

|| From the mighty pen of Sanjay ||



ASPIRATION FOR YOGA



The science of Yoga is based on one essential belief and awareness that “I am a soul, distinct from the insentient body.” This is called ‘Soul-consciousness’.

Now, just as you satisfactorily know the name, form, abode and occupation of your worldly father, even so, you, as an aspirant for yogic communion with your Soul-Father (God), ought to know the Self and the Supreme Father. You ought to be enlightened on some of the questions like: ‘Who am I? From where have I come on this world drama-stage? What is the ultimate goal of my life? Where is the Supreme Abode of my Soul-Father?’ etc., Further, this knowledge must not be merely literal or scriptural. Rather, it should be based on one’s practical experience, or personal realization.

The Wonder of Wonders

A person who does not know his (soul’s) Father and the other truths we have enumerated above, is like a self-made orphan. Even a small child possesses the knowledge of his bodily parents. If, therefore, a grown-up person does not know the Parent Soul, it is really a very sad commentary on him to say that he has utterly neglected his one important duty, namely the study of this knowledge. He ought to know that, just as an ignorant boy, estranged from his worldly parents is incapable of inheriting his parental property, similarly a soul, ignorant of its Parent Soul and not in communion with Him is incapable of benefiting from the great inheritance of Knowledge, Purity, Peace and Bliss.

Therefore, if one aspires for peace, one should be an aspirant of yogic communion or fusion of mind with The Supreme Father. One must be faithful to Him so that one may deserve what one desires.

Let only one ambition always burn in one’s mind – “Now I must seek a communion with my dearest and nearest Supreme Father, now I must obtain from Him the sacred knowledge of Godly theme; His captivating notes I must now hear; of His thrilling form I must be a seer. His favourable looks on me

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21st June 2015: UN Celebrates INTERNATIONAL YOGA DAY



It's a greatly pleasing matter for all of us connected with Yoga and Spirituality that on 11th December 2014, the United Nations General Assembly passed the Resolution to observe **21st June 2015 as International Yoga Day**. Hats off to our Prime Minister, Mr. Narendra Modiji, for having the vision and courage to call for the adoption of this wonderful service to humanity, when he addressed the 69th session of the United Nations General Assembly in September 2014! We proudly recall his words in this regard:

“Yoga is an invaluable gift of our ancient tradition. Yoga embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help us

deal with climate change. Let us work towards adopting an International Yoga Day.”

As I learn, the Government of India under direct guidance of the Prime Minister has been mobilising public support through different non-governmental organisations, and educational institutions, to celebrate the International Yoga Day in a big way. From different parts of India, Brahma Kumaris Centres have informed us that along with other social service organisations and NGOs, BKs are collaborating to make the event a grand success.

In particular, Brahma Kumaris Delhi Zone and Rajyoga Education & Research Foundation, New Delhi, are organising a grand event on 21st June at 5.30 p.m., at the Siri Fort Auditorium which will be blessed by **Rajyogini Dadi Jankiji**, Chief of Brahma Kumaris, Mount Abu, and where **Hon'ble Shri Rajnath Singhji**, Union Minister of Home Affairs will

be Chief Guest, and Kiran Mehra-Kerpelman, Director UNIC in India and Bhutan, will be Guest of Honour. Apart from celebrating International Day of Yoga, the event will launch a National Campaign: **‘Easy Rajyoga for Healthy and Happy Society’**.

The Brahma Kumaris Centres of Delhi Zone and neighbouring cities will organise a Collective Meditation programme, from 5-8 a.m. on 21st June, for about 25,000 people at the Red Fort.

We have been receiving news of unconditional support from politicians and social institutions that are recognising the expertise of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya in exposition of India's ancient spiritual wisdom, and the art of Rajyoga Meditation. This indeed is a very healthy development in society all over India in particular, and in other parts of the world; as we learn, many associations are coming together to celebrate this event in all corners, with 175 countries co-sponsoring it.

The Brahma Kumaris Institution is being looked up to for guidance in organising this event because people understand the efficacy of Meditation, especially as

practised by Brahma Kumaris. **There is a definite aim for every meditation session while connecting the Self (one's own consciousness) with the Supreme, Divine Being, so that positive empowerment takes place during meditation. This would help every individual to conquer one's own negativities and overcome sorrowful memories of the past to create a successful, fulfilling future.**

This event will mark a new beginning for the whole world. Once it's accepted that meditation is a universal experience to be practised by all people, irrespective of religious affiliation or social background. In some way or the other, every religious founder has emphasized the need to withdraw from the external, and then go within to meditate on the Supreme Consciousness. All those who have kept courage to start their journey into the world of meditation have achieved wonderful results in transforming weaknesses and other negativities. On the positive side, a person is able to recognise the beauty of one's own self in its pure, innate form,

and the spiritual bounty that we receive from the Supreme Being.

For the past 79 years, the Brahma Kumaris have been practising and propagating the highest kind of Meditation as mentioned in the jewel of all scriptures: Shrimad Bhagwad Gita, which shares **that it is through the practice of Rajyoga Meditation that a human soul can reach the stage of Self-Sovereignty, complete Divinity and be decorated with all Virtues.** In other words, this is the best education which can transform oneself from being a worshipper to leading a worship-worthy life.

The popularity of this event would definitely create a very positive atmosphere around the globe, and help reduce the rampant and unnecessary tension and aggressiveness that are gnawing away at people's lives. Swami Vivekananda had propagated Vegetarianism and Meditation by emphasizing the fact that 'the flesh and blood of animals that are always restless affects the mind of a person who consumes it, and in turn makes him restless too all the time...' His emphasis on vegetarianism is worth noting

and emulating even today.

The Founding Father of Brahma Kumaris, Prajapita Brahma, became an example of a distinguished individual with a very healthy lifestyle based on vegetarian diet, and the regular practice of deep Soul-consciousness and God-consciousness. His blessings and inspirations are available even today in a very subtle way to encourage aspirants to enjoy inner peace, spiritual love, divine consciousness and super-sensuous joy for most of their daily routine.

The Brahma Kumaris Centres world-wide will be observing International Yoga Day, 21st June 2015, and sharing experiences of their life-long meditation practice and different aspects of spiritual wisdom. This would support society in looking for better, more secure and peaceful pastures in human life.

May everyone enjoy this great day that has the potential of becoming the basis for a Yogi Life!

Our multimillion fold thanks and congratulations to our beloved Prime Minister, Mr. Narendra Modi, for offering this divine initiative during his speech at the United Nations!

MATESHWARI SARASWATI – GODDESS OF WISDOM

It has been my fortune to have come into contact with such divine souls who have inspired me to accept spiritual values and a divine way of life. One of the most important personages in my early spiritual life happened to be Mateshwari Saraswati, the then Administrative Head of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. It was March 1959 when Mateshwari came to stay in Mumbai for one month. As per her divine name, Saraswati, she was the embodiment of spiritual wisdom, bestowed by the Supreme Father, Incorporeal God Shiva.

Her perfection in spiritual values, divine manners, and an attitude of belonging to everyone as world mother, enabled her to guide the institution from its very foundation days, by becoming an example of a complete *Gyani*-and-*Yogi* instrument of God.

Her administrative acumen was par excellence. All those who were part of the institution were naturally drawn to accept her as their Spiritual Mother (fondly called 'Mamma'), even if they may have been elder to her in age. It was the second month of my being a student of the Brahma Kumaris institution when I listened to her classes

(Mamma's *Gyan Murli*) and was so impressed by the depth of her wisdom, and the impact her words had on listeners to engage in self-transformation. Saraswati, worshipped on the path of Devotion as the Goddess of Wisdom, was experienced face-to-face. Her natural state of consciousness was that of being merged in God, which would spread such soothing vibrations all around her, thereby endearing everyone to her. Her speeches were so inspiring that many householders, and youngsters alike, would choose to adopt the spiritual path without delay.

Her divine manners taught us the beauty of human relationships; she would always advise, "It's common for us to respect our seniors, but it would be nice to also respect your colleagues, as well as juniors/youngsters," and this was practically seen when she never failed to address others without adding '*Ji*' to their names.

Mamma was adept in a variety of artistic qualities, as we saw her playing the *Sitar* (long-necked Indian lute), participate in dance, and display her proficiency in designing spiritual paintings/posters. One of the most beautiful examples of the latter is the painting of Shri

Lakshmi and Shri Narayan, the creation of which she supervised to ensure that it became the perfect picture of the future World Empress and World Emperor/Rulers. She was endowed with the power to give *drishti* to a trance medium, who used to go in trance and compare the design/features with the subtle images of Shri Lakshmi and Shri Narayan, and come back with corrections noted. As you can imagine, such wonderful things happen in our lives very rarely, so just think how interesting it must have been to witness all this in the beginning phase of my spiritual life!

There was so much to learn from Mamma's manners and interactions; above all she had accepted her role of being 'World Mother'. To her, whether people were young and old, hailing from any background or social status or religion, all were her spiritual children and she would bestow love tirelessly through *drishti*, *toli* and motherly embraces.

Another aspect of her life was being a visionary, one who deeply churned on the words she heard of the Almighty through the medium of Brahma Baba. Her accuracy was unmistakably visible when she

spent time reading the notes of Murlis, and the printed Murlis to see that everything was accurate.

On her tours to different parts of India in the North and South, she commanded so much respect from all sections of society, especially the Brahma

Kumaris and Brahma Kumars. Her classes were always rich and very inspiring. Some of her lectures (Murlis) are still available for all those who wish to make genuine spiritual progress.

As per her determined aim, she attained her karmateet stage

at the very young age of 46, and flew to the Subtle Region on 24th June 1965. After 50 years of her ascension, we are sure that the divine soul of Mateshwariji must continue to be playing the role of educating the world in spiritual love and other special virtues based on her divine being.

