖

It's foolishness to leave everything to Fate and Drama without making any effort.

Late Rajyogini Dadi Janki (1916-2020):

A WORLD SPIRITUAL LEADER



– **B.K. T.V. Jayaprakash, Palakkad**

Born on 1st January, 1916, in Hyderabad, at present the part of Sindh province of Pakistan, Dadi Janki opted for herself the path of spirituality, divinity and philosophy of the soul, as early as in her youth at 21. This venture made her travel through the Western countries during the 1970s to spread the Indian Philosophy, Rajyoga education, Values and Spirituality, and to found service centers of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, in more than 140 countries.

A world spiritual leader and head of the Brahma Kumaris, she passed away on March 27, 2020. Dadi was 104 years old. Though she has departed physically, her inspiring words still echo in the hearts of millions of spiritual seekers. It is wonderful that her formal education was up to third standard; but, with her sincerity, dedication and multi-fold magnanimity, she made the humanity grow in spirit widely.

She was powerful and inspiring! She was able to change the vision and attitude of those, who felt gloomy. She instilled positivity in everybody. She led others to the depths of the ocean of wisdom on the basis of her experiences. Her motto was: the world is one family (*Vasudaivakutumbakam*)!



In 1974, she started the services of Brahma Kumaris outside India, in London. Her renunciation and love for God gave her the strength to spread God's message throughout the world. She stayed outside India for 33 years till 2007. Since then till 2020, she was at Mount Abu, Rajasthan India as the Chief Administrative Head of the Brahma Kumaris Organization.

Her vision was that whether it is a temple, mosque or church, it should give the feeling of a home to those who enter there. One, who enters the B.K. Global Head Quarters at Mount Abu also feels the same that they are at home and it is their real home!

She would never consider herself as busy and was wise enough to never consider responsibility as a burden. She taught simplicity!

In 2015, when she was nominated as the Brand Ambassador for *Swachh* Bharat Mission, Hon'ble Prime Minister of India, Shree Narendra Modi said, "She sacrificed her life to bring positive change in the lives of others."

In the words of Rajyogini Dadi Janki, "Imbibe what Baba says and your face will shine! Baba is making us as great as Himself. We should have the attitude of renunciation (*tyaga*) and meditation (*tapasya*) and, then, service (*seva*) will happen automatically. Churn the knowledge imparted by Him. Our intoxication is incognito. Baba is *Karankaravanhar* and we are *karanhar*. He can do His work through us. Let others experience Baba's love through us. Leave all traces of *Maya*."

She showed us how to live with love and ultimately how to die with dignity. The best tribute that we all can give to such an *Adi Ratan* like Dadi Janki is: Let us reach our final destination of the angelic life and become complete like Father. ❖

Never stop at a failure; rather, go on trying as failure will lead to success.

GODLY LOVE: MEANS TO DEFEAT *MAYA* OF 'NAME' AND 'FORM'

–B.K. Sangita Gogoi, Guwahati, Asaam

We all Brahmins undoubtedly acknowledge that Baba is the best Teacher and *Murli* is the best source of knowledge. Through these *Murlis*, the Supreme Being, Shiva Baba, is doing the wonderful task of transforming us from ordinary human beings into deities. Every word of *Murli* is like a jewel of wisdom carrying deep meaning. The best teacher never utters even a single word without any significance. If he repeats something frequently, there must be a reason for that. Either the students have not realized its true significance or they might have neglected or repeated the mistakes being unaware of its serious consequences. For example, **Baba frequently warns us not to be trapped by someone's 'name' and 'form' or not to be attached to anyone except Him. Why does He repeat it so frequently?** Being the Ocean of Knowledge, He knows that some children are neither following this *Shreemat* properly nor have they understood the grave consequences of their failure to follow this.

In the *Avyakt Murli* entitled “Signs of *Sada Suhagin*” (dated 28-4-77), God Shiva says, “Just, talk to Me only, listen to Me only and speak what only I say”- this is the stage of *Sada Suhagin*. This type of *Sada Suhagin* will not remember any other soul even for one second, that is no attachment for any bodily being even in thought. Attachment means not even any sort of inclination towards any object or person. Just as



even in *laukik* life also, to think of other person or even to dream of him is considered as a great sin for *Suhagin*, like that in *alaukik* life also if even in thought, even in dream there is any inclination or leaning towards a bodily being, then, it would be considered a great sin for *Sada Suhagin*. So *Sada Suhagin* means one Father none other”. The day Baba adopted us, we surrendered our body-mind-wealth, even every breath, thought and relationship to Him. Then, how can we use them for something or somebody else? But, that is not the case. As Baba says, because of unstable mind, wandering intellect and old *sanskars*, some children breach this *Shreemat* of remembering only One Father and get trapped by the *Maya* of 'name' and 'form'.

