

¶ From the mighty pen of Sanjay ¶

## HOW SHIVA'S SYMBOLS RESULTED IN HIS IDENTIFICATION WITH SHANKAR?

There is a great confusion in the world of religion. Not only are there so many cults, each claiming its own identity as the supreme among all, but in one case – that of Shankar, there is confusion about identity itself. Myths and legends have contributed much to this confusion. The portrayal of the deities by the artists and the adoration by the poets also have a share in the blame, because not all artists and poets are self-realised or enlightened persons and so, whatever they paint or print is not always true. Yet it catches the fancy of people and has a mass appeal, which forms a bulk of the religious community who takes it as an article of faith and formulates their beliefs from these. In some cases, the portrayals do depict the philosophical concepts about the deity in a faithful manner: but with the passage of time, the ignorant masses have become oblivious of the symbolic meanings and instead, take the depiction in its gross sense. For example, people think that Shankar rode on a bull; he had a trident and a *damru* in his hand and the Ganges fell off from his head and flowed from there into the world below and so on. Similarly, they think that Shiva performed dances, of which the *Tandav* dance is done. It is therefore, essential to clear the wrong notions in the interest of truth and knowledge.

### Symbolic Representations of Shiva Imposed On Shankar

Let us take up the symbols which are generally associated with Shankar. It will be seen that, in reality, these symbols depict one or the other quality of Shiva, the Supreme Soul, whose image is the Shivlinga, but since the Shivlinga has no corporeal features, these could not be expressed through the instrumentality of the simple oval form of Shivlinga and therefore, Shiva was given a body merely with the object of portraying His qualities, but later, He came to be identified with Shankar, who had a subtle body. Let us discuss them in some more detail.

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# THE ENLIGHTENED WAY TO CELEBRATE TRIMURTI SHIVA JAYANTI (MAHASHIVRATRI)

It is a matter of great joy to wish all our readers many, many Happy Greetings for the 79<sup>th</sup> Trimurti Shiv Jayanti (Maha Shivaratri)! Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalyaya came into being after the advent of **Supreme Soul, Supreme Father God Shiva**, as visualized and realised by the Founder instrument, Dada Lekhraj. Dada Lekhraj was given the *alokik* (spiritual) name of **Prajapita Brahma** as per the role he was assigned to become the main instrument of self-transformation and world-transformation.

Devotees of God Shiva have been celebrating Maha Shivratri year after year for centuries. This has become an annual ritual on the path of *Bhakti* (Devotion). None of the *Bhaktas* (Devotees) ever, ever thought about the origin of Maha Shivratri celebrations. It would be wise to reflect on the thought that God Shiva must have incarnated on earth to grant the most cherished desire of Shiv Bhaktas, in particular, and the rest of the human race in general of salvation and

liberation. Even the animal kingdom and other forms of life, including the five elements, must have been purified as well. This could happen only when human souls rejuvenate and re-enlighten themselves to become worship-worthy humans, pure and divine as the deities of Golden Age. That Golden Age or Paradise or Bahisht is known as the Age of Truth or *Sattava* when the human souls are in their highest form of Purity, Truth and Divinity. For such divine beings, nature or the elements too need to be *satvik* (pure) unlike the present day Kaliyugi impure, degenerated, weak and furious elements. This great transformation gets initiated by God Shiva, the presiding Satguru, through enlightenment and purification of the entire universe.

As we prepare ourselves to honour God Shiva on Maha Shivratri which falls on 17 February 2015, by offering Belpatra and other items of worship, let us aim to elevate our understanding to higher consciousness to become knowledgeable and blessed *gyani*

souls. This would help keep us in *Satsang* constantly, as explained directly by Supreme Father, God Shiva. Learning the exact meaning of participation in Real Satsang, and practicing the same, would definitely help us in becoming worthy of living the glorious life in Satyug. **The company of the Truthful Being happens to be available only on the path of Gyan (Enlightenment). God is ever-Truth, and to connect or remember Him means to participate or celebrate in Satsang.** 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 elevated consciousness or remembrance.

How fortunate we are to listen to the most beautiful, deep meaning of *Satsang*, as described by Supreme Father God Shiva through the medium of Prajapita Brahma, according to His promise of reincarnating Kalpa after Kalpa (every 5000 years) at the Confluence Age:

*"You children are sitting in the company of the Truth. Only*



at the confluence of every cycle, do you children sit in this gathering of the Truth. The world does not know what the gathering of the Truth is. The term "satsang" (company of the Truth) has continued from time immemorial. People on the path of devotion say: We go to such-and-such satsang. In fact, no one goes to a real satsang on the path of devotion. Satsangs can only take place on the path of knowledge.

"You souls are sitting in the company of the true Father. Nowhere else do souls sit in the company of the Supreme Father, the Supreme Soul. None of them even knows the Father. Although they say that they go to a satsang, they remain body-conscious. You do not become body-conscious. You understand that you are souls and that you are now sitting in the company of Baba who is the Truth. The term "company of the Truth" only exists now. The Father sits here and explains the accurate meaning of "the company of the Truth". You souls are now sitting with the Supreme Father, the Supreme Soul, who is the true Father, the true Teacher and the true Guru. This means that you are sitting in the company of the Truth. Then, no matter whether you sit here or at

home, you consider yourself to be a soul and you remember the Father.

"We souls are remembering our true Father, that is, we are in the company of the Truth. You are given many methods to remember the Father. Only by having remembrance, can your sins be absolved. You children also know that you become 16 celestial degrees complete, and that as you then come down the ladder, your degrees diminish. Devotion is at first unadulterated. Then, as you come down the ladder, because devotion becomes adulterated, you become tamopradhan. Therefore, the company of the Truth is definitely needed. Otherwise, how could you become pure?"

"Remembrance is also called company. This is the company of the Truth. Whilst you have the physical bodies, you souls have to remember Me. This is the company of the Truth. It is said that someone has been coloured by the company of an important person and that is why he has become body-conscious. You now have the company of the true Father, and, through this, you will become satopradhan from tamopradhan. The Father says: I only come once. Now, because you souls have the company of the Supreme Soul, you are able to go across

for 21 births. Later, you keep the company of physical bodies. This too is predestined in the Drama. The Father says: When you children have My company, you become satopradhan. This is also called becoming golden aged.

"Sages and holy men think that souls are immune to the effect of action. They think that everyone is the Supreme Soul. This would mean that there is alloy in the Supreme Soul. There can be no alloy mixed in the Supreme Soul. The Father asks: Is there really alloy mixed in Me? No; I always reside in the Supreme Abode because I do not enter the cycle of birth and death. You children know this. Amongst you too, some remain in My company a lot and others less. Some of you make very good effort to remain in yoga. The more you souls remain in the Father's company, the more you will benefit; your sins will be absolved.

"The Father says: O' souls, remember Me, your Father. Stay in My company. I have to take the support of this body. Otherwise, how would the Supreme Soul speak to you souls? How would you souls hear Him? You souls have to stay in the company of the Truth. Souls are wonderful and the Supreme Soul is wonderful.



*This world is also wonderful. It is a wonder how this world cycle continues to turn.*

*“There is now the force of science. In the Golden Age, there will be so much power of science. The new world is created very quickly. There, the power of purity is the main one. Souls are now weak. There, they are powerful. Sri Lakshmi and Sri Narayan are powerful. Ravan snatched your power away. You are now conquering Ravan and becoming very powerful. The more you souls remain in the company of the Truth, that is, the more you souls remember the Father, the more powerful you become. You receive power through this study. You receive power and you then rule the whole world. Only at this confluence do you souls have yoga with the Truth. The Father says: By remaining in My company, you souls become very powerful. The Father is the World Almighty Authority. You receive strength from Him. You receive all the knowledge of the Vedas and scriptures and of the beginning, the middle and the end of the world cycle.*

*“The Father doesn’t give you any other difficulty. Simply remember Him; that’s all! Now that the cycle of 84 births is over, you have to return home. It is not a big*

*thing to understand this.*

*There is no need to go into too much detail. By understanding the Seed, you can understand how the whole tree emerges from it. It is in your intellects in a nutshell. These matters are unique.*

*“You become the masters of the world through the power of yoga. This is the effort you have to make. The yoga of Bharat is famous. Through yoga, your lifespan becomes very long. You receive so much benefit by remaining in the company of the Truth. Your lifespan becomes long and your bodies become free from disease. Only you children have all of these things instilled in the intellect.*

*“This is the pilgrimage of remembrance. You should use your intellects to churn these things. In those satsangs, people just gather together somewhere; there is no question of that here. It isn’t only when you are sitting in one place that there can be the company of the Truth. No; you remember Him as you walk, move and sit, that is, you are in the company of the Truth, but only if you are in remembrance of Him. If you are not in remembrance, it means you are body-conscious. The body is false. The body is not true. The body is non-living; it is made of the*

*five elements. When it has no soul within it, it doesn’t move. It is the soul that claims all the fortune.*

*“You are now sitting on the pyre of knowledge and becoming deities. Everyone in the whole world has been burnt by sitting on the pyre of lust. Souls have become tamopradhan and ugly. The Father comes to change you children from ugly to beautiful. Therefore, the Father says: Children, renounce body-consciousness and consider yourselves to be souls.*

*“The company of the Truth and the company of falsehood are mentioned when both exist at the same time. The true Father explains everything when He comes. Until the true Father comes, no one is able to understand anything. The Father now says to you children: O souls, keep My company. Go beyond the company of the physical bodies.”*

Let us celebrate Maha Shivratri not just on the night of 16 February 2015, but celebrate always by remaining in spiritual reunion with the Supreme Being, Parampita Parmatma Shiva. Once again, we wish everyone multi-million fold congratulations for the most auspicious festival of God Shiva’s reincarnation!!!

**– B.K. Nirwair**

# PURE THOUGHTS AND GOOD WISHES FOR ALL

– Rajyogini Dadi Janki,  
Chief of Brahma Kumaris, Shantivan

**W**e are children of one God, i.e., Shiv Baba. Day by day there is a feeling that no subtle discrimination should remain in us. To the extent discrimination goes inside, we need to question: I am happy with Shiv



**Dadi Janki**

Baba; He is happy with me, but am I happy with everyone?

At Amrit vela (Nectar Time) there is an attraction, a pull to sit here in front of Shiv Baba – and this feeling then stays throughout the day. The English word is ‘feeling’, in Hindi we say ‘bhavna’. With bhavna there is attainment for the self.

