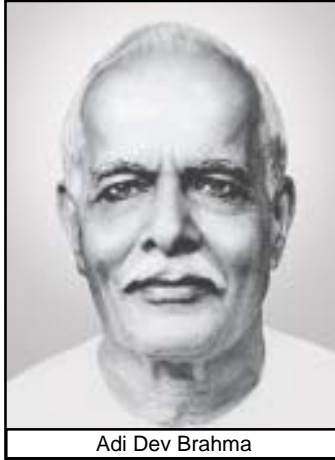


|| From the mighty pen of Sanjay ||

ADI DEV BRAHMA: CORPOREAL MEDIUM OF GOD SHIVA

Anyone who studies impartially the life of Brahma Baba will reach the conclusion that his spiritual efforts led him to many new discoveries –discoveries of new continents of thought which were no less important than the discovery of America by Columbus or India by Vasco-de-Gama. Baba's voyages into meditation and his sojourn in spiritual thought have given to



Adi Dev Brahma

man –the knowledge of many new islands of truth. If we ask the question whether a man who has chosen to dedicate his life to the pursuit of knowledge and to ideas ever made an impact on the minds of the men in general, Baba's life would provide the answer that ideas do travel from the meditation hall of a Rajyogi over the wide world around.

Eighteenth January brings with it the sweet memories of Brahma Baba who, on this day, in the year 1969, left his mortal coil and took the angelic form to work, side by side with Shiv Baba, for the spiritual rejuvenation of mankind without any physical and worldly bondage.

The year 1936-37 had proved a turning point in the life of Baba. Until then, he had been doing diamond and jewel business in Kolkata, Bombay and Karachi and had also been worshipping Shri Narayan, studying the Gita and attending religious congregations. But in the year 1936, when he was a little less than sixty years, he became more introverted, more withdrawn and more detached and practised spiritual contemplation more devotedly.

DIVINE VISIONS AND 'SURRENDER'

During this period, he had a number of divine visions. One of these was about the forthcoming destruction of the present

(Contd. on page no. 33)

CONTENTS

- ▶ Adi Dev Brahma: Corporeal Medium of God Shiva (From the mighty pen of Sanjay) 3
- ▶ Brahma Baba – The Explorer of the Power of Silence (Editorial) 4
- ▶ True Story of Narayan 8
- ▶ Baba's Love for Double-Foreign Children 9
- ▶ Brahma Baba – A Magnetic Personality 10
- ▶ Dear DUALITY! 12
- ▶ My Lovely Brahma Baba 13
- ▶ Enjoying the Dance with God 14
- ▶ Baba's Call 15
- ▶ Walking behind God's shadow following His invisible and special Son's footsteps!.. 17
- ▶ Brahma Baba – Outstanding spiritual Leader 19
- ▶ The cause and cure of all conflicts 21
- ▶ Purity 23
- ▶ The cycle has to spin 25
- ▶ Who am I. Who is mine? 26
- ▶ Powerful Stages of Meditation 28
- ▶ My Sweet Memories in UK.? 30
- ▶ O Brahma Baba! The New World Creator 31
- ▶ Information or Insight! 32
- ▶ Detachment is the Key 34

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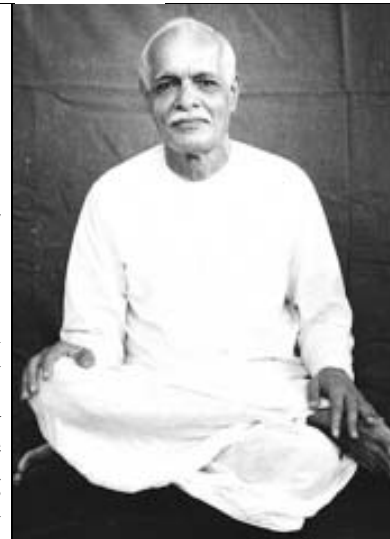
BRAHMA BABA – THE EXPLORER OF THE POWER OF SILENCE

Over the last couple of months, we have been celebrating the birth anniversaries of great souls: Religious Founders like Christ, Prophet Mohammed, Guru Nanak and other Gurus. As we enter the month of January, we are reminded of a very different and unique personality. The role of Prajapita Brahma, in his own words, is totally different. His is a success story of being a diamond merchant who had business connections with the then rulers of different states in India and Nepal. He has also been instrumental in designing and preparing a diamond necklace for Queen Elizabeth I, for her visit to India. His search for the beauty of inner silence was becoming more and more intense as was evident from his keen interest in going into seclusion. This is very much similar to the great scientists, mathematicians and inventors who were responsible for path-breaking inventions in their fields.

Brahma Baba had accumulated all knowledge and experience of the path of

bhakti, which he pursued until the age of around 60, by adopting different Gurus and serving them in all possible ways, especially in providing material help for their worldly requirements or upkeep of their monasteries or *Matts*. ‘Truth is One’ and ‘God is Truth’ in spiritual parlours and this was Brahma Baba’s prime focus all the time. As we learn, it was from Maha Shivratri 1936 when Incorporeal Supreme Soul, God Shiva, revealed Himself to quench the thirst of His ardent devotee, and transform the soul into an enlightened (*gyani*) soul. Some of the initial revelations that came forth were “*Nijanand Swaroopam Shivohum, Shivohum, Prakasham Swaroopam Shivohum, Shivohum...*” that were heard and realized by Brahma Baba (then known as Dada Lekhraj/Lakhiraj) on the premises of Babulnath Temple Complex, Chowpatti Mumbai.

His 12th and last Guru was himself a very highly dignified, spiritual person who did not accept any credit for the trance experiences or messages that



BRAHMA BABA

Dada Lekhraj received. This helped Dada to change his focus from being a very honest devotee of God, the Supreme, and his Gurus, and start exploring the depths of the truth about *Self, God, and His creation: the world*. Though he started his new journey by chanting the word “Om” in different rhythms, he finally reached his goal through silence. It was through observing deep silence that he was able to reinvent himself in his original state of being, that of being an entity of light and spiritual might. His experiences made him understand that these realizations had not come by favour of his worldly Guru but directly from the Supreme Satguru. He, therefore, started focusing on the inter-personal relationship with the Supreme Parent by turning a new chapter in his life by becoming God-

loving instead of being God-fearing. More the revelations coming directly from the Divine, more the depth of Baba's sharings, then known as Murlis, which were shared with some members of the Sindhi Community: women, men and children. The voice of "Om" when chanted in unison created a very powerful spiritual environment in which many participants started having trance experiences of 'Shri Krishna', Gopes, Gopis and seeing themselves with Shri Krishna in Paradise/ Golden Age/Satyug. Though these revelations were very loving, sweet and enchanting, Baba's focus was more on 'becoming' such worthy souls to enjoy such divine lives, and this focus did not shift even the slightest. After a year or so, on 1 January 1937, Brahma Baba signed his Will to form a Trust of 8 Women who came to be known as the Founding Trustees of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. Brahma Baba's dedication and surrender onto God for the task of world transformation was very clearly understood, realized, accepted and then implemented with total love and no trace of fear over any difficulties or resistance from society.

The establishment of Prajapita Brahma Kumaris Ishwariya

Vishwa Vidyalaya was revolutionary in its concept and way of working. Brahma Baba led by example and showed how to live as an ascetic by remaining fully immersed in the depths of God's love, virtues and powers, and inspiring everyone around to follow his great example. 14 long years of contemplation, introspection and self-empowerment were enough for 380 inmates (women, children and men) of all ages to help create the foundation for the future divine society of peace and happiness. Brahma Baba's vision and principles were highly appreciated by those who chose to live by those tenets. His emphasis on deep meditation sessions every morning and evening, learning the depths of spiritual wisdom and appreciating the beauty of the same by inculcating these in practical life automatically transformed the practitioners into virtuous, sincere beings. Brahma Baba believed he was following the dictates of the Supreme Being in recreating a new world of happy, healthy divine beings. Those who practice Godly knowledge and *Sahej* Rajyoga unleash the power of inner silence for Self-Transformation and World-Transformation by spreading those vibrations with one's pure intellect in meditation. Baba's own clarity of thought and

concern for the purification of the five elements inspired him to continually enhance and multiply the power of silence by remaining lost in the love of the Supreme Being.

During his lifetime, until 1969, those who had the fortune of being in Baba's company in Mount Abu, Mumbai, Delhi, Kanpur or elsewhere appreciated how easy it was to be in natural soul-consciousness and to remain lost in the love of One Divine, without needing to make any effort of conducting rituals or chanting etc. His example of intentionally practicing deep, positive silence for at least 8 hours a day was the criteria for any individual to reach a spiritual stage totally free from past *karmic* accounts, and further empower the soul to enjoy natural purity, peace and happiness for at least 21 lifetimes of *Satyug* and *Tretayug*. The month of January is a reminder for all of us to follow the footsteps of our beloved Brahma Baba, conquer our weaknesses (Maya) of the mind, explore the depths of silence and enjoy the beautiful companionship of God.

I personally have taken great sustenance from Brahma Baba and would like to share some salient jewels of inspirations adopted from his life:

► Whenever Baba used to meet



us spiritual children, he would always express that we needed to come with the consciousness of meeting the Almighty Father, Shiv Baba, whilst connecting with him physically and affectionately.

▶ As the embodiment of truth, he expected every child to be 100% honest and truthful about one's actions based on purity. Brahma Baba placed infinite value on purity that even the leaders of Sindhi community could not convince him to

change his attitude and teachings of adopting purity in thought, word and action.

▶ Baba's emphasis on Amritvela Meditation and Morning Murli (elevated versions) were the Master Keys to a successful Spiritual Lifestyle.

▶ For the beginners or even experienced students, noting of daily diary/chart was always appreciated as a means for intense spiritual progress.

▶ Baba showed great love and

care towards BK sisters and brothers who were suffering from physical ailments.

Whenever possible, he would make it a point to visit them and bestow so much comfort through spiritual love and powerful *drishti*.

▶ Baba valued each one's life highly as being most valuable during the Confluence Age, *Sangam Yug*, and therefore advised youngsters not to insist on buying/riding motor-bikes...

BRAHMA KUMARIS GLOBAL FAMILY CELEBRATES 99TH BIRTHDAY OF REVERED B.K. DADI JANKIJI

Millions of BK sisters and brothers and thousands of eminent, highly placed well-wishers from all over the globe feel elated and proud of honouring the 99th birthday of Rajyogini Dadi Jankiji, Spiritual Head of Brahma Kumaris on 1 January 2015.