What is there in this *Maya* that takes the children away from God? **Let us compare and contrast the relationship with the Supreme Soul and with that of bodily beings in terms of some common factors like beauty, availability, security, stability, reliability, confidentiality and emergency.** Baba tells us not to be trapped by name and form of anyone. As far as 'beauty' is concerned, can anyone be really considered more beautiful than the Supreme Soul? Human beauty is subjected to time, temporary and fluctuates but God's beauty, who is the Purest of all, is untouched by ill will or time. In so far as 'name' is concerned, is there anybody in this world whose name is better known than God? When God Himself is offering His love to us in this Confluence Age, does it make any sense to be trapped by the love for name and form of anyone else?

Let us check the factor of 'availability'. When somebody is in love with someone, he or she wants to be with that person all the time. **But, is it literally possible to be together all the time with any bodily being? The answer is an emphatic 'No'. But, it is always possible to be with God all the time no matter wherever we**

You'll get answers to all your questions and doubts by reading Godly versions daily.

go. People tend to romanticize the act of holding hands and looking at the eyes of their companions. Holding God's hand gives us the feeling of protection and beautiful companionship. Also, for how long one can look at somebody's eyes and what will be the consequences? But, we can take *drishti* from Baba for hours together and feel empowered, loved and purified.

Except God, everything else in this world is in a state of flux, as nothing is stable. **We cannot expect a stable human relationship for a long time because it changes according to the changing moods and feelings, situations and time. There is only one relationship, which is constant and consistent – the relationship of the soul with the Supreme Soul.** One cannot hold anybody as mine and mine only except Baba. In the *Sangam Yuga*, Baba is constantly with us. So, should we nurture the so called love for bodily being, which is perishable and which will lead us to the garden of sorrow? Or should we strengthen the imperishable divine relationship with Baba, which will make us the masters of the world?

In case of 'confidentiality, reliability and patience', can any human being be a better listener than God? Can we share our every thought, emotion, dreams without any hesitation to anybody else except God? Even if we share, there is no guarantee that it will be confined to that person only. But, in case of Baba, He not only listens to us patiently, keeps it to Him only but also guides us with unconditional love and power. No matter how much one tends to romanticize human relationships and remember each other, but in time of extreme danger when no human can help us, whom do we remember? Only God becomes the ultimate source of support in such moments. **So, the relationship with God is the best relationship in terms of**

beauty, availability, co-operation, stability, reliability, security, confidentiality and support.

If one wants to go to Delhi, can the person reach his destination by boarding a flight or train to Karnataka? It will be entirely in the opposite direction. In this spiritual journey, remembering some embodied being is like going in the opposite direction. In this Confluence Age, God has come to make us pure from impure (*Patit se Pavan*). It is the main objective of all His teachings. He Himself says, "The more you remember Me, the purer you will become as I am the Supreme Source of Purity."

Baba has always taught us to renounce the limited and to lead a life of unlimited disinterest (*behad ke vairagya*). When we read the history of this world, we see that great persons have always renounced everything that is limited in order to achieve something great. Chanakya also taught Chandragupta that to be attracted by someone or to be in so-called love is meant only for common people but not for heroes, who have devoted their life for materializing the dream of Undivided Bharat. This is merely an infatuation, which would result in the downfall of heroes and, then, of the society. History is replete with many such examples when the whole society suffered due to the leaders and the kings, who forgot their duties and indulged in sense gratification. On the other hand, there are examples of great personalities like Swami Vivekananda and Mahatma Gandhi, who took the responsibility of social transformation, led a pure life and contributed a lot to the society. What's about Baba's children? Baba has made us the instruments of such a great task, which even these great personalities could not even think of - to transform this hell into heaven, which includes total purification of all souls and the entire natural elements. It's such a mammoth task beyond

The real Flutist (*Murlidhar*) is Incorporeal God Shiva but not corporeal Krishna.

imagination of any worldly human being!

Now, how can we really afford to use our mind and intellect, which are already surrendered to Baba for this task, to indulge in anything that is limited? If we do so, what will be the consequences? After becoming *Brahmins* if we are trapped in name and form, then, we will become perfect example of Sita, who after sacrificing the luxurious life of the royal palace in order to be with Rama, was attracted and duped by the golden deer and, consequently, landed in the garden of sorrow. The choice is ours - whether to experience super-sensuous bliss in the love of God or to start our return journey to the garden of sorrow from where Baba had rescued us.

In *Avyakt Murlī* (dated 25-1-70), Baba says, "The Father is the Almighty and the children do not even have the power to stop thoughts! Just think what the Father is and what we are!" In the same *Murlī*, He again says, "Always remember one thing that my Father is the Almighty. We belong to the Sun Dynasty. How can *Maya* attack us? If you remember your own Father, your own clan; then, *Maya* can do nothing. Be the embodiment of remembrance. After being in oblivion for so many births, do you still like oblivion? Being deceived for 63 births, does it still seem difficult to avoid deception for one birth?"

