

|| From the mighty pen of Sanjay ||



**A NEW KIND OF UNIVERSITY
FOR GIVING NEW
KNOWLEDGE FOR USHERING
IN A NEW WORLD-ORDER**



Our present system of education and courses of study, despite all their good points, have not been able to build a society or a world in which all or most of the people enjoy health, wealth and happiness or purity, peace and prosperity. On the other hand, we find that there is abject poverty, grave injustice, misery, squalor and sufferings of all kinds. The present state of our society and the world are pointers to the truth that there is need for new knowledge, new insights, new models of living, new outlook, new world-vision and new mutual relationships that can banish forever the innumerable kinds of sufferings. Brahma Kumaris World Spiritual university is giving that new knowledge which, in many ways, is unique as compared to the present concepts, systems, structures and visions. Let us explain this point briefly:

At present, we have colleges for medical and para-medical education and research. We have also pharmaceuticals and chemists and druggists who manufacture and supply medicines. We have hospitals where patients are treated. Also, there are millions of private medical practitioners who give medical treatment or advice. Enormous amount of money, man-hours and human resources are spent to cure or manage diseases. Can't we give such kind of education whereby a person naturally leads a life, free of all diseases? Can't we give education whereby people have emotional balance, self-restraint and happiness and live a lifestyle which naturally promotes growth and maintains health and immunity? Brahma Kumaris World Spiritual University gives such kind of education.

Similarly, we pass laws, publish and provide law books; we have law colleges to give education in law, we have courts where legal cases are adjudged; we have law-enforcing agencies which enforce laws and we also have jails where the criminals can be lodged. We have a variety

(Contd. on page no. 34)

CONTENTS

- ▶ A New Kind of University for Giving New Knowledge for Ushering in a New World-Order... (From the mighty pen of Sanjay) 3
- ▶ Jai Shri Krishna! (Editorial) 4
- ▶ Vibrations Travel & Reach 8
- ▶ Building the Bridges of Understanding 10
- ▶ Problems are Opportunities for Growth 12
- ▶ The Secret of Meditation 14
- ▶ The Protection of the Almighty 16
- ▶ Return Journey 17
- ▶ A Pleasant Voyage 19
- ▶ Experience Sharing of Earthquake 21
- ▶ Swansong–The Final Gesture . 23
- ▶ Let's Live Life 23
- ▶ Enhancing my Yoga with Shiv Baba 24
- ▶ How Destiny is Created – A Scientific View 26
- ▶ Mahabharat – A Prophecy for our Time! 29
- ▶ Guru Gobind 32
- ▶ So What 33

Rates of Subscription for "THE WORLD RENEWAL"

INDIA **FOREIGN**

Annual Rs.100/- Rs. 1000/-
Life Rs.2,000/- Rs. 10,000/-
Subscriptions payable through Money Order/Cash or Demand Draft (*In the name of 'The World Renewal'*) may be sent to:

**Om Shanti Printing Press,
Shantivan-307510,
Abu Road, Rajasthan, INDIA.**
For further information regarding subscription,
Please Contact:

Mobile:09414006904, (02974)-228125

JAI SHRI KRISHNA!

The 5th September 2015 is an auspicious day in the Indian calendar when we celebrate Shri Krishna Janamashtami. It perhaps is the most joyous festival among all the Indian festivals. Shri Krishna is so cute, beautiful, pure and pious, and wisely innocent. These characteristics are reflected through his eyes and smiling lips all the time. You can ignore all others but you can never ignore the enchanting and beautiful images of Shri Krishna as portrayed in different poses on posters, scriptural books and paintings, even though these works of art have been in circulation for centuries and *yugas*.

When people sing praise of Shri Krishna lovingly, they call him a very mischievous child but in fact they love his mischief because it's always harmless. From mythological stories, we all know that when Shri Krishna would play the flute, all his friends, young boys and girls, would leave their household work and other duties to rush out in the direction from where the sweet sounds of the flute could be heard. On seeing Shri

Krishna, the joy in their heart would make them feel so elated that they would start dancing even without any accompanying orchestra...

Indian mythology is indeed great. Shri Krishna has been depicted as a wonder-child from birth, and then as a mischievous friend of many, however ever-obedient to his mother who would bind him in her own arms and ask him a variety of questions. One of the most heart-warming scenes of their relationship was when she wanted to check whether he had butter in his mouth and asked him to open it wide, and when he did, she had a vision of Brahmand!

The dances of Shri Krishna, Shri Radha and their friends became world famous right from the beginning to date, where all the 16 celestial degree qualities (*kalaayen*) and decoration (*shringar*) were presented effortlessly. For the people of India, especially the devout, Shri Krishna is believed to be the incarnation of Shri Vishnu and the stories of his life are quite inspirational and extraordinary: a divine being born to his simple parents and

brought up in such a humbling way; his schooling with friends, like Sudama; later on his role as warrior-teacher to Arjuna and sharing advice about the great Mahabharat War with a very philosophical vision that the soul is eternal and it's only the body that is perishable, and how one has to perform one's duties as per one's inner *dharma*.

Most of the people in the world accept that Shri Krishna was the instrument to sermonize the Shrimad Bhagwad Gita. But then the religious studies and interpretations of great scholars from India and abroad have very clearly explained that the Sermonizer of Gita is 'symbolically' considered to be Shri Krishna, but the reality is a little different.

There are three great personalities whose roles have been intertwined in the same teachings of highest wisdom enshrined in the Shrimad Bhagwad Gita. The same Gita clarifies the fact that whenever there is irreligiousness, unrighteousness, violence and other forms of degradation and destruction of values, the Incorporeal Supreme Being, as per the promise given in the Gita, descends to impart the exact knowledge of Shrimad Bhagwad Gita. It's intriguing how our mythological pictures and scriptures have beautifully



mixed up the biographies of the Supreme Divine Being, then the wisest person on earth, Brahma, and lastly the most divine being of all, Shri Krishna. It's only when the Supreme Being descends again to enlighten humanity about the wisdom of the Gita as promised, that He clarifies the role of the Supreme, the role of Brahma (corporeal medium of the Supreme Being) and that of the divine being, Shri Krishna who happens to be the first prince of the Golden Age, Heaven or Paradise.

The role of Brahma is that of the most experienced and practical person on earth who follows the divine dictates of the Supreme Being and becomes the greatest example for humanity to follow. A very ambitious aim is given to human souls by the Supreme Being through the corporeal medium of Brahma: by inculcating the divine teachings of Shrimad Bhagwad Gita, which is being re-recited directly by the Supreme Father at the present time, human souls can conquer all their inner weaknesses and negativities, and re-emerge as the most beautiful, peaceful, pure divine beings like Shri Krishna. When personalities like Shri Krishna and Shri Radha become Shri Narayan and Shri Lakshmi, followed by Shri Rama and Shri Sita, they then rule the world as

World Emperors and Empresses, where there is absolutely no question about any kind of violence or deception, falsehood and war.

No doubt Shri Krishna was born as a divine prince in the Golden Age, and goes on to become Shri Narayan, the World Emperor, but another fact remains that his parents of course were less important and powerful than himself.

Even the childhood stories of Shri Krishna have different spiritual significance and meanings but the lay-person blindly accepts the mythological stories as being 'truthful', thereby remaining oblivious of the 'reality'.

We are so grateful to our beloved Supreme Father and Pitashri Brahma Baba for having awakened our psyche, enlightened us souls, and enabled us to re-live as pure human souls by learning the highest art of Rajyoga Meditation, taught directly by the Supreme Being through His precious medium, Pitashri Brahma.

The Supreme Being, first and foremost, teaches us to be deeply peaceful, completely non-violent even in thoughts and attitude, and so could never advise anyone including the Pandavas to wage a violent, physical war against anyone, especially not their own

cousins. There is much to learn, understand and experience about the Sermoniser of the Gita, the Supreme Being as He is the Ocean of Peace, Ocean of Bliss, Ocean of Wisdom, Bestower of Happiness and Remover of Sorrow, Knower of the Three Aspects of Time, One who never enters the cycle of Birth and Death and much, much more. These are some of the wonderful understandings which have been conveyed to us through the elevated versions, "Murlis" of Supreme Soul, Supreme Father God Shiva, through Pitashri Brahma, and also the other divine medium for Avyakt BapDada, Dadi Hirday Mohiniji.

By knowing these deep secrets, let us welcome the first Prince of Golden Age, our beloved ever-smiling, ever-adorable Shri Krishna on the memorial of his birthday, with spiritual love and affection along with the determination to inculcate all the virtues taught by the Supreme Father, to enable our own selves to play our respective royal and divine roles in the Golden Age as well! That would be best way to make ourselves worthy of living, playing and being with Shri Krishna.

Our hearty congratulations on this auspicious and greatest celebration of Janmashtami!!!

10th WORLD CONGRESS ON CLINICAL PREVENTIVE CARDIOLOGY AND IMAGING

Shantivan, Brahma Kumaris' Campus at Abu Road, being the Supreme Being's true home, welcomed hundreds of very senior cardiologists and physicians, and 200 Senior Nurses connected with Cardiology Care from all over India and 40 other countries, from 3rd to 6th September 2015 for their 10th WCCPCI.

The most prominent medical scientists among the Organising Team were **Dr. H.K. Chopra** (President, National Cardiological Society of India and Organizing Chairman, WCCPCI), **Dr Navin C. Nanda** (Professor of Medicine and Cardiovascular Disease and Intl. President, WCCPCI), USA, **Dr. S.K. Parashar** (Chairman, Scientific Committee of WCCPCI, and the Committee of Hosts led by Managing Trustee), **B.K. Nirwair**, included **Dr Partap Midha**, Director of Global Hospitals & Research Centres, **Dr Satish Gupta** (Secretary-General, WCCPCI) and very many distinguished doctors who have been connected with the Brahma Kumaris institution for a very long time.

As a mark of gratitude towards the Divine's grace for

permitting the past 6 Congresses held in the Brahma Kumaris Campus, the Organising Committee of the WCCPCI have resolved to help the Parent Organisation set up a Multi-Speciality Hospital of world standards at Talhati, Abu Road, Rajasthan. The Global Hospital and Research Centre Trust would provide over 5 acres of land near Shivmani Senior Citizens' Home for this purpose. Most of the senior members of the Congress from countries like USA, South America, England, Kazakhstan, Sri Lanka and dignitaries from India, especially Delhi, joined together for the Foundation-Stone Laying Ceremony held at 10.30 a.m. on 3rd September 2015.