Dadiji was born in a very religious, well-to-do Sindhi family in 1916. Before joining the Brahma Kumaris, Dadiji happened to be an ardent follower of Sadhu Vaswani and even at present has a very loving, spiritual sisterly relationship with the present Head, Dada Jashan Vaswaniji. Dadiji's spiritual search ended when she came into contact with the **Om Mandli** (the original name of the Brahma Kumaris)

in 1937 at the age of 21. Over her 78 years of being an active Spiritual Teacher and Leader, Dadiji established numerous BK Centres throughout India in the 1950's, and then in 1974 established the first BK centre outside of India, in London, UK. Under her guidance and inspiration, Centres now exist in around 130 countries. She was appointed Spiritual Head of the Institution in 2007.

Though her formal education had been limited, her spiritual wisdom has empowered millions across the world. She is an encyclopedia of Spiritual Gyan, a very practical Guide for true seekers of Truth, and a bestower of instant spiritual enlightenment even within a few minutes of deep meditation. Her spiritual

discourses have been captured in several books, which share the depth of spiritual application for different aspects of life. Her dream is for no human being to miss out on receiving the Supreme Being's message of attaining purity, power and happiness in life. This will automatically happen when the self is spiritually awakened and deeply linked with the Incorporeal Point of Light, God Shiva. Her favourite sentiments are: "I would wish the Divine to be seated on my shoulders so that I can reveal Him to the world and bring comfort to all hearts."

We wish our beloved, revered Dadiji multi-million-fold happy returns of the Day. A very, very Happy Birthday to you, Dadiji!

– **B.K. Nirwair**

GLOBAL HOSPITAL - BRINGING GOODNESS IN ACTION

This year, J Watumull Global Hospital and Research Centre (henceforth, Global Hospital) will proudly celebrate 24 years of selfless service to society. Since its origins in 1991, the hospital has adopted the values of the Brahma Kumaris Ishwariya Vishawa Vidhyalaya, the socio-spiritual organisation that played a major role in its creation. Notwithstanding the rising cost of healthcare and challenges in provisioning health services for the poor, Global Hospital has unflinchingly stuck to its not-for-profit service agenda.

When Brahma Baba (Lekhraj Kirpalani) founded the Brahma Kumaris, unlike most gurus, he did not preach. Instead, he became a role model for others. Having surrendered his wealth and resources to the cause of world renewal, he embraced as family everyone who shared his vision of a new world. All were nurtured and sustained. This utterly selfless act of caring and sharing inspired many souls to follow his path.

Caring and sharing is written in the fabric of Global Hospital. Good health for all is the hospital's driving mission. It is brought into action by providing free consultation to every patient and free or nominally priced hospital treatment to less affording patients. No patient is ever too poor to be treated at Global Hospital. The hospital treats without discriminating on

the basis of age, gender, caste, creed and of course, economic standing.

Global Hospital also runs extensive community outreach programmes to serve people in district Sirohi and the adjacent districts in Rajasthan and Gujarat. Surgeons annually perform hundreds of surgeries to correct cleft lips and palates, and restore a sense of dignity and self worth to children with such deformities. Ophthalmic surgeons operate on thousands of persons standing on the brink of losing their sight. Residents of 90 villages are provided with health services at their doorstep. Tuberculosis sufferers are strengthened with nutritional supplements to make a full recovery. Children of 21 village schools are nurtured with nutritious mid-day snacks.

We see 7 billion acts of goodness, an initiative of the Brahma Kumaris, as an opportunity to reaffirm our commitment to caring and sharing—the biggest goodness. Online dictionaries define caring as feeling: exhibiting concern and empathy for others. Sharing is a basic component of human interaction; it strengthens social ties and ensures an individual's wellbeing.

Support from friends allows Global Hospital to continue to dispense goodness in small and big doses to the sick and infirm. Our founding patron Dadi

Prakashmani was an embodiment of this virtue. Her loving care held us together as one unlimited family. Her vibes touched first time visitors and patients alike. Our patron Dadi Janki showers blessings on every one. Despite poor health she meets large gatherings and shares her experiences.

Caring and sharing is universal. It starts at the level of an individual: a parent nurtures a child, a teacher imparts knowledge, a doctor or nurse treats a patient, a leader—the likes of Mahatma Gandhi and Nelson Mandela—dedicates his life for people, a social worker like Mother Teresa serves selflessly, a philanthropist like Bill Gates and Warren Buffet shares his time and wealth.

On a personal level, you can always find something to offer: a smile, an ear, advice, prayers, or something more. Remember a friend's birthday. Make yourself available in someone's time of crisis. Lend a shoulder to someone in need. Make caring and sharing your strength. Those who give promptly, give twice!

To bestow a gift is to enter people's hearts. It needn't be material. Subtle gifts of love and kindness are welcome too. It's all for good and in turn it brings the feel good factor in your life. It's a great stress buster too.

We're one family. Caring and sharing is the best way to connect.



TRUE STORY OF NARAYAN

– **Rajyogini Dadi Janki**,
Chief of Brahma Kumaris, Shantivan

I remember one particular story about Brahma Baba regarding the aspect of ‘incorporeal, egoless and



Dadi Janki

vice-less’. Baba said in his last moments ‘one who defames me is my best friend’. Now, one needs to ask oneself, “Have I passed in this aspect? When someone defames me, is a little dark spot revealed on my face”?

Baba would sit and keep telling me very good things. In Baba’s room, there is so much attraction. Now when I go there, I remember how he used to make me sit next to him and would give me leave. On one occasion, Baba was speaking to me from the *gaddi* and Didi Manmohini came to enquire as there was a huge queue outside.

He said he was telling the story of becoming ‘true Narayan’ (as per Godly Knowledge, Brahma Baba will be the first emperor – Shri Narayan in the Golden Age). There is one concern and that is to become Narayan. The things of truth are such that we can become Narayan through them. The story of True Narayan is so wonderful.

The sisters who serve me so well have knowledge and also a lot of love. Those who have the resolves of living with spirituality can draw love. To stay in spirituality... what does this mean? It means not to have the slightest trace of body-consciousness.

What is the difference between ‘jewel of contentment’ and ‘mother of contentment’? First, one needs to remain content and make all efforts so that one’s contentment is spontaneous and constant. But being ‘mother of contentment’ implies being able to help others become contented. When someone is not contented himself, how can he or she help anyone to become so? If I am contented I can hope

to spread contentment wherever I go and to whomsoever I meet.

During the Opening Ceremony at Leicester, UK, it was asked: ‘What is harmony’? Someone answered: ‘If I am content inside; this leads to harmony’.

Such a soul has a big heart. No need to think twice – should I do or not, is there any benefit or not. When I hear about Harmony House, the new building in Leicester; I remember the divine family there, and realise that it is their harmony that has brought about this building. They lived simply and remained simple, eating simple and remaining in that small place, putting everything into Baba’s box.

The meaning of harmony is to accept defeat and then conflict finishes. Never say, ‘This is not right; I’m right’. No one should complain that this person is not going to accept whatever others say.

Accepting Defeat Ends Conflicts

There are three powers from the Almighty Authority, which enable me to remain accurate. They are the power of tolerance, the power to merge and the power to accommodate. If I didn’t have tolerance I wouldn’t be here, with so many hospital trips etc... It is still a wonder.

(.....Contd. on page no. 18)

BABA'S LOVE FOR



DOUBLE-FOREIGN



CHILDREN

– Rajyogini Dadi Ratan Mohini, Shantivan

We sisters used to sit with Baba just like little children and used to chitchat with him. We were always aware that we were with God, so wherever we went, we used to go hand-in-hand with Baba, wherever we sat we would sit with Baba and would continue to talk, look and move with Baba because we upheld elevated feelings for Baba.

GOD'S ACTIVITY IN BABA

We always had the feeling of being with God all the time. When Baba sat in his chamber after class, we would all sit in front of him. Whenever Baba spoke in an amusing manner, we wondered how God entertained His children. We had the awareness that Shiv Baba was talking to us through Brahma Baba. And afterwards we would discuss and find Godly meaning to every word uttered and action that Baba performed. We also used to try to pick up the secrets in His words and actions. Our attention was always on Baba's face, his *drishti* and his words. Our faith in Shiv Baba was strengthened all the more that

He was using Brahma Baba as a medium to convey His message to us mortals. People those days doubted such things and would ask us to show that God incarnates in a human body, but we had no such doubts or questions. Baba's *drishti* was so sweet and elevating that there was no margin for any questions or doubts.

Baba used to remember his foreigner children and used to say: 'Foreigner children will greatly appreciate this knowledge. One day, they will come here to claim their birthright from the Father'. We believed what Baba said would definitely come to pass some day. We thought they would come here to take the knowledge and that everyone has to come to God and so would the double-foreigners.

DO RIGHT NOW OR REPENT

Baba wanted us to complete the tasks without any delay; otherwise he would treat us as a failure. Whatever Baba said in the *murli*, whether for service or for knowledge, we had to do it immediately. Baba would ask at the next given opportunity



Dadi Ratan Mohini

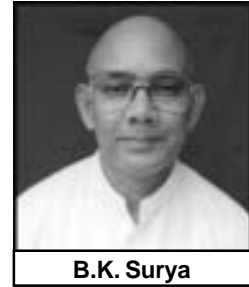
whether we had accomplished the task or not. Baba often used to ask a child to tell the class what they had done so as to encourage and fill us all with zeal and enthusiasm. Baba would praise that child, saying, "You have obeyed Baba's order; you are an obedient child." Baba adopted various ways and means to inspire us. Baba would never ask the children straight if they had made any mistake, or accuse them of any lapse. Instead, Baba used to call those children with great love, talk to them, point out their specialty and later Baba would caution them not to make the mistake again. He had the discernment to see if a child was body-conscious, and would not point it out. Baba used to give the correction in the general class. It was another of Baba's specialties that he could read the mind of each child, their capacity, their strength, and would encourage them to move forward accordingly. Baba would administer corrections according to their capacity. ●



BRAHMA BABA – A MAGNETIC PERSONALITY



– B.K. Surya, Gyan Sarovar (Mt. Abu)



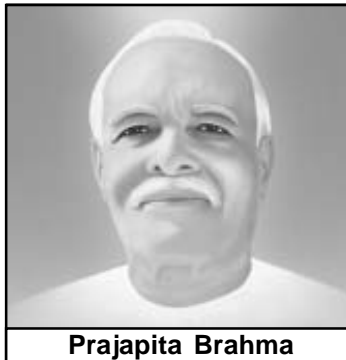
B.K. Surya

(Since childhood, B.K. Bro. Surya was inspired by ancient saints and seers. He had love with none except with studies and the propensities of renunciation. At the tender age of just 12, he decided to remain a bachelor forever and to surrender himself to God. In 1964, he got enlightenment from a small booklet on Rajyoga. As soon as he started meditating according to the techniques given in the book, he realized spiritual power and experienced that it would be easier to attain complete celibacy/purity through Rajyoga. He has been offering Godly services in the Brahma Kumaris' headquarters (Mount Abu) for the last 46 years as a surrendered inmate. He remains ever busy in the service of millions of souls. Following are a few divine experiences from his first meeting with God Shiva's corporeal chariot – Brahma Baba in his own words – Editor)

As the train reached near Madhuban, i.e., Abu Road, there was a sense of energy and excitement and the mind was filled with series of questions. Aha... “There will be communion with God, what will be the feeling? What type of personality Brahma Baba is? Shall we be able to see Shiv Baba coming into him? What divine glow shall we see on Brahma Baba’s face? How will God speak to us?” Such kind of questions made me feel the divine joy.