I always think, first there is

Baba and second there is service. We remember Baba and do service. We are all instruments to do Godly service. If one doesn’t do this, what does one do? While being in service, we should not be concerned about what others are doing. Dada Vishwa Ratan had such feeling that he had received so much attainment. Everyone has his or her own part. Let there not be any mistakes in service. Pay full attention, not just a little attention to being ‘instrumental for service’.

Carelessness and lethargy come into service even with the subtle thought, “*Well, there are others to do this, why do I have to do this*”.

There is deep study, contemplation, i.e. repeated churning. If in my mind, knowledge has really set in, it shows in my practical life. This has been very useful for me; I am free from wasteful thinking. To stay in thoughts of good wishes, and to be a well wisher

for others is fortune. Let each one check that there is no waste thought for anyone. This is the true meaning of having compassion and mercy for the self. There is God’s kindness and mercy, but that comes when I keep attention on myself without carelessness. Carelessness is the biggest defect and it brings a great loss.

### *What is the difference between carelessness and lethargy?*

Lethargy makes one careless. One may get a good chance, yet lethargy doesn’t allow us to utilize our full potential. Lethargy brings such thoughts of weakness that there is no spiritual income. There are some who don’t do things as a duty, but as a natural nature. But, Lethargy is an enemy; it makes you careless. It will make you give some reason or other to discontinue your spiritual effort or be complacent about it. As long as we are in service there is income. It is wonderful; there is a pull towards Baba.

With dedication we say that the body, mind and wealth are not ‘mine’. If I say that they are not mine, I need to check how I am using them.

I love the Godly Knowledge that Shiv Baba gave us in the beginning about the soul: mind, intellect and sanskars. I watched

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the film, “Who am I?” They have made a very clear film. It is very useful. It is worth watching for everyone. I don’t watch TV; I have never watched it. So we don’t have one in London. But the other day they told me so I agreed, so that I could see everyone and they can see me.

### ***Service, Remembrance and Relationship***

There is spirituality in relationships. In service, there is income. Remembrance is for the self. As much as one stays in remembrance, nothing else will come to him.

Let us give this one gift to Baba. Whatever happened an hour ago, one should forget it. One shouldn’t dwell on the past or remember it. This is income. Let us put full stop with the knowledge of the drama. What is predestined will happen.

### ***Keep the Aim to Please God’s Heart***

Why is it important to remember the cycle and to spin the cycle? Because this helps us to remember that we are in the Confluence Age. What is my part now? What do I have to do now? I am a soul of the original, eternal deity religion. Truth is my religion. My karma has to be based on truth. It is the karma which reveals the soul. We have to go to *Satyuga* – the land of

truth. One must keep Lakshmi and Narayan in front of oneself. One must remember Shiv Baba but keep the aim of becoming Laxmi/Narayan in one’s practical life. Looking at their picture, my actions will be elevated.

Within remembrance there is love and in remembrance the soul receives Baba’s *sakash*. One is Baba’s love. Secondly, Baba can pull the soul in yoga. When Baba pulls the soul above, then the mistakes of the past can be removed. They are first forgiven by Baba and then they are burnt away. This only happens when I have realization. *I have to pay attention to perform such actions that God is happy with me. Keep this aim. Don’t keep the aim to please your own heart, rather keep the aim to please God’s heart.* This time will not come again. We have to be so truthful that the falsehood of the world is destroyed.

The One who is the Father of the World is also my personal Baba. Baba is coming so how should my stage be? We need compassion. One should have compassion but not competition. If one has even a little ego, one will find a variety of obstacles. One shouldn’t stop making effort because of obstacles. Moreover, one shouldn’t be afraid of

obstacles. There will be people who create obstacles. My task is to be a destroyer of obstacles. In order to become this, one will need to overcome carelessness. One will need to maintain his/her zeal and enthusiasm. *We have received such sustenance of God Shiva in the sakar (through the corporeal medium of Brahma) and avyakt (sustenance of God Shiva and Complete Angelic Brahma, thus called BapDada through Dadi Gulzar) forms that it is easy for us to have yoga of the intellect with Baba. We receive strength from that yoga. The intellect keeps the mind totally free from attachment and influence; there is only One Father.*

If one has the basic knowledge of Rajyoga as taught by Brahmakumaris; one must have the pictures of the tree, the cycle and the three worlds. *We have to keep the images yet remember the Imageless One. He is so tiny! We must remember Him and whoever looks at us will feel that light and might. Everything will then become right.* When people look at us, they should not see our body. It is our job to make our stage such... Our face should reveal love... Therefore, one must pay attention to one’s

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character. There is no time now to correct others. One should have faith that they will do good. *One should ask oneself: What do I have to do now? What changes do I need to make in myself? I need to have such purity in my thoughts that even a trace of impurity cannot arise. The soul then receives a lot of help.* First purity creates cleanliness within and then the soul becomes truthful. Untruthfulness cannot remain within. The soul becomes pure gold. It also needs to be checked right now: Am I truthful? If there is truth there will be humility – no ego. The seed of vice is ego. Anger arises because of greed and attachment. Greed and attachment can also be subtle. Some say they have to be a little extra nice to someone in order to get the work done. What is this? If there is truth there is humility and when there is humility there is maturity. Such souls will not need to speak much. They will speak less but there will be a deep meaning in their words. Their words will be sweet.

When we look at the picture of Dadi Prakashmani, we find that she stayed in self respect and gave respect. This was her nature.

Thus, one must always consider oneself as an instrument; I am a soul, a child of Baba. Also, one must never forget the days of his or her childhood. One should always keep the thought – “I have been victorious every *kalpa*. Everything has already been done...”

*Now we all need to simply make effort to make our life a sample for others. This is the effort we should be making now. Let's finish our own obstacles. Our stage should now be free from obstacles.*

## EMOTIONAL JOY AND SORROW

We commonly become emotional, either in times of sorrow e.g. at being separated from a loved one, at experiencing failure in an external event, on hearing a negative news, etc. or in times of joy e.g. when our child or spouse or even pet performs a warm act, while watching a movie, etc. While we have always believed that it is absolutely normal or natural to become emotional and some of us even believe that it is good to let go of our emotions and crying once in a while makes us lighter and stronger; on a spiritual level, becoming emotional comes under the realm of dependencies and dependencies always weaken us. This is because when we become emotional, instead of influencing our self on our own, we allow something or someone outside our self to influence us. We bring that something or someone or some event outside our self, inside, in front of the eye of our mind, attach our self to it, and lose our self in it i.e., we let the image hijack our internal world in a way, as we become subservient to it. As a result our thoughts, feelings, emotions, words, actions are influenced in a big way by the image. This is a spiritual definition of becoming emotional. Passing on the remote control of my internal world to the outer world in this way is a sign of a not so strong internal self.

So what does one do instead? Instead of creating images of external events and people inside our minds and being influenced by them, we still watch these scenes, but instead of losing our self in them and taking from them, we contribute to them by giving them our internal energy, but at the same time make sure that while doing that, we are detached from them and not over-involved emotionally. Internal energy is given in the form of appreciation and love if it's a positive scene and power, compassion and co-operation if it's a negative scene, so as to help the scene to be corrected or resurrected. This is influencing instead of being influenced. This is a more empowering experience. In this way, we regain the control over our inner world and rise above such emotional dependencies.

## THE TREE OF HUMANITY



**T**he world, its expansion and its end, is like that of a physical tree. This is why it is compared with a tree. Now the tree of humanity has reached a totally decayed stage. Its end has now come. All religions believe that it is time for destruction. The time of settlement has come.

### **Annihilation Will Not Happen**

Many people think that this is annihilation. Annihilation doesn't mean everything will be destroyed all at once. It isn't like that. This world will not be completely destroyed. The human world is eternal. The world will stay, but there will be a great transformation. One should keep it in his/her mind that what is happening now must happen. The Supreme Soul God Father sits and explains all these aspects.

### **Why Is God Called 'Liberator'?**

The Father says: 'I come and establish true religion.' Although the residents of Bharat sing of these things, they don't understand which true religion the Father is establishing. It has



Mateshwari ji

also been mentioned in the Gita that God comes and destroys irreligiousness, and establishes true or righteous religion. However, how can one say which true religion did He establish? Nobody knows. We know, however, that God established the deity religion. When He established the deity religion, the world was heaven. When other religions came, it wasn't the time for heaven.

The new world will come only when the old world is destroyed. This is why God is called the Liberator, and the Guide. No other religious fathers are called liberator, because they cannot take anyone back home. When they come, the population

increases, but when the Father comes, He takes the souls back home. It is now the time for change. So we should understand the world history, and also our own history. It is the one Father who explains our elevated religion and elevated attainment, and what the signs or qualifications for it are.

### **No Human Can Do the Task of God**

To establish one religion and one kingdom over the world is not the task of any human being. This is the task only of God. So, He is doing His job now. It should be in our mind that the souls are imperishable; it is the Father who takes them back home.

To make human-beings highest of the high is God's task. God will make human beings great and elevated. It isn't that He gives them four or eight arms, He only make their stage elevated. This is why the Father says: 'I make human-beings highest of the high.' The strength of divinity has gone from us. The Father comes and puts that strength in us, with which our life becomes elevated.

God Shiva is making us into such human-beings as Sri Lakshmi and Sri Narayan. One needs to keep his aim firm that God is transforming us into the highest human beings. Such

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# YOU CAN TRIUMPH OVER EVIL



– B.K. Joseph, Bangalore

Questions such as what is evil, why does it exist, can we ever triumph over it... have perplexed many. Not having a satisfactory answer has resulted in many becoming atheists who believe that if there is evil, then there is no God. Their simple logic is: “Here is a man with a long beard which is the proof that there is no barber in this place!” Interestingly, the key to triumph over evil lies in knowing what evil really is.

When something is immaterial, people often resort to material tools to symbolize it. When one offers a flower to his friend, the recipient understands that the one who presents has love towards him; yet he knows that flower is not love. Similarly, the ancient people used vivid picturization of virtues as gods and goddesses, and vices as monsters (or devil and demons) through their mythical stories.