All the Speakers expressed their enthusiastic and joyous feelings about the new project being a very valuable gift to the society of not only this part of Rajasthan, but for the world, because it will be run by the Global Hospital & Research Centre as 'World Centre of Clinical & Preventive Cardiology and Emergency Services.' Most of the Senior Cardiologists

who hold high positions in India and other countries as Presidents/Chairpersons of their Associations lauded the project and promised to extend their cooperation in different ways to see this ambitious dream come true in a very short time. The people of this part of Rajasthan and the Brahma Kumaris world-wide family members will always be very grateful to these medical luminaries for their philanthropic gesture, because this project is one of pertinent services to the needy and even poor patients.

The venue of the foundation-stone laying ceremony on 3rd September was highly charged with spiritual vibrations, due to the presence of senior Brahma Kumaris and Brahma Kumars; their divinity was an inspiration to the medical scientists. The meeting went on for an hour and a half and concluded after refreshments.

The Inaugural Ceremony of the Congress was conducted on 4th September 2015 late morning, in the honoured presence of **Shri Raj Kumar Rinwa**, Hon'ble Minister of Forest & Mining, Govt. of



Rajasthan, and prominent figures from the field of Cardiology in India and various parts of the world. The Stage and Auditorium were graced by senior cardiologists, deans and professors, nurses and invited guests from Abu Road to full capacity.

Revered Rajyogini Dadi Janki (Chief of Brahma Kumaris), **Dr. Partap Midha, Dr. Satish Kr Gupta, Dr. H.K. Chopra, Dr. Navin C. Nanda, and Dr. S.K. Parashar** especially shared brilliant speeches at the inauguration of the Congress.

The Hon'ble Minister was very eloquent about the pure vibrations of Shantivan campus, and the powerful presence of so many senior cardiologists in the gathering. He spoke in Hindi with a Rajasthani accent that invoked special feelings within all the participants who applauded him again and again! He congratulated the Organisers of the Congress for their hard work. His philosophical sharings drew everyone's attention towards inculcation of values and maintaining the spirit of service onto humanity, which this Congress has embarked upon to explore.

The participants were exposed to a range of interesting medical and spiritual lectures, such as 'Medico-Legal Issues in Cardiology', 'CAD Preventive Strategies in Children', 'Management of Hypertension in Obese', 'Self-Help Kit to combat Stress', 'Contentment in Professional and Family Life', 'Geriatric Cardiology: Love for the Elderly'.

It was a pleasure and honour to also welcome important faculties from foreign lands: Dr C. Venkata S. Ram (USA), Dr Rick Levy (USA), Dr Ruvan Ekanayaka (Sri Lanka), Dr Protasio da Luz (Brazil), Dr Sonia el Saiedi (Egypt), Dr Kee-Sik Kim (Korea), Dr Bharat Rawat (Nepal) to name a few.

One very notable overall aspect of the Congress was that all the participating cardiologists, and other doctors and nurses, were keenly interested in exploring the spiritual dimension of their own personalities through the Meditation Sessions offered by the Brahma Kumaris Teachers, in the mornings and evenings. They enjoyed listening to the experienced Speakers and then practising meditation themselves. The

feelings of inner peace and happiness were easily visible on the faces of all the participants, which would be the most valuable treasure they would carry back with themselves. It seems they had been searching for truth and spirituality, and apparently have come closer to both during the Congress and so deep appreciation resonated from their hearts.

The Organising Committee honoured some of the participating cardiologists, as well as the hosts with Medals and Certificates as a mark of respect for their contribution towards a healthier and happier society.

Our hearty congratulations to the Organising Teams for bringing together so many luminaries in the field of cardiology to this remote place of Abu Road in Rajasthan! It's because of their deep love and appreciation for the services of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya and Global Hospitals & Research Centre that WCCPCI has already declared that their next Congress will be held next year in Shantivan around the same dates.

Om Shanti,
– **B.K. Nirwair**

VIBRATIONS TRAVEL AND REACH

—Rajyogini Dadi Janki, Chief of Brahma Kumaris

God Shiva is wonderful and the part of all of us in the World Drama, is wonderful too. One must see the self as someone who has a very special part and is multi-million fold fortunate. One gets a unique experience in Madhuban because even the environment contributes to creating spirituality. Positive vibrations emanate from the atmosphere. Environment, atmosphere, vibrations. Vibrations travel – they go out far and wide into the world. So what is my environment, where am I? I am with Shiv Baba. Wherever I look, I see only Him. As soon as we take Shiv Baba's name, many tasks get accomplished. It is God's task that He carries out but we are the ones who get the prize for it. Why? Because the 'I' and 'my' are removed.

Sometimes when we are challenged or insulted, as per Baba's directions we stay quiet and just work on maintaining a powerful and positive stage. There are however, instances when we are actually using that quietness to subtly avoid facing something. Are there

times when we should face or say something rather than be quiet?

Any type of facing means I have come into feeling at some level. Rather I have to stay unshakable and immovable and still. This should become my nature. It's the sign of a delicate nature to feel 'I need to face something'. Things and situations confront all of us. All are facing circumstances but we should do away with this. A Mahavir or a *Maharathi* doesn't need to face.

If one becomes a detached observer of his own self, he would see that he is bound in some or the other limitation. When, for instance, one insults the other, the latter's anger or irritation becomes visible on his face. However, there should not be the *slightest* feeling inside us. No two souls can have the same part. Each one has his or her own part – the knowledge of the drama is very deep. Didi Manmohini came to Baba's hut once and told him about a particular sister who was being disruptive. Baba said: "Why has your face become upset?" Sometimes the feeling of what



Dadi Janki ji

another person does, goes inside us so deep that it becomes visible on our face.

Another time when I was in Baba's hut, Baba said, "Your yoga is not accurate". I said in my heart, though not in words that I pay a lot of attention on yoga. Baba said these words and became deeply silent, and in that instant, I became completely bodiless. What Baba wanted to indicate was that I didn't pay the kind of attention whereby I could become completely bodiless in a second. No two parts can become the same, but we can become equal when it comes to being bodiless and far away from the consciousness of 'I' and 'mine'. If that were to spread into the atmosphere, no matter where you are, all will be seen as one, bodiless.

We need to keep our line of intellect clear at a very subtle level. We need to look at our own stage. What changes do we have to bring in the self? It should not be that my eyes are



in one place and my ears somewhere else. Brahma Baba used to note such things, if there was anything that made our stage go up and down. Our ears do service and also dis-service. Knowledge goes in through the ears and starts working deeply, but sometimes it goes in through one ear and out from the other. If one gets good food but is not able to digest it, something is not working well in the stomach, that's why it's not getting digested. So one should be the observer of oneself, say to oneself, 'What is it that is stopping me from becoming complete?' We must have the realization about the thing that is preventing us from becoming complete. I have to stay in good thoughts for the self and have good wishes for others.

Others should experience the positive vibrations of our company, no matter how far away we may be from them. When we hear new things (in Madubhan), the vibrations of that should reach them too. Brahma Baba too stays in the subtle region and there is the movie there. In the soul world there is silence. In the physical world there is talkie but subtle and silent vibrations of Shiv Baba and Brahma Bab can reach us. When carrying out activities, be in the subtle region where the vibrations are extremely pure. Then wherever you will go, even

your presence will create a good atmosphere there.

There are some people who never get tired. Whatever service we have, we have to do it with happiness; then we don't feel any sort of burden while doing service. So, all of us must rehearse that also. It is mischievousness of the 'I' that prevents us from becoming easy yogis. What is yoga? What is the intellect? Our intellect should not go to our connections or relations. Yoga means be patient, everyone will become complete.

Once when I was in Brahma Baba's room, he called me to sit next to him on the *gaddi* and I started to feel a current and experienced a deep feeling of love. It carried on for a long while. Didi came in and said to Baba that there was a queue of people outside. Baba said, 'Right now the Satya-Narayan Katha is taking place'. Baba was not saying anything as such but whatever he was saying was internal. Whenever I used to come to or go from Madubhan, I would always stopover in Mumbai. Baba told me 'This time tell them you have come with the awareness of being Satya-Narayan Swami. It is such wonderful thing that should be filled in our awareness, attitude and drishti. I can become Narayan from an ordinary man and Lakshmi from an ordinary woman.

We need to have a deep level of respect for one another. We need to give and receive respect. Even now no one will speak to me in a rough manner. **If however, I have the slightest feeling that someone will speak to me in a rough manner, he/she will definitely speak to me like that. It should be remembered that it is reality and royalty that will reveal God.**

Wherever one goes as an instrument, one has to give sustenance in that place. Sustenance means that it should emerge from the hearts of everyone that your mind, body, wealth, everything is being used in a worthwhile way. 'I belong to *yagya*'. Everything is being used for *yagya*; there is nothing of mine. First it is mind, then body, then wealth. As soon as some contribution comes into my hand, let it instantly go into the *yagya*. Let my thoughts, words, actions all be towards serving the *yagya*.

Then after that what else is left? Just our breath. Let every breath be filled with God's remembrance. Follow the Father in that respect. We are all doing local service anyway, using **our breath, thoughts, and time**. However, I should also pay attention to serving the bigger *yagya* (Madhuban). **Everything should be used in the best way possible. At the present time, this is the means to create a stage that would not fluctuate.**

BUILDING THE BRIDGES OF UNDERSTANDING

– B.K. Ranjit Fuliya, Associate Editor

[The present day world is facing problems of various sorts which need to be tackled urgently, if we wish to build a better world based on humanitarian principals. How to build the bridges of human understanding – is the basic question which needs to be dealt at length. Associate Editor B.K.Ranjit Fuliya highlights the pre-requisites and characteristics of such a world in this article, which we hope will be found useful by our esteemed readers. – Editor]

In the modern times, when quick results are the need of the hour, it becomes very difficult to come up to the expectations of the people and run an organization successfully. A greater responsibility lies on the shoulders of the top management who need to put extra efforts. It is because the instructions regarding implementation flow from the top down the line and the commitment on the part of the top management can surely bring charismatic results. Since human resources play a very significant role in the success of an organization, considerable attention must be paid on their deployment, development and proper coordination. This is true of a nation as well.