***To most beloved Avyakt BapDada's Noore Ratno (Jewels of Light),
My dear Dadi Jankiji, Dadi Gulzarji and all the divine sisters and brothers of this
great Brahmin family,***

Please accept multi-million fold hearty-godly love and remembrances from Shantivan.

I am very happy to inform everyone that my journey of health benefit of over 2 months is over! The experience during this journey has been so wonderful. On one side the concern of our dear brothers Dr. Partap, Dr. Banarsi, Sister Yogini, and others has been very inspiring and the help I have been receiving from Avyakt Bapdada through Dadi Gulzarji, and Dadi Jankiji's loving attention plus the power of vibrations through meditation at all the Centres, have touched my heart. How can I forget Dadi Jankiji specially visiting the hospital in Ahmedabd for three days and having *ruh-rihan* for one hour every day, and also again visiting before leaving for London... such affectionate gestures on Dadi's part are so touching and encouraging that a patient forgets about the health problem he is going through! I am

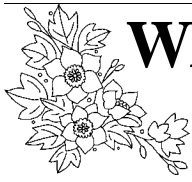
indebted to all the Zone-In-charges, RCs/NCs and senior teachers and students of all the Centres, for being so kind to have had collective mediation specially for my good health. Baba's blessings received directly in Mumbai on 10th April, at Vile Parle Centre, always keep coming into my thoughts and refreshing me, for which I am always thankful to Sis. Neelu and Sis. Yogini, who were so kind to have organised Baba's programme in Mumbai. Our sisters in Ahmedabad, Sarla Didi, Sis. Chandrika, Sis. Kamal, Sis. Bharti and Dr Mukesh, Dr Uresh, and other sisters and brothers from Memnagar Centre showered their love all the time during my recuperation phase. In Mumbai, Vile Parle Centre and Santacruz Centres specially Sis. Yogini, Sis. Meera, Sis. Neha were so helpful and Dadi Gulzarji had always been so

concerned about my health, and was readily available to channel Baba's blessings to me. I can understand how much love each one of you have for this soul... And I don't think I will be able to live up to your expectation in returning the same, because after going through health problems the physical activity will perhaps be a restricted for a while.

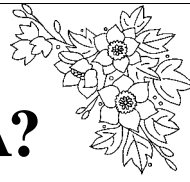
It is now mango season in Bharat, and Madhuban is so fortunate that sisters and brothers from South, Mumbai and Gujarat and other places have been sending tons of mangoes to share all around. Madhuban Niwasis feel so fortunate that the whole divine family remains so concerned about Madhuban.

Again with all my love and best wishes.

– **BK Nirwair**



WHAT IS YOGA?



– Rajyoginik Dadi Janki, Chief of Brahma Kumaris



At the request of Prime Minister Narendra Modi, the UN has declared 21st June as an 'International Day of Yoga'. We will be holding programmes worldwide in connection with this.

What does yoga mean? We belong to One and are one. That's the essence.

There were some souls who were leaving in the morning so they came to take leave. I gave them leave but then told them to come back too in the morning. One must never leave anything till me tomorrow... whatever one needs to do, it must be done now... that's what we call yoga.

Our Godly family should be in such unity that if somebody says something, the other must accept it instantly. In fact, I shouldn't even need to say. The other one should just pick it up and do it.

Nowadays a lot of time is spent on the mobile phone and often people call in the middle of something, when it's time to take benefit. So, whoever receives the call misses out on what is being shared during a

spiritual discourse. Actually, the person who is phoning and the person who is receiving the phone call, both are at fault. God Shiva (Shiv Baba) advises us to be in constant remembrance, tactful and knower of the secret of Eternal World Drama. What it means is – We shouldn't miss out on anything. Our subtle catching power and touching power should be good. If the heart is clean and simple; if I am not trapped, caught up or entangled; if I am free from the heaviness that 'this is my responsibility', I will be able to catch. That's what we call yoga.

Any time during day, I just keep Shiv Baba in front of me, and it has become easy yoga, otherwise the present condition of the body is such... We should draw from Him, that's our responsibility, but to draw from Him *in the way* that *He* is giving to us.

Once when Dadi was quite unwell, BapDada (Incorporeal God Shiva and His Angelic medium Brahma Baba) had sent a message that 'The elements/nature will co-operate with you'. Five elements and nature – what

is it really? What is the connection? If for instance you comment that 'So and so always says the same old thing' – if I speak in that way then that's my nature. The vibrations of that are spreading out into the nature, being absorbed by 5 elements. And **service is ultimately about vibrations.**

To stay in self respect and give respect – this should be natural. This is the co-operation of matter. We shouldn't go into too much of anything; there should be moderation. What are Knowledge, yoga/meditation, inculcation of divine virtues and service? **What is service? It is to look at one another with love.** When the people see this, they will be able to receive something from me. The feelings we should get when we look at one another are truth, love, patience, humility, sweetness. There should not be the slightest of arrogance about anything.

Are there any limits? This is something I need to check. We should be in

everyone's vision, not just in the vision of our own zone or area and we too should hold everyone, the entire world in our vision. If someone sees me, what should they see, who has come? I am in Shiv Baba and He is in me. Our job is to stay present in the present and to stay present in a way that we don't forget the Father. This is the power of yoga.

Shiv Baba is giving His companionship in every circumstance, in service, in remembrance. Amongst ourselves, we have the feeling that we all belong to One, we are one. Each one says, "I am Shiv Baba's." My vision should also be that 'This one is Baba's', not so and so.

What should there be after and beyond that? We have to become the ones who are in the thought-less state i.e. totally free from thinking, absolutely no thoughts about anything, then we will have that Godly attraction. Just as that Godly attraction is in this soul and it is working; Shiv Baba gives so much of that attraction. Baba pulls and says 'come to me my friend, my love is calling you'.

When a soul has feelings of love inside them they are accepted by the gathering. Love is the result of yoga. It's about awareness, attitude, spiritual

gaze (*drishti*). Whatever awareness is inside that is what does the work? What is attitude? What is feeling? Feeling of love should never deplete. Shiv Baba should be in that emotion.

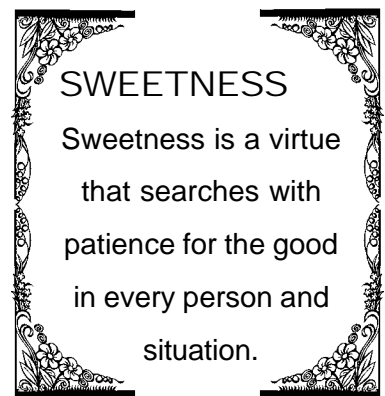
When we talk to one another and wherever we are, there should be no noise. There should be absolute quietness around. That power of quietness attracts and draws. *Everyone* is good; not to see 'this one is good, this one is bad'. Any scene that has passed, good or not so good, I should not repeat it; past is passed – this knowledge needs to be used to the maximum. Don't think about the future, what's going to happen.

All over the world a wave is going to spread to do something; people then won't see what one is speaking, but what one has attained from Shiv Baba—that's what will people speak about. People should not say 'He/she is very good' but, the name of the one who has made at least one person good, should be revealed. People should get a spiritual current from us. People who see us should feel that we are like god, goddess. No mistakes should happen. When one says 'Good Night' to Shiv Baba, one should share what benefit he got from Shiv Baba. In all the centres, all across the world, everyone follows the

timetable accurately, because we as instrumental souls have paid attention to it.

When there is a lot of spiritual love inside, it allows spiritual transformation to happen in an automatic way. Then wherever we are, there is service. Let me be in God Shiva's vision, and keep Him in my vision. To give Him co-operation in this is a great act of charity. What's important now is to create an atmosphere of love, good-will, closeness and faith for one another. Sometimes we don't need to say a lot. If we have honesty and love inside, it will reach out to the world outside. That's why nowadays when people answer their emails – they can feel the vibrations that are spreading out.

Mind, body and wealth are not mine, anyway. Every karma should bring success, nothing should be wasted not even a shell. Success should come shimmering behind me.



I SAW LIGHT EMANATING FROM HER EYES



– B.K. Jagdish Chander



B.K. Jagdish Chander

In my lifetime, I saw Jagdamba Saraswati, the goddess of knowledge whom people worship, incarnated in Mamma. In schools and colleges, Saraswati is worshipped either in the form of idols or in the form of images/pictures. People say that she was the goddess of knowledge. How did she become the goddess of knowledge; what were her qualities? In this regard listening to the experiences of those who lived in close proximity with her is very advantageous. You know that the name of the founder of Arya Samaj is suffixed with the title of ‘Saraswati’. But who was this ‘Saraswati?’ This Saraswati had a very thorough knowledge of soul and the Supreme Soul. She applied unequivocally what she had understood. She was the real embodiment of virtues.

There was a person in Delhi, who used to harass his wife because she followed purity as prescribed by Brahma Kumaris. He’d tell his relatives that ever since his wife had started going to BKs, she had stopped doing household work, and taking care

of children. But, he wouldn’t tell the real fact as it would go against him. He even attempted to beat her up as he believed that she co-operated with everyone on the path of Godly Knowledge. He dispossessed his wife of the house. Until the settlement, we kept that sister in a women ashram. I took the chief of that Women Ashram to the Rajouri Garden (New Delhi) centre of BKs to let him meet Mateshwariji, lovingly called Mamma who was then staying there. Just half an hour before our arrival, that person also had reached there. He threw away the mat of the centre, broke bulbs, scattered chairs hither and thither, and created havoc there. Then, he began to ask, “Where is Mamma; today I’d leave only after squaring things.” The BK Sisters were worried what he’d speak to Mamma. They had sent Mamma on the top floor. He then said, “Where have you hidden Mamma; why doesn’t she come before me; let me talk to her.” Saying so, he roamed around the whole house on his own and finally reached the top floor.