The whole purpose was to highlight the fact that victory over evil is possible. EVIL (something that reads LIVE when spelled reverse) means

going in opposite direction or taking diversion, thus wasting one’s life! If you are in harmony with yourself, fellow-humans, nature and God, then you feel light, at ease, and your life becomes a celebration. On the contrary, if you are not in harmony with any or all of them, you feel burdened, drained, at dis-ease, hence you can say you are wasting your life – something which EVIL really means in the West (compare Bible book Mathew 7:17 where the word “EVIL” is used to refer to wastefulness) and in the East (where the word for evil or vice is vikar which means deviation).

Thus evil is like a knot on a rope. Knot was not part of the rope when it was originally manufactured, but is an artificial, twisted condition temporarily brought on the rope by its user. So is the case of evil. When one abandons the truth about his true identity (that he is a spirit being in this costume called body) and hypnotises/twists himself into believing the untruth that he is only this body, and feels more important than others and begins

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to think in terms of I, My and Mine,..... things become complicated; evil appears like a knot on a rope. (Bible book Proverb 21:4; Bhagavat Gita 16:8-21; 18:16). When one feels more important than others, his desires become intense. The more the self-importance, the more monstrous form the evil takes.

This is where the knowledge of one’s true identity becomes significant. We know that when the soul leaves its seat, the body turns into a horribly foul-smelling trash, and hence the body is a perishable costume of the soul through which it performs its roles on earth. The soul is the driver, the body is the car. This realization of soul, being a conscient point of energy, helps to cultivate the inherent worth of the soul. When one accepts truth about himself, he feels at ease with others, pure motive comes in dealing with others, which results in joy, love and peace – evil disappears.

Thus, truth about what makes us evil makes victory over it easier, which naturally has been the theme of all myths. Thus we have in India myths about gods defeating demons, and mythological beings with divine powers, such as Saraswati, Lakshmi, Ganesh.... who are all symbols of higher states of consciousness that inspire us to

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tap into the collective imagination and our collective longing to accomplish the extraordinary, lead a better life and activate the latent powers within our awareness.

One such great help is found in the most popular teaching found in almost all cultures – the teaching of TRINITY that symbolizes three roles of GOD as Generator, Operator and Destroyer [the first letters of which, some say, make the word GOD]. Whatever happens in the physical world – including in our bodies – could be summarized in three words: generation, growth and decay which are repeated eternally. These three things happen in an orderly way as though they are being headed by three divine beings who fulfill the above three roles as representatives of the God Almighty!

***We, the individual souls, are actually the exact representation of the Supreme Father; thus our souls too should have those three major roles:***

- ✓ 1) Soul GENERATES thoughts (thus we have the faculty called mind).
- ✓ ) Soul distinguishes what is beneficial and harmful, and MAINTAINS what is beneficial to us (hence we have the faculty called

intellect).

- ✓ 3) Soul retains the imprints of all actions performed mentally and physically (thus we have the faculty called *sanskar*) which can, in the process, DESTROY or transform wasteful tendencies into beneficial tendencies, if it chooses to do so!

Once convinced of the above three roles of soul, there is no limit to one's enjoyment. Because thought is the father of all actions, and one can simply change the object of his vices and destroy/transform them into virtues. See what happens when you change the object of your romance (from a human being) to Supreme Being – you begin to enjoy ever-increasing joy, a super-sensuous joy, which comes from remembering Him alone (as opposed to the gradual distaste and disappointment that come from loving human body, the beauty of which is bound to disappear after some years, accompanied by many ailments). One who has tasted the superlative joy that comes from remembrance of God, then other forms of superficial excitement become too insignificant in comparison, and hence one will have no reason to fall back to worldly attraction. Instead, he will always swing in

joy, singing like Mira: "I am mad in love" of God!

This is true of all other vices or evils. Your anger becomes an asset when you decide to become angry ONLY at your own flaws and failures, not of others. Finally, your pride becomes holy when you think: "I belong to God and He belongs to me, and I have a good relationship with God Almighty, lovingly called Shiv Baba!"

What a wonder! A small change in attitude destroys (or transforms) all your vices into virtues. This has its parallel in the physical world too. Chemists are used to seeing such wonders. Each element in the Periodic Table has a number assigned to it, and each element has a certain number of atoms and electrons in it. The reason why silver, charcoal, gold and diamond appear different is simply because of the difference in the number of protons and electrons in the constituting atoms. If numbers of atoms or electrons are different in charcoal (an amorphous form of the Carbon element), then it becomes Diamond (a crystalline shining form of the same Carbon element).

Similarly, in body-consciousness, you are like a charcoal. Switched over to soul-

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# THE UNIQUENESS OF SHIV JAYANTI



– B.K. Rama Prem, Malaysia



**W**e celebrate the festival of Shivratri or Shiv Jayanti every year around the month of February with a lot of zeal and enthusiasm. The devotees of God Shiva go to the temples, put on fast, practice celibacy, remain awake throughout the night as a mark of devotion and offer prayers to Him for the well-being of their near and dear ones.

Shivratri, unlike other festivals, has its unique speciality. While devotees perform worship of other deities, there is however something exceptional about the festival of God Shiva, who performs divine acts of Generation of New World through the medium of Brahma, Operation or sustenance of that Golden Age World through Vishnu and Destruction of the present old vicious world, through Shankar, in the present Confluence Age.

The term Shivratri which is a Hindi word signifies the night of ignorance of all human souls of the true knowledge of Soul, God, the beginning, middle and end of the World Cycle, *Karma*

Philosophy etc. This is the time when all human souls of the world are under the influence of vices, viz. Sex-Lust, Anger, Greed, Attachment, Ego, Jealousy, Carelessness, Laziness, and Enmity etc. As they are all in darkness of true knowledge, they also defame God by calling Him omnipresent and, thus, believe Him to be in all the creatures of the world such as animals, insects, and birds and even in the five elements such as trees, plants, sun, moon, fire etc. Thus, this is the time when God Shiva reincarnates in the pious land of Bharat when there prevail – irreligiousness, lawlessness, crimes, corruption, violence, degradation of values, when many so called *Gurus* and Saints claim to be gods. Thus, at such a time of doomsday, God Shiva, who is the subtlest point of light and is immune to the cycle of birth and death and Ocean of all virtues and powers, descends from His Supreme abode to fulfil His promise mentioned in Shrimad Bhagwad Gita to bestow His children – the

God Fatherly birthright of Liberation and Fruition.

## **The Form of God Shiva and His Worship**

As per Godly Knowledge being taught by God Shiva through the medium of Prajapita Brahma Baba, we were pure, prosperous and happy in *Satyuga* and *Treta Yuga*, known as Golden Age and Silver Age. These two epochs are also known as Paradise or *Swarg* or *Jannat* or *Bahisht*. The inheritance of Paradise was given by God Shiva at the Confluence of the fag-end of *Kaliyuga* and beginning of *Satyuga*. However, from *Dwapar Yuga*, we started performing devotion of God Shiva, followed by worship of deities (forgetting that we ourselves were deities), *Gurus*, Saints and even five elements – earth, water, fire, air and sky.

We sing His praises and call Him the Ocean of Knowledge, Ocean of Purity, Ocean of Love etc. However, it must be understood that these praises are not just praises but the real qualities of God Shiva which He is performing presently at the

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Confluence Age to liberate us human souls from vices and give us our God Fatherly Birthright of Heaven for 21 births. He is called Ocean of Knowledge because in order to liberate us from the shackles of Maya, He gives us Godly Knowledge, which is His love to us, in the praise of which the devotees sing, "You are the Ocean of Love; we are thirsty of one drop of it."

There are praises and stories for many deities on how they were born, how they grew up and how they lived. But the same can't be found for God Shiva. God Shiva is a point of light that is why we use the 'lingam' to worship Him which is almost formless. Even the 'lingam' has only been made so that we may have an actual physical medium that we can worship and relate to. It is easier for human beings to accept something tangible than something non-existent and indescribable.

Why do we refer to Shiva as the Supreme Soul or 'Paramatma'? This is because He is the Father of all the human souls. Only souls can live in the Soul World and God Shiva is the one who can give powers to these souls.

The descent of God Shiva, 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. Today no one has answers to questions such as who they are, where they are from, why the earth is filled with happiness and sorrow, why they are here on earth, what they are doing and what they are supposed to do to attain Liberation and Salvation. Everyone's intellect is locked away from the truth. It is only God the World Benefactor who unlocks eternal divine truths and grants all souls liberation from

sufferings.

God Shiva is the one who is good to everyone and is the Almighty, the Saviour, the Most Benevolent and World Benefactor. In the present Confluence Age, He is teaching us Rajyoga and creating the World of Peace, Prosperity and Happiness for those, who recognize Him, become His children and follow His Godly advice, i.e. *Shrimat*. In fact, for such children who become embodiment of Knowledge, Purity, Peace, Joy, Love, Bliss, Power, this most auspicious festival is the real Diwali, as their lamp of soul is ignited by God Shiva. Moreover, this festival paves the way for the Golden Age, which is the memorial of festival of lights – Diwali. ●

**(Contd. from page no. 12)**

consciousness, you become like a diamond, so strong that you will smash the hammer (also called Maya) that hits you! Moreover, you begin to dance over all vices – something that is symbolized by Krishna's dancing over the hood of snake!

In modern days, Brahma Baba triumphed over all forms of evil, with ease. Those who were personally trained by him became the mighty pillars of the purity, called Brahma Kumars and Brahman Kumaris. You too can learn from them how easily you can triumph over evil and make your life a celebration. Contact your nearest Rajyoga Study centre and ask for a seven-day course, conducted free of cost, for an hour a day.

# SIGNIFICANCE OF MAHA SHIVRATRI

– B.K. Surendran, Bangalore

**M**aha Shivratri is celebrated all over India during the month of February or March every year. It is believed that God Shiva took birth during night. It is strange that even though God Shiva took birth, nobody knows about his parents, his family and so on. In case of Shri Krishna or Shri Ram or others, their parents are known to the world and there is a history of their family background. The very significant spiritual event of Shivratri has been distorted over the years and now people celebrate this important festival as an annual ritual sans its original significance and purpose. To truly celebrate Shivratri, it is vital to know as to who Shiva is, His role and what the word 'Ratri' has to do with Shiva.