The organizations most often aim at making profit; no

organization can run successfully if it doesn't earn profit. If an organization has to run successfully in the long run, it is imperative that ethical practices are resorted to. Since human resources play a very crucial role in an organization, they must be given utmost attention. If human resources are developed adequately and there is high motivation and efficiency, the organization can overcome all obstacles and handle all adversities. A motivated work force tries its level best to ensure success of the organization and take it to new heights, in due course.

Since human and moral values play a very significant role in success of all human endeavours, it is imperative that scientific and technological studies are blended with moral

values. Science is both knowledge and power. It illuminates human life and makes it easy and comfortable. Science develops in us an attitude of tolerance, understanding, positivity, impartiality, freedom from all sorts of prejudices and an open mind for grasping new ideas. Nevertheless, it is regrettable that while science has given us means of great technological advancement which have made our work much easier and faster, it has also found means of mass destruction and the greatest challenge we are faced with today is saving the human race from extinction.

Education for a balanced growth

Keeping in view the above dichotomy of science, sufficient attention has to be paid to education. An appropriate system of education aims at a balanced growth of an individual. It means to say that it must inculcate both knowledge and wisdom. It is a firmly held belief that human beings can gain wisdom through the study of literature, philosophy and religion. If we don't have an impartial, open and appropriate attitude in life, there will always be confusion and conflict in our minds; we shall suffer from greed, lust, arrogance and other negativities. True education

provides the necessary tools which enable us to lead a meaningful, righteous, positive and constructive life.

Dr. S. Radhakrishnan, who was the second President of India and an eminent educationist, highlighted that India has survived all the changes and chances it has passed through because of certain habits of mind and convictions which our people, whatever their religion or race may be, share and would not surrender.

Spiritual strength counts

Though intellectual ability and technical skills are required for progress and development, what is required in the first place is our devotion to a great cause. A close look at the events of history reveals the fact that the destiny of the nation depends on spiritual strength, rather than on material strength. We have very rich traditions and lofty ideals in Indian culture which have great potential for sustaining and maintaining human relations and bridging the gaps of various forms of diversity. Our ancient heritage has proved to the world that human values and virtues have great strength and these can build bridges of understanding, cooperation, harmony and peaceful co-existence.

Value-based living ensures development

The fundamental ground on which our culture rests is spirituality. It is spiritual outlook and value-based ways of life that have given strength and depth to it on account of which it has gained respect and a special place of honour in the world. World brotherhood and international harmony are our ultimate ideals in human affairs. We are fully aware that no country of the world can live independently in the modern times; hence we try our best to be partners in peaceful co-existence. The basis of development of the whole world is cooperation, not conflict. If reason governs human affairs and it is given preference over force, it can surely build a better world.

Humility and mutual respect is the key

Spirituality demands that we must imbibe a sense of humility. We may be right but we must give due importance and significance to others' views. The attitude of self-righteousness has mostly been the cause of conflict in human relations. World cooperation can turn into a reality only on the basis of equality and mutual respect. This is true of a family as well of the entire world. No

nation should be indifferent to its own poverty, discriminations of various sorts, social, economic or political exploitation. If we want to establish peace in the world, it can be possible only on the basis of political freedom, racial equality and economic welfare of all.

Building the bridges of understanding

Spirituality has been a great source of values in life and that should be made the pivot around which all human activities should centre and operate. Let us make efforts to bring such awareness in the masses so that peaceful co-existence, harmony, understanding and cooperation flourish and a new wave of zeal and enthusiasm envelop the entire world. Individual efforts can bring about collective results which are the need of the hour. Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya has been putting the best of its efforts for creating such a world of love, happiness, harmony, peace and unity. All individuals can take the benefit of its teachings which can usher in a new era of health, wealth and happiness for all. Let all of us engage ourselves in the divine task of building the bridges of mutual love, care, sympathy and understanding.

PROBLEMS ARE OPPORTUNITIES FOR GROWTH

Some people call this world a 'problem-world'. They see only problems in life. It is said that there are more than 60,000 problems pending before the United Nations Organisation. The problems pending before all the governments of the world may run into millions. Those who are habitual pessimists and skeptics perceive even normal and natural situations as problematic.

Many people try to avoid, or run away from situations or create a mountain out of a mole hill. It is said that a smooth sea never made a skilful mariner. A problem is similar to a traffic junction where we are supposed to slow down, stop and proceed or a curve to be negotiated skillfully to get into a highway, or a steep climb which is going to be an uphill task, or a mountain slope to be slowly descended from. All it takes is a bit of patience and perseverance. As we keep on learning and practicing to handle people and situations, it becomes easy for us. What we perceive as a problem will never remain with

– **B.K. Surendran**, Bangalore us. It is similar to a circus artist, who performs startling gymnastic feats; the audience gets frightened and wonder as to how it was possible. But, it was constant practice with determination that the artist could perform such a marvellous feat. On the way, that artist must have failed many times before such a presentation could be made.

What is a problem?

Problems are an integral part of life. They come to teach us certain lessons and are for ultimate good. Problems can be solved and overcome with a positive mindset. Let us deal the adverse situations fearlessly, which will enhance our capacity to face. Let us look for the silver lining in every situation and see what benefit it holds for us. When problems such as loss, failures, accidents, death, diseases, and calamities come, let us admit, accept, adapt and act positively because they are part of life. In fact, a problem is nothing but an opportunity to learn, to grow or to re-invent the self. Madan Mohan Malviya

was an eminent educationist and social reformer. He wanted to establish Banaras Hindu University for which he went round the country collecting funds. He also visited Hyderabad State and approached the Nizam of Hyderabad for donation. The Nizam got so angry that he removed one of his shoes and threw it at Malviya. Malviya took that shoe and put it on auction. When the Nizam came to know of the auction, he sent his messenger to purchase back his shoe, however much it cost him. Thus Malviya got the required amount from the Nizam which was used for the establishment of Banaras Hindu University. This is how a humiliating incident was converted into an opportunity.

Opportunities come disguised as failures and obstacles many a time. We must remember that the bigger the obstacles, difficulties and failures, the greater are the opportunities. Andrew Carnegie was born in a poor family. When he was about 14 years old, he was feeling hungry one day and was looking around to eat something. He saw a fruit garden nearby; he scaled the compound wall and started plucking some fruits. The owner of the garden caught him and beat him up. The poor boy had to go home hungry. On that day, he resolved that one day he would own that garden.

Later on, he became one of the richest men in America and bought the same fruit garden. Andrew Carnegie used that incident as an opportunity and a driving force to become the richest steel manufacturer of America.

Persistent efforts are needed to grab the opportunities. We must persist in what must be done and resist what ought not to be done. When problems come, de-learn and relearn from life's experiences and life situations. When we are faced with defeat, or failure in life, it is then only that we start thinking of alternatives and different options to create opportunities. We should think that whatever happens is for the good. Let us be optimists and look for opportunities. 'Problems come to us not to tumble us, but to humble us'. We can use the power of humility and simplicity to transform every failure into an opportunity and every struggle into success. It is better to think of the advantages and accept the situation when we cannot change a person or situation for the present and wait for the right time to initiate action to grab the opportunity.

Pratise organized thinking, avoid waste and negative thoughts. It will give you more clarity, creativity and freedom to choose the right thoughts

required for the moment to create opportunities.

Godly wisdom – the all time solution to all problems

A problem is the consequence of our actions either in this life or in the previous births. The problem comes to tell us that there is something we need to change and our strategy should be recast for the future. We should accept the consequences of our actions which are appearing before us as an adverse situation. We should accept what we cannot change or control and think of alternatives. The present time is the auspicious Confluence Age where we are in the company of the Almighty. He is directly guiding us to find out opportunities in the midst of problems. God is giving us innumerable points of divine knowledge and guiding and directing us through the spiritual wisdom, but He is also giving us spiritual power to practically apply the knowledge in our daily life.

Spiritual Tips for Solving Problems

- ▶ Look at the person, who is creating problems in your life, as your teacher; the one who is criticizing you, as your real friend.
- ▶ Sacrifice the attitude of '*my sanskar, my nature, my name, my post and position,*

my qualities, my relation and so on' to be able to transform weaknesses.

- ▶ Do not look at the weaknesses and shortcomings of others. Have the vision of brotherhood, look at goodness in others and stay contented.
- ▶ Listen to others with a pure intention, and have pure and positive thoughts for them and transform the motive behind their words.
- ▶ Since God is the Ocean of Happiness, stay in His Company. Even if the body is not well, or there are other adversities, you should never feel sorrow. Reflect on the power of silence to restore, to heal, to transform and to make better life decisions.
- ▶ Always stay in your original state of soul-consciousness which has the unique capacity to transform adverse circumstances.
- ▶ The feelings of ego, jealousy, arrogance, selfishness, greed, attachment, lust, fear or anger create problems and hurdles in our life and relationships. Transform hate into love, anger into acceptance, fear into trust, imperfection into beauty and chaos into peace. To put it simply, cultivate a positive mindset.

THE SECRET OF MEDITATION

– BK Anand M. Hans, New Delhi

Meditation has become a catchy word these days. You will find many young men and women seeking to learn meditation. They are either facing some domestic problem like family discord or are suffering from some disease for which they have been undergoing treatment for long. Many a time they come to the Rajyoga Centres on the advice of their family counsellor or doctor to practise meditation as a means of getting relief from stress and tension.

Some of the aspiring persons often complain that they find it difficult to concentrate when they sit for meditation. Without caring to know what meditation really is, they want to know how they can concentrate. They think that there is some technique involved in learning meditation, which only a spiritual guru can teach. Many of them want quick results and, therefore, give up when they are not able to achieve.

My first advice to such

aspirants of meditation is to get up early in the morning because it is the best time for learning, and for the practice of meditation. But what most of us do is we leave the bed very late in the morning and the first thing we need on getting up is a cup of tea and the day's newspaper. What does the newspaper contain except wars, killings, murders, rapes, accidents, political squabbles and the like? Such news as we read with great fondness, leave an unpleasant mark on our mind which inexplicably influences us and creates a negative mindset throughout the day. Finding no reason for our gloominess, we tend to blame others for our state of mind. "O, yes, it was due to seeing my neighbour, the first thing in the morning that I feel sad", we argue with ourselves.

Now with such a state of mind, when we interact with our friends during the daytime, what do we talk about? We exchange with each other the news of the day which we have

read early in the morning, and discuss the state of the world in general, which is even more depressing, thus depleting our positive energy. How can we then hope to concentrate on anything, not to speak of meditation?