In the room, there was a cot and a chair. Mamma was seated on the chair. When he reached there, Mamma stood up from the chair and said, “Come child, come; how did you come?” She spoke to him so lovingly, “Come Child!” that he said in all honesty, “Maa, Maa, Maa!” All his questions ended then and there. Then Mamma again asked, “Say, how have you come?” He said, “Nothing.” The complaints, which he had, the dispute for which he had come, were set aside; he was touched a lot by Mamma’s divine personality. Mamma hadn’t said anything except saying lovingly, “Come child, be seated here.” On which he replied, “No Mamma, you remain seated here; I’ll sit there.” Then, Mamma spoke very politely, “No, no, you sit.” He was surprised that despite being so elder, Mamma was giving him her own seat. Even though he had seated himself, but he kept receiving Mamma’s *Drishti*, i.e. spiritual gaze. He was benefitted a lot from that gaze and had a



wonderful experience. When he came back, he began to tell people about Mamma's greatness. He became a fan of Mamma. He also told them how Mamma didn't get angry or squabble with him. He further said, "She didn't even ask me why I had gone there or by whom I was accompanied or why I didn't take permission before entering there or if it was gentle of him to go to her like that; she said nothing." **Mamma's love, caress, personality were so impressive that she was exemplary in revealing Godly teachings.**

It has been sung in the praise of yogis that their inner state is such that they spread love and goodwill towards one and all. They treat their vituperators as their friends. We saw in the life of Brahma Baba also that he didn't say just for the sake of saying that defamer is his friend, but for such people he'd say, "They're children. They don't have knowledge; it's not their fault. As per drama, it is their part; when they'll understand they won't do like this. Therefore, there is no need to feel bad for what they say."

The reason why Mamma had a magnetic power was because she treated everyone as her child. She was not just the

mother of Brahma Kumars-Brahma Kumaris, but from her behaviour it was obvious that she considered all to be her children, irrespective of their age. She didn't have the body-consciousness of friend or foe, male or female, or of age etc. She had become yogi. Without the power of yoga, i.e. remembrance, body-consciousness cannot be conquered. The power of yoga is the greatest. A yogi triumphs through this, becomes a bead of the rosary. This is what we saw in Mamma conspicuously. Those days, people had contradictive reaction towards Brahma Kumaris. Many people used to disparage Baba much. Man can hear his own defamation, can somehow tolerate that of institution also, but hearing the defamation of Baba with whom one had divine love, through whom one has got new lease of life would provoke them. But, this shouldn't happen; this is what we all learnt from Mamma's life. Like Mamma, we too need to have **tolerance, sweetness, politeness, nobility towards one and all. Until you have role model in front of you, whom should follow? Mamma's life was clean like a mirror. Whosoever saw her or sat beside her, whether they**

were her opponents or admirers, would say, "This is my Mamma."

Likewise at another place, a group of opponents came to meet Mamma on the top floor of the centre. They saw that she was sitting in meditation in still and stable state – totally unaffected by the slogans of resentment echoing from downstairs. They came and sat in front of Mamma. They had one or the other divine experiences. When someone sits in meditation in righteous state, then Baba also helps. While sitting there, they experienced a bright light flowing through Mamma's eyes, as if torch light was being thrown on them. When they looked towards her eyes, what they could see was only light and light. They felt –that that was the power of *sadhana*, i.e. penance because otherwise any woman in such a condition would either get frightened or would have yelled at them, but she was absolutely calm. Through the power of silence, Mamma had absolutely calmed them down. They were experiencing themselves to be in a place beyond the world of sound. They were wondering how these BKs could sit in one posture for such a long time. They were sure that these people had disciplined their body, mind and eyes



completely. These were great souls. Some of them had read religious scriptures. They knew the qualities of a yogi. The animals who are believed to be enemies of each other since birth behave like friends when they sit around a yogi as has been shown in a memorable picture of deity Shankar. He is shown to be surrounded by snakes, buffaloes, peacocks etc., who, though, are considered to be enemies of each other, were sitting like members of a family. In other words, because of Shankar's yoga *Samadhi*, even those animals got calmed down. Such was the condition of those anti BKs sitting around Mamma. They didn't want to leave that place, Mamma's power had held them there, but still they came down so that the people standing outside wouldn't create more noise.

When they came downstairs, the people were anxiously waiting for them. They said, "Brothers, their Mamma is wonderful. You can see it yourself. She is very nice". The opponents said, "See, you people too have been bewitched by

these people. We were already suspecting that since you had been sitting there for so long, you also would have been captivated by their magic." They told them that it was not like that. They could see it for themselves. On which they said, "What do you mean that we should also go and get bewitched?" "No brother, our children, wives would ask us how we have got changed; we won't go inside the room." Having said so, many of them left. But some were still standing. They began to ask, "Did they apply soot in your eyes?" They said, "No." Then they asked, "Did they feed you something?" They said, "No", then, they asked, "Then, how did they bewitch you; they might have done it through gaze." They said, "You may say whatever you want to say, but the truth is that if true peace can be attained, it can be attained here only and through Mamma."

I told you two illustrations. Baba frequently advises us, "Children, your stage of yoga should be such that you can do service through mind. At the end,

only such service will be done. People would be very anxious and disquiet. You remain in silence and give them the power of peace, give them what they need." We have not yet attained that stage which Mamma possessed in those days. Baba did not ask Mamma for anything again and again. It was the quality of Mamma that if Baba gave any instruction to her once, he wasn't required to repeat it as Mamma would imbibe it in her life instantly. This is called 'purusharth' (effort). She always said, "Yes" to Baba. Mamma used to say, "When you say that you're a 'purusharthi' (effort-maker) you mean that your life has flaws or weaknesses and you're prone to mistakes, but 'purusharthi' really means what has been understood once is not required to be understood again". We want to change *sanskars*, yet they are not changed, but Mamma would immediately transform them and therefore, went ahead and attained the state of perfection and completion.

OUR CURRENT ATTENTION

It's fine that until now we have moved forward in whatever way but, now as time is moving ahead, we need to bring our attention on how to have thoughts of progress for each other. Whatever words we speak should be for the progress of each other; our words should not be ordinary now. When we speak with each other we should speak in such a way, that the other should be able to derive some attainment from us. – Divine thought from Dadi Gulzar

MATESHWARI JAGDAMBA SARASWATI

– B.K.Rajbala Singh, New Delhi



We commemorate 24th June as the ascension day of our most endeared and revered Mamma, Mateshwari Jagdamba Saraswati. In her divinely gifted personality, decked with virtues unparalleled, we find the gems that we all would love to emulate. Though the treasure of her unique accomplishments and attributes is hard to fathom yet we may underscore some of them for our convenience to implement them in our life so that we may also make our life worthwhile.

‘Yes’ Baba

Mamma had the third eye of wisdom to see that Brahma was the charioteer of Shiv Baba, the Supreme Soul. Once she could see that Brahma Baba was the mouthpiece of God, the incorporeal, she submitted to him in word and spirit. She attuned her heart and mind to him in a way that her thoughts and ideas were aligned with those of Baba so immaculately that nobody could see even the slightest of difference between them. She never said ‘No’ to any of Baba’s

instructions even if they appeared to be unfeasible at the moment and implemented them perfectly. Once after Baba’s lecture was over, Dadi Janki asked her, “Mamma, what is your opinion about Baba’s Murli?” She was stunned to hear it and at once retorted, “What do you mean by my opinion? Can my opinion be different from that of Baba?”

Embodiment of Pure Love

Mamma, the Jagdamba’s heart was the incessant fountain of motherly love for one and all and this pious love was so vibrant in her glance and gestures that all of Baba’s divine children around her, took no time to sense it and very naturally, from the core of their heart, started calling her ‘Mamma’ and soon she became ‘Mamma’ of all, across all age groups and relations. How sweet and surprising that she became ‘Mamma’ even of Baba and even of her biological mother. How wonderful it is that nobody failed to see Jagdamba in her.

Wisdom Incarnate

Mamma, the Saraswati had

wisdom embedded with intelligence par excellence. She had the gift to understand *Gyan Murli*, i.e. Flute of Knowledge with all its nuances, absorb it, contemplate it and then explain it to Baba’s children so lucidly that it went deep down their memory so well that they could not forget it. As Saraswati, the goddess of language, music and dance, she gave voice to many songs composed by Baba.

Very positive and powerful vibrations

Mamma’s vibrations were very positive and powerful which had an everlasting effect on whosoever came to meet her. Sometimes even some opponents came to her with untoward intentions and questions but no sooner did they come before her than they forgot all the clutter in their minds and such was the magical influence of her deeply divine gaze that its vibrations changed them altogether and they could see the glimpse of Jagdamba in

her persona.

Symbol of absolute peace

In the ashram there were hundreds of inmates and though they were given austere-stoic-training yet to err is human and because most of them were immature age wise, they were bound to commit mistakes. Though not very serious yet Mamma had a very sweet way of reforming them. The other day, I heard Dadi Gulzar on 'Peace of Mind' relating some of such incidents. She quoted that Mamma would never scold anybody for his/her mistakes rather she would first appreciate some good qualities of that person and finally, point out his/her weaknesses that too, tactfully, slightly and indirectly. She was the goddess of peace untouched by anger and such was the infallible impact of her teaching that they were transformed forever.

Each moment is the last moment

Mamma was not in the habit of preaching people or we can say, she hardly needed it as her august presence and her entralling glance was enough to convey her divine message of yoga and purity. Dadi Janki asked her and insisted upon her to give her some lesson. Mamma said, "Don't keep anybody's evils in your mind and

always think that this is the last moment to live so that you may put in your best efforts lest you should ever repent or regret".

Unshakable faith in Shivbaba

Mamma had unflinching faith in Shiv Baba and the drama and knew it very well that whatever is happening has already happened innumerable and will again happen as the drama is absolutely correct and accurate so it must be accepted cheerfully. She taught everybody to do his/her duty honestly with 100% dedication and devotion because this is the will of God. Even the Almighty is bound by His duty to descend on this earth at the Confluence Age to establish heavenly sovereign kingdom by transforming us from 'tasmopradhan' to 'satopradhan' or from impure to pure. Her favourite slogan was 'Hukami kukam chala raha hai' which meant the Great Lord is giving us the instructions.