## Shiva and Shankar

When we speak of God Shiva, there are two entities coming up before us. One is the meditative figure of Shankar and the other is the oval shaped form of stone. We can find the idol of Shankar in meditative posture in front of

Shiva *Linga* in many Shiva temples. The subtle deity Shankar has come to be called Shiva because God Shiva cannot be seen with the gross eyes. It is seen that in all the 12 *vyotirlinga* temples, we find only the self effulgent light form of stone which is called *vyotirlinga*. In such temples, the deity Shankar is not seen sitting before the *vyotirlinga*. Through the study of the ancient symbols of worship among various nations and religions, it can be traced that the worship of Shiva *linga* holds a distinct position. It has been a symbol of all major religions of the world, may be under different names.

## The Meaning of 'Linga'

As time passed, many great religious persons preached what they believed and practised. Many people started offering

their obeisance to the great men in place of God. In fact, God,

being Incorporeal light, remained invisible to devotees, who used different languages, and misguided – personal opinions. Instead of clearly understanding the meaning of '*Linga*', misinterpretations took place. *Linga* means 'mark', 'sign', 'symbol' or 'gender' or 'emblem'. For example, in one of the famous systems of Indian Philosophy known as *Niyay Darshan* (Indian system of logic), it is said that 'desires', 'efforts', and cognition of knowledge are the 'ling' of the soul. In another Indian philosophy *Vanished*, it is said that 'afterwards', 'earlier', 'simultaneously', 'lately' and 'quickly' are *lingams* of time. It is unfortunate that a literary exercise has been made to associate the worship of Shivlinga with certain parts of body of deity Shankar or phallic worship. A serious misinterpretation is made and Shankar is made Shiva. Again we must know that the 'Sanskrit word '*Linga*' is *Lin* and *gam*. *Li* or *lin* is equivalent of *Laya* i.e. destruction whereas '*ga*' or '*gam*' means '*agaman*' means recreation or renaissance. Here Shivlinga means one who does good. It denotes the gender. We normally say '*pullinga* means masculine, *strilinga* (feminine) and *Nanpunsiklinga* (neuter gender).





### **Light Form Of God Is Recognised By Almost All Religions Of The World**

Not only the people belonging to *Sanatan* Dharma recognized the light form of God, but a vast majority of people professing different faiths believe that God is light. In Mecca, there is a stone symbol named Sang-E-Aswad to which all Muslim pilgrims pay homage by kissing it from a distance. Christians and Jews believe as mentioned in Bible that God had revealed Himself to Moses in the form of a lamp flame. Today an earthen lamp is lit in all temples and a candle lit in all churches. People who practise Patanjali Yoga fix the mind on a candle flame. God is a subtle and brilliant dot. He is not omnipresent but omniscient. Even in *Srimad Bhagavad-Gita*, it is stated '*vyotishamapi vyotisthamasaha param uchate*' 'God is light of all lights and is Supreme of all'. God is Ocean of knowledge, Ocean of peace, Ocean of bliss and Ocean of love. He is the Redeemer, Lord of 3 worlds, and the Destroyer of sins.

#### **Meaning of God**

God means One who is self-existent and is eternal and of the nature of light. The Arabic word 'Allah' is derived from Al and Lah meaning the Sacred One or the One who is of the nature of

Hidden Light (Divine Light). We find the word *Elohim* in Bible and the Arabic word 'Allah' means the same thing. Another word mentioned in Bible '*Jehovah*' which originally was *Jahweh* literally means 'the living truth' or 'the consciousness of life. *Jehova* original was Shiva, the light seen by Moses in the bushes. Jesus Christ also said 'God is Light, I am not God; I am son of God'. God is also called '*Khuda*' means the One who comes on His own. It is similar to the word '*Swayambhu*' meaning the One who takes birth on His own.

#### **God Descended And Currently We Are In Shiva Ratri Time**

God descends in the body of an ordinary old man who is endowed with divine vision. He is given a spiritual name Prajapita Brahma. God comes down to the level of human beings at the end of Iron Age and beginning of Golden Age to communicate with human beings in a natural way. He reveals His own identity and His abode of *Paramdham* or Soul World, His attributes, His divine acts through the subtle deities Brahma, Vishnu and Shankar, the identity of the souls and also the creation. This period is called '*ratri*' meaning darkness of ignorance. Then God initiates

human souls to practise '*Upavasa*' which means the act of staying near to Him – in other words called love-full remembrance of God.

#### **God Shiva's Unique Revelations**

**In the history of the world nobody, may he be a *Rishi, Muni*, a prophet, a great soul, has ever asked us to remember them, except telling us that we should remember God. But, here God authoritatively asks us to remember Him and Him alone in soul-consciousness and remember Him in *Paramdham* which is His abode. He also makes another surprising announcement that He has come to take the souls back home as the present act of drama is going to conclude and a new world order of peace and plenty will be created. We can connect to Him mentally through love-full remembrance in soul-consciousness. Thus one experiences super-sensuous joy. This is God's presence in action. One experiences His divine companionship. This is, in fact, a combination of the greatest worship, the highest spiritual effort, the holiest spiritual peregrination, the unique vrata, tapa, upavasa and jagran. ●**

# A LIFE TRANSFORMING EXPERIENCE

(An IIT Delhi graduate, B.K. Bro. Yogeshwar Kumar, worked in various capacities in Andhra Bank in India. Having received Godly knowledge in 1988, he has also been working for spiritual upliftment of society. Bro. Yogeshwar shared about his life and the spiritual endeavours in a candid interview with B.K. Ranjit Fuliya, Associate Editor, *The World Renewal*, which will definitely inspire and motivate our esteemed readers –Editor).



Bro. Yogeshwar Kumar

**B.K. Ranjit Fuliya: Brother Yogeshwar Kumar, please tell us about your childhood, education, spiritual and religious beliefs etc.**

**B.K. Yogeshwar Kumar:** I belong to a religious family of U.P. with strong *sanskars* of *bhakti* or devotion. In my childhood itself, I was inspired by my parents to visit Shiva temple daily to offer milky water on Shiva Linga and to visit a famous Shiva temple every year on Shivratri. This continued for ten years without a break until I got admission in I.I.T. Delhi in 1966 for my engineering. As various *Gurus* talked differently about the same God, I developed a strong desire to know the truth about Him. I completed my B. Tech. in 1971, MBA in 1978 and later CAIIB-I.

**How did you get the divine knowledge?**

In 1986, B.K. Virendra Gupta,

C.A., became instrumental in introducing me to this Godly Knowledge in a B.K. centre in Hyderabad. I had certain doubts regarding *bhakti* rituals and as B.K. Sis. Kuldeep successfully removed my doubts; I felt that I had come to the right place. Then my mother and I did the Seven-Day course but due to heavy work-load in the office, I did not attend the *Murli* classes regularly. Later I got transferred to Mumbai branch of my bank and the sisters at Matunga centre became instrumental in creating deep interest of all the four members of my family (me, my yugal, Tapish (son) and Nikita (daughter) in the knowledge and love for Baba.

**Which ideas/point of knowledge/values attracted you and inspired you?**

(i). Shiva and Shankar are not the same; Shiva is the creator and Shankar is the creation—this

point of knowledge fascinated me the most (ii). I have been selected by God Shiva, i.e., Shiv Baba to become His Right Hand in the task of world transformation. These points touched my heart deeply and inspired me to make sincere efforts to bring world transformation through self transformation.

**What obstacles did you face on the divine path and how did you handle them?**

How to avoid eating food cooked outside my home was the only problem which I faced initially with friends and relatives during various parties/programs but it became easy due to my determination and active support from my wife Lily and multimillion times help of sweet Baba. I realised that every friend and relative reconciled to our food habits and there was never a problem for us. By Baba's grace, we could remain stable on our principle of taking home-made vegetarian and satvic food only. In fact this principle became helpful for us

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to do spiritual service.

Urmila, my aunt, was so much impressed by our principles of having satvic food during one relative's marriage party that later she herself became a B.K. She started a sub-centre in her own building at Sambhal, U.P., after having experienced various divine visions of Brahma Baba. During my inspection of the bank branch at Jamshedpur as Zonal Manager in 1995-96, I took Brahma Bhojan at the centre along with the branch manager. The manager was impressed by the pure and selfless love of the brothers and sisters at the centre and became a BK shortly thereafter.

***What help and assistance did you get in your personal as well as professional life because of the B.K. principles and beliefs?***

God Shiva has been helping me every moment, in every situation/challenge both in personal as well as professional life. He gave me everything one could wish including power, position and money in India as well as on a foreign land through Government of Nigeria (Africa) assignment. Baba has fulfilled all my desires and groomed my life so beautifully that I have no desire left except always remembering Him and/or

churning knowledge till I leave this body and rest in His lap. I give below just a few examples out of many:

▶ 1. During the 1990s, I was posted as Chief Manager of the main branch of Andhra Bank at Mumbai. Mr. Harshad Mehta, the scam master of 90s, who was our branch's customer, had offered to fulfil any of desires provided I favoured him illegally against the norms of the bank. Baba's teachings saved me from temptation and I told Mehta that I was not the right choice for him. He became upset and left the bank premises; and later as everyone knows he was jailed and died.

▶ 2. In 1994, I was posted as Asst. General Manager, in charge of Calcutta zone (Zonal Manager) to bring peace in the chaotic zone where there was total stagnation and no growth in the bank business. No officer wanted to go there due to frequent gheraos and the cruel/violent methods used by bank employees' union against their superiors. After few days of my joining, the union gheraoed me at the zonal office premises demanding immediate cancellation of transfers of some members of the staff which were ordered by the earlier zonal manager. I assured them to look into their genuine

problems but not under force/gherao. They pulled my chair and I had to sit on the floor along with my Chief Manager and personnel officer; then I went into meditation. Sister Kanan of Museum centre, Calcutta advised me not to worry as they would send yoga vibrations to me from the centre during gherao. The union people were amazed to see my tension-free face during gherao and left with a desire to learn about Rajyoga of Brahma Kumaris. It was my first and the last gherao during my two-year stay in Calcutta and during that period the zonal business grew 100% and the zone became disciplined. In fact 'Sunday Banking' (all 7 days banking) at the bank's Alipore branch was started during those days and 'Sunday Banking' was inaugurated by Rajyogini B.K. Nirmal Shanta Dadi herself as the Chief Guest. It was the first successful experiment in banking industry in West Bengal.

▶ 3. A very senior officer of our bank wanted some undue favour failing which he threatened to stop my promotion. I did not oblige him as that was against the interest of the bank. B.K. Sis. Vandana (Matunga centre) advised me not to be worried and instead attend the interview



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process. The other members of the interview committee representing Reserve Bank of India and The Ministry of Finance appreciated my performance, and finally, I was promoted.