So, the first pre-requisite for learning mediation is to bring a change in our daily schedule – getting up early in the morning, remembering God for some time or contemplating on some virtues or reading some spiritual text – this will help us to face the challenges that lie ahead in the day. These are some of the ways one can replenish the stock of positive energy to last for the day. It is very important to see how you utilize the time in the morning as the morning time activities are the foundation of how you are going to experience the day ahead of you.

Meditation has been defined in many ways. It is said to be a means of controlling the plethora of negative and waste thoughts cluttering our mind and giving the mind the power and direction to create positive and useful thoughts. But the question arises: what are positive and useful thoughts? Man today has become so vicious that it has become very difficult for him to think of any

thought other than negative and degrading thoughts. Our mind, therefore, needs thorough cleansing and filling it up with uplifting and pleasing thoughts. Such a state of mind can be possible only when we connect the self with God. And that is the crux of meditation. It is a cleansing process which purifies the mind of negativity, defeatism and hopelessness and, if practised regularly, it is a sure way of leading us to success in every endeavour in life.

Many of the readers would argue that they are so used to a particular style of living that it is well-nigh impossible for them to make a U-turn. I would like to tell them of a very easy way out. Attend a Brahma Kumaris centre near your residence and learn meditation for seven days, free of cost. They will give you Godly knowledge about who you are, where you have come from, what your relationship with God is, and the knowledge of world drama or the cycle of births you have gone through. This knowledge helps us to shift our perception from being problem-centric to solution-centric. The Godly knowledge that you get at the Brahma Kumaris centre helps you to

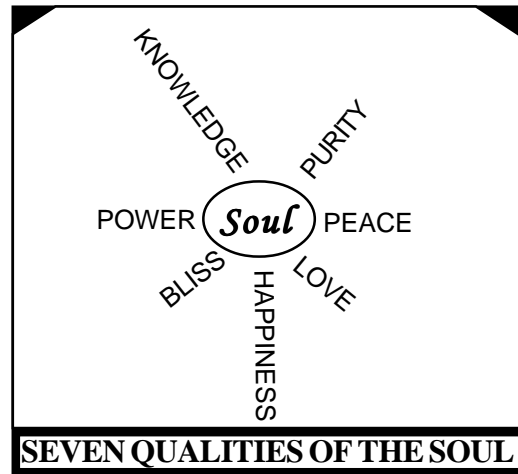
become self-aware and gives a clear understanding about your true spiritual identity and the identity of God.

In addition to self-realisation, we need to have God-realisation as, ultimately; meditation is about forging a loving relationship with the Divine and being in His remembrance. By saying that God is everywhere we have reduced Him to a non-entity, whereas He is very much there, existing in His own right as the Supreme Incorporeal Soul.

He is our Supreme Father, the Supreme Teacher and the Supreme Preceptor (Guru). We can visualise any relationship with Him, which we cherish in our physical existence.

Meditation enables a direct connection and relationships with the Supreme Source, which is feasible only when you are in the state of soul-consciousness.

It is a means of bringing back the original seven qualities of



soul in your day-to-day life. Meditation is Attention without Tension and increases our power to face and conquer unfavourable situations and circumstances.

MAGIC CARPET

Thoughts are like a magic carpet, on which the soul rides across eternity. Rest for the spirit (which is what we are) is when we allow only the current of the purest thoughts to flow through our mind – thoughts which carry good wishes and blessings for ourselves and others. This is not so much going with the flow, as being in the flow, and refreshed by the flow. For when we have powerful, positive thoughts for and about others, we spread positivity and godness all around.

THE PROTECTION OF THE ALMIGHTY

– B.K. Suresh, Mt. Abu



I became associated with the Brahma Kumaris institution in 1990, and for the past 25 years I have been serving at the International Headquarters in Abu as a dedicated instrument. Some other members of my family are also presently dedicated to Godly service at Centres.

On 3rd March 2015, an unforgettable incident took place which pushed me to the brink of mortal elimination only to be pulled back by the Divine intervention. I would like to share this incident with all of you to make you realize how concerned the Eternal Father is about His children. Through this incident, I have experienced the Supreme Being's spiritual power, which protected me from every kind of pain and suffering.

On 3rd March, I received BK Brother Mruthyunjaya, the Executive Secretary of Brahma Kumaris at the Ahmedabad airport and drove him to the hospital where BK Brother

Nirwair was undergoing treatment. After meeting Brother Nirwair, we decided to travel the same night to Shantivan campus, Abu Road. Night travel has been an integral part of my Godly service. After about an hour and a half of the journey on that fateful night, I noticed that five men were following us in their car. Perhaps they were out to snatch the Innova car we were travelling in. At around 11.30 p.m., they forced me to stop the vehicle. One of them came to my window and shouted, "Get out of the car, otherwise I will shoot you." He took out the gun from his pocket and placed it near my face. I started saying, "Shiv Baba, Shiv Baba" very softly. They asked me to switch off the engine, and then another man took the keys away from me.

Brother Mruthyunjaya had been asleep in the seat next to me, but the chaos woke him up. They had the thought that I was alone, but on seeing Bro. Mruthyunjaya one of the men

shot a bullet in the air. Brother Mruthyunjaya got out of the car and stopped a truck that was passing by for help, and then another large car stopped right in front of us. Within the few seconds when my attention was diverted, the man placed his gun below my right ear and shot... They then immediately got into their car and fled away.

Blood instantly started flowing from my mouth and nose. At that moment, I was recalling Baba's elevated version of the Lesson of 'Suddenly'. I did not lose consciousness, and said to Brother Mruthyunjaya, "Please call the Ambulance on Telephone No. 108, and the Police on 100. We are close to the city of Siddhpur (Gujarat)." After that I just took my consciousness to beloved Goid Shiv, in the Supreme Abode, and got merged in His lap. The experience of Baba's spiritual power was the reason why I did not feel any pain or fear. The

(Contd. on page no. 25)

RETURN JOURNEY

– B.K. Banshidhar, Bhubaneswar

A man returning home after a long time feels an exceptional joy and thrill. He rather starts counting the minutes and seconds on the last leg of his journey. Same is the case with us souls also who have been away from our true home for about 5000 years. We left our home at *Paramdham* to play our designated roles on this earth.

For the first 1250 years, we play the roles of deities having divine virtues when only joy and happiness pervade the atmosphere everywhere. The nature is so beautiful and the five elements so obedient that there is neither scorching sun nor any excessive rain which may cause flood and give sufferings. Everything is beautiful. Every man, woman, nature and each element has love for each other. No enmity, no hatred or jealousy with any one, but everyone is full of abundant wealth and happiness. It is said that in the golden age, the river of milk and ghee keeps flowing. This means that all are well off to lead a blissful life with their means. Everyone is endowed with 16

celestial virtues, all techniques of living, fully vice-less and all good and non-violent in thought, word and actions. That period is known as Sun Dynasty established by God Father Himself. Every deity or soul lives for 150 years and the body does not get disfigured due to old age. There is no word like death and nobody fears to leave the body. At the end of 150 years, he gets a divine vision of the new body which he or she is going to get. This period of golden age ranges for 1250 years and decrease in celestial degree is so small that nobody could notice any change.

At the end of Satyuga comes the Treta-yuga known as the Silver Age where 14 celestial degrees prevail. The degree of purity is reduced by 2 celestial degrees i.e. 12.5%. They are not deities but *kshatriyas* and this period is known as semi paradise and all the activities are reduced by same 12.5%. All are pure; from being *satopradhan*, they become *sato* and there are no vices and lives are comfortable. There are no thieves, no doctors, no courts or no police or no lawyers. The

dynasty is reigned by Sri Ram and Sri Sita and the kingdom is named as Ram Rajya, which the Father of our Nation Mahatma Gandhi dreamt of in Bharat. It is said that equality prevails among the subjects and along with Rama all are rich (*Ram Raja, Ram praja, Ram sahukar, base nagari dia daan dharma ka Avatar*). Everyone has love and respect for others. This is the Moon Dynasty. The people at the beginning are 2 crores and are increased to 33 crore at the end of Tretayug. The power of every soul gets reduced gradually. There are 12 births.

Then comes the Copper Age. As the virtues get reduced to 50%, i.e. 8 celestial degrees, body-consciousness enters the soul and consequently 5 vices also enter. The eyes become vicious gradually, from civil they become criminal. The eyes see the body and get attracted and souls become the slaves of sensual organs. The soul-consciousness gets converted into body-consciousness. The soul starts committing mistakes as intellect cannot judge the correct things under the influence of the body-consciousness. Due to such mistakes and vices, the body organs start suffering from various diseases. Now sex-lust, anger, greed, attachment and ego

rule the world.

Now to regain the pristine power, the devotion cult comes to the field. The deities of past become ordinary men and women i.e. ruled by mind. They have a vision of God Shiva and the *Linga*, thus, they start worshipping God Shiva in the form of Shiva *Linga* at various places. First Shiva *Lingam* was worshipped by King Vikramaditya at Somanath Temple. Now in every village, we can find Shiva temple including other temples such as Sri Lakshmi-Sri Narayan temple, Sri Radha-Sri Krishna temple, Sri Ram and Sri Sita temple. The 1250 years of copper Age have 21 births and each life happens to be of 60 years on an average. Due to karmic accounts, everyone starts doing some wrong acts through body organs and suffers from some disease in that organ. This copper age which is known as Dwapur yug can be divided into two parts such as, religion and politics, whereas in Ram Rajya the king has the power of religion and politics combined for good administration. Worshipping idols, doing sacrifice (*Yagya*), fasting and travelling to pilgrimages are part and parcels of life to reduce the sufferings arising due to vices. But instead of reduction, the vices increase

rapidly.

Then comes the Iron Age where the intellect becomes just like iron i.e., very vicious. The iron when rusted, cannot be attracted by magnet. The human being goes far away from morality and spiritual path. Rituals are done to show the people that they are worshipping, but without any sanctity and sincerity. The intellect is unable to distinguish the good as people do not have any virtue. The world becomes a desert where vices reign. The judges are under the cloud of corruption. Justice is delayed and denied. There are no good relations in family between husband and wife, son and father. The philosophy of spiritual love gets demolished. The temple becomes a show piece and peace and love are miles away. The world becomes a place of mental disorder and people have no balance in thoughts and deeds. Everyone is jealous, envious and susceptible to see demerits of others.