She was Durga, the rider of lion

No obstacle could obstruct her way as the child of the Almighty, she was master almighty. Only the person who is stronger than lion can ride on him. She was Durga in word and spirit and dared defy all the challenges that countered her

way. It was Mamma only to quieten even the judge of the legal court when a case of misguiding women was filed against Brahma Baba by some vicious men who were enraged by their wives and daughters etc. who joined 'Om Mandli' of Brahma Baba and vowed for purity. The dialogues between Mamma and the judge reflect her unwavering courage, intelligence and presence of mind. What a retortful genius she was that whosoever heard her was convinced by her. This is the power of immovable devotion, faith and dauntless fortitude. She was 'Ashtbhuj Durga' because she was the live manifestation of all the 8 powers and virtues of soul.

Meticulous custodian of yagya

Our Mamma, the Annapurna, took utmost care that not even a single grain of the *yagya* be wasted. She never hesitated to warn the children against wastage although her way of instructing and guiding was very tender. She taught through her own example. For her duty was above everything. She adhered to the principle "Example is better than precept".

Doing Best in the Least Expenditure

Mamma was a staunch follower of '*Eknami* And

Economy' which were finely blended in her character. Her faith in Baba was as firm as the rock and she took utmost care to do the best in the least expenditure. She, along with all the loyal children of Baba underwent 'beggary part', experienced it intensively and realised the importance of each penny. Although she bore testimony to good times ahead yet she neither squandered money nor let anybody do so rather she always upheld the wise saying 'kam kharch bala nashin' or attaining the best results in the least expenditure.

An Experience

DEPENDENCE OF EMPOWERMENT

—B.K. Reena, Mumbai

As a child my first encounter with God was in form of a small church built around our school. It had a statue of Mother Mary and I often spent few minutes around it asking for help for my silly childhood issues. I am a Hindu; however, as a child I never knew that Hindu and Christian gods are separate. For me, Mother Mary was my Godly figure. As I grew, I started visiting a temple which had ten different idols of deities. I would bow to each of them even when I felt they are too many! Very cautiously, I ensured that none of them is missed by me in paying my respects. I also grew up watching Ramayana and Mahabharata. I would never miss any episode and my father kept a collection of recorded series of these epics.

Amidst all these at times, I never needed an idol really to talk to God. I would stand near my window, stare at the sky and share all my activities with Him especially the unpleasant moments. God in any form was all right for me. Then society taught me rituals to remember and please Him like fasting, staying awake for the whole night called *Jagaran*, *havans* or *Yagya*, holy river Ganga dip, walking up to distant temples, performing worships of Satyanarayan, Laxmi and other deities, *kirtans* etc. During

Ganesh Festival, I enjoyed making *Prasad* on at least one day of eleven days especially for Him. One thing was common in this, that I was talking to Him and sharing all my listed concerns thereby seeking solutions. This became such a habit that I had disempowered myself and developed a blind faith that it is God's duty to resolve my issues.

Then spiritual knowledge entered in my life with Brahma Kumaris' awakening series, followed by Seven-Day course and daily Godly versions called as Flute of Knowledge, i.e. *Gyan Murli* classes. Through all of these, God Himself very gracefully explained to me that I am master of my own destiny. I learnt that there is only one God and His role is to empower like a father, teach like a teacher and guide like a Guru. He doesn't interfere with my *karma* or destiny. However, He definitely prescribes how to deal with it.

After a period of four years in this Godly University, I am more empowered to take charge of every situation in my life. There is no situation that He has not taught me to deal with.

May all souls in this world also know who God is, know His role clearly and be empowered through His teachings and powers!

HEALTHY AND HAPPY SOCIETY THROUGH EASY RAJAYOGA

‘Yoga’ is a Sanskrit word which means ‘*yuj*’ – to connect, to link, to relate and so on. Nowadays the word ‘yoga’ is also synonymous with physical exercises or yoga *asanas* including breathing exercises aimed at keeping the body fit. It is said that this helps inhale more oxygen to the body and also helps free circulation of blood, burning of excess fat in the body, free movement of body parts especially the joints etc.

Easy Rajyoga

On the other hand, Easy Rajyoga is the science of connecting the self to a Higher conscious stage or Supreme conscious stage. We must do physical exercises every day to keep the body healthy. But, body is the instrument of soul which is conscient energy, having the faculties of mind, intellect and resolves. The soul has a core goodness of virtues such as wisdom, purity, peace, love, happiness, bliss and power. It is immortal and eternal. We can tap the tremendous energy of goodness within us by stabilizing in soul consciousness. Constant self churning on the divine virtues of the self opens up a

– **B. K. Surendran**, Bangalore
floodgate of goodness in my life. The soul resides between the eyebrows and is located near the hypothalamus and pituitary gland. As the brain is the control centre for all the various processes of the body, it makes sense that soul be located somewhere in the brain.

How to Meditate

Let us focus our attention to the centre of forehead where the soul resides, and create the thought ‘I am a soul’. If we remain in the awareness of this thought for a few minutes, it gives a profound experience of silence and stillness. We will become more aware of our thoughts, feelings, emotions and responses. Regular practice will help us experience soul awareness in our whole life. We will be in much more control of our life and will feel that we have choices in life. Being in soul conscious stage is the first step to a life full of happiness, peace, contentment, freedom and love. We are able to sustain these qualities even in the midst of challenges and translate them into action throughout the day.

Advance stage of Easy Rajyoga

Rajyoga connects the soul to the unlimited non-physical energy source – God, the Supreme, the Ocean of all qualities. One must unplug the self from all the sockets of body consciousness and related negativities of stress, fear, worry, anger, hatred and self doubt and focus on the form of Supreme Soul. The longer we stay in this consciousness, the deeper the experience of these thoughts. As we make the mental connection with the Supreme, a current of energy love, power and purity starts flowing within us. We establish a relationship of father, mother, teacher, preceptor, friend and guide and we connect with feelings and emotions with the Supreme. We engross in the remembrance of the Supreme.

Attainments

Rajyoga helps to build up our concentration capacity, quick decision making and memory power. It gives a sense of healing to both— the body and the mind. Easy Rajyoga helps us to be peaceful and positive in difficult situations and therefore, less susceptible to being unduly influenced. Our inner peace helps us to create a more positive attitude towards people and situations. We are able to draw on our inner strength and

become more self reliant, creative fulfilled, emotionally calm and resident. The positive attitudes and thought processes helps to accumulate and conserve inner energy and keeps us healthy at all levels. We establish a relationship with Him, communicate with Him through the power of pure thoughts and experience unconditional love, peace, bliss etc.

Easy Rajyoga provides the following main benefits:-

- ▶ It cleans the mind, brings inner peace and harmony and ensures environmental cleanliness.
- ▶ Gives relaxation and increases mental and intellectual powers and purifies the sanskars.
- ▶ The best way for extremely busy people to stay cool, calm and focused.
- ▶ Helps to achieve higher self esteem and increases self confidence.
- ▶ Helps to achieve self mastery in life and a greater sense of personal freedom.
- ▶ Enables one to respond more effectively to people and situations; brings harmony in relations.
- ▶ Develops ability to self-reflect and deepen personal experiences for positive change and a value-based life.
- ▶ A sure way to enjoy healthy, happy and long life, free from diseases and tensions.

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A NEW INVENTION SHATTERS AGE-OLD BELIEFS!



– B.K. Joseph, Bangalore

There are people who believe that there is no God and there are people who believe that everyone is God, and God is even omnipresent. Those who do not believe in God are actually putting their complete trust in the scientists whom they view as the way devotees view their religious leaders, thinking that Science is able to explain everything. Science has made many revisions in the past though. But many people feel that its core Laws such as Law of Conservation Of Energy, Lenz's Law would never change.

However, the rarest of rare invention shatters all these beliefs. Mr. Paramahansa Tewari (Electrical Engineer, a former Director of the Kaiga Atomic Power Station, and former Executive Director of Nuclear Power Corporation of India; <http://www.tewari.org/>; <http://www.rexresearch.com/tewari/tewari.htm>), after 40 years of painstaking effort, has already succeeded in developing a space generator, a super high-

efficiency machine that produces power “from absolute vacuum or space”. (<http://www.collective-evolution.com/2015/04/15/breaking-news-over-unity-reactionless-generator-invented-in-india/>) And it is all set to go commercial now with major Electric companies in various countries showing interest in purchasing its patent. A prototype of the machine has already been tested by KIRLOSKAR ELECTRIC and its efficiency has been confirmed. (*The Economic Times* dated 7.4.2015)

The breakthrough for the inventor came last year when his machine achieved an efficiency of 238%, which means it produced 2.38 times the electrical power provided to it initially, making it the first to achieve this. The implication of this new invention is too vast; because this essentially defies the LAW OF CONSERVATION OF ENERGY and in the case of electrical generators, LENZ'S LAW, which forms the basis of Mechanics and Thermodynamics Laws that

suggests machines cannot attain over 100% efficiency. This generator requires an initial infusion of power through a battery or AC supply, following which it produces power sustaining itself on electrons in a vacuum, without requiring external supply. “Space is the only reality, and has the potential to produce massive amounts of power if put through right technology,” said the inventor. This would silence many scientists, who were dismissive about the ancient India's concept of *panchabhootas*, or five basic elements of physical universe—earth, water, fire, air and ether/space—saying there is nothing as ether filling all space and atoms. The above invention has conclusively proved beyond any doubt that space is actually an ocean of energy, and it is space that has manifested as planets, stars and galaxies. Interestingly, so far scientists were searching for energy in all the wrong places like fossil fuel buried in the earth, and indiscriminate use of fossil fuel polluted the precious air we breathe and water we drink, caused climate change and global warming, and set in motion a chain of diseases too. In fact they were behaving like fishes in the ocean, which come out on to the land in search of water! Thus, this invention has cast a shadow on the blind trust people



put on science as the saviour of mankind!