Finally, we reached the divine

complex of Madhuban, called the Pandav Bhawan where the incarnation of the Incorporeal Supreme Soul, God Shiva used to take place in Prajapita Brahma’s body. Those days, there were no buses from Abu



Prajapita Brahma

Road to Madhuban. On reaching there, we saw Brahma Baba seated on a jute-string cot. He was sitting in the *Padamasana* and said, “Come on child, come on.”

CAPTIVATING CHARM

What a divine personality did Brahma Baba have! The eyes got glued to the face and mind’s thirst remained insatiate. Of course God can never be wrong in His choice of the ‘chariot’. So this was the Soul of the Krishna whom people had often confused with God. His divinity, purity, spiritual radiance, gentleness and simplicity made him look so dignified and Godly in stature.

HIS MEDITATIVE POSTURE

I remained with Baba for seven days in a room just in front of him in the Hawai Mahal. I could see him sitting in a meditative posture on the cot even in the mosquito net and again in the morning when we woke up. His posture was so easy and comfortable that one seemed to go in trance in no

time. However this was his most favourite posture.

GODLY VIBRATIONS

Listening to and reading of the Godly versions, i.e. Flute of Knowledge or *Gyan Murli* charmed me. We would reach History Hall at 5.30 a.m. and would sit for meditation. Baba used to enter the Hall at 6.10 a.m. His punctuality was exemplary as he was never late for his class. His very presence would spread the Godly vibrations all around and one felt a divine atmosphere in the hall. The divine rays of light and might would touch every spec and corner of the place.

I often saw Brahma Baba during his morning walks. But his personality underwent a complete change when we saw him during the Murli class. Coming from an Arya Samaj family, I should not have believed what I saw. But how could one negate one's direct experience? I feel being the most fortunate to experience God's incarnation in Brahma Baba and realized the difference between both the personalities. I was convinced that it was God Himself who spoke before us and gave His instructions and blessings through the Murli. All arguments to the contrary were futile.

One very beautiful scene of

Baba's humility left a deep imprint on my heart and soul. We were standing outside Baba's room when Baba in banyan and knickers, holding a pot of water in his hand came there. It was evening time. Seeing us, Baba stopped, conversed with us and gave a lot of love. I stood spellbound – as if in a trance. 'Oho... how egoless, loving he is! And how full of ego we are, showing ego and pride and even anger at the drop of a hat? How great he might be, renouncing everything of material world, wealth, money, property, yet being so humble, so cordial! It seems almost impossible in a human being.

INTOXICATION OF THE FUTURE

The super-sensuous and blissful joy of that visit left an indelible impression on my mind and would often recall those days. It was the year 1968 and one felt as if Baba was just perfect or near perfect. The life journey had nothing more to offer to him. He would often talk of the glorious future waiting for us all, and how we needed to make sufficient preparation. I also had the opportunity of meeting Baba alone when he sought my complete introduction. I expressed my desire to surrender myself completely towards Godly

service. Baba gave me a powerful spiritual gaze (*Drishti*) and I felt as if I had just floated out of the body and was in communion with the Divine. Perhaps that moment was the most precious time of my whole life – transfixed and gone much higher above this world of worries and care.

When we were taking leave from Baba, he hugged each one of us, fed us with almonds and *Mishri* and bade us adieu by waving handkerchief and said, "Child, go soon, come soon.", i.e. bidding us to come again soon. Even though I had left Madhuban, my soul had remained there as every single scene and experience had become a part of my existence and was hard to forget. My Mind told me every minute, "God has come to Abu and what are you doing here away from Him?" I started writing letters to Baba every week from Delhi till the yearning of my soul reached him and he called me and asked me to surrender.

BABA'S MAGNETISM

Whenever Baba went to the mountain with children he would ask, "Who are you going with? Whom do you see before you? Do you feel intoxicated?" Such words from Baba and his body language would fill each one of us with bliss unheard of so far.

The beggary part of the Brahma Kumaris was a cause for worry to everyone since it seemed pitiable to them. Everyone felt embarrassed and hapless, but there was not a single line of worry on Baba's face. He had a strong and unshakable faith in Shiv Baba and believed that Father cannot allow His children to suffer. It is nothing else but training for all of us, this is what he felt. No doubt some children had left during that time but Baba's patience and faith could not be shaken. Naturally the times of difficulty passed and the sunshine came again.

When Baba used to have picnic with children or play with them; he would say, "Child, don't forget Shiv Baba while enjoying the game; otherwise Baba would say that you children have been engrossed in recreation so much that you have forgotten the Supreme Father." Being a true *Karma Yogi*, Baba would stay focused in the remembrance of Shiv Baba.

18TH JANUARY 1969

On the last day, Baba had pain in his chest since morning. Dadi Prakashmani asked him, "Baba, should we call up the doctor?" Baba just said, "Child, Baba is talking to the Supreme Surgeon; what will a doctor do?" Even in that state, he remained connected with the Supreme in a state of elevated remembrance. He left his mortal coil peacefully with his hands in Dadiji's hands.

What a great example of divine love, faith and practice in human existence! Words fail to describe the scene and the experience of that memorable day.

Dear DUALITY!

– B.K. Pavan Patale, Finland

Duality is everywhere, whether it's
the behaviour of light or
the usage of intellectual might

Some want to become hero of masses
Some want to remain darling of classes

Some enjoy adventurous vacation by swimming with sharks
Some enjoy simple vacation by sailing with swans

Some believe living as an art
Some believe living as a science

Some put more faith in self
Some put more faith in God

Some lead the groups by managing
Some lead the groups by sustaining

oh! Dear duality, you are there everywhere

Some live based on luck by chance
Some live based on luck by choice

Some show their loyalty by licking
Some show their loyalty by building

Some go around the World to teach
Some go around the World to learn

Some measure everything in-terms of money and time
Some measure everything in-terms of space and time

Some want to be a big fish in a small pond
Some want to be a small fish in a big pond

oh! Dear duality you are there everywhere

Some work towards finding black holes
Some work towards building worm holes

Some embrace the principles of spirituality
Some embrace the rules of spirituality

Some decide based on the collective information
Some decide based on the precise data

Some get bored seeing random nature
Some get bored seeing fixed nature

Some disagree to agree
Some agree to disagree

Whatever it is, Alas, you are everywhere
helping us crisscross to get somewhere

MY LOVELY BRAHMA BABA



– BK Shiv Kumar,
BK Colony, Shantivan, Abu Road

Pita Shri Brahma Baba was a unique soul. He led an extra-ordinary and exemplary life of good conduct and behaviour of great faithfulness and loyalty towards the One and became the corporeal medium of the Incorporeal God Shiva. Dada Lekhraj, as he was earlier called, underwent a wonderful transformation in his life at the age of 60 when he had a series of divine visions which inspired him to create a spiritual workforce that later grew to be the Brahma Kumaris. At the time of extreme downfall in the state of souls, world and nature, when people had almost forgotten their true identity as well as that of God and had become miserable, God descended on this earth and started bestowing Godly knowledge through Brahma Baba's lotus lips and renamed him as Prajapita Brahma. Brahma Baba under the directions of Incorporeal God Shiva established Om Mandli in 1937. He gave divine sustenance to about 350 people who surrendered themselves for

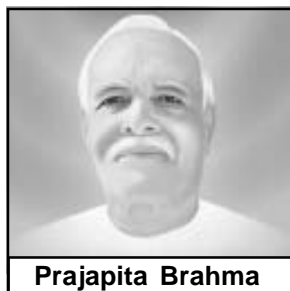
Godly service. That small sapling has today grown into a genealogical tree and is today known as Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya.

SERVICE THROUGH SUBTLE BODY

Even after having left the mortal coil, lovely Baba has been serving through his angelic subtle body for the last 46 years; giving us power to reveal Shiv Baba and His kingdom. Even after becoming avyakt, he has sustained us children by all means.

THE GREATEST ABSTAINER OF THE ENTIRE TIME CYCLE

Brahma Baba's was the greatest renunciation, who sacrificed himself at a stroke. He surrendered his entire property, his thoughts, words and



Prajapita Brahma

everything to God and towards Godly service, without worrying about the future. He bequeathed his assets to a committee of five sisters who were part of the organization. Throughout his life, he used everything for the *yagya* service like Dadhichi *Rishi*, and attained the stage of perfection and left this world like a flying bird.

HIS WONDERFUL AUSTERITY

Brahma Baba used to wake up at 2 a.m. and would be immersed in God's remembrance. He would communicate to the children Godly messages and instructions after his meditation. Brahma Baba's personality always had the glow and aura of purity and divine light. He made his every second fruitful in God's love; had every thought for the sake of world service and inspired thousands of people in making their fortune.

IMMENSE RESPECT FOR WOMANKIND

In the beginning, sisters in the age group of 7 years to 22-23 years started coming in large numbers. Baba gave them immense respect and sustained them with lot of love. He looked after them and took care of their education, food etc.

In spite of being older in terms of age and experience, he would praise Jagadamba Saraswati

and other mothers and sisters and, thus, encouraged them in Godly service which paved their way for spiritual progress.

In the modern colourful world of vices and evils where spirituality seems to have become the last concern of human life, Baba generously took care of physical and spiritual needs of more than 300 men, women and children and made them capable of performing world service and helped them to become an embodiment of power. It is through Brahma Baba's loving sustenance that today in many big places, despite living alone in some cases, B.K. sisters have been performing the great task of spiritual service and liberating the society from the strong and evil clutches of vices. Such was the spiritual personality of Brahma Baba.