Now this is the time of the Auspicious Confluence Age when God Father Shiva has descended on to this earth to take us back to our sweet home Paramdham. We are preparing for the return journey. He is our Supreme Father, Supreme Teacher and Supreme

Preceptor (*Sadguru*). As Supreme Father He is bestowing the property of peace, bliss, love, happiness and power for 21 births which a corporeal father cannot give. We are the prodigal sons who were separated 5000 years ago from Him and now we must recognize through our third eye – the true identity of our Beloved Supreme Father and must follow the moral codes laid down by Him. This is the proper time when we have to follow the footprints of His corporeal medium i.e. Prajapita Brahma.

The souls should know that this is the proper time to return home with the Supreme Father. If we have any vices left, we will be punished by Dharmraj, and our post and position will also be degraded. Always remember the words of Didi Manmohini “Ab ghar jana hai” i.e. now we have to return home. To return home, our bag and baggage must also be ready. The souls should not only destroy the old propensities, but also be full of divine virtues and good attributes. The vision should be civil; the thoughts should not have any jealousy. One must have good thoughts and pure vibrations toward one and all. Everyone should remember that the soul has travelled a long

(Contd. on page no.22)

A PLEASANT VOYAGE

– Meena. C. Vaswani, Mumbai

In September 1991 six of us, my sister Poonam, brother-in-law, sister-in-law, my husband and me came for a holiday to Mount Abu. From Bombay, where we reside, we went to Ahmedabad and took a meter-gauge-small train to Abu and stayed in a hotel. Next morning, we went for sight-seeing by a bus, for 'Abu Darshan'. After visiting Dilwara temple and all the other tourist spots, we were brought to Brahma Kumaris Centre. We were very excited and proud to be there, as we knew that dedicated Dadis, who are from Sind, run this. We all had ancestors from Karachi and had heard highly about Dada Lekhraj from them who used to visit Baba back then in Karachi.

As soon as we reached this Centre, one Dada, 'Chellaram' was requested to take us around the Centre. The tour was very impressive and it built the urge in me to meet the Dadis to express my appreciation. Dada Chellaram agreed to arrange this meeting and suggested to pay a visit to the Centre next

morning. I was very excited and happy to hear this but was waiting for an affirmation from other members of our group, since some were atheists. To my surprise, all credit to Baba's blessings, everyone agreed to this suggestion.

Next morning around 10 a.m. we reached the Centre and met Dada Chellaram. He took us to Dadi Ratan Mohini. She is a soft-spoken and warm lady. We sat in for a while to have a chat during which she asked us about our families, about Bombay (now Mumbai) and many more things. She gave us *Toli* (Prasad) and called Sis. Sheilu to introduce us to Baba. We went with her to Baba's Hut, Baba's Room, Library, the History Hall and other places. After seeing these places and understanding the background stories behind each, we were convinced to do the course that Sis. Sheilu offered.

Next we were directed to a kitchen on the first floor of the centre to serve us with Baba's Bhog. My sister Poonam and I are vegetarians but the other members on this trip also

decided to turn vegetarian from that day onward. Maybe the pure i.e. *Saatvik* delicious Bhog enlightened them onto this path.

After a good meal, at around 2 p.m., we were provided with Baba's Van that was sparkling new, to drop us back to our hotel. As we had agreed to do the course, we were asked to come back by dusk to start with the course. Thus, we used to come to the Centre twice a day and completed the course in 3 days. On successful completion, Dadi Ratan Mohini gave us wonderful gifts such as Baba's diary, that I have drafted this article in, packets of *Toli* (Sweet) to take back home and many more souvenirs.

Post completion of this serene course, Sis. Sheilu took us to visit Global Hospital, Asia's biggest. This had just commenced its function and we were lucky to be there. We met the doctors who were dedicated, calm and peace loving. We also met Baba's beloved children.

After this we went to Peace Park. This is so widespread and gigantic that we didn't ever imagine that such a marvel could exist in India that too in a small town of Mount Abu.

This beautiful and enlightening journey came to an end with a heavy heart, a feeling similar during the send-off of a daughter from her father's house. We

were determined to continue receiving Baba's blessings at Brahma Kumaris centre in Mumbai.

On our arrival in Mumbai, we started looking for the centres. We were spread in different parts of the city with some being in the Central Mumbai and my husband and me in the Western. I tried my best to attend the classes here in Mumbai and listen to the Murli too but due to clashing work timings, I couldn't be regular.

After working in and out for 8 more years, I took a VRS from my work at LIC of India. Once again I felt the need to resume the practice as if Baba was guiding me to it. The seeds that were sown by Dadi's vision (*drishti*) grew into a strong tree providing me shade through this course. I started attending the Murli daily at a nearby Centre. It was at several occasions that I visited Sis. Madhu, who encouraged and inspired me to follow Baba's teachings. All the B.K. Sisters (*Didis*) at these centres are very helpful and caring, giving out constant reminders to attend the Murli for a harmonious experience.

The Brahma Kumaris Peace Mission has reached every nook and corner of this world today spreading the message that God has arrived, God has arrived.

THE SPIRITUAL DIRECTOR AND THE ACTOR

Spirituality adds great depth and value to Shakespeare's famous words – all the world's a stage, and all the men and women merely players. Through spirituality, I realize and experience myself as a soul, separate from the body, playing a part on the stage of the world through my physical body costume. The difference between the actor and the role is clearly understood. An added dimension then, to this consciousness is that God or the Supreme Being is the Spiritual Director of the play we are enacting.

The Director – God looks at the entire drama and every actor's part from a broader perspective. His vision is not just limited to the present but stretches from the past (past not limited to this birth) to the future (future not limited to this birth) of each one's part. I learn from the Director how to play my own part with accuracy, now as well as his training helps me for the future. Like any good actor, I need to have a lot of respect, appreciation, loyalty and love for the Director and immense faith in him. The Director is like a mentor or guide for an actor, to whom he surrenders completely. He knows that by doing that, his act will be of the highest quality. If he doesn't do that and he performs his act his own way, his act will suffer and he will experience pain. As a result, he will not be as successful as one who is willing to listen and learn from the Director. If I keep a little distance between me and my role, I don't lose sight of the Spiritual Director's instructions and the way the play is moving, my part will be much easier to perform, better appreciated by all, and I will be extremely successful. Positive appreciation for a performance for an actor's performance by the spectators is of great value to any actor, sometimes even more important than commercial success. So surrendering to the soul's Director and having a strong relationship of mutual trust with Him is particularly helpful at this time, when there is a lot of confusion on the stage of the Earth with billions of actors crowded here and our acts not exactly of the highest quality. So I, the spiritual actor need someone at this time who can tell me about mistakes committed by me in my past acts and improve my act of the present which will result in a positive present as well as future. Spirituality introduces me to that someone.

EXPERIENCE SHARING OF EARTHQUAKE

–B.K. Binny, Pokhara (Nepal)

Since the beginning of this year 2015, I have found myself busy in spiritual efforts with a keen desire to fulfil God's hopes from me. One of the reasons may be that I got a golden opportunity to stay at Shantivan for the first two months of this year. This added the flavour to my enthusiasm. I had heard Brahma Baba used to be enthusiastic every Wednesday night and used to give message to *Sandeshi* (trance messenger) the same day to invite Shiv Baba to come the next day and accept the Bhog. I have always loved experimenting different methods of making spiritual efforts because our mind demands newness in order to march forward. I always get updated to Baba's Bhog Sandesh that come out every Thursday in Madhuban. This has deepened my love with God and also I feel like I am in touch with the latest signals of God, the highest authority of this Universe.

Around 15 days before the April 25th earthquake, I had a dream of the massive

earthquake. It seemed to me as if Baba was giving me the caution and hence I took it very seriously. I also cautioned the students in the Murli class about this by telling them about my dream.

On 25th April after having a busy weekend, I was feeling a little exhausted. Every part of my body was aching. Sometimes our body aches before rain, may be my body was already reacting or showing symptoms that something was about to happen. I thought of taking a nap so I went to my bedroom at 11:52 a.m. and as I lay down, I heard a sound from very down the earth and my bed started shaking. Baba's picture fell from the wall, it was just kept over the lintel. I sensed it in a second that it was the earthquake. I am myself an architect and knew that shape, size and construction method adopted in Baba's home where we are living now is actually not earthquake resistant at all. My room was on the ground floor among the three floors above. I remembered Baba but I rushed out of the room and thought of

sitting on the sofa outside on the same floor in Baba's remembrance. It was the biggest quake ever experienced and was very destructive. Everybody in the centre rushed outside towards the road and I also gave up the idea of sitting inside the building on the sofa. After we reached the road, it was difficult to balance our legs on the ground. Baba's building was shaking tremendously. I was giving *sakaash* (vibration of peace) to the building. The shocks continued for about 3 minutes. After the shocks, there was curiosity about the epicentre but networks didn't work. Lots of rumours and assumptions started flying in the air.

There was a little crack on our building but everything was fine. Actually we must thank this earthquake which did teach us a lot of lessons. The wonderful thing is that Pokhara, in spite of being nearer than Kathmandu from the epicentre was totally safe with only a few buildings collapsing in rural areas. And almost all of the Baba's buildings were safe except a few on the epicentre. They also did not totally collapse. However, at one place near the epicentre, one of the mothers' home collapsed. She was dug inside along with her son. She had recited 'Baba, Baba' just before her house collapsed over her. And

wonderful thing is that when she was rescued from the debris, she and her son were completely safe.

It's all the wonders of our Sweet Baba that He has kept us safe like the kittens on the fire. But it's a big signal that the Confluence Age is reaching its fag end and whatever maybe the situation, Baba will always play the role of a protective Father. The account accumulated through sustenance which we have given continuously for long time to our five elements of Nature will also safeguard us. Even if we will have to leave the body, we will leave in Baba's remembrance fearlessly. This disaster was just a sample to test the stability we have in our mind. But I must say that various BK families including myself, didn't pass this test with honour, because my heart pounded with fear not only once but many times. But my love for Baba helped me to get over it.

Once, I was on *sandali* for yoga, and we started experiencing after-shocks but I was so concentrated and merged with Baba that I was totally fearless in those moments. May be because I was in bodiless stage. But the heart shaking happened when earthquake again came. I realized that we Brahmins must have the constant

fearless stage which I have had during the yoga time on *Sandali*. So I repeated, "I am seated in Baba's home; I am a direct child of God, an ancestor soul and if I am victim of fear then who would play the role of the bestower of liberation to all those poor ignorant and devotee souls?" These thoughts reinforced me to be fearless. On Thursday the 30th of April, another Bhog Sandesh came, the essence of which was like this:

"Baba was keeping very powerful gaze in all directions. Baba started telling that all human souls are seeing the game of Nature; Baba being a detached observer was seeing this scene with lots of love. In this scene of the world, Baba noticed that many souls were remembering God. They were telling something or the other to Baba, someone was thanking, someone was praying, someone was scolding. To every devotee and other souls of the world, Baba was giving this message that more critical times are coming. Scenes of Nature are changing now. Many souls ignore even God's words and become sluggish but Baba with sweet spiritual gaze was showering love and lots of mercy on every soul."