▶ 4. In 2003, I took voluntary retirement (VRS) from General Manager's post and joined as Technical Adviser to the Executive Governor of The Kwara State Government in Nigeria (Africa). I was there for full five years and travelled even during early mornings fearlessly because Baba always accompanied me and it was a record that I was never attacked by armed robbers. In fact the Executive Governor invited both Sis. Rewa, from Lagos centre and Sis. Kreena from London, to the capital city as the guests of the Nigerian Govt., for a Three-Day program on Positive Thinking; which was inaugurated by their Dy. Governor.

***Which divine principles/ inculcations/spiritual code of conduct do you follow and how do you find them useful in your personal life?***

I try my best to follow Baba's daily *Shrimat*. I never miss Amritvela meditation and Murli class in the morning, an Avyakt murli in the evening followed by the evening yoga from 6.30 p.m.

to 7.30 p.m. Besides, I write Murli quiz both in Hindi and English regularly for BKs and am pursuing some projects given by SpARC Wing of the BKs. Innate qualities of the soul – Peace, Truth, Happiness, Love and Purity are the foundation of all virtues and powers. For example, the virtues such as patience, tolerance, courage etc., are obtained by mixing the basic qualities in different permutations and combinations, e.g. Patience (peace, love and power), Humility (love, peace and truth) and Courage (power and truth). This in turn leads to my refined behaviour. These divine principles have given wonderful results.

***What are your plans for future? Do you think you did the right thing by becoming a B.K.?***

Since Shiv Baba has adopted me, now I aim to inculcate all virtues and qualities of an angel like Brahma Baba at the earliest. Therefore, after Baba's advice on *ACHANAK* (SUDDENLY), *EVERREADY* and *LONG TIME PRACTICE* of being detached from the body in 2007, I took a flat in BK Colony, became life member of SpARC (Spiritual Applications of Research Centre), *SEW* and *Tivra Purusharth* (Intense Effort) groups. Baba has

adopted me and is helping/ guiding/protecting me at every moment of my life. I consider myself to be very fortunate in becoming a member of the Godly family and a Godly student.

***Based on your experiences, what would you suggest to others so that they may get maximum benefit from the spiritual knowledge?***

I would suggest to everyone that our daily routine must comprise a very powerful Amritvela meditation, followed by the Murli class, an *avyakt* Murli in the evening followed by evening yoga from 6.30 p.m. to 7.30 p.m. Listen Rajyoga classes regularly so as to refine the experience of meditation at *Amritvela*. One must maintain a daily chart of remembrance, Godly service, inculcation of divine virtues etc. Total trust is necessary for having determination and achieving success in life.

***What are your specialties and talents that you wish to use in Baba's service and how do you plan to utilize them?***

I have the hobby of daily reading and churning Baba's *Avyakt Murlis* and conducting or participating in collective yoga for hours together, without

feeling tired.

I plan to utilize this hobby for becoming introvert, changing my old habits, burning my die-hard resolves, to experience my inner powers and with that experience, to spread deep and fundamental concepts of this Godly knowledge among other brothers/sisters and to do service with the mind (*Mansa Seva*) for souls and the five elements as much as possible.

***Baba says "Charity Begins at Home".  
What efforts have you made/plan to make  
about serving your  
immediate family members?***

As mentioned earlier, I started practising the knowledge given by BKs and my mother also became a BK in 1988. Later on, my wife started to follow this divine path followed by both my children. My son is a regular student at Milpitas centre (CA, USA). In fact now Urmila Behn, my aunt at Sambhal (UP) and Sneh Behn, sister-in-law in Bareilly are also regular students. During my service in Andhra Bank many of my colleagues, managers and executives became Shiv Baba's children. The credit for all this goes to one and only one – God Shiva!



### **STAYING POWER**



When you have staying power, you have the stick-at-it-iveness. Like a postage stamp, you're able to stick at one thing until you get there. So, even when there are lots of mini-failures, don't stop! Use your strength, energy and focus to steer your way through the obstacles, and stay with it. Use perseverance and somewhere along the road 'success' will show up.

## **A LIGHT OF LIFE**

– **B.K. Meera**, Jayanagar, Mysore

Divinity is present within us. Through the art of connecting with our innate qualities and using them in our interactions with different individuals of society, we come to realise divinity that lies within us. This is the root of religious striving. For attainment of a wondrous life of authenticity, we should be able to overcome ordinary desires and temptations. To achieve good we have to renounce evil. To realize divinity which is our real goal, we need to go within beyond the externally material driven world.

It is possible to concentrate our mind on the goal of spiritual progress and perform duties of our life simultaneously. For this we don't need to renounce the world but turn to spirit, raise our level of consciousness and lift the quality of our thoughts.

How do we develop and strengthen an attitude of helping others to the best of our abilities? We should have the understanding that notwithstanding their outward shape, complexion, caste, religion, people have within themselves a huge source of divinity. Even the people who are unaware of their inner beauty should be regarded; we should wish them well and strive for their welfare. A man who claims to love God and godliness cannot hate his brother or neighbour because he looks at the goodness and divinity present deep within each soul. If we can have a sense of love and brotherhood for all living beings, it amounts to our faith and trust in God.

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# GOD'S CROWNING GLORY

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– **BK Anand M. Hans**, New Delhi

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It is indeed remarkable to note that the word for strength, virility and power in Hindu culture is represented by the term “Shakti”. Shakti is the all prevailing universal manifestation of the feminine and is symbolized by various names such as Durga, Lakshmi, Saraswati and Vaishnu Devi as the goddesses of strength, wealth, valour and power. All male power is said to be derived from this universal power and strength of women. As per Hindu Mythology and literature, kings and cities were completely destroyed because a single woman was wronged by the state or those in power. The epics of Ramayana and Mahabharata are examples of the fate met by Ravana and the Kauravas for insulting women.

Even in the early Copper Age (Dwapur Yug), some two thousand and five hundred years ago, women and men in Bharat had equal rights in all aspects of life including education and religion. There were great women scholars who mastered the religious texts and in fact

creation of these texts itself was a joint effort of women and men *rishis*. The Vedas and Upanishads, the first and foremost sacred texts of Hinduism, mention in detail various rituals involving women as well as the contributions of women scholars and philosophers of those times. But with passage of time, women were suppressed, and condemned as unequal and were excluded from religious practices and barred from entering some places of worship.

Various religions, be it Hinduism or Christian Churches, proclaimed the physical, social, intellectual and religious inferiority of women and castigated them as “the devil’s gateway.” In Islam, men are considered to be in charge of their women in chastising and reminding them regarding their obligations towards men. Men are commanders and the women have to obey them in all matters. This lack of equality and attitude of disrespect has taken its roots not only in religious, sociological and cultural systems but more

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particularly within the consciousness of masses, with young girls instilled with feelings of fear, humiliation and unworthiness.

Also, the girl child in our country is indoctrinated, from the very young age, to regard the man whom she marries as her *guru*. Although this is no longer the norm now, yet the wife is even now expected to obey and pay obeisance to her husband in all circumstances like the disciple does to a *guru*. In the moral rot that has set in the world of today, it is the woman who has to bear the brunt of the man’s lust, anger, greed and ego. I am reminded in this connection of the famous stanza of the poet *Akbar Allahbadi* who bemoaned this sorry state of affairs in lines which, translated into simple English, say that the other day when he saw some young girls without their veils, he was too embarrassed to look at them; when asked what had happened to the veil, they were quick to reply that it had instead been used to cover the good sense of their men folk. At a time when women are treated with utter contempt and disgrace, God Himself comes and helps women to acknowledge the greatness that lies within the self. He gives the divine knowledge of the Eternal self – the soul as one understands that

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every human being has a reservoir of qualities which has nothing to do with gender or physical limitations.

It is time for Him to take the world's affairs into His own hands since all the religion founders, saints, *rishis*, *mahatmas*, *gurus* and preachers of the world have not been able to set things right although they have brought a semblance of stability in the cosmos. The wonderful thing is that God is already doing the job of building a new world or, rather, re-building the old into a new one. And even more wonderful is that God has again turned towards women and entrusted them with the task of building the new world. He has placed the urn of knowledge on young girls and mothers and has given them the right to serve the world as spiritual leaders.

For those who do not know even better news is that the task of re-building the world is already under way. It has been undertaken by Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, a spiritual world university established by God Himself, with its headquarters at Mount Abu in Rajasthan. The aim of the organisation is to teach human beings the seven values of Knowledge, Purity, Peace, Love, Happiness, Bliss and Power in order to rejuvenate the world in general and Bharat in particular, and regain the glorious past – the Golden Age. The university, as its name suggests, is being run under the over-all control and management of Brahma Kumari sisters, daughters of Prajapita Brahma, the corporeal medium through whom the university has been founded by God. The woman who is called the homemaker has been given a much bigger role – that of teaching and transforming the mankind.

Now, the famous quote of Shakespeare – “Frailty, thy name is woman” – needs to be replaced by a new quote: “Shakti, thy name is Brahma Kumari”.

## O MY BELOVED BABA, MY VALENTINE

– **B.K. Priyanka Kasture, Satara**

O my beloved Baba, my valentine,  
With you I feel heavenly divine.

It feels lonely when I was apart,  
I got you so let's have a new start.  
I had lost everything I had,  
You gave me everything, I feel so glad.

Without knowledge we were so viciously mad  
Now I'm vesy happy as I found you my dearest dad.  
Your every word makes me pure more and more,  
We have a bright future with you for sure.

We get daily treasure to explore..!  
It is the only knowledge where soul is cured..!  
There is no hurt, no rejection..!  
We are the masters only known for the perfection..!

We'll be equal to you as your reflection,  
First Supreme Abode, then heaven is destination.  
With your powers we become Power House,  
By knowing our true self we kick that Maya Mouse.

Making you my companion is choice,  
We are from the world sans any voice.  
Your unlimited love beyond any expectation,  
We feel blessed, for everyday we get your sustenance.

I wonder how beautiful my fate with your fragrance,  
I got my companion, my love, most beautiful soul-mate.

By following your directions (Shrimat), we get new Paradise.

Surrendering everything to you makes us totally improvised!

O my beloved baba, my valentine,  
With you I feel heavenly divine.