Now the question arises—if the space is an ocean of material energy, and materialization of energy is matter, then what would vouch for the mind, the IMMATERIAL energy which is obviously different from matter? We know that a blind man cannot invent a camera which requires a person with the ability of vision and who knows what vision is, and hence what is material cannot create what is immaterial. Interestingly, a few shrewd scientists were already hinting in this direction! Nobel laureate Eugene Wigner (the theoretical physicist) wrote that materialism was not logically consistent with present Quantum Mechanics. Then Sir Rudolf Peierls (another great 20th-century physicist) wrote that we CANNOT describe in terms of physics the whole function of a human being including knowledge and consciousness. Stephen Barr (a professor of physics at the University of Delaware) wrote a monograph titled “Does Quantum Physics make it Easier to Believe in God?” He argues it does. Quantum physics has now ushered in this enormous amount of uncertainty in matter that can only be resolved with the interaction of a MIND on matter. In other words, if the

human mind transcends matter to some extent, could there not exist minds that transcend the physical bodies altogether? Does it not mean that mind is immaterial and body is material by their very nature, hence mind or the self is superior to the body?

Yes, shows the new field of medical science known as *Psychoneuroimmunology*. Spectacular proof for this came from a celebrity, Norman Cousins, (who was senior lecturer at the School of Medicine, University of California in Los Angeles, a long time editor of the *Saturday Review* and author of many books) who had ankylosing spondylitis, a rare disease of the connective tissues. He was told in 1964 by his doctor that he would live only a few more months. He knew that there was no cure for his dreaded disease. But Norman Cousins was not an ordinary man to go depressed over this! He obtained a movie projector (no small feat in those days), and a pile of funny movies including the Marx Brothers and ‘Candid Camera’ shows. He spent a great deal of time watching these films and laughing, thus turned his life into a JOYFUL living that made him laugh from the heart. In other words, he operated from JOY (which is actually one of the

seven inherent qualities of the self or soul). This change began to make his immunity stronger and stronger which changed the very chemistry of his diseased body, and cured him permanently; and he lived another 26 years. This real-life story shows that mind is not only separate from the body but also superior to the body and also has the ability to cure the diseased body. (*Anatomy of an Illness*, written by Norman Cousins http://playpen.icomtek.csir.co.za/~acdc/education/Dr_Anvind_Gupa/Learners_Library_7_March_2007/Resources/books/Anatomy.pdf) If operating from one of the qualities of soul can bring such changes in the body, one can imagine the quality of life one can enjoy if they change into operating from ALL the inherent qualities of soul such as joy, peace, purity, love, wisdom, power, and bliss (unless he has some *karmic* account to settle).

This leads to the next and more important question—If mind is separate from and superior to the physical body, might there not even exist an Ultimate Mind separate from and superior to this physical universe?

Paramahansa Tewari’s invention shows space is material energy, hence God cannot be present in the space as believed by some who say



God is omnipresent (which obviously cannot be true, because if He is omnipresent, He should be present even in people like terrorists, rapists, sadists ... and if He is present in them, they cannot act the way they do now). By His very nature, God is immaterial, hence transcends the space which is now proved as merely material energy! We know that our essence, the self/soul is immaterial, and soul is just representation of the very being of God, who is the source for all the qualities of the souls residing temporarily in our physical bodies. Though lower species may display certain amount of self-awareness in varying degrees, humans are unique as they have free-will, power of reason, ingenuity, and ability to find the evidence of things unseen, intuition and aesthetic sense. Besides, they also have a superb moral sense that is dynamic (not simply mechanical) – they can even say righteousness changes with circumstance and motive. When they say killing is wrong, they

also distinguish between killings. For example, killing for selfish reason is wrong. But a Police Officer killing a man who has become a threat to the lives of the society is right. Similarly, war is wrong; yet defensive war against an aggressor is right! If human beings exhibit such dynamic moral sense, it should have its source in an immaterial essence/soul which is the exact representation of the very being of God.

Those who practise Rajyoga meditation regularly can testify to the above. When one switches off all his physical senses, he experiences his Self as completely separate from his physical body. In this stage, when he, the soul becomes fully focused on the Supreme Soul (God), one enjoys oneness with qualities of God and finally experiences an equalization of them taking place just as water level rises in a container when linked to some water source. During such meditation many have experienced a transfer (or empowerment) of qualities that are lacking or less in them at that

moment. They say: “When we think of God as our Father, we experience power. When we think of Him as our Mother, we experience peace. When think of Him as our Companion, we experience joy.” In other words, God takes whatever role that suits the need(s) of the one who meditates.

Interestingly, God has already revealed that He is a point of energy “minuter than the minutest” residing in the Soul World with whom one can enjoy a personal and sweet relationship! (Gita 8:9; 18:62, 66) *Rajyoga* Meditation, taught by Brahma Kumaris, shows how one can achieve this and reap eternal benefits. Interestingly, the Sanskrit word for atheist is *nastik* (combination a negative prefix “na” + *asthi* meaning inheritance) which means one who does not have any inheritance. It is easy to change the status into *astik* (one who claims his inheritance). We invite you to visit your nearest *Rajyoga* Meditation centre and ask for one-hour study daily for a week, which is done free of cost!

CREATE VISION

Never believe anyone who says, “I cannot change”. Vision is one of the secrets of personal transformation. We are all artists; our mind is the arena of creation and vision is what we are constantly creating. What is your vision of yourself today – patient, relaxed, positive or tense, tight and negative? What do you prefer? So be creative - what does patience look like, feel like, what are you doing that is different when you are patient and you are expressing your power to ...wait? Always start with vision not action. See it and you will be it. Be it and you will do it. This is how we create our own life.

DIVINE EXPERIENCE WITH MAMMA



—B.K. Om Prakash, Shantivan

When we became Godly students and started listening to God Shiva's Flute of Knowledge, i.e. Gyan Murli (through the medium of Brahma), it seemed to be rather complex in a sense that an ordinary person, student or a new child would not be able to comprehend the subtle meanings therein. I lived in Delhi and used to see Mamma listening to Murli on tape at night, churning the knowledge, first imbibing it herself and then explaining to the spiritual children in a simple manner. While listening to Mamma, every spiritual child would acknowledge, "These points of knowledge are for me and I have to inculcate them." Her words were so simple and easy to understand.

The former Chief Justice of India, Justice B. P. Sinha came to meet Mamma once. Mamma always interacted as a mother. She listened attentively to everyone and solved their

problems. While meeting Mamma, Justice Sinha experienced a spiritual motherly love. He said, "This is my Spiritual Mother. She is a Goddess. She is a *Shakti*, i.e. Power." He did not communicate with her but interacted with her lovingly and listened to her enraptured. Whenever a new person met Mamma, he/she would always leave her with a good impression. Each one experienced a feeling of belongingness and spiritual love for her.

Efforts for the self

When I first visited Madhuban, there weren't any workers or maids to wash utensils; all of us pitched in and did the work. At that time, Mamma gathered us together and taught us how to roll *paapads* (thin, flat crisps made of different pulses) and as it is known, rolling *paapads* is a very difficult task but we did it.

My time with Mamma was

mainly spent on service tours. In Delhi, Mamma travelled to various destinations by car and I would follow on my cycle. Mamma would be surprised at how I would see her off at one place and greet her on arrival at the other. I was always very close to her from the beginning. When I used to travel with Mamma on service, my special duty was to play tapes in the class. I used to send blank tapes to Abu for the *Murlis* to be recorded and then would play the *Murlis* for all. I had the fortune to see Mamma's personal life in Abu as well as on tours. Mamma paid great attention to her own endeavours. I always noticed that Mamma never indulged in mundane matters or was never extrovert. I never heard her speak of anything other than points of Godly knowledge, yoga, *Dharana*, i.e. inculcation of virtues and effort-making. Initially, the system was that whenever someone had to speak, he/she would begin and

end their talk with points from the day's *Murli*. Whenever Baba or Mamma wrote to anyone, he/she would begin and end his/her letters with points from the current day's *murli* of knowledge or share points of *dharna* or yoga.

Smile

When Mamma would be touring the centres, she would give the essence of Baba's *Murli* in ten minutes before reading it out. This made Baba's *Murli* easy to understand. When Mamma conducted class, there would be pin-drop silence no matter how long the class lasted. It was impossible for anyone to get up and leave during the class. Mamma was very sweet-natured. Her words too were very sweet and soft. She only spoke as much as needed. I would say, there was not even a single extra word in her speech. Another one of Mamma's specialties was that nobody ever made an appointment to meet her; any child could meet her at any time, under any circumstance. Mamma's role or interaction with others was not ordinary. I would see others laugh around a lot, be jovial and amuse themselves, but never with Mamma. She too laughed but no one could hear it – it would be a soundless laugh, a sweet smile. She was never

attracted to anything other than knowledge and meditation. Other people would play with Baba; dance with him etc. but not with Mamma. This does not imply that Mamma kept herself secluded; Mamma was involved in everything like picnics, games, sight-seeing etc., yet she would be absorbed in effort-making. She observed everything that happened as a detached observer. Mamma made fast efforts and never slackened her efforts.

Divine

When Baba looked at us, we would instantly forget everything else and be lost in super-sensuous experiences. Similarly, Mamma's *drishti*, i.e. her spiritual gaze and face could make the person before her experience the self to be unique from the rest of the world. Whether it was Mamma or Baba, whenever either of them conducted meditation, we would not remain down here but fly far away and be lost in a divine experience. We would practically feel that we were in the Supreme Abode. Seated in one position, Mamma, Baba and

we children could sit immersed in yoga for 4 to 5 hours at a time.