The essence of all this experience is that it is not the time to crawl or walk but it's the time

to fly with the fuel of full determination and remembrance of God.

(Contd. from page no.18
distance of 5000 years and has been tired and has no power of purity and good wishes towards anybody. Man has to leave his mortal coil on this earth and anything such as money, building, vehicles, relations in which he has spent all the earning of life will be left here only. Therefore it is said that "when you die, the world will also cease to exist." The Supreme Father is imparting the basic philosophy of love and good wishes to 'think good, speak good and do good'. For this He is teaching Rajyoga through the corporeal medium of Prajapita Brahma. We must learn the philosophy of love and be engrossed in spiritual love with God to emancipate the soul from vices. We must become the ocean of love and affection so that anyone coming to us will bathe in that ocean and feel and get overwhelmed with. Our features will tell that we are the World Benefactor as God Father is. Our eyes will have the limitless love for everyone as well as for the nature and five elements.

Let us make our return journey memorable and be entitled to the blissful lives for 21 births.

SWANSONG – THE FINAL GESTURE

– B.K. Anupam, Pune

So it goes like this ‘All good things in life must come to an end’, well not exactly. Life goes a full circle. So what starts comes to an end only to start again. But I guess we miss this point and thus get attached to the scenes of life that seemingly gave us happiness not wanting the scene to change ever.

Forgetting that life is like a constant flowing river and a river flowing in all, its glory is more beautiful than stagnant water in a muddy pond. Imagine you are watching a movie and the reel gets stuck in a particular scene, no matter how beautiful the scene might be, you will get bored. The same thing goes for life. It’s like a movie playing on the unlimited screen of this world with each one of us having beautiful and important roles in the script. And the roles are interconnected.

We meet so many different individuals in the journey of life; play our parts closely with some of them, not so closely with the rest. Forging relationships some named, some unnamed. Right from the moment we take this

body, we get attached to a few of these relationships, the ones that give us the most happiness and love, not ever wanting to let go. And then there are some people and relationships that are exactly the opposite and we want to escape from them as soon as possible. We keep swinging between attraction and repulsion, never being able to take a neutral stand and become a detached observer to watch the scenes of life unfolded in front of us. Wouldn’t it be wonderful if we could watch life as a spectator appreciating the totality of the plot rather than appreciating or cursing the individual events?

So, how to become a detached observer? Stop trying to control the events of life, stop worrying about what is going to happen tomorrow. Live in the present moment as it is your present that is shaping your future. With each passing second, the script of life is unfolding in front of us. What

happened in the past was the only thing that could have happened. If there is a lesson you can learn from your past, learn it and move on. Don’t try to hold on to past memories however good or bad they might have been. If you look at your present through the lens of your past experiences, you will never see what the present has to offer, thus, preventing you from living or expressing yourself in a truly free manner. Remember that we are enacting our roles, playing it to perfection is the only thing in our control.

So be the hero/heroine of your own life. Play your part well and enjoy the drama called life as you play your part in it.

LET’S LIVE LIFE



– Dr. Ram Sharma, Baraut

Let’s live life
One inside Oneness
Open life’s true vitality
Let’s live life
Living calm and free inside
Go past all hustle and bustle.

Let’s come out and shine
From each cell of dark loneliness
Let’s open up and arise
From the closed doors of ego.

Rise up with heart
As all radiance of light
Let’s break free
From every loneliness

Let’s leave suffocation of
darkness behind.

ENHANCING MY YOGA WITH SHIV BABA

– B.K. Mukul, Pune

Rajyoga Meditation is like a journey by flight. The aircraft takes off from the consciousness of the body, moves towards detached stage, performs and practises the intended drill and then again returns to the awareness of the body. Here are 7 check-points detailed which could be incorporated consciously into our yoga session in case some of these are missing.

Invoke Shiv Baba in your Yoga session

When we do any auspicious act, we invite seniors or revered persons to bless the occasion. We know on the basis of Godly Knowledge that the noblest act ever possible is to remember God. Therefore if we invoke our beloved Shiv Baba and also Brahma Baba, we shall get their guidance, company, support and protection throughout the yoga session.

Generating feelings of happiness

A happy and positive mindset is needed to fly in yoga. Therefore setting ourselves into a happy mood would make our

yoga session more engrossing. How should we generate a happy mood 'on demand'? One way of achieving this is to emerge a happy memory. This memory must have a noble spiritual or social origin and not related to self-pleasure. Thinking about happy moments would automatically revive happy emotions.

Getting detached from the Body

This portion of the practice of yoga can be exactly compared with the anaesthesia in the process of a surgery. Anaesthesia does not contribute to the quality or recovery of the surgical intervention but has a very crucial role of alleviating pain in the overall process. Similarly, detachment by itself is not yoga but enables one to disconnect from everything around and helps forge a loving connection with God. This is the part that gives the experience of light relaxation in meditation.

Meditation is an inward journey to experience soul-conscious stage. To create this stage, one has to gently bring the

awareness to the centre of forehead and see the self as a shiny, sparking point of energy. As we create this Self-image, we can also think about the questions. Who am I? What is my form? What are my qualities? Where do I come from? What is my relationship with Supreme father? Visualize and experience the answers and this helps to build up soul-conscious stage step by step.

The Basis of meditation

The practice of Soul-consciousness is something we need to do consistently. The more you detach from the outside world and re-connect with inner qualities, the more you begin to enjoy this experience.

Meditation involves 3 steps—creating pure, powerful, uplifting thoughts; churning spiritual knowledge to build up a pure intellect; and visualization. These steps are essential to provide a high-quality yoga experience. Like in case of cooking a curry, steps like cleaning, cutting, grating and also garnishing and serving are as essential as cooking itself. Similar is the case in meditation. As one gets stabilized in higher state of consciousness, the pure thoughts can be applied towards

1. World service through mind (Mansa Seva),
2. Transformation of *sanskars* of the self,
3. Experiencing companionship of

God Shiva, 4. Experiencing powerful seed stage, 5. Carrying out a mind drill of various stages and so on.

Affirmation for post meditative

The takeaway and success of a yoga session would be to sustain the stage of wellness that we experience during the meditation even after returning to the stage of action.

This part is achieved by – inserting a post meditative affirmation. This affirmation acts as a confirmation that whatever (in specific terms) was experienced during meditation would also be sustained in behaviour as we come into action throughout the day.

Expressing Gratitude to Shiv Baba and Brahma Baba

Meditation is also the time to express our gratitude for the love, companionship, protection and the attainments we have received from God, the Supreme Soul. There is no specific format for the expression of gratitude. We need to spontaneously do it from our heart. Expressing gratitude draws blessings of God and senior yogis. The simplest way to thank God is to remember Him because the more we remember God, the more we will bring God's love, purity and beauty into our life and into the world and reciprocate His sustenance.

(Contd. from page no. 16)

only words spinning in my intellect were, "I am witnessing the scene of 'suddenly' in the drama... It is now time to return home." For quite some time, I had been making the spiritual effort of practising the bodiless stage. That practice helped me immensely in facing this incident, and I was able to easily be in God's company.

After about 15 minutes, the ambulance came and Brother Mruthyunjaya shifted me into it and took me to the hospital. However it took about 2 hours to reach the right hospital that could attend to me. During this time, the wound bled continually but I still did not lose consciousness as I felt God Shiva was empowering me. It was as though I was watching the whole scene as a detached observer; my intellect and consciousness were connected with God Shiv and I experienced being in His lap and enjoying its comfort like a little child.

On 4th March, I was operated on at 11 a.m. The bullet had gone in through the right side (below the right ear), and the X-ray revealed that it got lodged in the left side of the neck. The skilled doctors operated on me and removed the bullet. But the surgery forced me to be in bed and not to use my mouth for a pretty long time. I was put on a liquid diet for one month as the doctors had sealed the mouth, and the upper and lower teeth, so that there could be fast recovery. I have fully recovered from my injury and can take up my normal routine. I am completely healthy today. A large number of BK Centres heard about this incident through the Madhuban family and I constantly received power through their vibrations in yoga. I express my sincere and deep gratitude to Baba and all my divine brothers and sisters, as it is because of your limitless good wishes that I have received a new life. Million-fold thanks!

INFORMATION ABOUT IMPORTANT SURGICAL PROGRAMMES IN GLOBAL HOSPITAL

Regular Knee and Hip Replacement Surgery

Surgery is done in last week of every month regularly

Surgery by: Dr. Narayan Khandelwal, an efficient and experienced surgeon of Mumbai (Trained in U.K., Australia and Germany) For prior check-up & to know the dates of surgery interested patients for only knee and hip operation, please contact – **Dr. Murlidhar Sharma**, Global Hospital, Mount Abu, **Mobile No. 09413240131, Phone: 02974-238347/48/49, Fax: 02974-238570**

E-mail: drmurlidharsharma@gmail.com Website: www.ghrc-abu.com

HOW DESTINY IS CREATED – A SCIENTIFIC VIEW

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

People think that destiny is created by God; it can never be created by an individual. But the law of destiny tells the story of how destiny is written by our own hands. We know that the wheel of time turns from *Satyuga* to *Kaliyuga* in a span of 5000 years. Time goes on and we, the souls, travel through bodies. Maximum journey is for those souls who complete 84 births and the rest take gradually diminishing number of births. In the first half of each Time Cycle, none suffers in any way because in *Satyuga* and *Tretayuga*, there is no matter of sorrow due to neutral karma state. Each birth since the starting point of 01.01.01 is a period of enjoyment with happiness, peace and pure pleasure.