THE FEELINGS OF WORLD BENEDICTION

Brahma Baba had spiritual love towards each and every soul of the world. He didn't think of the betterment of India alone but it was for the whole human race. He would often say, "In near future, children from Bharat as well as abroad will come to receive the inheritance of fruition from God. We need to make sufficient preparation for that."

Brahma Baba's entire life was an example of great austerity. He had attained his *karmateet* (perfect) stage and left behind a life story that continues to inspire hundreds of thousands of people around the world.

ENJOYING THE DANCE WITH GOD



– B.K. Sis. Lovely,
Manila (Philippines)

Thinking about God, myriad of glorious descriptions flood in mind

The words "guidance and direction" reverberate powerfully so kind

Being with Him ensures every step guided and directed righteously

Indeed, remembering Him is like enjoying a dance heartily

A unique dance for God is the partner

Dancing with Him is to trust, surrender

Rhythm is silent movements of a mind – profound and still

A mind revelling in quietude and deep tranquil

The music of this marvellous dance is pure thoughts And so beautiful ones and the supremely elevated

When remembrance becomes natural as breathing, Wholeness is felt, the divine becoming one's being.

The dance may also give jerks sometime,

The rhythm is unstable; there are qualms of the heats The music is full of countless sounds with altered beats

The mind engrossed with the physical; attention with fullness

One becomes deprived of God's lightness and wholeness.

Devote and make the dance – a treat to observe!

Magnificent dance where every step is uniquely superb

So, enjoy dancing with God, entrusting Him to lead And to guide you through life's each moment with heed.



BABA'S CALL



– Bhawna, Dwarka, New Delhi

I was born and brought up in Bareilly (Uttar Pradesh). We are four sisters and no brother, out of which, I'm the third one. Amongst all, I was the most naughty due to which I was scolded every now and then by my Parents. Still I was the Apple of my grand mamma's eyes; she loved and pampered me a lot.

Since childhood, I have been too inquisitive, why's and how's have always entangled me. I never believed in idol worship since it didn't make any sense to me, avoiding hair wash on Thursdays, resisting non vegetarian on Mondays while eating on other days etc etc.....i need a logical explanation behind everything, due to which "question mark" was my nick name in college.

My parents fulfilled all my needs and wants but there was something "UNKNOWN" I had been searching for...there was emptiness inside. I felt lonely even after being with others. Nothing made me happy internally.....my Father used to ask "what's wrong? Why aren't you happy? I never see happiness reaching your

eyes..."- to which I had no explanations...But yes, I did believe in "some positive power" surrounding me.

I enjoy reading positive and inspiring books followed by experimentation. Being entrapped with lot of negativity around, those books helped me overcoming negative influences and have made me a better and confident person over a period of time. I read, experiment and then believe.

HOW I GOT BABA'S INTRODUCTION

My Father wanted to see me as a doctor but not being selected in medical examinations, I had to choose pharmacy (paramedical course). I did my bachelors in pharmacy from Jaipur and then started preparing for MBA.

I went to Lucknow for management coaching and there I met a cousin brother of mine, who has been following the Brahmakumaris for the last six years. He is a homeopathic doctor and we met for the first time, but I felt as if we know each other since long. While conversing, I saw Brahma Baba's photo in his room,

inquired about Baba and asked many questions and that's where, he influenced me to do Seven-Day course.

Out of curiosity I did that course but was not convinced to continue any further. Thereafter, I had many dreams of destruction but I ignored everything and moved on. After taking CAT examinations, I got selected in International institute of Health Management and Research (IIHMR) for MBA in a hospital in Delhi.

I came to Delhi with a number of dreams but after coming to Delhi, life started getting worse gradually. My health started deteriorating due to severe vitamin D deficiency while on the other hand my professional life was also suffering due to the conflicts in my personal life; I used to curse everyday of mine.... life was hell....I was getting hopeless and my personal and professional life was on the verge of destruction...BUT then I came to know about the Brahmakumaris centre near my hostel and I went there. I felt very peaceful so I did that course once again and after sometime told about all the problems to the BK sister to which she replied "I understood what you want". I learnt about the magic of RAJYOG which can cure relationships, heal

health and can also provide stress-free life.

CHANGES I EXPERIENCED

Just after 10 days, everything started changing; my relationships and health started healing. I became more stable and energetic; now **I have started feeling that that I will get that “something” I’ve been searching for since childhood...**Baba will fill that emptiness with his pure Love. Although I had many experiences but here I want to share one of the powerful one in the process of learning.

About two months back, Yamini Didi laid a special emphasis on home-cooked food and that too without onion and garlic since vibrations affect our state of mind. Not being convinced, I ignored her words and then, one day I came from college and felt like weeping without any reason. I was having suicidal thoughts and suddenly got a call from Didi. She invited me for dinner, and I went to her home. As we were chitchatting I told what I had been feeling; she smiled and gave me a glass of water followed by parathas. And then something miraculous happened, within 20 minutes....i started feeling light, positive and happy. Everything seemed to be alright...I felt like **“BEING CHARGED FROM DISCHARGED MODE”**

On that day, **I realized how food affects mood and how vibrations play a crucial role in life.** Vibrations are so powerful that they can transform the whole world therefore it is the backbone of CHANGE.

I am learning a lot through experimentation and my personal experiences and this journey on Sangam yug will continue till I become complete like **“MY BABA”.....OM SHANTI**

SPIRITUAL ROSES OF THE SUPREME GARDENER

The main features of physical flowers are their colour, form and fragrance, by which we judge their beauty. All these characteristics have their own unique importance. Introducing oneself to spirituality is like giving oneself into the hands of the Supreme Spiritual Gardener or the Supreme Being (God). Like a physical gardener who possesses qualities of patience, tirelessness, love, far-sightedness, faith etc. on a limited level, the Supreme Gardener possesses these qualities on an unlimited level, which He uses to bring us up. As we remain under His sustenance and care, over a period of time, we blossom and are transformed into beautiful spiritual flowers, and our thorns fall away. When we look at ourselves as spiritual flowers, our colour symbolizes spiritual knowledge. Depending on how we imbibe the wisdom shared by the Spiritual Gardener and bring it in our day-to-day functioning; in our thoughts, words, actions and relationships; the more beautiful a colour we take. Our form is shaped depending on the quality of our connection with the Supreme Being, the Gardener. The deeper and stronger the connection, the more beautiful is the form. Lastly, our fragrance refers to divine qualities like sweetness, humility, tolerance, quality of being carefree, purity and so on. Physical flowers with a good colour, form and fragrance, attract everyone around them. Seeing and coming close to them, gives one an experience of joy. The same holds true for spiritual flowers.

Roses are considered the king of all flowers, with the best possible colour, form and fragrance. Spiritual roses are those souls who continuously remain in a spiritual consciousness and spread the fragrance of that consciousness to others. Their thoughts, words and actions get shaped according to this consciousness. They have a deep relationship with the Spiritual Gardener and are always eager to ensure that others also experience that relationship and become spiritual roses, which are a deep wish of the Supreme Gardener, for every spiritual being. They help him in fulfilling that wish.

WALKING BEHIND GOD'S SHADOW, FOLLOWING HIS INVISIBLE AND SPECIAL SON'S FOOTSTEPS

Brahma Baba's footsteps of 'dedication and love' can still be found today if you look carefully.



—B.K. David, Paignton, England

You can walk to get the bus or train or to your car. You can walk upstairs, to the park or to a bank or to a shop. Yet you will not find anyone following God and His son's footsteps and example. God's right hand is now invisible to the world and so are His footprints that He placed upon this world with love and dedication but He did leave behind His example for us to follow—Brahma Baba.

Brahma Baba's shoes of love and dedication paved a method and cleared a path to perfection for all to follow. Many will not be able to see or understand his divine shoes and the path will also remain invisible to them. They will have to carry on stumbling here and there in man's world or walk around in circles being tired and unhappy. Only this Godly path has the ability and wisdom to untangle people's minds and make them healthy and happy once again. Brahma Baba's shoes showed the path towards Land of

Perfection and its reality.

GOD'S ROSARY OF DIVINE SOULS

It was not easy climbing a mountain of newness when the whole world stood opposing him as they themselves were falling down in a bottomless pit of sorrow. Many threw stones at this man of divinity yet he walked and climbed quickly up the Godly Mountain of effort towards his perfect image in the company of God who was always one step behind him pushing him up the mountain whilst whispering encouragement.



Brahma Baba renounced everything worldly and wore simple white clothes exemplifying simplicity and humility. Yet the world could understand nothing from this divine man and his efforts of love. If only they could have stopped their relentless pursuit of greed or put down their materialism and opened their eyes and looked at this spectacular feat of dedication and faith! But what else do you expect from this world which only understands the language of money, wars and guns, knows how to create borders of barbed fences whether it is between two countries or between two neighbours.

FOR ONE ANOTHER

Both Shiv Baba and Brahma Baba are so light on their feet and so close to each other that if you could see them, you would not be able to tell who is who: they are like invisible identical twins. They think alike and go to the same places at the same time, have the same



feelings and do the same things when they get there. It is impossible to tell them apart, such is their closeness of love, thoughts and desires for each other: he desires to be with Him, and He desires him to become perfect and go to heaven.

**YESTERDAY, TODAY
AND TOMORROW**

Brahma Baba left a blazing trail behind him that is still easy to see and follow today. It might be many years on since Brahma Baba first set foot on that path himself, yet even from a distance, that path can be seen today clearly lit up by his divine footsteps when he began walking that path about 77 years ago. This path was special for him as it always moved him forward closer to his goal of perfection, heaven and God. In contrast, man's path takes them round in circles or backwards or closer to degradation each day.

The path that he created is lit brightly if you care to look for it and if you examine it closely and also walk on it, you will find it can also make you light and set you on fire with love, purpose and contentment. Without these three aspects in our lives, our lives are dull, almost meaningless, like that of a cat, which lives only to eat and sleep and chase after things.

THE PERFECT ROAD

Where did this Godly path lead Brahma Baba? This path,

which is as wide as God's mind and heart combined, ultimately led him to liberation as he was worthy to be able to walk next to God along this path. It is no small thing to have God as your constant companion. Brahma Baba was the first one to walk this path but there shall be many more similar like-minded students of God that shall follow him and his example as they walk along the path. These students will also enjoy a liberated life and future world with him who by then will have been reborn as the Prince of heaven, Krishna.