So, what to do? Baba wants us to become the masters of the world. How can we become the masters of the world, if we cannot even control our own mind? We cannot stop thoughts coming to our mind. But, we can definitely change the waste or negative thoughts into positive ones. Baba has made us realize the value of each second in this Confluence Age. We have to absolve the sins of past 63 births, settle all *karmic* accounts, purify ourselves and the elements, give *sakash* to the world and inculcate

divine virtues so that we can make ourselves eligible for *Satyuga*. Baba says that those children, who imbibe the Father's love in their heart from *Amritvela* onwards, are not attracted by any other love because their hearts are full of Godly love. Those, who do not fill their heart completely with love but keep even a little empty space, are still attracted by many forms of *Maya*. Receiving blessings at *Amritvela*, practising various spiritual (*Ruhani*) drills and revising points of self respect during the day will definitely help us to get rid of *Maya*.

We are so fortunate that God, the Ocean of Love and Purity, is offering Himself to be with us in this sweet *Sangam Yuga* and that will be the foundation of our all human relationships for the rest of the cycle. In this auspicious Confluence Age, our body-mind-wealth, every thought, action, word, even every breath should be devoted to Baba. So, let us be attentive not to *fall* (as they rightly say) in love with anyone else but to *rise* in the love of God. Let us experience super-sensuous bliss by remembering God, whom we have searched for many births and who Himself promises, now, to be with us in every moment in this wonderful Confluence Age. ❖

HEARTS' CALL

There is a voice within which occasionally gets your attention and tries to remind you of how good and beautiful you are. It calls you from a time long ago when you first arrived for your journey in and through time and space. Those first moments were filled with pure joy, pure play, pure adventure. Whenever you meet someone today with a pure, innocent and trusting heart let them remind you of yourself during those first early years. They invoke the purity of your own heart, and invite you to be innocent again.

In Amritvela, all God's qualities flow down upon the human souls like fountain showers.

LAW OF POSITIVISM

–Farha Sayed, Mumbai

It is said, “Ageism is a beautiful width of experience.” Meditating on this statement, let us experience all positive thoughts throughout our life. Redirecting one thought on affirmations, let's get deeper into the concept of Law of Positivism. Being positive or affirmative is maintaining your complete balance in life with good, positive and right thoughts. To push forward these thoughts is a result of fearless outcome. Being in fear distracts our conscious thinking power/capacity and we usually shift from the present moment by thinking about the future. It is very crucial to create or choose thoughts because all your thoughts are manifested outside. Any column of doubt grounds the energy. We all are mass of energy vibrating at a certain level of our conscious thinking: moving from birth into life and experiencing this life uniquely in our own specific way.

Manifestation is all your creation. The inner image is contributing to your feelings, vibrations and releasing out frequency to the universe. As you release the energy, the same will mirror you back; as you mix up your good energy with fear and negativity, positivity becomes uncertain.

To truly empower your manifestation, you have to start working with your mind and emotions. We have often heard the phrases: “All in mind” or “mind over matter”.

So, visualising right thoughts and mixing up emotions will influence or put impact on your destiny. Looking at the bright side of your life and enjoying the present moment helps to heal the layer of negativity, which is blocking your way.

Iris, the Greek goddess of the rainbow, refers

to a state of being happy, pleasant, rainbowy, tolerant and good-natured with proper channelling of your energy in the right direction. Through the practice of Rajyoga meditation, things become subtle every moment and a state of being positive is created within naturally. The ratio of optimistic thoughts are natural with deep meditation. With the process of mediation, you will be able to counteract negativity, thereby increasing happy and loveful thoughts each day. Filling your day with constructive thoughts and emotions, eventually, results in beneficial actions to live life in a better direction. Adopt this principle in life: whatever is happening is perfect and great with me. I am accepting it with the whole heart. Once, you accept who you are, start focusing on your thoughts to choose in order to be positive. Once, you choose a positive frame of mind, you will be in a state of ultimate bliss. ❖

LOVE ALL

Love can never be exclusive. The sun does not choose to shine on some flowers in the garden and not others. Love is inclusive and has many faces - caring, listening, sharing from the heart, just accepting someone for what they are right now; these are all acts of love, as long as you seek nothing in return. It all starts with acceptance of yourself - you're just fine as you are right now, warts and all. It's not that you will stay that way for ever but you might, if you don't accept. The secret key to the greatest door, called love, is acceptance. Firstly, accept your self, and, then, others (especially, the ones you currently resist) and eventually accept all.

Let's develop in us the power to befriend a foe with our forgiveness.