Destiny is created by the human soul himself on the basis of *karma* which may be described as deposits of negative or positive energy in subconscious level at the time of conscious play in respective

roles. Dr. Bruce Goldberg has mentioned in his book titled 'Soul Healing' that there is a tendency in life to create one's own reality. Quantum physics and holographic memory theory establish this. The energy we receive from others is a function of the energy we send out. What goes around comes around. Relationships can be quite *karmic* with origin going back many years. Neils Bohr proposed that only a quantum mechanical explanation could properly account for the actual phenomenon of consciousness. All reality is interconnected at the deepest level of consciousness where there is no sense of the flow of time, only an 'eternal now' in which all events co-exist. All of our past, present and future lives are being lived at the same moment but at different frequencies. Thus our past lives are occurring right now on a different frequency along with our present and future lives. They all are affecting each other hence we

can change the past and future by changing the present which is left in our hands. A quantum wave flows between two given events in the same way that a river springs from a source and flows to a sink. The quantum wave then turns around in space time and flows from the sink back to the source. The resulting self reinforcement of the quantum wave as it undergoes retro-flexion through its own space time mirror image, produces the experience we know as reality. As per Stephen Hawking, the quantum theories are deterministic in the sense that they give laws for the evolution of the wave with time. Fred Alan Wolf describes in his book 'Parallel Universe' that all futures and pasts exist concurrently – time is not so much a river flowing past our vantage point of which only a fraction is discernible at any one juncture, but rather is like a huge ocean that we can take in with a single glance. If we are hung up on the past, the past will dominate and shape our view on the future, but changing our perception of the present will be the key to changing the future. Choices and decisions are being made at the very instant and the outcomes will come a day. Our minds are tuned to multiple dimensions and realities by its superluminal speed and able to



pass the cross-time barriers sensing the future and reappraising the past. The subtler metaphysical energies having shorter wave lengths and more energy content than the physical energies can control the latter effectively. That is why our desires and intents are so powerful a force in nature that they can literally organize space-time events. The way to control our life is to control our choice of thoughts and words and then automatically the action will be good. According to Bertrand Russel, a person is simply a series of mental occurrences and habits. The world is full of millions of facts and that everyone has to choose which ones he finds interesting. The purpose of earthly life is to enable the spirit to evolve. Dr. Alexis Carrel in his book 'Man, the unknown' has considered man as the sum total of the observations and experiences of all the times. Dr. Deepak Chopra has nicely pointed out that human body is actually a very dynamic field of energies. The physical body is shaped and anchored upon the energy blue print contained in the ether body. Space, time, events are created by our karma.

The universe is a manifestation of a conscious energy field and it is different in

different states of consciousness. The energy of consciousness flows into our attitude and shapes them, the energy of our attitude flows into our perceptions which are ultimately expressed through words and actions. Every karma either in the personal, professional, social or financial sphere is filled with the energy of an intention to achieve. The result is a change of the inner world of consciousness which is reflected in the change of the outer world that we all share. We are the creators of our thoughts, feelings, actions, emotions, attitudes and these are all our creations. There is specific energy that derives all relationships – that of debit and credit; give and take etc. These are the so called karmic accounts that have been created in the past and which now determine the quality of our interactions and their results in terms of joy or sorrow in all our relationships. Human laws can be adjusted, manipulated and even ignored by us, but no one can escape from the law of karma. As the soul starts coming into the process of birth and rebirth, it starts losing its energy slowly. Souls are burdened with the accumulated negative *sanskars* of their previous births. The soul has to experience

suffering as a result of its wrongful acts. Basically we all are pure souls with original qualities of peace, purity, love, happiness and simplicity which we start losing-along as we come into the cycle of birth and death. According to Dr. Bruce Goldberg, the law of karma states that any single entity is born into a particular life time under the exact set of circumstances and with the exact set of capabilities to best utilize his or her karmic cycle. It offers an understanding of the frustrations and obstacles that are experienced by people who do not seem to deserve from their environment.

Way of balancing karmic accounts

At present, the whole human race is being tied with a variety of karmic burden and as a result the humanity suffers. Each one's account is now being balanced automatically by default mode. There are some karmic debtors and creditors in everyone's life balance sheet created through karmic correspondence during the life journey via reincarnation. The law of karma will not even adjust the bad debts and there is no scope of account adjustment by false entry; it always confirms practical recovery in full. We all know that as we sow, so shall



we reap, but actually reaping is more than sowing all the time and hence the result of good or bad karma is magnified. At any point of time, some are punishing or exploiting others causing a lot of pain to them while the other side has nothing to do except tolerating by any means. Along with the resolution of past accounts by different means, new account may also be created at any moment and both the things will continue till the end of this Time Cycle. The account balance for all, while taking 84 births or one birth, will be nil at the dot end of Kaliyuga of every cycle so that each soul would have a fresh start any time in the next cycle with a zero balance account. The quotation 'forgive and forget and you will never regret' is very much effective to balance some karmic load in the present life. However what would be the way of balancing past karmic accounts which we cannot remember but suffer? In this respect, psychological research reveals as described by Denise Linn in her book 'Past lives, present miracles' that 'the universe is a fluctuating ocean of consciousness with all time occurring simultaneously. We are intimately connected in this sea of awareness. When you release an old blockage by changing your perception of the

past, it's like a pebble dropped in a still pool whose ripples are felt at the farthest corner. Not only does it help you, but your immediate family members and friends are also affected positively by the ripples and so is everyone else on the planet who shares your frequencies even if he/she does not know you'. Dr. Bruce Goldberg comments that when the spiritual energy gets depleted as per the law of entropy through motion and vibrations of thought and sound, the soul is no longer able to command and control its faculties. The process of reduction in spiritual energy of the world is slowed down and again it slowly starts being reversed. The souls may return to their original pure and loving state only after having knowledge about self i.e. soul and Supreme Soul and then being connected with the Supreme Power for charging the soul batteries. Settlement of past karmic account is possible only through remembrance of God and practising Rajyoga meditation. Why remembrance, because without our deep love

and pure intention it is not possible for God's powerful currents to influence our mind circuits under normal conditions. The aim of meditation is to emerge and enhance our innate qualities and powers so that our behaviour becomes full of virtues and sweetness. We have to follow 'forgive and forget' policy because forgiveness is an antidote to anger. Peace is the real oxygen for the soul. *Sanskars* from our previous births continuously influence our thoughts, decisions and emotions and hence the negative *sanskars* should be modified by creating positive thoughts and actions. Confluence Age marks the descent of God directly from Soul World (*Paramdham*) to this vicious world and provides a unique opportunity to the souls to become complete, be full with all the attainments and to become worthy of the New Golden Aged World. So let us all join this 'One God One World Family' for self transformation reformatting the old belief system with a view to attaining the perfect goal of world transformation. ●

My message, especially to young people is to have courage to think differently, courage to invent, to travel the unexplored path, courage to discover the impossible and to conquer the problems and succeed. These are great qualities that they must work towards. This is my message to the young people. – **Dr. Kalam**

MAHABHARAT- A PROPHECY FOR OUR TIME!

– B.K. Rose Mary

India's great epic *Mahabharat* is unique; it gives us a clear picture about God and what lies ahead for us in the very near future.

The very name *Mahabharat* (*maha* = great; *bha* = light/knowledge; *rat* = taking delight in/dedicated to) is embodiment of history of Bharat (India), because it implies that there was a great time when people of India were delightfully dedicated and aware to the true knowledge about their identity as souls (*Bhagavat-Gita* 3:40-43) which kept them divine, UNITED and prosperous for the first half cycle [*Satyug* and *Tretayug*] of the *Kalpa* [cycle of 5000 years]. During this period, all humans were perfect, the truth of which remains protected in the ancient language Sanskrit, in which the third person (God) is called *pratham* (first) *purusha* (person), and what we now call first person (I) is called *uttam* (perfect/most elevated) *purusha*, highlighting that a person is perfect when he puts God first in his life [2nd person

is called *madhyama purusha*]. As they came down from this true knowledge to a superficial knowledge [egoism, or me-first attitude] about themselves and began to view themselves as mere physical bodies—male and female—they became vicious and DIVIDED for the second half of the cycle [*Dwaparyug* and *Kalyug*]. The only role God plays is that He comes into Bharat at the end of each *Kalpa*, teaches the true knowledge which had become extinct and recreates Heaven on earth. (*Bhagavat-Gita* 4:7)

Though human writer(s) may have been used to write the details of this great epic [*ithihas*, which literally means “something happened this way”], its very essence goes beyond human origin. The very name of the writer, *Vyas* (literally “diameter”) itself is symbolic pointing to a Supernatural Being whose eyes can pierce through history like a diameter, thus seeing the past, present and future—the very thing that is symbolized by a red

dot (symbol of eye) and three white horizontal lines (symbol of three aspects of time) shown on *Shiva Lingam*, the symbol of Supreme Soul. Interestingly, *Mahabharat* Epic is filled with examples of key figures worshipping before this symbol seeking blessings on important endeavours. For example, it has been mentioned that on the battlefield of Kurukshetra, before the war started, all the five Pandavas and Krishna worshipped God Shiva at Sthaneshwar (Lord of the Place) to gain powers. Arjun, the hero of the epic, was carrying *Pashupatastra* which was God Shiva's own weapon.

The highlight of this great epic is that it is a history written in the form of PROPHECY (which is an unmistakable proof that God exists). Prophecy is more about direction of events (rather than about strict details). In *Mahabharata*, most of the characters or events are all prophetic in nature. Let us look beneath the details and see some of the developments of our time:

- 1) People (like Drona, Kripacharya, Bhishma) who are able to make a difference in the world are struck in their petty sense of allegiance.
- 2) Dhritarashtra and his wife Gandhari were



BLINDLY ATTACHED to their children, which made them warped and slanted. The same attitude exists today on a global proportion.

- 3) Many are quick to notice the faults of others yet tend to hide their own mistakes, hence resemble Kunti (mother of Pandavas) who furiously thwarted the hunters' arrows sent against a deer that was accompanied by its kid, and scolded them for trying to separate the child from its mother (while Kunti herself conveniently forgets the very act of abandoning her own first-born child in a river, putting him in a sealed basket).
- 4) Weapons purportedly used in *Mahabharata* war actually exist now under various names. There may be over 17,000 nuclear weapons in the arsenals of nine countries, and the scale of destruction they can cause is simply unimaginable. (http://armscontrolcenter.org/issues/nuclearweapons/articles/fact_sheet_global_nuclear_weapons_inventories_in_2014/)
- 5) Number of soldiers supposedly killed in *Mahabharata* war (over 1.6 Billion, *Stri Parva* 26:9, 10) points to the total number of all soldiers available now in

the whole world.