Where do most paths lead today? To your front door? To work? The pub? To the shops? Credit card machine? To the gym? Who can walk this Godly path each day with the same love and dedication that Brahma Baba did? Anyone can tread this same path that Brahma Baba walked. This Godly path is open to all of mankind regardless of their religion or beliefs. He walked the path with great diligence yet many on the same path today get far different

results. Why? This path can easily turn into the path of negligence, laziness and boredom, if not careful. In order to walk God's path, you need a routine such as what Brahma Baba created, and the foundation of this routine is unconditional love. He incorporated self-discipline, self-respect and an attitude of giving selflessly which proved to be the core values towards achieving his goal.

**HUMANITY IS WALKING
BACKWARDS**

Most have an attitude of wanting to take and receive in life which is selfish and not selfless. The result of taking this selfish path is that they will walk round in circles or take four steps forward in life, and then have to take five steps back. The implication of most people's lifestyles is similar to someone trying to watch TV which is not plugged in to power. Most will just sit there the rest of their lives just looking at a blank screen (life) as they are not plugged in to truth and God.

(.....Contd. from page no. 8)

The power to merge means 'it is finished' and the power to accommodate means 'don't go into the expansion'... It is finished; therefore, there is no need to repeat it. When we repeat, it means our intellect is dull. Repeating something about the self or another's weakness is the sign of a lack of powers. Hence, one should use these powers and be careful...



BRAHMA BABA – OUTSTANDING SPIRITUAL LEADER



–B.K. Surendran, Bangalore

We all know that great men have lived their lives with a sense of purpose and conveyed a message for others to follow in life. Their endeavours in whatever fields they chose to pursue made an indelible impact on many others. As Mahatma Gandhi said, ‘my life is my message’. Great men had to suffer a lot and faced great hardships. In fact, anybody who creates a new path must be prepared for criticism and hardships, for people loathe changing their ways. Be it a scientist like Galileo, or a political dissident like Solzhenitsyn, anyone who did upset the accepted paradigm or belief system time.

GOD DESCENDS

When God, the Supreme, descended on Brahma Baba and the people who attended his spiritual assembly started adopting celibacy in their life and elevated food habits, the tide of opinion started flowing against him. Worse still, there were

always expert talkers, the orthodox, the perverted and the prejudiced people, who for selfish purposes polluted the minds of the people and made them, believe the most blatant lies. Brahma Baba and Om Mandli was the target of severe vilification campaign. When the people of Anti- Om Mandli saw that their strategy to harass the women was not working, violent action was the next step they attempted. But, through all these events, Brahma Baba remained free from worry. He was ever the detached observer. He said, “We are only the servants of the Father; He will make everything alright. Many tests will come on this path, but we must have faith in the drama and in the self.”

The anti Om Mandli group also resorted to picketing. One day, the girls went out for a walk and when they came back, they found people were camped outside the building. The group comprised of mostly mothers and adult men. They stood peacefully in a single line

opposite the demonstrators. They did not attempt to go inside. Then the second group which consisted of young girls also joined the first group. They also stood in the same line. They looked at the demonstrators with love, sending them vibrations of peace and harmony. This news of picketing spread in the city. Ultimately, people of the city began to turn against the demonstrators and finally the demonstrators went away from the premises. In order to create a peaceful atmosphere, Brahma Baba shifted Om Mandli from Hyderabad to Karachi. When all strategies failed, a major lawsuit was filed by an irate husband of one of the inmates who took legal action demanding his conjugal rights. The court proceedings were taken up but the judge could not give the verdict against the sisters. Those in opposition even hired a killer to kill Baba but when the killer entered Baba’s room, he was engulfed in a golden mist. He could not see Brahma Baba, lost the sense of his body and fell down. The sword dropped from his hand and he promised to renounce violence.

GODLY SERVICE

In 1950, the organization, after the partition of the country, shifted to Mount Abu from where started the spread of

Godly services in different parts of the country. When the service began in different metropolitan cities, problems of various dimensions appeared but Baba did not flinch an inch. He did not get angry. He did not even consider fighting back. And the work of teaching, of disseminating God's message, went on as usual. Baba did not react to any of the anti-BK activities and stood his ground more strongly to the threatening events.

Founders Of Religions And Brahma Baba

Prajapita Brahma, the corporeal medium of God had the aim of imparting Godly knowledge and Rajyoga Meditation to the people of the world. The founders of religions and other leaders could not change the lifestyle of the people from *tamasic* to the *satwic* level, whereas Brahma Baba was successful in doing so. Those leaders were successful in changing the faith of the people and made them their

followers. But, the inspirational lifestyle practiced by Brahma Baba transformed the lifestyle of the people and a new race of pure, great and elevated human beings began emerging in the world.

The Unique Inspiring Personality

When God descended on his person, Brahma Baba took a spiritual birth. The hallmark of this spiritual birth indirectly made him an inspiring leader with pristine character, the essence being truth, honesty, sincerity, integrity courage, empathy, humility and authenticity. As he was backed up with the Supreme spiritual energy resource, his passion was contagious. He had the ability to communicate his passion, purpose and meaning to others. He started inspiring others to be like himself. He was a born optimist. There were many upheavals and crude oppositions to spreading goodness in the world but he encouraged each and every individual to release their hidden

potential for perpetuating that goodness. He had a special trait to recognise the individual achievements, acknowledge the distinctions and reward them. He was first in implementing the directions of the Supreme Lord in his own life and became an embodiment of the teachings of God Shiva.

Brahma Baba's life was an open book and that was his message. He was seen living his truth, walking his values, behaving his philosophy. His interactions were overwhelmed with self confidence, moral ascendancy and self sacrifice. He was a unique well wisher with pure feelings for one and all, even towards those who were inimical to him. He provided opportunity for everybody to improve and grow.

In fact, Brahma Baba is the perfect sample of perfect human being in the showcase of the Creator – God Shiva. Let us strive to and help in the task of world transformation.

LOVING RELATIONSHIPS

Who doesn't appreciate loving relationships? The soul is nourished when there is mutual affection and regard between family and friends. Love of course is built on trust but before I establish secure relationships with others, there are two major entities I have to face every day: 'Myself' and 'God.' Am I honest with my inner conscience and my God? When the intellect is clean of falsehood, I not only win the heart of God but of every soul in my contact.

THE CAUSE AND CURE OF ALL CONFLICTS

– B.K. Jagdish Chander

Our society is constituted of people following different professions for their livelihoods and sustenance. It also consists of various institutions and associations, each one of them trying to meet certain needs of the society. The aim of all or most of these is to get engaged in a meaningful and useful activity and to serve the society. But if we carefully read the history of the world, we will find that, in spite of good intentions of individuals and institutions and whatever efforts they were capable of, the quality of life and experiences of the people never achieved a desired and a satisfying degree. What is the reason?

An objective analysis of the professions and institutions, as they are and as their aims and functions are, would lead us to the conclusion that even though they have the motive of service, there is an in-built element or mechanism in all of them that does not allow redemption of the society from the ailments and sufferings that afflict it. We notice that every profession,

institution or group – political, religious, social, financial, etc. – has some permanent vested interest. That is, perhaps, necessary for its own survival but it is that which lends permanence to a particular problem. Everyone wants to perpetuate itself rather than work for extermination of the problems to which it has addressed itself. No doubt, all institutions, in their constitution, have a ‘Death Clause’, i.e. a clause, mentioning what will be done if the institution ceases to function or is disbanded and wound up. It means that they all know that anyone that is born will die but, in practice, everyone wants to live on, fulfilling its own self-interest even if it means facing a hard competition and even if their motives and actions are detrimental to the interests of others or if they are good, mixed intrinsically and inseparably with bad.

Take, for example, the profession of doctors. They will thrive if there are more patients. More and more doctors will survive if there are more and more patients. In other words,

their very survival depends upon the spread or diversification of diseases and the increase in the number of patients even though their intention is to serve the society by curing the patients and helping prolong their lives. Thus, hospitals also plan expansion of their service, increase the number of departments, beds, doctors etc. anticipating that more and more people will fall sick or, with the increase in population, pollution and stress, the number of patients would multiply. They, as well as the pharmaceuticals, dispensing chemists, etc. cannot and do not work for the total elimination of disease or for establishing an ever-healthy society because that would mean the end of their own existence and also of their avowed aims and objects.

Similarly, business prospers on profit. Businessmen are, therefore, inclined or tempted to adopt such ways and means as enable them to make more and more profit. They compete, advertise and engage labour at cheaper rates, purchase raw materials at the cheapest possible rates, trying all the ways to make the maximum possible profit even if they have to exploit others or be unjust, unfair, corrupt and unreasonable.

In politics, every minister wants to retain his/her own



portfolio and powers and grab more if possible even if, in the process, he/she has to deprive those persons in power and position who, earlier, have been his mentors and well-wishers. Their self-interest compels them to snatch every opportunity to rise to higher position, marginalising or pushing behind all others whether it is their family or friends, and all in the name of serving the people and the society.

Likewise, the livelihood of an advocate depends on legal cases which arise from violation of law or conflict between persons, institutions, communities, etc. So, the solicitor, the advocate, the Notary Public, the Oath Commissioner, the public prosecutor and the whole

paraphernalia caters willy-nilly to this notion. So, with the best of intentions, the legal profession cannot root out crime.

Thus, every profession in its dealings right from the bureaucracy, the tax authorities, the law-enforcing agencies, the public, etc. takes to such ways that its own interest is served better.

Unexceptionably, everyone has a vested interest which it can sacrifice at its own peril. Even those who think of and work for social well-being, keep uppermost in their mind the interests of their own group and wish and try to promote it more than any other. This selfishness or group-interest is anti-social and therefore does not permit the society to be free from conflicts

and sufferings.

So, unless and until there is, or there are, institutions whose aim is to work for the betterment of the society and to educate people to have that vision of the world from which sufferings and selfishness have been totally eliminated, the conflicts will remain because the cause will remain to be. Such an institution that gives the vision of the world as a great family in paradise is established by God only, who alone is above selfishness. Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya is His instrument that aims at bringing an end to all conflicts by giving such a world-vision and the method to achieve it.

THE MEANING OF CONCENTRATION

Concentration means to stabilize in one elevated thought; the entire tree is merged in one seed thought. Increase concentration, and then all types of upheaval finish. Concentration also gets attracted towards itself. If something is fluctuating or is in upheaval, it will bring others into upheaval too. If electricity is fluctuating, sometimes off and sometimes on, it brings people's thoughts into fluctuation, as to what is happening. Similarly, anything that is concentrated makes others also concentrated.