THE ULTIMATE TRUTH EXISTS



– B.K. Rose Mary

There are people who say, "There is no absolute truth. There is only your truth" (Debasish Mridha). The same view is expressed in 'Human, All Too Human: A Book for Free Spirits,' which is written by Friedrich Nietzsche.

Yet, we find all the stories and epics presenting, behind the details, the same truth: "Adharma never wins and Dharma never ends (love of truth, honoring the fabric of life)". If one member behaves dishonestly or says untruth, he will severely be punished by the gang-leader, which shows that truth exists everywhere and is same for everyone. If truth prevails in larger scale, this shows that the ultimate truth exists. This is expressed in a beautiful poem: "God's in His Heaven/All's right with the world!" (It is an excerpt from a famous poetic piece entitled Pippa's Passes by English poet Robert Browning). The attitude of the little girl, Pippa, leads us to the existence of the ultimate truth. In her attitude, one can see the abundance of God-made provisions for life's sustenance and enjoyment, which will be renewed by God whenever they are depleted/destroyed by human greed. In other words, when each cycle of history begins, God gives a perfect start but, later, humans gradually transform it into a hell through their greed; then, God renews it again, and the cycle repeats. This is the ultimate truth. That means there are plenty of proofs for the fact that things were better and better when we go deeper and deeper into the past.

Proofs for things that were once good

- i) All religions started with the spirit of Fatherhood of God and Brotherhood of Man; and, later, they become road-dividers in the end.
- ii) Each word of Sanskrit language was designed in such a way that the user was reminded to be a spiritual, caring and good person. And, unfortunately and ironically, this superb language has almost been abandoned.
- iii) Hospitals were started as charity to remove pain and secure health. But, now, they have become purely commercial. When my friend was involved in a road accident and was taken to the nearby hospital, the hospital authorities refused to start treatment until any of his relatives came and took the security amount first. Fortunately, he had someone to come forward immediately. But, there are many unfortunate cases in which the patients suffer.
- iv) Even the science of Newton's time was to "glorify God". The greatest scientist of all times, Newton wrote this in his Principia Mathematica: "Now, science has almost gone into the hands of people who believe that blind chemicals formed themselves into this wonderful drama of life simultaneously making environment favorable for life and making provisions for life's sustenance and enjoyment."
- v) The Gurukula Education system existed in the first half of the cycle. Its aim was to teach students the art of living as One World Family. In other words, spirituality was the primary aim of education. Now, it has deteriorated into materialistic education. In many places, students come to schools with guns. Look at the alarming number of education campus murders that take place

A benevolent thought of a second is more effective than an hour of speech.

around the globe.

vi) In ancient times, things such as river, cows, etc., were shown as being worshipped, which meant people took good care of resources – both the inanimate and animate. Now, we are exploiting the resources to the extent that Nature has turned to be wrathful and revengeful against us through various forms of natural calamities with increasing frequency and intensity. "Incredible and abnormal" temperature is being recorded in Antarctic, thereby making the sea-level rise, which is a death-dealing reality in the very near future. (Antarctic temperature rises above 20°C for the first time on record. When technologists, in the name of development, added poisonous gases (such as CO₂ emission) into the air we breathe, and replaced the life-sustaining forests with concrete jungle ("as the size of Britain annually," the earth loses an area of forest equal to the size of Britain each year with more than 64 million acres of trees lost annually since 2014, the report warns), they believed that nothing would happen to air or water. They also did not know that such ruination of the environment would increase casualties resulting from diseases. It was too late that we realize that "higher mortality" of the pandemic COVID-19 is linked with "a high level of pollution." (Is air pollution making the corona virus pandemic even more deadly?)

But, God knew it will "ruin the earth" causing many adversities such as "pandemics" and "sea-level rise", threatening lives on earth, (*The Bible*, Revelation 11:18; Luke 21:11, 25). Such ruination of environment (the root of which is moral degradation) has happened many times in

the past towards the end of each *Kalpa* (period of around 5,000 years), and God has recreated the New World many times, and it will happen many times in the future too, says the Supreme Father God Shiva (*The Bhagavat Gita* 4:7, 8).

The above facts show that every time when each cycle of history starts, it is heaven on earth and, then, it deteriorates into hell, as we find today. In the first half of the cycle, everyone is 'essence-oriented', treating everyone as an inner spiritual being in outer physical outfit; hence, they adopted the great attitude of One God and One-World-Family. In contrast, in the second half of the cycle, people are mostly 'detail-oriented' contracted into body-consciousness, thinking in terms of "my and my family," thus, putting the interest of "mine and my family" above others.