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# LET'S PLAY SUCH A HOLI



– B.K. Rashmi Agrawal,  
Gumla (Jharkhand)

**F**estivals and spiritual traditions are main features of Indian culture. On the one hand, these celebrations denote zest and vivacity of the community; on the other, they are also a powerful medium of social awareness. Every festival brings the feelings of happiness and prosperity with it. One of the prominent festivals of India is Holi which is quite unique and special. Holi, also called the Festival of Spring, is celebrated in the full moonlight of the Hindu month of Phagun with a lot of zeal and enthusiasm especially in the land of Krishna – 'Brij'. With the arrival of spring, mind gets immersed in the waves of fervour; the environment gets charged with the vibrations of happiness and merriment. Holi is a festival of love, with a feeling of belonging, yearning to hug each other. This wonderful morning of the festival gets drenched with vibrant colours, while the evening gets painted with red powder.

There is a mythological legend behind the celebration of this

festival of colours. It is said that as per the ordinance of an atrocious king Hiranyakashyap, his sister Holika who had the boon of being immune to fire, took Hiranyakashyap's son Prahalad in her lap and sat in the bonfire so as to kill him by burning alive. Astonishingly, Prahalad, who was Lord Vishnu's great devotee, wasn't even touched by the fire, but Holika got burnt and turned into ashes. Thus, there was victory of truth over falsehood and that of theism over atheism. Therefore, every year, on the eve of full moon in the month of Phagun, heaps of wood are burnt, which is also called the bonfire of Holika and devotees wish for the end of evils and the start of a bright future.

### **Burn Such a Holi**

The tradition of burning the wood and cow dung cakes is



observed every year and we feel that just by performing this ritual, we have burnt the bonfire of Holika and saved Prahalad. But we need to ponder the devils of poverty, deprivation, inflation, unemployment, malnutrition, communalism, terrorism, extremism and corruption that are making a mockery of our Holi celebrations. Even though we have burnt the apparent wooden bonfire, we have failed to burn the evils and demon of extremism, which is omnipresent in the minds of people, society and country. They are burning us even today. They are laughing at our foolishness of what we had to burn and what we are burning.

The colours which we have been using on Holi have remained ineffective. This colour has failed to leave a long-lasting impact of maintaining communal unity, social goodwill and political equilibrium. It has also failed to lead humanity towards the path of progress; connecting hearts with hearts and breaking the pot of sins of Hiranyakashyaps, Kansas and Ravanans. Holi comes to flow the river of pure love in life.

### **Holi – a memorial of Confluence Age**

Every Indian festival has many spiritual meanings inherent in it and it is futile to celebrate a festival without understanding its

underlying spiritual essence. The Holi of Dwapur and Kaliyug that is played with *gulal* and colours is in fact a memorial of Holi of the Confluence Age, which was played with the colours of Knowledge. The festival of Holi reminds us of the end of Kaliyuga and beginning of Satyuga, for it is at that juncture that the Supreme Soul God Shiva incarnated and coloured the souls with divine Knowledge. That auspicious communion with God is celebrated every year. But being unaware of its real significance, people play Holi with artificial colours and thus, waste their precious time, money, wealth and energy. There is a special slogan spoken while throwing coloured water on each other – ‘Don’t feel bad; it is Holi’. Can it be called a festival if it makes people feel bad? Burning mental pollution, negativity, arrogance etc., in the fire of Remembrance of God is the real bonfire of Holika. The colour of Godly Company, i.e., the colour of Godly knowledge, is in fact what gives zeal and enthusiasm.

### **Celebrate Holi as Ho-li**

The meaning of Holi, in other words, can also be inferred as Ho-li, i.e., letting the past be past. That is to say that one shouldn’t be worried about what has already happened and in future, whatever *karma* has to be performed, should be done in God’s remembrance. The word ‘Holy’ means pure; so, whatever *karma* is to be performed it should not be under the influence of any vice.

Thus, Holi is a festival of victory of virtues over vices, justice over injustice and sweetness over bitterness. Holi gives us an opportunity to recognize the colours

of Peace, Love, Purity and Joy that we have within ourselves and implement them in our life. We need to dilute such a colour so that the rust on humanity should be erased forever. Let’s burn all our evils on this Holi. Let all sort of discriminations be removed. Then only the real Holika will be burnt and Prahalad, i.e., man will remain safe. Then only we’ll be able to spread the colours of happiness and sprinkle the colour (*gulal*) of freedom. And then only the basic hidden perception of Holi will prove to be useful.

Let’s burn old tendencies and resolves,  
 And write a new history with God’s pen of divinity!  
 Colour our life with knowledge and virtues,  
 Imbued with peace, happiness, unity and values  
 Removing evil thoughts, and all bitter feelings  
 Create a happy universe, with compassionate dealings

## **BORN TO REBORN**

– B. K. Sandesh Sarvade, Solapur

Born and grown up in body-consciousness,  
 Here comes the call after a long long time  
 “You are not a body, but a soul, a point of light.  
 You just have to be born once again.”  
 We slipped from soul to body-consciousness,  
 Voice of the Supreme Soul comes calling  
 Lifting and raising us above body-consciousness:  
 Open your mind and be born once again.

Knowing “WHO AM I?” and “WHAT IS MINE”  
 Changes the thought pattern in me,  
 Cleans the negative and forges communion with Him  
 You are just one thought from being born again.  
 Caught in vicious cycles we forgot being pure,  
 With medicine of Rajyoga, the Supreme Surgeon  
 God Shiva at the Confluence Age making us realize  
 We need to be REBORN soon and now.

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# ***BEING WITH ONE:***

## **EXPERIENCES WITH THE EBOLA EPIDEMIC IN LIBERIA**

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– **B.K. Kinyua, Nairobi**

I am Bro. Kinyua from Kenya and have been doing Godly service in Liberia, one of the West African countries that have been badly hit with the deadly Ebola virus that so far has no known medical cure and kills up to 90% of those who get infected. When the outbreak was announced, one of the recommendations by the Government was that public gatherings of any kind should be halted as Ebola is basically spread through bodily contact.

We had to halt all our service plans and had to cancel various programmes. As the situation got worse, schools had to be closed down and even whole ministries of the government were closed down where the virus had struck one of the workers. Eventually most of the hospitals also closed down as a number of medical attendants succumbed to the virus. We reluctantly had to close the Brahma Kumaris centre even for regular students.

This meant spending weeks in the centre alone; we could only read the Murli and share

some inspirations with students over the phone. It was around this time that the project of 'Being with One' concept was circulated, and I thought how drama and Baba were bestowing me and the Liberia family with a unique chance of experimenting with 'Being with One'.

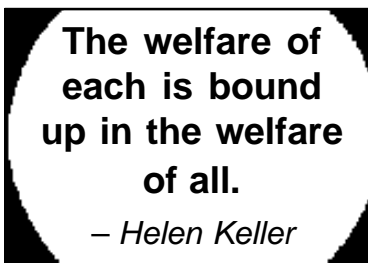
The 'Living *Yagya*' concept also came to me in a very practical way, as besides the constant companionship of Baba, I experienced constant sustenance from the divine family. There were calls and emails from Sister Vedanti with inspirations and ideas, and calls from Bro. Perkin from Nairobi. Bro. Tony of Nairobi worked very hard to get me on a flight out of Liberia especially once the airlines started cancelling their flights to Liberia with most foreigners trying to get out. There were many others who sent messages or personally called giving support and inspirations that made clear the feeling that ours was a very living and functioning family.

I, at last, was scheduled to fly out on 20th August on a Kenya airways flight to Nairobi when the news came out that the Kenya Government has banned all flights after 19th August, which meant my scheduled flight would not take place. Their last flight was scheduled to be on 18th August out of Monrovia. Bro. Tony in Nairobi tried to have me on that last flight but to no avail. It was fully booked with a long waiting list. I was advised to go to the airport and try my luck. On that day, I went early to the airport but the manager said there was no chance he could put me on that flight as the waiting list was long but I could wait anyway. Reasonably it looked like there was no chance of getting on that last flight. Their systems broke down and so the check in was being done manually and it took a long time while we waited. All the time I was feeling that Baba was right there with me. A lot of those on the waiting list gave up and left as we had been waiting for nearly six hours and eventually when only nine of us were left, the manager announced that he had three vacant seats. I kept my cool and at some point, the manager pointed out to me and told others that if they could be as patient as I had been, it would be easier

for him to see how he could help us. Anyway, after their reconciliations, everybody did get on the last flight, and I was literally the very last passenger to get a seat on that last flight out of Monrovia.

As I sat on that flight back to Nairobi, I reflected on how fortunate I was and also the huge task that we have to do. The fear that the Ebola virus had created and disruptions in the communities involved meant that the souls were in dire need of peace as most of the physical supports like hospitals and even churches were not functioning and the whole communities were being quarantined. It's not the deaths that Ebola was causing but the big problem was the fear and uncertainty it had created in the whole country and in the whole West African region. The vibrations of fear are pervasive which make souls sometimes behave in ways that are irrational and cause damage.

The appropriateness of 'Being with One' could not be more relevant and timely.



## SHIV JAYANTI – THE REAL DIWALI

– **B.K. Yogesh Kumar,**  
B.K. Colony, Shantivan

At the time of miserable and disastrous peak,  
When impure are one's thoughts, words and deeds.  
All humans are depressed, degraded and weak,  
Religious, State and Science Power morally tweak.

When there is no joy of any relationship whatsoever,  
As it is broken at ease like costume makeover!  
Traumatic Deaths and diseases are on wholesale;  
Mothers, sisters and kids feel secure nowhere.

The entire world going through a critical phase,  
True love is overpowered by vicious haze.  
Then incarnates in Bharat Godfather; Shiva is His name,  
Removes the irreligiousness – His promise of 'Gita' fame.

He is Incorporeal, Auspicious and World Benefactor,  
Descends from Soul Word to cleanse our characters!  
The Ever Love-full, Knowledge-full, Most benevolent being,  
Calls us 'Sweet Children'; however wrong-doers we've been!

Makes us self-sovereigns so as to civilize our eyes,  
His magical Flute of Knowledge makes us fly high.  
He takes Divine Birth at our 'ignorance night',  
His benevolent knowledge gives us real delight.