On the basis of concentration, one can see things dearly, as they are. Those who constantly stabilise themselves in that stable stage can experience themselves dearly as they are; and as a result, upheaval over questions like what will happen, how will it happen, etc, will finish. If anything is seen dearly, no question will arise about it. Questions will finish. There will be the experience that this is what it is. Similarly, on the basis of concentration, the form of the self and the Father will always be dear. Questions about how to stabilise as the embodiment of soul; about whether the soul is like this or that; all such upheavals finish, and every thought becomes dear.

— *Avyakt BapDada*



PURITY



– B.K. Jegasothy, Sri Lanka

Bharat or India was once the Land of Purity, Truth and Happiness. The erstwhile Golden Sparrow has now turned into a land of sorrow. However, the Supreme Soul, the Supreme Father, the Ocean of knowledge, the Ocean of purity and peace is with us and helping us to regain our lost paradise. So we must change ourselves to build up a better world. Today everyone is perturbed by the chaotic situation prevailing in every walk of life. What is the reason for it? Certainly the reply would be loss of divinity or purity. The loss of purity makes us susceptible to negative influences and leads to erosion of values. This is the story of our fall– from being completely virtuous and pure to being completely vicious and impure. This is when the Supreme gives us the spiritual wisdom to return to our original state of wholeness, to our original divine pure state. Purity is the by-product of spiritual knowledge. It is the foundation of spirituality. Knowledge helps us to go deep into ourselves and realise the truth--the truth about our original

purity, as how we were once powerful and pure, full of divine energy. Our inner purity reflected in the beauty of nature but as we experienced a shift in our consciousness, we were caught in a web of vices of anger, lust, greed etc. Now is the time to embrace purity and make our *sanskars* divine.

Purity does not just mean remaining celibate or wearing white clothes but it has many more dimensions. Purity is the mother of peace and happiness. God Shiva, the Supreme Father has bestowed the treasures of knowledge and fills us with the powers and virtues. Those who realise the elevated nature of the soul renounce impurity and make the soul into a valuable diamond. We must be honest with the Father and have implicit faith in Baba, the Ocean of Knowledge. An honest soul experiences an ascending stage with the Father's cooperation and His companionship. So an honest heart will be ever happy and ever peaceful. Pure and peaceful souls enjoy the angelic stage – being in an elevated stage detached from the old

world; old *sanskars* no longer emerge in them and they are completely detached from the body and the old world. They remain soul-conscious. They continue to give cooperation and blessings to all the souls suffering from impurity. They transform the impure souls into pure souls. Jagadamba Saraswati (lovingly called 'Mamma') enjoyed the angelic stage because she remained ever pure and was able to build an aura around her which protected her from negative souls. Mamma realised the confusion of all souls by instilling the awareness of God Shiva, i.e. Shiv Baba. Baba instils five qualities mainly: Purity, truthfulness, obedience, humbleness and love-fullness. Purity brings love and truthfulness from the Almighty. This naturally relieves us from attachment and craving for unwanted things. Impure thoughts bring us into undesirable situations.

So what are we to do now? Shiv Baba gives the knowledge which is latent within the soul and purifies the soul. So it is our duty to get the instructions from Baba, though it will not come in a visible form. Building stillness and silence while maintaining purity and taking pure food cooked in the remembrance of



Baba would help to enjoy Baba's instructions. Baba's praise is unique, as He is ever pure, so we have to change ourselves into pure souls and become an

embodiment of austerity. Through the angelic attitude, we need to change the impure souls into pure souls and reveal God Shiva, our Great Benefactor.

Our Shiv Baba is the greatest of all who is doing the greatest task of purifying us and all five elements of nature.



Very interesting story....

BE ELEVATED

In an ancient temple, a number of pigeons were living for quite some time at the top of the Gopuram (as they normally prefer elevated or high structures). It so happened that the temple management decided to renovate the temple and do *Kumbha Abhishekham*.

The moment the works began, the pigeons had no other choice other than to relocate to a different place.

They found a Church nearby and decided to settle down there. As there were already some pigeons who were in the Church, the new comers, managed to find places in between, wherever they could. But since Christmas was nearing the Church management decided to paint the church. The new ones along with the earlier ones now had to

move out and look for another place.

They were fortunate to find a place in a Mosque nearby and similarly managed to find places for them to live along with the existing ones there.

The Mosque also, due to Ramadan decided to carry out some repair works. By this time the temple works and the function was over, all of them came back to the same temple.

One day, when the pigeons were sitting on the top and relaxing, they were watching some communal clashes going on below and not far away from the temple.

The baby pigeon asked the mother pigeon: "Who are these people". The mother replied that they are "Human beings".

The baby asked: "But why are they fighting with each

other"?

The mother said: "These human beings going to temple are called 'Hindus' and the people going to Church are called 'Christians' and the people going to Mosque are called 'Muslims'.

The Baby pigeon asked: "Why is it so? Look, when we were in the Temple we were called Pigeons, when we were in the church we were called Pigeons and when we were in the Mosque, we were called Pigeons. Similarly they should be called just 'Human beings' wherever they go".

Look at the wonderful reply the Mother gave "You and me and our Pigeon friends have understood and that's why we are living here in a highly elevated place peacefully; these people are yet to understand that and hence they are living below us and fighting and killing each other".

THE CYCLE HAS TO SPIN



The World Drama cycle continues to spin, as per its time. We have to pay attention on how to attain an elevated status within the cycle. Everything will continue to happen as per the time. What sort of time is it now? Time to rise higher, from down below! This is why we have to make effort for this, to become pure from being impure. Otherwise, all those religious fathers who come from above also have to come down, as they continue to take births.

Now God Himself comes and teaches us, inspiring us to make effort to rise higher. So there is only the One to purify all the impure ones. Christ, Buddha, come pure; establish their respective religions, and as they come into the cycle of death and birth, they have to become impure – to descent. They descent and so do their followers. We have also become impure from pure, but there is a difference: ours is now the ascending stage, whereas theirs is the descending stage. They have to become



Mateshwari ji

impure from pure, whereas we have to become pure from impure because the Father is now teaching us. We should understand all these accounts.

This is the very time when the new religion and the new world are being established. It is now the end of this old world. We should understand all these things and make efforts accordingly.

ATTAIN THAT FORTUNE

The Father is present for such an elevated task, so we should take the full benefit now. What sort of benefit? This is the highest benefit of all, which no one gave to anyone. Whatever task the religious fathers did is

different. The task the Father is doing, no one else can do. The religious fathers come during the time of descent; the Father comes and takes us all into the ascending stage. We have to understand the nature of the present time.

Religious fathers do not come when it is time to go up. They come during the Copper Age. After that, in the Iron Age, they must come further down. They have come down birth after birth, and become impure from pure. They are not called purifiers of the impure ones. The Father comes and purifies impure ones. He takes all souls back to liberation, and salvation. This is the responsibility of One. The rest all have to come down. No matter how great souls are when they come, they have to go down.

For whom are we doing this? Yes, we do this for the self. Suppose someone's treasure store is getting filled. Even though it is not visible, he is earning a lot; it's accumulating a hundred-fold, a thousand-fold. He is making more and more. It's good. Here, we are doing service and accumulating for the future. Whoever does, gets; and he or she receives in the new world, too.



WHO AM I, WHO IS MINE?



– BK (Prof.) Ved Guliani, Hisar

Brahma Baba had always wanted that we should have the awareness about the self and be clear about what really belongs to us. Almost all philosophical discourses emphasize the question of ‘knowing one’s own-self’, but very few serious efforts seem to have been made in this direction. No doubt through-out our life we identify ourselves and the persons around us with certain features and characteristics as their identification marks. But have we seriously thought, before being introduced to any divine ideology, whether all these identification marks relate to us or to the persons with whom we associate them with. Brahma Baba ensured that each soul was clear about its spiritual identity and the mortal nature of the body.

Let us take the most common and most important feature of our identity i.e. our name. Everybody is given a name in the family/ society and in a family no two persons are given the same name. In other words my name seems to distinguish me from

others. But have we thought whose identity it is or have we accepted our name as being our own self? Generally in case of identity we do not move beyond our name.

If asked, our reply would be ‘my parents named me...’ or ‘I was given this name’. But who is this ‘me’ or ‘I’? While we utter these words we don’t understand their significance. We say, ‘...named me...’, ‘...was given...name’, but have never tried to find out ‘named whom?’ Who was given this name? Does this not mean that ‘I’ and ‘the name’ are two different things? Moreover ‘I’ am not just a name.

But then we go on associating our identity with many other things like education, job, profession, social status etc. But like name all these things and qualities have been acquired by the one whom we call ‘I’. The proof of these external achievements is that all these things were acquired in this present life and they remain with me as mine only in this life. So can I call them my permanent or integral features?

Surely the answer to these and similar other questions will dawn upon us the truth of our existence with which we are so passionately attached and so pathetically ignorant of. The second question ‘who is mine?’ leads us a step further on this path of true knowledge of self and our existence. Once we come to realize that I am not what I seem to be or what I identify myself with, then it also makes us understand the truth of our surroundings and the persons who are often found around us.

When we say ‘mine’, there comes a sense of right or authority and an idea of possession. But with social human relations ‘*Mera Kaun*’ (who is mine) may not show that right of possession or authority and it would stand for good and useful expectation. In other words, such a relation is expected to prove useful and helpful in times of my need. If we think that relations or at least some basic relation are one’s own, one needs to think again. No doubt some relations are fundamental like one’s parents, father and mother, while other relations of brother, sister, husband, wife, children, uncle, aunts etc. may be treated as secondary. I call them secondary because one may or may not have some or many of



these relations. These days, when the norm is of small families and people try to limit their family to one or two children, one may or may not have a brother or a sister. During the course of one's life one may not marry at all and as such the relations of husband, wife, children etc. become redundant for him/her.

Again there is another aspect to this question of '**Mera Kaun**'. Many of our relatives pass away quite early in our life and we don't find them around us in times of our need. Say father, mother, husband, wife, brother, sister, son, daughter etc. may not be with us when we seem to need them the most.

However, while we are lucky to have most of these relations, do they stand by us in times of our need? It is not blaming one or more relations, but the complexities of life are such that even we, despite our sincere efforts, may not be of much use to our relatives in times of their need. Every life is different and unique in its own way. Therefore its needs and also the expectations are different.

Think for a moment and say 'can we name any of our relations with whom we have never had any complaint or dissatisfaction'. Have we never found anything lacking in the conduct of that person? We generally avoid such questions with the phrase 'no man can ever be perfect'. Of course it is a fact, but do we really accept it? Don't we make complaints and even break relations or grow hostile with someone who fails to come up to our expectations in times of our need? Did we tell ourselves at such a time that, 'no one is perfect'?