When a person attaches himself with material things and persons that come and go, he is like a person, who falls unconscious toward the more important things such as the soul and the Supreme Soul, our Supreme Father. In passionate affection (*raga*) and aversion (*dvesha*), one becomes blind to the reality. Thus, attachment became one of the five vices because in attachment one is unconscious of the greater reality of God and His will for us and is always conscious about his interest in this world. When a person goes deeper and deeper with his/her attachment, he/she comes to realize his/her folly in the end, which means his/her attachment (*moha*) suffers decay (*kshaya*). The combination of these two words make the word *moksha*, which literally means liberation. Thus, the word *moksha* originally meant freeing oneself from the worldly attachments and aligning the self with God alone as the concluding command given in *The Bhagavat*

Giving to others without expecting anything in return is a noble virtue.

Gita (18:66): "Take refuge in Me alone. I will liberate you from all inauspiciousness; do not grieve." Thus, *moksha* means displaying a balanced attitude, while living here on earth, towards life, giving more importance to God and His will for us, which is like living a Golden- aged life. This is what makes one qualified for inheriting the Golden Age of Heaven, which God recreates after the end of *Kaliyuga*. In the new heavenly world, God recreates adequate provisions for life's sustenance and enjoyment.

When humans make use of these provisions for life's sustenance and enjoyment, they are like 'hung on the proof for the existence of God'. Blind chemicals will not form themselves into such abundant provisions for life's sustenance and enjoyment, nor will they make the environment favorable for life either. Why? Because, as we saw above, the intelligent humans could only spoil the perfect ecosystem and send thousands of species into extinction, which will soon pave the way for extinction of human species themselves. The question – 'What is the proof for the existence of God?' – arises because of faulty reasoning of the materialists and evolutionists. They say that life, provisions for life's sustenance and enjoyment, and environment are being made favourable for life and all can be explained with natural causes, without the concept of God. This is a faulty reasoning. If you dismantle a car and reassemble it – it only means you know how a car functions; but, it doesn't mean there is no proof for the existence of a car-manufacturer. Similarly, the evolutionists too made a false reasoning, saying human beings and apes are the evolutions from a common ancestor. It is true that "humans and chimps share a surprising 98.8 percent of their DNA" (DNA: Comparing

Humans and Chimps | AMNH). But, they ignore the huge difference between what humans accomplish and what chimps accomplish. All the accomplishments humanity has made so far are because of that slight difference.

When God causes the wonderful drama of life on earth with millions of species, each species has to be different from the other. This means God would see that the DNA of each species is slightly different from the other – just like atomic number, which determines the identity of an element and many of its chemical properties slightly differ from one another [as atomic number of gold is 79, atomic number of mercury is 80, etc.] This cannot be interpreted as one evolving from the other. Resemblance means resemblance, not evolution. Interestingly, such false reasoning of our period, too, is predicted in the Scriptures as part of signs of the Last Days: "Science will be contaminated by speculative interpretations of the atheists" (*Shreemad Bhagavatam*: 12.3.32).

Thus, when each cycle of history begins, God gives a perfect start; but, later humans gradually transform it into a hell through his greed; and God renews it again, and the cycle repeats. This is the ultimate truth. Now, deterioration is so overwhelming that everyone knows solution to all our problems lies in return to the vision of One God and One-World-Family. Yet, if this is mentioned, many would respond saying it is not practical. But, the above mentioned things show that things were perfect in the beginning; and it can also be made perfect by God any number of times as the need arises.

In other words, entropy is a fact of life, and the Almighty Father, God Shiva, keeps the balance by establishing the New World whenever it calls for. This is the ultimate truth. ❖

God Father Shiva is the Supreme Source of all qualities, values, virtues and powers.

THE DIVINE KNOWLEDGE HELPS TO SHAVE OFF THE LAYERS OF IGNORANCE



–B.K. Sujoy, Durgapur (W.B.)

According to George Bernard Shaw, “A learned man is an idler who kills time in study. Beware of his false knowledge; it is more dangerous than ignorance.”

Universal consciousness is the seed of all-pervading spiritual knowledge imparted by the Divine. The basis of this divine knowledge is based on four pillars. The first and foremost is truth - means a measure, which was universally good. Second is austerity - means to focus on something higher than outward distractions. Third is wisdom - means to know the measures of discrimination. The fourth and the last one is chastity - means to know the measures to transform the dross of basic instincts in man. The knowledge of these four pillars in one's life can be named as 'Truth alone triumphs' (*Satyameva Jayate*). The other side of the planet which is dark can be named ignorance, based on another four pillars - attachment, anger, greed and desire.

Now, the thin layer, which segregates the entire humanity from dark to light and light to dark, is nothing but the divine knowledge. Elaborating on the notion of divine knowledge, it has been said that it (the knowledge) is divided into three different categories - acquired knowledge, intellectually grasped or ritualistically gathered knowledge and intuitive knowledge, which is the spiritual experience itself, beyond the web of mind. The divine knowledge imparted by God, the Supreme Father, differentiates between the transitory character of the materialistic path and its fleeting benefits and the permanent nature of the path of

renunciation. The spiritual practitioners see it as the prerequisite to attain real happiness. This distinction between different kinds of knowledge lies at the very heart of the divinity.