It is Shiv Jayanti or Shiv Ratri or our Real Diwali,  
The Divine Birthday of our Dearest Dad, God Heavenly!  
Let's bid farewell to this world in a happy note,  
Write Heavenly Story with intense spiritual effort.



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# INSTANT HAPPINESS – FOLLOWED BY INSTANT SORROW

(Welcome to our world full of constant unhappiness  
fuelled by constant false happiness)

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– B.K. David, Paignton, England.

**W**e require everything today in an instant, be it love, happiness, food, money or gratification. Yet even when we acquire these desires in our lives, they are always followed by instant sorrow that too a constant one. Thus, we enter the realms of endless spinning of want, desire, get, accumulate and then sorrow.

## **Temporary Happiness**

It is the law of today that if what we strive for is not good, it will make us feel not good when we have it in our hands, mouth or wearing it. Most desires in life are without goodness, lack self-control, real quality and spirituality. Most desires are to feed the senses and not the soul. The soul is starved of goodness whilst the senses are overfed, polluted and corrupted by too many bad things. The result is that the belly of the mind grows ever sicker, ever weaker and away from happiness. The happiness of today is temporary happiness as it is gained from

stuff, things, objects and everything material. The only happiness that nourishes and feeds the soul is invisible as it comes in the form of thoughts and feelings of love, Peace, Purity and returning results of past good deeds bringing an unexpected smile to your face.

## **Even More Happiness**

What do you need – love or a new shirt, peace or chocolate, inner powers or a new car? Is health best or wealth? I see many poor happy people as I see many glum, depressed rich people. Who would you prefer to be: poor and happy or rich and sad? Who is better? You should ask yourself this question.

## **Think Happy Thought, And You Will Be Thin**

Happiness in the form of pure thoughts will make you light and beautiful. Happiness in the form of wealth and materialism will always mould in the end by its nature as it sits in you rotting. The wise would put themselves on the healthy diet of pure thoughts, words and action. The

house (life) they build from this diet will be very strong and healthy: it will have a welcoming front door and many windows.

Generally people's lives are built on the quicksand of 'instant' diet (happiness). What happens to a house that is built on mud? What happens to a house without strong foundation? Today the mud of modern life is so heavy and stressful that it can pull down even the strongest, and it does. Life has become real quicksand no matter where you sit; be that at home on your sofa, the office, the bus, train, plane or asleep in your bed. Life is a continual quicksand that has no limits or boundaries and can be found underfoot even when out walking with your family or friends trying to relax or walking the dog to the shops.

**The number one quicksand in which everyone sinks up to his or her neck is body-consciousness. Number two is anger and number three is selfishness.** There are many different kinds of quicksand in which people sink, yet these are by far the top few in which all fall and sink at some point and get trapped and sucked under.

## **Hormone Dispute**

When you fight your urges and desires, you'll know that hormones are one of the most potent forces on earth and more

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powerful and controlling than gravity, religion and science. You want to 'go' that way, your hormones drag you 'the other' way. You want to go for a walk; the hormone wants to drag you to bed. You want to stay in, the hormone wants to go out and play.

### **Life**

Most people are on the wrong side of 'road'. The few that are walking right are seen as wrong. For the majority today, trying to find real happiness is like trying to write your name on water or in the sand in a blizzard.

### **How to Survive A Million Years**

If you believe in the body then you have only to survive this birth, right? If you believe in that you are an eternal soul and there is a God, then you are faced with eternity and a thousand years of life and more. So the present should be of paramount importance to you, as it's the springboard to your future lives with yourself either enjoying those endless lives in happiness or not. So it is important to learn to swim (live) correctly if you are going to swim in happiness forever. Many who have not learnt to swim (be spiritual) will drown mentally as the physical pains of life spent over thousands of years will prove too painful time and again with each of their

births. The result of this constant pain is that by the end of their many births, they will have become incredibly weak and prone to great unhappiness and stress.

### **I Do Not Believe In That Which I Cannot See (In the Invisible)**

Should you believe in that which you cannot see? After all, it may not be there. Yet maybe you can see its reaction in the world out there – invisible yet present. I cannot see gravity but I believe in it. I have not been to Australia but I believe it exists. I believe in God though I have not seen Him, because I feel Him, meet Him and talk with Him. So I do believe in the invisible. I also believe strongly in the effects of this visible world: this world of constant suffering, unhappiness, disease, killing, misery, fraud and cruelty. I believe that this world should be avoided at all costs as often as possible. I believe this world is now poisonous with its people becoming more sorrowful with each passing minute. I believe in the visible and the invisible. God, the invisible offers hope, answers and a new world. The visible world offers sorrow, misery and suffering. What will you see today: The visible or invisible?

### **Cheltenham Defect**

"She can glide down the escalator with a thousand smiles in a thousand ways and she can look electric. She can buy the store and leave only perfume and happiness, perfume and happiness. The fragrance of cash would even seem real, so real. Such is her pure electricity that can power a city all night and all day. She has no defect. You might find a defect if you look close. But in looking so close you fall into the floor with a defect as big as a big field on fire."

Nothing is perfect in this world or are there any perfect people in it. There are people today who have perfect parts and apparent characteristics. You can look and the more you look for defects, the more imperfect you become with that defect now grown and apparent: no need to even look. You can see perfection and see defects: both apparent everywhere. What you see and think about and concentrate on will fill your mind. What you see and think of, you shall in time, become that. You need to think with care because what you think of today, you will become tomorrow. Whatever you think, you can become. So what will you see today? What shall you fill your mind with now? What



shall you concentrate on? What shall you become? Whatever you become, that is how you shall feel. If you become good.....

**1970's Disco Dancing**

You can only truly dance your way to happiness through your elevated thinking and actions. When you have learnt to dance in your head to elevated tunes of spirituality, knowledge, love and donation, then you shall have the constant tunes and dance partners of peace, love and happiness waiting to hold your hand for a dance. So dance by all means and feel free and happy and relaxed but choose the right dance and get the right dance partner who will make you happy and keep you in perfect rhythm. This dance partner will make you very fit, healthy and happy as it is a natural dance of spirit and body. **The dance of today goes round in circles and then takes you backwards and trips you up to fall blindly on the floor.**

One is the dance that will keep you stuck in hell with its egotistical body-consciousness, whilst the other dance is one that will lead you to heaven with a life of constant happiness as its rhythm is based on eternal truth and righteousness. The impure dance goes against nature and so will go against happiness. The

unnatural dance of body-consciousness takes you two steps forward, then three back.

**Have you got the special binoculars around your neck that allows you to see into the future, and also heaven?**

Can you see into the future? Do you know of someone who can allow you to see the New World that is about to come and the chaos of the present world clearly? I do! He is so clever, wise, generous and loving. If you are good, He will give you a third eye to look at life with and through this extra eye you can see many amazing aspects of life. This third eye is the most precious gift in the world as it allows you to attain perfect health, wealth, happiness and peace. Is there such a gift in the shops that you can buy for

yourself? Go and have a look today. There is only one shop; there is one salesman who has these extra eyes to give away. He gives these eyes only to those who have a good heart and the ability and potential wisdom to use and see through this extra eye. Having a good heart is the only currency that will get you this extra eye. This extra eye can make you 'extra high' and worthy of meeting this special Salesman (God) in His Salesroom.

Do you expect to be happy in this life? Do you think you are so good? Or are you like the many who think they can swim in the sea (this world) and not get wet (sorrowful)? Only those who work for God can become sorrow-proof, stress-proof and shatter-proof. ●

*(Contd. from page no. 10)*  
 thoughts will lead us to our final destination. As our aim and intentions are accompanied with our efforts, so shall we attain our destination! We need to continue to make such inculcation. Also, one must do elevated actions and shouldn't be confused looking at the drama.  
**We Have To Act Following the Path of Principles**  
 There is just one drama. When the ancient religion of Bharat, which existed right from the beginning, falls, other religions come in its place. In the beginning, there was only one Deity kingdom and one religion. When its power reduced, other religions came and their power continued to increase for some time. As the drama continues to move in this manner, the end of all the religions comes. Finally the Father comes and establishes our ancient religion. ●

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# ***GODLYWOOD STUDIO – THE BEACON LIGHT OF SPIRITUALITY***



– **B.K. Manasa, Shantivan, (Belgaum)**

**I**n these days of Globalization, nobody can sit in the watertight compartments. Everyone wishes to know what is happening in the world and one also likes to participate in the world drama to contribute for the wellbeing of all. One should be aware of political, social, economical, ethical and spiritual events and changes of the world. Because of the fast means of transportation and communications, our world has become a small but cosmopolitan village.

Print media – newspapers, magazines and periodicals, audio-video, media-radio, television, computer, internet have changed and transformed the minds of the people within a short span of time. Audio-visual media can reach millions of people of the world at a time. It is a powerful media to reach, teach, uplift and transform people. Brahma Kumaris have chosen this powerful media by establishing

Godlywood studio at Shantivan, Abu road.

Brahma Kumaris, an international spiritual organization aims at establishing world peace by inculcating moral values and divine virtues. The global institution aims at building a vice-less world with eternal peace and happiness. Brahma Baba its founding father worked to transform the self and the world through meditation, rediscovering human values and teaching the art of loving all selflessly and unconditionally. He advocated a lifestyle, which makes an individual free from lust, anger, greed, attachment and ego. By adopting vegetarianism, celibacy and purity, one can build one's character. Through self sacrifice, renunciation, and through the art of giving and loving, one can become a deity. Godlywood studio by telecasting spiritual lectures of the divine Dadis, senior brothers and sisters has made

the people yearn for the 'spiritual awakening' efforts of the Brahma Kumaris. Through various skits, dramas, songs, dances and cultural programs, the studio is educating and elevating the people. The studio with its highly sophisticated and modern technology and professionalism of its work force is dedicated to spread the spiritual knowledge through its studio-shot programmes and films.