When slowly and gradually the truth of the self and reality of relations dawns upon us, we understand the true meaning and significance of spiritual learning. It is only then that man's true spiritual growth and development starts. Baba always asked us not to associate such learning with being an ascetic or a *sanyasi* or having disinterest. The true knowledge of the self, the God and the universe is the only thing man needs to learn and follow. Learning the truth has always been a high quality of one's character – be it the truth about the working of a natural law or the life itself. Only this will pay in the long run to achieve the ultimate goal of life. This was the crux of Brahma Baba's teaching and spiritual practice.

MOTIVATION

The example of an iceberg shows the need to see under people's surface behaviour; the need of a deeper insight.

Only 10% of an iceberg is visible on the surface; 90% is under the waterline, invisible, but yet prominent. If there is a wind coming from left to right, just by seeing the visible mass, we think it will move the iceberg towards the right. If, against all expectations, the iceberg moves in the opposite direction (left), it is because, under the waterline, there is a strong current running towards the left.

Sometimes you, as a leader, try to move people in a certain direction by giving them orders, instructions, explanations and encouragement, but you do it on the basis of what you see above the surface. The visible part represents what is at the surface such as appearance, behaviour, manners etc. You do not see what moves them under the surface so you become surprised and maybe frustrated seeing them move in the opposite direction. The main part, which is the 90% not visible, is within the subconscious. Under the surface (subconscious), you will find emotions, fears, attitudes, deeply held values etc.

If you want to move people, if you want to motivate others for a project or even just to reach others, you need to be aware of these kinds of things that you find under the surface. The key to understanding others better is to be more aware of your own feelings and under-currents, because, at a deep level, we are very much alike. If you understand your own fears and strong motivators, you will understand others much better.

POWERFUL STAGES OF MEDITATION



– B. K. Banshidhar, Bhubaneswar

Meditation is a powerful exercise, but remaining in powerful stage requires effort and attention. Rajyoga meditation is not taught by any human being, but is imparted by God Himself.

According to Godly Knowledge revealed by God Shiva Himself through the medium of Prajapita Brahma, Rajyoga enables one to get connected with the Supreme Soul who is Incorporeal and does not take birth from any mother's womb nor does He take the last breath. He is the Supreme Parent of all human souls. He is a tiny conscient Point of Light, the purifier who comes to purify all human souls, the Nature and five elements of the world. At the end of *Kaliyuga*, when all the souls are degraded by the five vices, and become impure by the actions they have committed during the course of maximum 63 births, then He comes and imparts this knowledge through the corporeal medium of Prajapita Brahma at the auspicious

Confluence Age. He explains that originally, the souls have seven divine attributes such as knowledge, purity, peace, love, joy, bliss and power but with passage of time, the souls lose their power and get influenced by five vices predominantly, which leads to degenerated mind, and deteriorated world. Thus, a constant and powerful meditation is required to demolish the kingdom of Ravan, i.e. five vices in male and five vices in female, which have been ruling for 2500 years.

With the passage of time, our world becomes the breeding place for vices rightfully termed as Hell. It is only the Supreme Soul, who by virtue of teaching Godly Knowledge and Rajyoga Meditation takes us back to our original home called the Supreme Abode or the Incorporeal World. Those who recognize God, follow His divine Knowledge whole-heartedly and conquer the vices become entitled for the Golden Age, i.e. *Satyuga* or Heaven or Paradise. However, in order to be eligible to go to our Original Sweet Silence

Home, we need to be pure or vice-less. Meditation, i.e. Godly remembrance is the most powerful tool that is used to dispel vices.

The simplest yet most important thing which one needs to realize is that 'I'm a soul not a body'. The soul is a conscient point of light which resides in the forehead in the middle of one's eyebrows. One must realize and experience the spiritual identity of being a soul by having constant awareness of 'not being a body'. It is also important to remain in the company of the Supreme Father throughout the day. Of course the daily routine and responsibilities have to be discharged with sincerity and efficiency yet everything should be done as if it were done with the command and supervision of the Supreme Soul. One very important aspect of Rajyoga Meditation is to treat every other human being as brother soul. One also needs to practise that everyone else, like oneself, is also a soul and not a body. Hence one should neither be charmed by anyone's body nor by his or her activity, since each one is performing different role in this Eternal World Drama, where everyone's role is fixed and auspicious; however, I've to play my role in the best possible manner as per Godly advice.

One major aspect of the



Meditation is treating life as a journey whose destination is Incorporeal World or Soul World. One has to remember God so as to purify oneself of all the five vices before one can be considered for this final goal. Moreover, the place and position in the New World, *Satyuga* will also depend upon our efforts and practice of meditation.

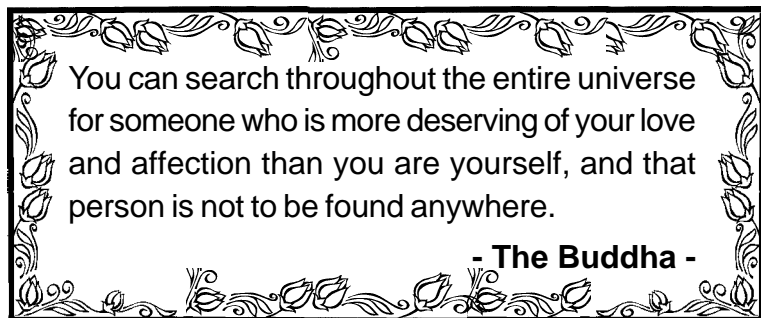
Some people believe that some external means can help in the intensity of meditation. They feel that the red light, playing of the spiritual music, placing a photo of Brahma Baba or Shiv Baba in front or even a commentary by the Rajyoga teacher will help them connect with the Supreme Soul and make meditation effective. While these means may give some support especially in the beginning, they have no intrinsic relationship with meditation and spiritual realization. Even the traditional methods which recommend bodily postures called '*Hath Yog*' are not much relevant since one can sit in any comfortable posture which allows him/her to perform meditation as long as one wants without any bodily pain or diversion. That is why the Supreme Soul asks His children to be in His Company even while performing the mundane activities of daily life. Thus, one can form a loving link with

Supreme even while performing one's official duty or discharging some domestic responsibility. The only concern should be that one has the awareness of being a soul while discharging his duties.

The significant attainment of meditation depends on the three dimensions i.e. the length, the breadth and the intensity. One should be able to perform meditation for longer spells of time. The longer we remain connected with the Supreme Source of all blessings, the more we are likely to attain. Secondly the breadth of meditation involves the quality of our relationship with the Supreme Soul. That is why God Shiva often asks us to establish all relations with Him. Let us experience and enjoy the truthfulness of our relations with Him. We have often called Him 'My Father', but have we really treated Him as such in our real lives? Or is it just at the time of difficulty that He becomes 'my Father'? It is not for nothing that He asks us to consider Him our

Father, Mother, Friend, Guide, Benefactor, Child, Lover etc. However, the third dimension relates to the depth and intensity of the meditation. For some people, meditation is an activity performed at some fixed time and at a fixed place during the day. In such a case, meditation turns out to be no more than a formality. The remembrance of God has to become natural just, like breathing. This means that we are in constant touch with Him just as we continue to breathe at all times. This stage of meditation proves our conviction that He is the Supreme Father, Teacher and Preceptor (*Satguru*), without whom our life and existence means nothing and can gain nothing, be it in this world or the New World. This is what means to be a *Karma Yogi*.

Let us inculcate the processes and divine virtues and realize the powerful connection with the Supreme at every step of our life and be blessed with peace, happiness and prosperity.





MY SWEET MEMORIES IN U.K.!



– B.K. Sreema, Colombo, Sri Lanka

When my husband left his mortal coil suddenly after a severe heart attack, I had to go to close our bank accounts as well as inform his pension office in U.K. of his demise. When I told a few of his friends who had worked in U.K. that I'd be going there to inform of his demise and request for the widow's pension as well, they told me that getting the widow's pension will not be easy because the prevailing laws in U.K. are very strict and they require many documents to prove that the applicant was his wife. However, I was not disheartened as I was aware of all the documents required, viz., my birth certificate, marriage certificate and my late husband's death certificate.

I randomly booked my Air ticket for U.K in May 2013. The B.K. brother who picked me up at the Air port informed me that revered Dadi Janki ji had arrived the previous day and was staying at the Global Corporation House. I was very happy and felt myself multi-million fortunate to be able to see her, receive her *drishti* (spiritual

gaze), and listen to her words of wisdom. I had come back to U.K. after 20 years and felt fortunate to be there at the same time as Dadi ji. I thanked the most beloved God Shiva for giving me this wonderful opportunity. When I met Sister Jayanti, I found her very kind, loving and sweet. She made all arrangements with another sister, for me to visit the Oxford Retreat Centre and also the Worthing Centre when Dadi Janki ji was there. I went to the Ilford Centre also where they had a well attended public programme with Dadi ji. I was going to be in U.K. for two weeks. On the last day at the Worthing Centre, I was able to sit right in front of Dadi at *Amritvela* and she gave me very powerful *drishti* and I felt very much elated. After the class, we also left for London at the same time when Dadi left. On the way, we halted for a while so that the sister who was driving who was feeling thirsty could have a soft drink. In the meantime, I got down stretching my legs as I was having knee pain, I walked up to the shop.

Seeing the B.K. badge (given to me by Dadi in Madhuban), the person at the shop expressed his willingness to know about the badge. I explained in detail and also about our centres where the Rajyoga lessons are given free of charge. At that moment, the sister came with chocolate bars and asked for four bottles of soft drinks. He gave the soft drinks and when she tried to pay, he refused to take the money saying that since we all were doing great service to the humanity, it was his pleasure to serve us.

The second week too I got the chance to be with Dadi ji during *Amritvela* (Nectar Time) at the Global Corporation House and before the Murli was read, we met her personally and received her powerful *drishti*. After listening to the *Gyan Murli*, i.e. Flute of Godly Knowledge; I went to my husband's Pension Office, after making an appointment with the officer in charge. I told him that I came to meet him as I'd be going back to Sri Lanka the week after. He was very kind and helpful. I showed him all the relevant documents and also the required photocopies. He said it would take about an hour. Then I informed him as I was going to close our bank account so my widow pension would have to be sent to Sri Lanka. He then told

me that it was not a problem and assured me that he would make necessary arrangements in that regard too. Then I told him that I was also getting a pension and that too had to be sent to Sri Lanka. He then telephoned my pension office regarding my request and made arrangements to send me a form. I felt that everything was being done smoothly and successfully because of BapDada's help.