The Supreme Father, the Supreme Source of this divine knowledge, gives three beautiful similes to define the intricate relationship between the universe and the self. He says; “As a spider throws afar its web and gathers it in as well, as plants sprout on earth, as hairs grow on the human body, so does the universe emerges from the imperishable self.” The cause-effect phenomenon points to the underlying origin of all the projected things, which though are real from our time-space-continuum, are also finite and limited in nature.

We should not overlook the fact that every person is, consciously or unconsciously, seeking some form of self-realization or self-actualization so that he or she can express his or her own potentialities or uniqueness, and it would, therefore, amount to denying the undeniable truth that there is a spiritual dimension of man's existence and we can overlook it at our own perils.

It is an irrefutable fact of life that man has a physical and also a spiritual dimension of life; and one, therefore, cannot continue to live happily in a state of separation from an important part of him. It is a pity that in this era of science and technology, man always talks of only social, economic and political realities in an empirical and utilitarian language and, in this high mood, we forget another kind of reality, which is spiritual in nature as distinguished from the gross and the physical. But, the time has already come when man must wake up, once again, to the truth that he has a spiritual dimension. It is a part of the ineluctable course of history i.e. the myth that man is merely a physical being with only the social, economic and political dimension, has to be broken. That is the shaving off the layers of our ignorance. ❖

Always stay in intoxication that you were deities, and will become deities.

GOD AND THE LIFEBUOY OF SPIRITUAL WISDOM WILL SAVE EVERYONE FROM DROWNING



–B. K. David, England

Have you ever met a person, who never smiles? I have. He is possessed by money and making it. You can see him running round here and there after glass objects and never smiling and is only ever with a really glum face.

This glassman causes arguments on everyone he meets without exception. Nothing stops him from smiling, yet because he has developed the habit over a long period of not smiling and to chase only money, he cannot smile. He did not smile yesterday, will not smile today and nor will he smile tomorrow, nor over the following weeks will he be seen to ever smile, even once.

If you've led a life over many - many years devoid of any happiness, it's hard to conceive it in your life and work towards it or hope to find it.

Do you know of such people? Hope you are not such a person devoid of smiling and happiness. Without happiness in your life is to lead it as if constantly stuck at work with nothing to ever look forward to. Is your life one without real enjoyment that's experienced daily?

Are you stuck on life's treadmill of chasing materialism and the only time you feel happy is when you are pleasing your senses or having found or been given something for nothing?

Take Care not to be like this Glassman

If you have traces of this glassman in you, you need to take care as many progress to making such people their friend as they start to attract such people to them whilst the good people avoid them.

This glassman's happiness is cracked, frosted, fragile, cheap and slippery and is dropped every morning by him, as easily as a wet milk bottle is with cold hands. His hard kitchen floor has been carefully and expensively tiled with his selfish *karma*.

This broken bottle that contained goodness and real value will lie on the floor in pieces all day and anyone that has dealings with this man will end barefooted and having to tread throughout his house (life) on broken glass as he's unable to grasp anything valuable that comes on his ways.

Such is this man and his mental state that true value slips through his fingers constantly and causes him and those around him to suffer. All people's sorrows multiply when dealing with this man and in his house of uncountable fragments and shards of glass that are everywhere on his hard *karma* floor that never gets swept.

Mind – The Swimming Pool of Love

Do you swim in the swimming pool of love every day, which can only be found in your mind? It's only this swimming pool that's open 24 hours a day and which is warm, health promoting and which can keep you not only extremely healthy but also wealthy and wise. In this swimming pool of your mind can be found your true self hiding in the deep end.

In a swimming pool, it's always the deep end that attracts people to swim in it, and so it makes perfect sense as to where your real self would be. Your real self is no longer on the surface and has sunk deep down out of sight.

Most people live in the shallow end that is cold, false and fake and are constantly splashing about making a noise and trying to have fun and shouting like some river hippo.

Rajyoga Meditation Filters out Impurities

Rajyoga Meditation is the process of slowly emptying your swimming pool (mind) of rubbish and unwanted swimmers and clutter that have

If God is with you, the whole world cannot bend a single hair of you.

dirtied your water (thoughts) and of filtering out impurities and refilling it with clean pure water that makes for great swimming each day: from one end to the other you constantly gain in strength, health, fitness and enthusiasm.

Meditation is the only process to being constantly happy; unless you are to think you can be happy carrying a dustbin on your back everywhere you go.