Inaugurated on October 2012, the studio is spread over more than 25,000 sq. ft. of glass covered, sound proof structure built to fulfill the needs of film industry and its requirements. The hi-tech facilities include shooting and recording studios, post production facilities like editing and mixing, deploying a full array of HARMAN technologies, screen Array cinema loud speakers etc. The whole system is powered with five crown DSI 1000 and two DSI 4000 amplifiers. Godlywood studio also features, an audio dubbing studio equipped with AGK C414 microphones and DBX processors as well as HD multi-cam shooting floor that has JBL LSR 4326 studio monitors

*(Contd. on page no. 32)*

# USING WATER FOR HEALTH

– B.K. Dr. Abhimanyu, Odisa

**W**ater, one of the five elements of Nature, is a great healer. It has the unique properties of cleaning, dissolving and removing the dirt. It gives strengthening and bracing effect on human body. After a day's hard work, we wash our hands, face and feet and become refreshed within a minute or two. In our culture, we offer a pot full of water to guests visiting our house. Water can be used in warm or cold state. It can also be used in the form of ice or steam. In all cases of pain, in any part of the body due to congestion; warm water followed by cold water application is very useful. Application of steam produces sweating and helps in detoxification. In swelling of any part of body, obesity and aches; application of steam followed by washing with cold water is very helpful in removing the trouble.

One important use of water is to strengthen the legs or hands or any part of the body which has become weak due to some cause or disease. This feat is achieved by using cold water only. For example, if the legs are

weak, water is poured on the legs from the upper part of knees to feet from all sides of the leg by the sprayer or tap or pipe or mug and without drying the water; the legs are to be covered by a bed sheet and woolen blanket for half an hour to warm the legs. After washing the legs, one can warm the legs by doing exercise or walking for half an hour. This application strengthens the legs within 10 to 15 days.

Cold water can also be used to increase the vitality or overall health of a person. For this, one has to take a bath in cold water quickly within 2 minutes without drying the body, wear the dress and go for a walk. For warming the body, lie on a bed well covered by a blanket.

We find people loitering on the wet grass bare feet early in the morning. This is a very good practice because it has a good effect on the eyes and in toning up the entire body. If we become a little bit careful, we can increase the benefit of walking on wet grass in the morning. After walking for 10-20 minutes, one should immediately wear a pair of dry

thick socks (preferably cotton), so that the benefit of walking is increased to a greater extent. If this is not available, one may walk on the road for 5 to 10 minutes immediately after walking on the grass.

In injury, cold water application is really very effective for getting relief.

Once, a medium sized hammer fell on the feet of my 8-year-old grandson. The toe was hit by the hammer and there was a depression on the spot due to impact of the hammer. The place was discoloured and he cried out in pain. Since I was there, I immediately came to his rescue. I took him to the bathroom and immersed his affected foot well into cold water which was already there in the tub. The boy felt some relief from pain. I kept the foot for about 3 minutes until the pain slowly reduced to tolerable limit and brought him to the bedroom to cover his affected foot with a Turkish towel for about half an hour. It acted wonderfully well. I gave water again after three hours and thus, covered the foot as such completely. Before covering the foot, it was not to be dried by the towel.

The pain was gone by the evening. The incident took place in the morning and before I gave any medicine (Homeopathic Medicine – Arnica Montanna is

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a very good medicine in such cases) water therapy was used immediately to give relief and comfort.

Cold water in any such injury works miraculously. Such injury generally produces ecchymosis (bluish colouration) on the affected part. To my surprise, there was no such discolouration on his toe.

Once, a B.K. sister was suffering from severe dry cough. That day she could not conduct the Murli class. I advised her to apply a cold water pack compressed on the throat. Prepared in this manner, a small towel or napkin is to be folded into three layers and soaked in cold water. It was squeezed tightly so that no water dripped. I asked her to wrap it round her neck. Then a dry big towel was wrapped around the cold towel to prevent air to touch the neck. This is a pack which should be placed for about half an hour. This is to be repeated two-three times continuously until the cough is relieved. This application of water relieved the cough of the sister which was very irritating and painful. She could take the class the next day. Sometimes, headache is relieved by applying a neck pack, especially if it is of nervous origin. Water is a very effective tool for restoring disorders to normalcy if applied suitably.

Sometimes we suffer from sprain of leg which can be similarly relieved by dipping the leg in cold water and then covering the wet part (It should not be wiped and dried) with the bed sheet or a woollen shawl or blanket to prevent cold air to touch the part. Applying cold water contracts the part and covering thereafter warms it. This facilitates blood circulation and diseased cells are washed away and pain is relieved in a harmless way.

Water application is not so popular in India. In Germany, it is widely used for gaining health and happiness. We need to learn its use properly so that it can be used during minor accidents/ailments and save our time and money spent on doctor's help. ●

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etc. Some other advanced gadgets include – PMW EX3 – 4 Camera multi setup, PMW 200 Camera, PDW 700 – 1 camera multi setup, HXC 100 – 6 Camera multi setup, Studer Vista 1 – 5-1 sound mixing console, Nueman U87 microphones, Skills – 3D animation, 2D animation, motion Graphics, graphic designing, Editing suites – apple machine-7 etc.

At present, the working of the Godlywood, though humanistic and cooperative, is divided into 19 various departments, with each being independent in its own functioning and yet being an integral and significant part of the studio. Some of these departments are- Animation and VFX department, Graphics department, News department, Wings Department, Global IT department, The Speaking Tree department, Overseas Communication and various Language departments like Bengali, Marathi, Gujarati, Punjabi, Telugu, Malayalam, apart from the Civil and Maintenance department.

No doubt it was with the bountiful blessings and support of Shiv Baba that the Brahma Kumaris could undertake such a bold initiative. Of course, the human medium in the form of Rajyogini Dadis and sisters and Rajyogi brothers executed the Godly plan and made selfless devoted efforts to give Godlywood its present stature and shape in the service of mankind and for the attainment of Godly vision and goal. The project at present is in its initial stage and aspires to develop and integrate the most modern facilities in its field, only with the goal of ridding the human society of its vices and evils and to herald the Golden Era of *Satyuga*. ●

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(Contd. from page no. 3)

### **Naked or Digambara**

The very first thing to be noticed is that he is shown without clothes, stark and unadorned. He is called a 'Digambara'. The word 'Digambara' means the one who wears no clothes but rather the directions – East, West, North and South – are His clothes. Evidently, this is true of Shiva, the Incorporeal Supreme Being, because He does not have any gross or subtle body, which in spiritual parlance, is compared to dress or clothes of the soul. Otherwise, Shankar the deity cannot be unclad, for he does have a subtle body. The object in portraying thus seems to show that Shiva, the Incorporeal, is always soul-conscious. If we understand its true import, it means that anyone, who aspires emancipation should have no desires to garnish or adorn the self but should be soul-conscious, but interpreting it wrongly, many Sadhus live in Digambara or Naga i.e. naked forms.

### **Ashes on the Body**

Not only is he Digambara, but he is shown besmeared with ashes. It highlights the concept of work without illusions of results. Shiva acts without desire of any fruit. To Him, everything is like ashes, i.e. without any attraction to Him. But ignorant

of its deeper meaning, some Sadhus besmear their bodies with ashes believing that it will please the Lord. Others think Shankar rubs ashes on his body, though the fact remains that the body of a deity, being subtle and luminous, cannot be rubbed with ashes nor are any ashes to be found there.

In Indian literature, snake resting in coiled posture represents *Kaal* or Time in its continuity. It also represents destruction and reconstruction by means of its tail and head respectively. So it signifies that God is not bound by Time or *Kaal*, 'but rather Time offers itself as a decorative adjunct of Shiva.

### **The Matted Hair and the Ganges**

When a person discusses some topics, going into its abstractions, sometimes unnecessary, we say that it is a hair-splitting talk into which he is indulging. In Hindi they say: he is 'drawing out the skin of hair'. Thus hair is sometimes associated with thinking or giving knowledge. In the present case, the hair shown are 'matted hair' and the Ganges shown flowing down from it. Generally three matted locks are shown representing Godly Knowledge, Rajyoga (Meditation) and Divine qualities or values. The Ganga

flowing out from these indicates the revelation of these three for purification and redemption of souls. But ignorant of this occult or mystic meaning, some Sadhus don matted hair and the people at large think that the river Ganges is a means of purification!

### **Four Arms and the Fair Face**

The four arms – two in front and two behind forming four angles – show the four directions. It signifies that the Lord can reach anywhere and He blesses and can protect anyone in the East, West, North or South directions.

The fair face with calm on it shows the eternal beauty of the spirit and peace and bliss.

### **The Trident**

Trident in the right hand shows that he can hold the three kinds of sufferings – physical, mental and spiritual or, physical ailments, natural calamities and spiritual afflictions that arise from vices, under check and can prevent them. Therefore, one of his names is Tritapharak (Remover of three kinds of sufferings) and also Shulpani (One who has sufferings under his check). It also shows that He Himself is above all these three kinds of sufferings and also above the three qualities – 'Sattwa, Rajas and Tamas'

wherefore He is called 'Trigunatite'. Further it suggests that lack of purity, lack of peace and lack of prosperity, which is the threefold cause of sufferings, can be eliminated only by Him.

### **Damru**

The Damru – a small drum with an isthmus of wood in the middle is used in India to draw the attention of the people towards the one who is ready to perform an interesting, refreshing and entertaining cultural programme. It, therefore, signifies that Shiva invites one and all to have their souls refreshed with Godly knowledge which culturally enriches the soul. The sound that emanates from the *Damru* is called *Naad* and is believed by the devout as the one from which the sound of all the alphabetical letters are emerged. It implies that, in the knowledge revealed by God Shiva, lay the seed of all branches of knowledge.

## CHANGING MY THOUGHT PATTERNS

Why is it that we can't change the pattern of our thoughts so easily? Imagine a bird being so comfortable in its nest that though perhaps sometimes it stands on the branch of the tree to inflate its chest and adjust its feathers, it never wants to fly and does not even realize it could fly. It never knows the blissful freedom of flight, never feels the wind through its wings. It thinks the other birds that are flying around are unwise or foolish. In much the same way, we never really leave our nests of old thought patterns. Our habitual thoughts become our comfort zone and each repetitive thought pattern is like a twig in the nest, which makes the nest stronger and our stay in the nest seemingly comfortable and permanent. We never experience our true spiritual freedom or flight or feel the breeze of our inner beautiful nature. Even the thought, "I am a soul" has to be realized eventually, so that we can actually experience its deepest truth.

In the world of spirituality, thoughts are like the map, but they are neither the territory nor the reality of the experience. Thinking \* I am a peaceful soul or \* I am a love-full soul or \* I am powerful soul is not being soul-conscious; it is only theory or knowledge, but it is definitely an essential start. Maps are important and necessary, until we know the way home to experience. Reaching this final destination of experience makes it easier for us and empowers us to transform or change our old thought patterns.

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