Her adopted child

Those days, we used to give direct knowledge to students and there was no beating about the bush. Mamma too talked openly about the Soul, Supreme Soul, and incarnation of the Supreme Soul, yoga, and deep intricacies of the karma philosophy. The main point of focus used to be celibacy. Great emphasis was given on purity (celibacy). I first met Mamma in 1954 at Kota House, Abu although I had received this divine into knowledge in 1953, at Kamla Nagar centre, Delhi. Those who used to meet Mamma and Baba initially would come into their lap. 'Taking lap' has two meanings – one is to adopt a child and the other is to give refuge to the child, as their Mother and Father. When I accepted Mamma's lap (embrace), I felt she did not have a body of flesh and bones. It felt like cotton; I did not know which world I was in but I experienced limitless bliss and peace. (*From the book 'Adi Devi Jagadamba Saraswati'*)

THE QUALITY OF MERCY

A person with the quality of mercy works on such a subtle level that the support given never demeans or implies weakness in the other person.

RAJYOGA AND RELAXATION RESPONSE

– B. K. Banshidhar, Bhubaneswar

The American Psychological Association defines stress as “any uncomfortable emotional experience accompanied by predictable biochemical, physiological and behavioural changes. In medical or biological context, stress is a physical, mental, or emotional factor that causes bodily or mental tension. Stress can be caused by a physical or emotional change, or a change in the environment that requires one to adjust or respond. Things that make one feel stressed are called ‘stressors.’

Stressors can be minor hassles, major lifestyle changes, or a combination of both. People respond to stress in different ways, namely, by becoming overwhelmed, depressed or both. Yoga, and Pranayama that include deep breathing, tend to calm people who are overwhelmed by stress, while rhythmic exercise improves the mental

and physical health of those who are depressed. People who encounter both the symptoms simultaneously, feeling depressed in some ways and overexcited in others, may do best by walking or performing yoga techniques that are focused on strength. The counterpart to the fight-or-flight response, the relaxation response occurs when the body is no longer in perceived danger, and the autonomic nervous system functioning returns to normal.

The relaxation response may help people to counteract the toxic effects of chronic stress by slowing breathing rate, relaxing muscles, and reducing blood pressure.

So, one of the most valuable things that we can do in life is to learn to relax, i.e., spend time everyday quieting our minds in order to create inner peace.

RAJYOGA

Rajyoga practised by Brahma Kumaris is a beautiful

way of eliciting Physical and Mental Relaxation Response. It helps to change one’s thoughts, attitudes and brings transformation in overall wellbeing of person. Rajyoga Meditation is the awareness of self as conscient energy, the soul, and absorption of one’s mind is loveful and purposeful consciousness of God and on His divine qualities. A person can experience heavenly love and affection directly from God as God is the soul’s Mother, Father, Teacher, Guide, Friend, Saviour and Sweet Heart.

Rajyoga can bring behavioural transformation in a person without any therapy. The thoughts, which a Rajyogi creates during meditation, work like mental surgery. During meditation, the thoughts may reduce from 45 per minute to 8 or less per minute. So a Rajyogi experiences the eternal bliss of peace and happiness. Rajyoga is a way to inculcate the divine virtues of soul from the Supreme Father. The positive virtues are implanted in the soul and negative thoughts are eradicated.

Rajyoga Meditation has the following steps:

- ▶ Sit in an easy and comfortable position
- ▶ Slow down your thoughts and



create one thought, "I am a peaceful soul." Stay in the awareness of this thought as long as possible.

- ▶ Concentrate on the form of The Supreme Soul, who is the Ocean of Peace, Love, Power, Purity and truth.
- ▶ Stabilize the mind with God in the Incorporeal World (Paramdham). God is the Mother and the Father of the souls and think of receiving a part of His qualities and powers.
- ▶ Acknowledge the positive feelings and thoughts which nourish and empower the soul.
- ▶ Repeat soul-consciousness and God-consciousness and absorb the self in deep Godly love.

Rajyoga is therefore a loveful union of soul with God by focussing on Him as Incorporeal Being and thinking of His divine qualities.

People who practise Rajyoga meditation, experience benefits like freedom from addictions, mental peace, triumph over vices, improved health, increased tolerance power, freedom from fear, anxiety and depression. They also experience decrease in blood pressure, metabolic rate and

stress hormones.

The scientific recordings of E.E.G. show that Rajyoga meditation gives a sense of total relaxation and mental harmony. E.E.G. reading shows high percentage of **Alfa brain wave**. Alpha brain wave activity is common among highly creative individuals who have a clear mind or are experiencing relaxation. If you close your eyes for a minute or so, your alpha brain wave activity will significantly increase. Alpha Brain Waves are a sign of deep relaxation activity in your brain. Practice of meditation increases the intensity of alpha brain waves not only while meditating but also while performing complicated tasks.

Delta brain wave (0.5-4Hz) – The Deep Sleep Wave, The Delta frequency, is the slowest of the frequencies and is experienced in deep, dreamless sleep where awareness is fully detached. Meditation helps to achieve Delta brain wave that can give one more relaxation and lead to hearty and healthy rest and comfort. Dadi Janki, The Chief of Brahma Kumaris registered Delta waves under all conditions in EEG measured in 1978. Rajyoga

meditation helps to see situations in a more positive way.

Positive thinking, positive attitude, positive belief, positive values and positive judgment help to elicit relaxation response. Positive thinking really brings changes in your brain, not in some magical way, but in real physical way. The science is called neuro plasticity. It means our thoughts can change the structure and functions of the brain. What you put into your mind affects the chemistry of your brain. When you put in positive things, you push the chemistry in a positive direction. Positive thoughts are the gate way to good relaxation response which will get you refreshed.

Rajyoga makes the mind of a man like a lotus. A Rajyogi discharges his worldly responsibilities without his mind getting polluted by the evils of the universe. A Raj yogi achieves equipoise, his mind is kept in balance as he is not disturbed by the surroundings and feels relaxed in every walk of life. It is time we embraced meditation and experienced new powerful energy and real and lasting peace in our life.



EASY RAJYOGA



– B.K. Snigdha Chakraborti,
Garia, Kolkata

We all sometime or the other come across the word ‘yoga’. We also have heard of different methods of yoga. Some say it is the art of keeping the body healthy while others say it is a method to control the mind. We often wonder what the truth is, because both of these are conflicting ideas, as mind and body are two separate things. People have this common belief that yoga is a difficult subject and that we have to allot a separate period of time to practise yoga. These beliefs prevent us from exploring the potential of yoga as we sometimes feel that we don’t have enough time and ability to practise it.

But the truth is quite opposite. Yoga is neither complex, nor do we have to take out specific time to do it. In fact we constantly practise yoga in our day to day life, without even knowing it. It is that simple, because yoga is nothing but connection or

communion. When we are thinking about someone or remembering them it is like we are having ‘yoga’ with them. We remember different people throughout the day; that is we have yoga with different people throughout the day. That leads to an energy exchange between them i.e. the one that is remembering and the one being remembered. So, isn’t it simple?

Easy Rajyoga, taught by God Father Shiva, Lord of the yogis, is the highest form of yoga, in which we connect to the highest authority, i.e., we remember God. This, as mentioned earlier, leads to an energy exchange between us and the Supreme Being.

Once a loving link is established with the Source of all powers, the Ocean of peace, happiness and love, we begin to receive positive vibrations of bliss, tranquillity, purity etc.. This remembrance in turn, gradually, fills us with the

qualities of God and makes us Godlike, i.e., we imbibe all the virtues and positivity that are needed to become elevated. This gives us a feeling of relaxation and helps to maintain good health both mental and physical. Thus, people consider yoga as only a means to maintain good physical health but have forgotten that it is more about healing the inner self. Taking care of inner world is not just a matter of physical exercises or taking medicines, but it involves correct use of mental and emotional energy and how to manifest them in our daily actions. For that, we need the power of eternal source, God, whose eternal love is capable of replenishing and filling the soul with all its powers. So, why not make this wonderful Rajyoga a part of our daily life and become God-like?

GIVE LOVE TO EVERYONE

If I limit the love, I give to just one or two, it will eventually go stale. If I learn to create love inside my heart and silently give it to everyone I meet, love will grace every corner of my life.

ODYSSEY OF A FATHER AND HIS CHILDREN

— Alfred Irudayaraj, Portland , USA

Once upon a time, there lived a Father with His many children in their sweet home. The Father and His children remained as immortals as they did not age.

Sensing the need of the children to play and to have fun, father sets up a huge adventure park for children with best facilities. All rides and games there operated at their highest capacity and speed. The father made the park completely self sufficient with all the things that the children might need. Due to its being a Child-Only Park, the father could not enter into it.

When the park was ready, the father picked a few children who were skilful and who had strong capabilities as demanded by the nature of the high performing adventure park and dropped them at the park. As all the children looked like the father, they had to wear a beautiful costume which gave them a majestic look and identity to have fun and have relationship with other children.

Every moment, from the watchtower of the house, the father enjoyed seeing his

children having fun. The children operated in the new park with full zeal and enthusiasm and felt safe and happy.

Everything was perfect in the park. The children had everything they needed. Every now and then, the children threw their old costumes and identities out and picked up the new ones.

Such a beautiful time quickly passed by. Now the park machinery was not at its best but still very close. Some children who were not that skilful but still efficient, joined the park as well and all were good.

Time moved on and the park machinery and facilities started to wear out. The children started becoming impatient, dissatisfied and eventually came to realize the new reality. The children lost the thought of their loving father and their sweet home. Their eyes lost distant sight so they could only see up close. The children forgot who they were and started to believe they were the costumes that they were wearing. They started to spend most of their time in trying to preserve their costumes from decaying. More children

who did not meet the initial high skill expectations were able to join the park now.

Without the clear knowledge about the father, the children became confused, became afraid of other powers that were operating in the park and started to worship them. They started their search for a super power to improve the park condition. Several groups were formed and various ways of reaching out to one Supreme power were experimented.