People with Shallow Mind

A shallow mind with dirty thoughts and lifestyle has drowned many people. It might only be the shallow end to you but many have drowned in this shallow pool with its dirty water (thoughts and lifestyle) that hides great treachery.

Once, all swimming pools had only deep ends and the concept of a shallow end did not exist as now the shallow end reflects the poor state of mind of most people today, who have grown shallow and led a life that's of a basic lifestyle.

The shallow end allows everyone to shout, scream and fight and, now, everyone's inner swimming pool has but a shallow end in which to swim and play, and its swimmers have become obvious to swimming in a pool that's filled with dirty polluted water.

Can you grasp the notion that man's pool is very real but also just as fake? Once, you can grasp this, you will be infused to get out of it and swim in a pool that has clean water and only a deep end.

Swimming in this pool with its continuous deep end that is also just as real as the fake pool, you'll find an immense bonus; that of being endlessly rewarding to all the goodness you perform; as opposed to your old pool filled with shallowness that held all things fake, but yet also rewarded you endlessly with all things bad created by you in that pool whilst you swam in it.

Fat People with Appetites, Material and Sensual Desires

Do you know that fat people and fat families with their huge appetites, material and sensual desires and endless hunger are, now, ruling the world?

Obesity is the vast city in which fat families from London to India, from Cairo to China, from Russia to Rajasthan, from Mumbai to Manchester and from Lucknow back to Leeds, live, eat and suffer.

We should all ask ourselves these important questions: am I fat, thin, greedy, healthy, fit, obese, lazy, ill-disciplined and diseased with selfishness and how often do I cut myself on glass?

This world is full of fat people drowning in the shallow end of life and those like the glassman that swim in a selfish whirlpool of greed with lead shoes.

Alas! fat families and their diseases are ruling the world and taking precedence over all possibilities of goodness whilst consuming endless goodness and turning it into endless badness (fat).

How many fat people do you know? How many thin and healthy people do you know? Do you know anyone without some disease or illness and who live with discipline?

God and the Lifebuoy of Spiritual Wisdom

Life, now, needs an unlimited lifebuoy thrown in to help in saving everyone from drowning in this shallow pool that's of only a shallow end.

The only thing that will save everyone from drowning is when they start seeing God as the Lifeguard and grab hold of the lifebuoy of spiritual wisdom, which He has thrown in for them. ❖

Only One Incorporeal God Father can make the whole mankind and Nature pure.

(Contd. from. page no.3)

coming late is due to the laziness, or call it childishness. Another specially evident thing is that I do not value time, be it mine or that of others. Yet, we certainly declare that the present time, i.e., *Sangam Yuga* is very valuable and, so also is our life at present; but, unfortunately, we do not act up to this declaration. You will, thus, mark that many demerits lie in the womb of one bad act. In this way, how many virtues are just cast away!

Taking Service from Others

Getting others to serve us, even though we have time and ability to serve ourselves, denotes pride and also laziness on our part. It means that because of our vanity, we think that the other person is lower in status or is junior to us and, so, we can get him to serve us and it is his duty to obey us. Obviously, we behave in this way, either because we are too lazy to work or we are vain enough to think that we are not meant for these trifling jobs, which others should, therefore, do for us. An individual of this type accepts others' service without feeling thankful towards them. He has forgotten the 'law of action' and he does not understand that this kind of conduct simply makes him bear a load, which is augmented with his own vicious actions.

Refusal to Do Certain Jobs

Refusing to do a job, simply because it is too low, indicates body-consciousness, sense of prestige and position as also a mean feeling for conventional proprieties.

Not Valuing Others' Opinions

Dealing with others' opinions, without giving them proper and patient hearing, is a trait that manifests itself in want of attention to what others say. Either you don't attend to him or reply only to turn over to another topic. This is due to want of adequate regard for others, even hatred of them, and pride in one's own acumen. But, when a

cultured man does not like anyone's views, he hears him (the latter) and, then, says, "What you say is no doubt right, but..." In this way, he submits his point of view, giving proper regard to others.

Our Feeling of Gratitude

Above, we have explained a few of the rules of cultured people, their habits and their qualities. There are many more like these. But, for all these, we are always deeply grateful to Shiva Baba and very thankful to Brahma Baba, because, in him, we find an example of how life, based on divine effort, is lived. Shiva Baba teaches us the method of achieving purity and divine virtues while in Brahma Baba and Mamma, we found in physical form, noble examples for us to follow the image of lotus-like pure life in a household, a life furnished with all divine virtues. For our sake, Brahma Baba and divine Mother Saraswati endured a lot of oppositions and suffered many hardships. How sweetly and affectionately they made us proficient in this abstruse learning, presenting it as a cheerful sport. This story of their practical life is very wonderful. They solved, in an incredibly easy way, the difficulties we had to face at any moment of our lives. We saw these divine virtues as practised in their lives and, so, we took heart of grace to have the same virtues in ourselves by means of endeavour. We have, now, learnt from Brahma Baba's example the knowledge and experience of these states: what is meant by the angelic state, ethereal state, the subtle state or *Avyakt Avastha*. But, above all, it is to be noted that all these instructions and directions, we have been getting, come from Shiva Baba Himself.