On the last Saturday during my stay in London, I went to see my husband's best friend. While talking he told me that if I had come there to get widow pension sorted out, I'd find it very difficult as they require many documents and it would take about 3 to 4 months. When I told him that I managed to get it done in one hour, he was surprised and wanted to know how I did it. I told him that it was because of the help of God, the Supreme Soul. He was a bit annoyed and told me that being a Buddhist, he didn't believe in God. But I gave him a brief introduction about God, the Supreme Soul. I continued that when we get to know what He is like, His name, residence, attributes and tasks, we remember Him through our mind and intellect. I also told him that if I haven't had the Rajyoga knowledge, I

would have been very miserable. I bade them goodbye, leaving behind some spiritual pamphlets, in the hope that they too will recognize their spiritual Father and embrace His love.

Two days later, I returned to Sri Lanka having achieved all I wanted to achieve, with the added bonus of being in London when our Divine Dadi Janki ji was there. I express my heartfelt thanks to Beloved BapDada for being my constant source of support. ●

O BRAHMA BABA!
THE NEW WORLD CREATOR!

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

Though disappeared from eyes, yet merged in our heartbeats
Left coil of five elements, but present in our breaths
From Lekhraj to Brahma and from Brahma to angel subtle
Through renunciation and austerity, became transformer of
the world.

At the time of irreligiousness, God made you His medium
With a great passion, you spoke Godly memorandum
Became 'Lucky Chariot' in the new world's benediction
You still live Baba, in spiritual children's hearty emotions.

Glorifying women was the foremost endeavour
The splendours of the world were devoid of flavour
A different elevation triumphed in your personality
From your honour, was overjoyed – the tired humanity.

Acting as per Godly directions showed – new spiritual horizons
Always saw you distributing belongingness, spreading the arms
The sweltering mind would get from you – endearing cool breeze
Just through your remembrance, we feel compassionately drizzle

In your every word and sentiment, success was evident
The feeling of 'World Brotherhood' – the only motto prevalent
Your sweet melodies still echo in the atmosphere of Madhuban
Filling seamless power in Yagya aspirant's arms magnificent!

Those personified days of your company still mesmerize
Baba, thou give even today, the subtle cues of Godly advice.
O Brahma Baba! Bestow *Sakash* so we do austerity of your level
And pave the way for, on this land, yet again – the return of
Heaven.

INFORMATION OR INSIGHT!

– BK Ganesh, Sector 26, NOIDA

Today, we are literally bombarded with loads of information through multiple medium, namely internet, TV, telephone, SMS, newspaper, email, and huge number of mobile applications. Thus, we can access any information, any detail from any corner of the world, may be thousands of miles away. *The question is whether we need all these information?* Someone may argue that since we live in this world, we need this information.

Let us just think of the world 15-20 years ago. People did not have access to so much information, yet they led somewhat a happy life. Some may argue that more information presents us with more choices that can help in better decision-making. However at times when we are presented with too much information then we are *unable* to take decisions quickly. We can compare the two situations – one goes to a common coffee shop where only 2 varieties are available. Another person goes to hi-tech coffee shop where more than 40 varieties are available with many selections

of different parameters. Which person can take decision quickly? It is simple – the first person.

With ever increasing information, are we getting any real insight? Do we only take the information that we need or do we end up taking much more information than we actually need? *We can really decongest our mind if we focus on content that brings value to our world.*

One has to learn or nurture the art of ignoring the information not required.

Many times, most of the information is of no use and leaves one stressed, anxious and fatigued. It is just a waste and burden.

Today, we have much more information than we can assimilate and process. With the advent of computer mediated communication– text messages,

emails, posts on social networking sites, Google or yahoo related search, the problem of information overload has intensified as more and more people are caught up in seeking trivial information.

This has been the cause of much of stress, fatigue and reduced productivity, loss of concentration and feeling of being overburdened. This has eroded personal healthy and family life and affected the relationship that we have with self, with others and most importantly with God.

It is time that we take a break before this overload completely paralyzes us. We need to limit the sources of information to that which is really useful for us. Also, it is important to take time off from the barrage of information. Set aside some time for useful activity like exercise, spending time with friends/family most importantly spend some time with self— meditation. This is the way we can empower self and make informed decisions.

SILENCE

There is a part of you that is perfect and pure. It is untouched by the less than perfect characteristics you've acquired by living in a less than perfect world. It is filled with divine qualities, so is in a constant state of resourcefulness and well-being. Its total absence of conflict and negativity of any sort makes this part of you a Still-Point – a deep, enriching experience of Silence.

(Contd. from page no. 3)

Iron-aged world. Baba saw, in that vision, the world shaking badly because of severe earthquakes, certain continents burning and going deep down under the water because of nuclear catastrophe and a lot of blood being shed in India because of communal frenzy. Baba felt terrified and saddened. He then had a vision of the new, coming world order of *Satyuga* or Golden Age when there would be perfect law and order, love, unity, purity, peace and prosperity. Baba was ordained by the Divine to be His corporeal medium for the re-establishment of *Satyuga* – the era of world peace. Baba willingly and immediately surrendered all his worldly belongings and his physical, mental and spiritual energies to God and, as corporeal medium to Shiv Baba, became the founding father of Brahma Kumaris Institution.

PROTOTYPE OF A DEV

Baba was unlike the saints and founders of religions of the past and gurus and ‘god-men’ of the present. Incorporeal God Shiva had given him the name, Prajapita Brahma, because, through him the whole world was to be spiritually created. He was also known as Adi Dev because he was the prototype of a *dev* or god of the future Golden-aged world. By practicing intense and lovefull

meditation, Baba not only settled his *karmic* accounts and became completely enlightened, purified and divinized but he now had the rare privilege of working in union and unison with God Shiva from the realm of angels for the good of mankind.

IDEAL GODLY STUDENT

He was able to impart the words of profound wisdom – this despite the fact that he did not have much formal education. Perhaps, this proved an asset, for his mind received no indoctrination and false conditioning and had no vanity of being a highly educated man or a scholar. He always considered himself a student – a Godly student. He was an ideal Godly student for he followed God’s teachings wholeheartedly and sincerely.

HIS RESPONSIBILITIES

He did not believe in the philosophy of being tucked away in the bowels of the red wood forests, besides a stream, away from all. In fact, he disapproved of all this and advised to be natural. He was a practical World Teacher. He knew that the salvation of an individual would solve no problem, for the whole world was in agony and pain. He, therefore, worked for the purification of one and all.

CRITICS AS FRIENDS

Purity and Meditation, Knowledge and Virtues were his main lamps of life. He was an embodiment of tolerance,

compassion and forgiveness. His opponents relentlessly tried to malign him but he never allowed hate to enter into his mind. He wished all people well and considered his critics to be his friends, for they drew his attention to certain points of his weakness and imperfection.

BABA’S MESSAGE

His main lesson is pithily expressed in his last discourse which he delivered on the night of 18th January, 1969. He asked man to become *Nirakari*, *Nirvikari* and *Nirhankari*, i.e., to establish himself in the truth that he is an incorporeal soul, to be viceless and, above all, to give up all pride, ego and body-consciousness. He further asked to have lovefull and conscious link with God, for that alone is capable of absolving the soul of all its rust of past moral deformities. Baba’s message was the message of love, compassion and universal brotherhood of man, under the Fatherhood of God. His method has brought real integration among people of different races, nationalities, castes and creeds and has given hope and peace to the agony-stricken world.

VALUE OF TIME

He understood the value of time as no one else did. He often explained how this particular life, being last in the World Cycle, was valuable and how time, usefully spent in spiritual endeavour and in service of

mankind can give us a happy future for twenty-five centuries. "Our present body", he said, though born of sex-lust, can be a very useful instrument for raising ourselves to be deities." He, therefore, advised us to take care of the body as God's property and to do no evil, hear no evil and not to see evil through it, for God will not give to man – a thing for being misused. When it was time for doing Godly service, he counselled all not to say 'No', for Baba would help a person if he would happily devote the self to service.

Tower of Light & Strength

Above all, he was the greatest Rajyogi of all times. There was divine grace in his acts. He radiated vibrations of spiritual calmness. He had attained the mental quietude and constancy under situations of stress and in face of vicissitudes. He was noble-hearted and had become, by means of practice of intense meditation, a powerhouse from which a great multitude of men, women and children drew their spiritual strength.

In the strife-torn world, he brought peace to many homes, hopes to many dejected souls, spiritual strength to those who considered themselves too weak to attain worthy goals of purity, and he blessed many souls with the gift of self-realisation and happiness. He is now doing this divine work in the angelic form of Avyakt Brahma. He and the Supreme Soul, Shiv Baba, who are in constant company, are together called Bap-Dada.

DETACHMENT IS THE KEY

– Hari Om Chawla, New Delhi

The best way to deal any situation in life, pleasant or unpleasant, is to become detached. Detachment enables us to choose a response, instead of acting automatically.

In case of any mental distress and discomfort, many of us generally do not behave normally. We either become too much entangled or try to find an escape route through distractions like smoking, drinking, eating, viewing television, pictures. This is not a way to deal with discomforts. We must remain fully aware, detached and try to observe the unpleasant feelings and thoughts. We can thus get an opportunity to go deep.

Even in case of physical problems, we can remain detached from the pain and just be a witness to it, unattached, as if the thing is happening to someone else. And this is actually happening to someone else, because this is my body; I am not body. We can realize this fact when we are soul conscious.

Only when we are detached, we can see things in proper perspective. Pre-conceived notions, anger, greed, jealousy, worry etc. block our consciousness and what we see is coloured by our mental state. In case of conflicts in the family, with friends or at workplace, if we are detached and not obsessed with our own views, we are able to understand and appreciate others' points too. Their way of looking at things may be different from ours, depending upon their environments, impressions and experience, but they are not wrong.

Even for properly enjoying little things in life, we need to be detached. With attachment comes ego, which prevents us from giving proper attention to the beauties of life spread all around us.

The more we are aware and detached, the more we become soul conscious and free from all sorts of fears. Detachment enables us to look at the life in totality, makes our inner journey free from hurdles and connects us to our core. The Raj Yoga meditation at Brahma Kumaris helps us to detach from the waste, negative thoughts, to understand the real self, the peaceful soul and to connect with Supreme Soul, our dear Shiv Baba.

We must endeavour to increase the level of detachment and cultivate a witness state, the *sakshi bhaav*!

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