Time again moved on. The park machinery and facilities were at their worst. Some children found innovative ways to have fun with worn out machinery. They started building new toys and rides and tried convincing everybody that they were improving the condition of the park. Survival became the priority in the park. Children became greedy and conflict and animosity began to rule. Few children still had vague memories of their father and were searching for him to uplift the park. They cried out to father and asked him for help. The father heard the children's cries and moved by their plight, decided to bring the park to its original pure state.

The father chose a wise child and started to direct his attention towards Him. The wise child initially did not recognize

father's voice but listened to father's voice eventually and started having meetings with Him. The father explained to him what had happened, taught him exercises to regain the lost sight and original skills and asked him to teach others. The Father told the wise child that He'd come soon, take all the children out of this dirty park, demolish everything and would build a new Park. He also said it would happen only when the children, who initially came, were able to refine their skills and abilities.

Hearing this, the wise child sets up a camp to teach other children and bring back their lost power and abilities. Initially there was lot of resistance from other children but with time many children heard the father's message, started the exercises to regain their sight and original skills and taught the same to other children.

At the right time, the father came and took all children to His home. The children, who were trained in the camp, easily left their costumes and were happy to leave the park to go to their sweet home.

Just within a few days of returning to their home, the children were again ready to enter the new park.

If someone is bossy, then that might be useful in other aspects of service. Understand each other and see each one's virtues. Don't be afraid of those who have a hot temper. Don't suppress those who have a gentle nature. Have regard for whoever God Shiva has placed as the instrument. Never have complaints or preference over who you can live and work with. – **Mamma**

BE A KARMA YOGI NOT A KARMA RENUNCIATE

– **B.K. Datiah**, Kalyandurg

Almighty God Shiva teaches the students of Godly knowledge not to be hermits or karma *sanyasi* but to be karma yogis i.e. to maintain God-consciousness and soul-consciousness while performing actions. He explains that if one leads a household or community life, they can have a better chance of doing noble service of giving knowledge and teaching yoga and virtues to others. Moreover, the life in community will provide opportunities to test their own spiritual attainments. They will be able to know how far they have conquered the vices and how far they can resist allurements, worldly inducements, provocations etc. In the jungle one does not have situations provoking sex-lust, anger, greed etc. and, therefore, there the question of conquering such vices does not arise at all. In the community life, one has very often to face such situations and this enables a student to apply his spiritual knowledge and yoga power to cope with them. And the greater the victory scored over the vices, the higher is one's spiritual stage and the more qualified one is for the deity-status in the new world. One can attain the sovereignty of the deity world only when he proves his valour in giving a crushing defeat to these six devils (sex, lust, anger, greed, attachment, pride and sloth) and when he helps others also to conquer these powerful enemies of the soul.

ONLY GOD CAN GIVE YOU THE NOURISHMENT AND INSIGHT TO ENJOY LIFE TO ITS FULLEST AND THE POWER TO DIGEST IT

(Honesty Is a Fine Virtue and Can Take You Far – If You
Can Walk In Its Shoes)



– B.K. David, Paignton, England

If the flood gates are open on your life, to what are they open to? In my experience, they can only open up and allow four things in: Having been good, doing good, suffering (of the past) and doing bad.

Do You Know Someone?

I know someone for whom the flood gates have really opened to suffering, immense suffering. They are clinging on to all things good in life, and are hoping the quicksand of their suffering and its causes do not drag them under. They are in essence, very good, with a golden heart, good intentions, and a great love for God and truth, yet who can remain so good in a world of such badness and complications as not to pick up some bruises and scares?

God's Chocolate is Very Sweet and Sugar Free

People are living so selfishly at a time when God Himself has come and is constantly knocking at the world's door and ringing its bell. They can easily put down what they are doing and answer

His call and lend Him a helping hand, in changing this world. To be so selfish and self-centered in life is also a sin. People are suffering and most choose instead to watch TV and eat chocolate. Yet most are blind to goodness and lending a hand and diabetes is greatly on the increase.

I do not think this person I know is alone in his immense suffering today, and in many ways it is inevitable, as this cycle is now quickly coming to its end and all debts have to be repaid – in full. They may be small or large debts which may manifest themselves in toothache, backache, financial ruin or relationship mayhem; even all of them. If that debt is owing and has been placed in your suitcase (soul) of karma that you constantly carry round with you, then that is what you're going to have to pay back, and if that hurts and causes you suffering, then you only have yourself to blame. However, with God's help 95%

of the pain can be taken away.

The people of the world are all suffering and sick, and God wants you to distribute His ointment to help cure them all. To sit in a cave or glued to the TV on the sofa or asleep or lazing in bed will never make you a Godly helper in His task of world transformation.

The Signpost Pointing At Yourself, Heaven and the Vices

God likes us to have an open spiritual mind which allows us to travel and walk with comfortable shoes, light heart and clear aim. Without God's truth and purpose in our lives, our hearts become heavy, our aims become selfish and weak, we walk with a limp and start to become disabled and even crippled, and our minds start to become closed and we slowly go blind.

God likes that we learn to leave footprints of love and peace and become clever in making attractive signposts that point away from the quicksand

of the vices. Yet what God wishes and man dictates and pushes others into are quite different. It is quite similar to a child who wants to play in the dirt while the parents wish him to sit down, be quiet, study and make something of his life.

God Comes to Point Out Our Mistakes – and the Solution

God comes to simplify life; it's us who complicate it so much. Do you want to roll around in the dirt or move forward in life and master it to its fullest degree? Do you want to remain dirty or have a very clean, bright and clear future? God only wants the best for us, and for us to put down the worst. You cannot hold both the good and bad in your hands at the same time, and if you work for God, you automatically have to put down the things that are not good for you. Whatever you carry round with you in your hands (mind), then that is what you shall build each day. Most carry around falsehood and rubbish (vice and waste thought), so you can imagine what they build and the state of their lives.

It's good to know and appreciate the Meaning and Value of Truth, Especially if You Want a Happy Life.

If you are in a debt (unhappy), then it must have been you who

created the debt in the first place. If at that time you were ignorant of your suitcase (soul) opening and an I.O.U. being placed in it, as most are, on your behalf that is no excuse at all. If you accidentally kick someone, can you say you are not responsible? This I.O.U. will have your name on it and it is this that now needs repaying. Karma is a tough law when it comes back to us but we never think of this when we are happily enjoying ourselves in the wrong way, normally via the senses, and in so doing, creating a debt.

Are You Walking Round In Life Making Yourself Blind?

It's no good pleading ignorance now to something you did wrongly in the past. If you go round in life blowing everyone's candle out, you should not be surprised if one day your world becomes completely dark – without any light.

The Oil Of Dishonesty Makes the Gates Of Suffering Open All Too Easily.

There are always the flood gates of happiness which can open up just as suddenly and easily as the gates of suffering. These gates of happiness have become very rusty, often squeaky and get stuck. We need great honesty and care in our

lives if we are to open and keep open the gates that can allow our lives to be filled with happiness. Yet with most people walking round with the attitude of, 'If I've a hole (vice) in my one shoe, it really does not matter if I've two holes in my other shoe (life),' it is of little wonder then that their lives are devoid of happiness.

Honesty really is the heartbeat to successful living and a life of happiness but its shoes are exacting and precise and not everyone can fit into them and feel comfortable. Many ignorantly walk round in muddy Wellingtons that are always three sizes too small and very uncomfortable to walk (live) in and naturally take you to dirty places.

Honesty acts as an insurance policy and can protect you in times of difficulty. Dishonest people do not ever look happy and always feel uncomfortable with themselves and other people. Without honesty in your life, your heart will slowly grow weak and could stop beating at any moment. An honest heart is a strong heart.

The Shoes That You Wear Decide Your Future and How You Look

For the honest amongst us, life is just the beginning and for the dishonest, it's just ending.

The roads of honesty and dishonesty go in opposite directions and have very different rewards at both ends. At the end of one destination is a small crowd of happy smiling people in stark contrast to the other end of the road where one will meet crowds of endless people crying in great distress on their knees.

The Shoes of Truth Are Not Easy to Always Put On Each Day

All of this depends in which shoes you walk in today. The shoes of truth take effort to put on, but the Wellingtons of falsehood and lies are incredibly difficult and painful to take off as they are such an incredibly tight fit and will cause blisters and your feet bloody and very sore. I guess because these Wellingtons are more interesting, attractive and easier to initially put on than the shoes of truth, they have proved so popular. This does answer and make sense why there are so many crippled (such suffering) and limping people about.

The Thirst For Truth Helps You Keep Your Shoes Clean Whilst Walking Down The Unpredictable Lane of Life With Its Many Puddles And Hidden Pitfalls.

A mouthful of the truth of water will do you far much

better and quench your thirst far more than it would if you had an endless tap of lies in your house. The tap of lies will never do you any good or quench your thirst. Most people often drink from the tap of lies, not being content with a mouthful of truth. Most of them find truth too distasteful to swallow. Yet a drop of truth from God is infinitely better for you than an ocean of man's lies. For those who thirst for truth, there is only God's water in their cup (mind). Man's lies only create an unquenchable thirst that will never go away, regardless of what they drink or how much of it. Most are content with muddy boots (a life of continual deception) which their water of lies can never wash off.

People Struggle and Work for Food That Is Dangerous to Eat

People have become accustomed to living off breadcrumbs. Their lives are worth breadcrumbs, and they struggle having to work for even these. These breadcrumbs at best, are average and become rather tasteless and dull, and at worst, poisonous. The bread (actions and reactions) of life becomes, without great care and attention, a mere habit that eventually makes you ill and diseased, mentally unstable and exhausted.

Honesty Is the Best Policy

There are many habits in life that are so dangerous that they will kill you. Everyone is guilty of some form of greed, attachment, body-consciousness or ego in their lives, and can write a book on their suffering. With karma, two and two, always makes four. Although at the time it may look like two and two are making eight (people are escaping the result of their bad actions) or even 33 (making no sense at all, as they appear very happy), eventually the law of karma always adds up correctly and pays back.