What is *Avyakt Avastha*?

Now, one may like to know what is meant by *Avyakt Avastha*, the ethereal state, the subtle state or the Angelic state. *Avyakt* is that which is not corporeal or earthly, nor material nor visible to

We learn from mistakes, which we should rectify to reap success.

the naked eye. Hence, the term '*Avyakt Avastha*' is another term for the spiritual state, because the soul is not an object of the senses but is very subtle and self-luminous. It is not a material but divine entity distinct from matter. It cannot be seen with the physical eyes. This spiritual state is incorporeal because it is bodiless. Even while having a body, we should not have any sense of materiality and that is what we mean by the detachment state, known either as *Avyakt Avastha* or *Atmik Avastha*.

Now, one has to know how that state is to be attained by means of soul-consciousness. According to God's dictum, one's state is determined by one's consciousness; one, who has the awareness that he/she is a self-luminous, sentient point of light, a child of the Supreme Soul, and that he/she has come from the land of light, called *Brahmloka*, to play his/her role on this corporeal world, will remain ever stable in all situations, and he/she is, therefore, spiritually blessed one. ❖

THE FILTRATION PROCESS IN THE SOUL

The mind and its creation, i.e., thoughts, in these times, in most people, are controlled by three main following factors:

- (I. Their habits or *sanskaras*
- (ii. Their past experiences, and
- (iii. The information which they are exposed to and which they imbibe.

The intellect is like a filter, which has the function of discriminating, of judging the thoughts and deciding which ones to put into practice and which ones not to, basically filtering them. Presently, the filter of the intellect has become weakened, confused and unsure; it has become blocked by many incorrect beliefs, due to which this filtration does not take place properly – as a result many wrong thoughts get converted into actions. A lot of times during the day, thoughts become actions so fast that the filter of the intellect does not even come into play, i.e., thoughts become actions bypassing the filter.

The beliefs that we have, today, are related to our cultural, physical, social, religious, political identity associated with our age, gender, occupation, wealth, role, etc. of our body. Beliefs connected to materialism, to 'having' rather than 'being', are living based on the perception of the sense organs, and not on the intuition and the wisdom of the spirit. There are the beliefs that block you or brake you, others break you, they bring about fears in you and a limited perception of reality and of yourself. However much you try to generate positive thoughts, if you do not change these beliefs, their influence on the intellect will be so strong that it is almost impossible to maintain a positive state of mind. Even if you experience it, it will be short-lived and temporary. ❖

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Abu Road (Shantivan): Mr Neeraj Dangi, MP is being presented Godly gift by BK Pruthyunjaya.



Keshod (Guj): Mr Rameshbhai Dhaduk, MP, Mr Devabhai Malam, MLA, BK Roopa and others are in a group photo after a program at the center.



Rampur Maniharan (Saharanpur): Ms Kanta Kardam, MP is being presented Godly gift by BK Santosh.



Bhubaneswar (Unit-8): Prof. Sabita Acharya, Vice-Chancellor, Utkal University is being presented Godly gift by BK Durgesh Nandini.



Shimla (Sunni): Mr Virender Kanwar, Agriculture Minister is being presented Godly gift by BK Shakuntala and BK Revadas.



Omkareshwar (MP): Mahamandaleshwar Vivekanand Maharaj is being presented Godly gift by BK Narayan and BK Shivkanya.



Hoshiarpur: Dr H.S. Bains, Director, Regional Centre of Punjab University, BK Usha and others are in group photo at the centre.



Indore: A Blood Donation Camp is being inaugurated by Dr Sanjay Dixit, Dean of MGM College, Dr Satish Joshi, President of IMA, Dr Sadhna Sodhani, Secretary of IMA, BK Hemlata and others.



Abu Road (Shantivan):
Newly constructed campus 'Man-Sarovar' is being inaugurated by Rajyogini Dadi Ratanmohini, Rajyogini Dadi Ishu, BK Nirwair, BK Brijmohan, BK Munki, BK Bhopal and others.



Jammu:
HE Manoj Sinha, Lieutenant Governor of J&K is being presented Godly gift by BK Sudarshan; also seen are BK Nirmal, BK Ravinder and others.



Secunderabad (West Marredpally):
After inauguration of the new building of center sitting on the stage are Mr. Puvvada Ajay Kumar, Transport Minister, BK Santosh, BK Kuldip, BK Mruthyunjaya and BK Kondal Rao.