Many Labour to Walk On Broken Glass When They Could Easily Put On Comfortable Godly Shoes That Know Which Way to Walk

God has come with a whole loaf (life full of virtues of peace, love and happiness) for each soul to eat every day and enjoy to its fullest potential. A far cry from the few crumbs on offer today that most have to make do with. Everyone is now tired of these few stale crumbs which they have to labour so hard to acquire and which can all too easily lead to indigestion and heartburn. God has brought us the correct food (knowledge and awareness) to eat and which will make you walk in the right direction,

forever healthy and happy for thousands of years.

**Are You Wise Enough And Loving Enough
To Become A Shepherd Or Are You Destined
To Become Shepherd's Pie?**

Most people are now destined to walk the wrong way down the path of labour, ignorance and falsehood that takes them away from God, truth and heaven. It's a dark solitary path and one on which they will have to walk alone, even if they think they are surrounded by family and friends of a similar mind. The sheepss always think they are right and leading a comfortable life grazing in the fields of ignorance until the day arrives that they are loaded on a lorry and taken to the slaughter house. Only when they hear the screams of distress while being unloaded do they realise their great mistake. What would you call the driver of the crashed car who lay dying in its burning wreckage only to realise he had been driving too fast and that he could not see clearly through his windscreen? Realisation and clarity of mind can save your life, said the shepherd of the sheep.

**Using Your Loaf (Mind) To Enable Others'
Hearts to Beat Next To God, Means You'll
Never Go Hungry**

Only God can give the knowledge, enlightenment and wisdom which enable you to experience life to its fullest potential, and the spiritual love to digest it. This knowledge and love fuels your arms, and the more you help others today, the greater, the richer, the sweeter, the lighter and the more nutritious loaf you received shall be. All loaves, by their nature, will be incredible in every way, yet the more generous you become today in helping others, the more incredible your loaf (life) shall taste.

So walk and lend a hand to God, and you'll walk in paradise soon and never again need a hand in anything, such is the power in this loaf and in this giving.

THE DIVINE

– B.K. Priya, Bangalore

With no words in this universe,
I could express His powers.
Whose form is a point of light,
And attributes of incredible might.

Oh! The Divine subtlety,
Resides far from vicinity.
And Is our Father and Mother,
Also our Teacher and Preceptor.

He is beyond life and death,
Dwells very far from our earth.
The Ocean of Love and Peace,
His remembrance keeps us at ease.

He is the Ocean of Bliss and
Knowledge,
Relieves us from our mental blockage.
He is the Ocean of all divine qualities,
He is our universe's Divine Authority.

He is the Ocean of Purity and Humility,
And blesses us with tranquillity.
Unlimited and esoteric are His
attributes,
He is overwhelmed by our tributes.

We bow to Him, our Father
Incorporeal,
He loves everyone, He's impartial.
He's ever-ready to give us a helping
hand,
In all walks of life on this holy land.



PHONE TO JESUS CHRIST



– Prof. G. H. Hannerdmath, Bengaluru

We all have been perverted and assumed ourselves as: *“Myself I am really honest, honourable, truthful and indeed I am the model personality for goodness” ... And we do plead for such self-justification with all of our wits and wisdom; and never a bit admit any of the condemnations from anybody in this world.*

At such juncture of high-ranking of self-estimation; it also may sometimes happen quite adversely; that anyone of our kinsmen or friends or fellow men abuse us by backbiting tricks; and undermine us as useless? / 'worthless' and throw mud and wood on our face.

If so it happens what shall you do? What would be your immediate reaction; to fight back and to bring forth that hidden foe

to the forefront; and face him with all physical strength and valour?

So; how to kill and conquer him?

At such time if we go to the positive side of our fortification; there is a good hint from our elders; and sane persons that such unimagined and awkward situation is in itself a testing tool of our power of tolerance; and highest virtue to keep quiet; not passively, but with the strength of patience and consciousness, and allow us silently for personal-introspection.

In such a sudden shocking event; usually I phone to some of the trusted help-lines! So I dial directly to the number of Jesus Christ, Buddha, Basava or Gandhi; to vouchsafe me with proper suggestion to be followed.

When I dial to Jesus Christ;

he attends me immediately; and places before me with one of the most tragic incidents of his life itself. Jesus Christ; though he is considered as the Light House through the glooms of the globe; has been; most inhumanly given death sentence by the traditional sects of priestly class with the help of the then royal rulers.

We all know from the pages of his life; Jesus Christ was being placed on his head with a crown of thorns; and even a huge wooden-cross-log was loaded on his back, and with harassment and insult was dragged to the top of the hill of Jerusalem; and he was given inhuman punishment; wherein he was being studded with strong nails piercing through his legs and arms; and put to panic death. His suffering was so much so intolerable; that he was as if being bitten by thousand scorpions at a time!

So; while he was brutally put to death; the men who hanged him to the cross; were at the bottom of the cross who were drinking wine and dancing with the pleasure of killing.

At such time of intolerable pain and suffering; Jesus Christ never cursed them; but it was his last prayer to god... “Oh My Father They don't know what they are doing!

So please excuse them”!

LIVING IN PEACE

In order to live in peace, try not depending on anyone and at the same time try to help others not to depend on you. Help them, become independent, free and responsible for their lives. In the same way, ensure you do not because anyone sorrow, and do not allow others to be a source of hurt for you.

(Contd. from page no. 3)

must fall; with His raining Beauty let my heart enthral.”

O! Sons of the Supreme Father! Aspire for Him but not in a desultory and half-hearted manner. Let this aspiration be a pining. For, is not that Supreme your most beloved one?

As a lover becomes mad with the longing to see his beloved, as he remains ready to surmount all hurdles in his way in order to be able to meet her, in the same way we need to have a passion to meet our Most Beloved God Father at the earliest possible moment.

Procrastination Is the Thief of Time

You might feel that when you grow old, you will undertake such a spiritual journey. But, remember, Death keeps no calendar with man.

How many die before they have grown old! This should serve to open your eyes. The span of human life is unknown to man and, therefore, any delay on your part is dangerous, nay it will be disastrous.

You think when you are free from such and such engagement, you will have ample time and, therefore, there is no cause for hurry. Beware; such thoughts only deceive you for the time waits for none.

If you get seized with an intense longing for having a glimpse of the Supreme, the unspeakable Beauty, your mind will feel it as a novel experience; your mind will get controlled for that time. This is the first step of Yoga. If you begin to love God with your heart and soul, half the battle is won provided this feeling does not become feeble.

One has to make efforts to achieve even trivial objects. Care, attention and persistence are essential for studying even worldly knowledge, the object of which is the attainment of some earthly status in life or the achievement of a source of earning merely to sustain the present life. Tests have to be passed and difficulties too have to be faced.

So, God-realisation being the highest ambition of life and the

greatest possible achievement, consistent effort, adequate time and sufficient attention are required and tests and tribulations have to be braved. To set the self on the path of approach to God means to be prepared to fight a duel with Maya, i.e., the five vices (lust, anger, etc.). And to lose heart in the duel means a sure defeat. Therefore, one ought to be resolute in one's mind to give a good fight to Maya and the difficulties.

The example of Mira, Gopis and the founders of various religions who were teased or tried can be a source of inspiration to you on such occasions. Above all, if you continue to enjoy the faith that you are the son of the Almighty who is your direct Guide and Helper, you will be able to cross all hurdles, one after the other. This is as sure as life.

Fears of Difficulties

Without devout aspiration and resolution of mind to face difficulties, success in any undertaking is not possible. Also,

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if a person has no genuine desire to achieve a goal, he might have certain hesitations and, not be willing to spare any time.

It is all due to lack of thought. Suppose a person has to be given capital punishment. Now, you can well imagine that he would strive to avert the punishment of death; but what about us? Again and again, life after life, we have suffered that punishment; ought we not labour to put an end to it even now?

We have been sacrificing our so many lives for the attainment of terrestrial objects; we have also been facing failures for the achievement of ephemeral objects, then now is the time to make efforts to attain eternal peace, permanent joy and lasting happiness for 21 births in the New Heavenly World.

The Time

We should make hurry for the time now is full of promise as it is the Almighty God Himself who is now imparting Knowledge of Rajyoga. His guidance, support and teachings are, undeniably, most efficacious, easy and infallible provided we make use of them. It is the time when with His own help, His own grace, the spiritual progress

is very much quickened, strengthened and enriched because His divine act of establishment of Golden-aged Deity World will be completed with the transformation of the souls. The teachings are so clear that you have to perform no austerity, no penance or physical sacrifices, but, focus more on spiritual growth by cultivating love, compassion, bliss and silence for the realization of power of self and the Supreme.

God has revealed to us, and has given us divine visions and has commanded us to warn the world that the destruction by means of nuclear weapons and natural calamities, etc., is inevitable. The time is not far off when the present-day gala appearance of plastics and perfumes, and the resonating sounds of music and marriages will be replaced by the thundering noises of the Atom bombs or the fury of grave and unprecedented Natural calamities. There shall be a desolate wilderness of a few men in the near future for the war-mongers will have pounded men to dust. Like every full-grown flower is culled, or a fully grown up crop is harvested, the

Kalpa (Time Cycle) – Tree of Religions shall be mostly axed. It is, therefore, wise to forsake attachment to this old world now and establish a loveful communion with the Eternal Father, Protector and Guide.

Even otherwise also, Death is so formidable that it may snatch a man away any moment from even the heart of a palace, however surrounded by military forces. Then all our work shall remain incomplete for the Agents of Death shall not wait for us. Why not then die a ‘death’ in this life to be immortal; why not find time before it is too late?

This youth and intelligence shall go waste if not used now. None of your belongings or relatives shall accompany you when you withdraw from this body. But if you do not withdraw (by means of soul-consciousness) now, then the crying of the four pal-bearers, viz., “Brothers, Ram Naam Sat Hai (Brothers, the name or remembrance of God alone goes with man)” will be of no avail. If the realisation of God is the only immortal achievement of man, aspire for it now and here. The sooner, the better, for the time is too short!

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