- 6) Main characters are all symbolic, not literal. Birth of both Pandavas and Kauravas are not through natural means, and most names of the Kauravas start with *Du* which is indicative of their evil-tendencies. For example, King Duryodhan [literally "difficult" (*dur*) "to fight" (*yuddh*) metaphorically "one who is hard to be countered in any way" (*duh-yudham yah sah*)] who, being blindly attached to material desire, became great abuser of wealth and power. No parents would name their children this way before their characters could unfold. Such names prophetically point to people of our time who abuse wealth and power in their pursuit of insatiable greed.
- 7) People have become slaves to lust. In addition to increasing sexual attacks on women, mighty industries (such as entertainment, advertisement, fashion ...) foment lust using woman's partial nudity to attract attention towards their products. Virtually nobody objects to this partial disrobing of women just as it happened in Duryodhan's court where an attempt was made, in public, to disrobe Draupadi,

the wife of Pandavas.

Something very positive is also taking place!

Yet, something very positive and spiritual is also happening, *incognito*, on the world scene. The Supreme Father, The Supreme Soul, God Shiva, enters into the chariot (physical body is compared to a chariot, and soul as passenger in *Katha Upanishad* 3.3–7, 10–14) of a worthy human being, imparting the same old *Gita* teaching and preparing Golden-Aged people who are going to be the foundation for the incoming Golden Age. (*Murli* 29.4.2015)

This is something that is mentioned in the very beginning of *Mahabharata* (Adi Parva) also where it is shown that when the whole world was covered with vices and darkness (which corresponds to the peak of *Kaliyug* of previous *Kalpa*), a light (Supreme Soul) in the shape of an egg (*Jyotirlingam*) manifested itself, and became the instrument for the establishment of the New Age. That *Jyotirlingam* uttered a few words and gave birth to *Brahma* in a subtle way and brought benefit to this world. Put it simply, in 1936, God Shiva entered the physical frame of a 60-year old man, Dada Lekhraj, renamed him as *Prajapita*

Brahma (which means he is a great mind who would father many spiritual children like him), and through his mouth gave the *Gita* teachings of divine knowledge and taught easy *Rajyoga* which gave birth to a pure nation of individuals that has now become the world-wide organization called *Brahma Kumaris*. At the end of the *Kalpa*, in Confluence, the Supreme Soul imparts *Gita* teachings to his disciple who is also the prospective ruler of the Golden Age (sun-dynasty) whose essence is attachment to God, the supreme source of all powers and all light, which makes Him resemble the Sun, the giver of heat (power) and light (*Bhagavat-Gita* 4:1-7). This eternal *Gita* [originally called “yoga-science”] can be summarized as follows:

“Remember that you are a soul, and link your mind with your Father, the Supreme Soul, who is minuter than the minutest in form, yet unlimited in qualities. The more you do this, the more your sins will be burnt and happier you will be, and be firmly attached to Him alone as anything else is transient; be even-minded in all situations, and take delight in the welfare of all beings, which is called your *sanatana dharma* (eternal duty). The more you do this

yoga, worthier [*yogya*, from the same root *yuj*] you will become and claim your inheritance accordingly.”

Though the same truth is found in *Bhagavat-Gita*, it is scattered and also shrouded in the embellishments of its 700 verses. (2:22; 18:65; 8:9; 10:42; 12:2; 18:62, 64-66; 9:33; 12:4, 18, 19, 20) Hence its clear version is taught directly by God Himself before the recreation of Golden Age at the end of each *Kalpa*. (*Gita* 3:3; 4:7) *Gita* Sermonizer is identified as “Sustainer, Unborn, and Supreme Ruler of the Universe, the Father, Benefactor [SHIVA]. (*Gita* 3:24; 4:6; 5:29; 9:17; 10:1). He is also called “the creation and the dissolution,” (*Gita* 9:18) which are at the root of the symbol of *Shiva Lingam* (a combination of two Sanskrit syllables *lin* + *gam* indicative of Dissolution (*laya*) and Recreation (*agaman*) respectively (*Gita* 7:6; 9:7; 10:34).

Thus the recipients of *Gita* teachings [as other major elements of *Mahabharata*] are also symbolic. The very name of the recipient, Arjun, means gleaming, bright or shining [all these meanings are connected to the very nature of *Atma* or soul, as the word *Atma* is a combination of a negative prefix “*a*” and “*tama*”, which together

means opposite of darkness, or a point of light energy]. Hence the name Arjun would symbolize all those people who consider themselves and others as *Atma*, and accordingly treat everyone as brothers and sisters. And various types of addressing used such as *Bharata* (Son of Bharat, which implies one who takes delight in and dedicated to the knowledge that I am *Atma*), *Gudakesha* (One who has won over sleep [especially to do early morning meditation]); *Parantapa* (one who has utmost concentration [especially during meditation]), and *Anagha* (sinless one) suggest that *Gita* message is actually conveyed to a greater or symbolic Arjun, a group of people who are actually embodiment of all those qualities. Like Arjun who saw only the eye of the bird (not anything else while aiming at it), the eyes of these people see others as *Atma*, not as physical bodies—male or female; thus they have pure motive in dealing with others. They are also great effort-makers rising very early in the morning to link their intellects with the Supreme Soul. Besides, God Himself identifies them as those “who are rejoiced to hear ME and are worshipping ME with loving ecstasy [or intoxication], whose minds

(Contd. on page no. 34)

GURU GOBIND

– BK Prof. Ved Guliani, Hisar

Once addressing the American elite, Swami Vivekananda highlighted the essential requirements of a learner as well as of a teacher of spirituality. For the learner the quality of **purity, a real thirst for knowledge and perseverance** are most essential while for the teacher the requirements are his **depth of knowledge of the scriptures, his being sinless and his sincere motive of serving the humanity** without any desire for name, fame, wealth or comforts.

A teacher of spirituality, the Swami said, must have the knowledge which is not based on any hearsay. He should know the secrets of the scriptures and their true significance in man's life as well as daily routine. He should be a good orator and teacher of his subject but his interest should be more in learning than impressing his listeners. Those who deal in words too much and allow the mind to sway away with the force of words tend to lose the very spirit of learning. In simple

words, a teacher must know and understand the spirit of scriptures.

There are teachers who do not attempt to attain perfection in their field, but they are desirous to show their learning for appreciation, little realizing that spirituality is a noble and elevated field where just 'leaf-counting' won't do. Teaching the values of Christianity or Hinduism would not require of a teacher to know the life history of Christ or Krishna but the ideals they expounded in their daily life and the moral and ethical values that they cherished at all times in their practical life in the society. A teacher is in fact expected to feel and display, in his conduct, those virtues and values.

A major characteristic of a spiritual teacher is his being sinless. In spiritual sciences it is believed that the spiritual light, so essential for a teacher, can never be found in an impure soul. "Blessed are the pure in heart, for they shall see God" is often said. For a teacher it is said that 'we must first see what he

is than what he says'. Of course what can he transmit if he doesn't have that spiritual power in him? In fact the teacher has an unseen communication with his learner as some power, real and tangible, goes out from him and begins to grow in the mind of the learner.

A spiritual teacher does not teach his learner for any ulterior motive, for name or fame, but he teaches only with the divine love for instilling the spiritual knowledge in his disciples and serving the Supreme thereby. Any other motive, be it for money and material wealth or any popularity, is sure to destroy the element of spirituality and thus negate him the very title of being a *Guru*.

In nutshell, the disciple's relationship with the teacher is that of ancestor and descendent. The teacher in our culture is no less than spiritual ancestor while the learner is supposed to be his spiritual descendent. It is for this grand and majestic tradition of Guru-Disciple relationship that the spiritual teacher in our culture is equated with Gobind (God). And rightly so, the teacher is the only person in one's life who comes somewhere near the Supreme.

We attribute the virtues of 'Satyam-Shivam-Sundram' to God meaning thereby that He

is the Ultimate Truth, the Supreme Benefactor and the Purest. From this point of view in our culture, a teacher of spirituality, often addressed as 'Guru,' needs to be sinless, knowledgeable and selfless well-wisher of humanity. We also often call the Almighty as 'Incorporeal-Viceless-Egoless' (Nirakari-Nirvikari and Nirahankari). From this point of view also, an ideal spiritual teacher qualifies for this status. He must be universally available to all his students without any discrimination of social or economic status (Nirakari). He must be as discussed above, sinless and free of all vices of the material world (Nirvikari) and finally he should not have any desire for name or fame or any greed for material comforts and luxuries (Nirahankari).

Hence is it not fair to equate him with the Supreme soul? The muse has rightly worshipped him when he says:

*Guru Gobind dono khare,
kake lagun paye,
Balihari Guru aapki,
Gobind diyo milaye.*

(When the teacher and God are both before me, I am at a loss whom should I pay my respect first. But then I bow before my teacher as it is he who led me to God.)

SO WHAT

– B.K. Helen Ong, Penang, Malaysia

So what if you've lost the zing
You feel like drowning in a drink
Your life is draining down the sink
You have yet to discover the missing link
Doesn't matter, you can still dance and sing

So what if your life takes a tumble
All you seem to do is stumble
Your words come out in a mumble
Everything is in a jumble
Hold on, you will never ever crumble

So what if your boss shouts
Or your child pouts
Or the sky is full of dark clouds
There is no doubt
You can still stand out in a crowd

So what if you forgot your lines
And to all it may seem as a crime
And they make you feel like slime
Never mind, everything's fine
You're going to have a divine shine

So what if your friends don't seem to care
A friendly face is so rare
From all directions it's a blare
You're in the depths of despair
It's okay, you still have your good-self to share

So what if your life is in a jam
Things are moving like a tram
You feel like a slaughtered lamb
You refuse to be helpless like a baby in a pram
Rather you'll be powerful like a hydro-dam

So what if your loved ones don't understand
All alone you seem to stand
What happened to this good old land?
Where's the vision and plan
It's all right you'll show them you CAN.

(Contd. from page no. 3)

of courts and tribunals and investigating agencies and it takes a person years to get justice at a high cost. Can't we build a society where everyone is by nature, peaceful, gentle, civil, co-operative and free from tendencies to commit crimes or encroach on the rights of others? This university imparts such kind of education that should, ultimately, lead to a society where there is justice, law and order, without any formal machinery to enact, apply and enforce law.

Again, take the case of providing security to the State and the citizens. There are millions of military and paramilitary forces employed in the defence of the country or for the internal security. There are trillions of dollars spent every year on weapons of war or 'defence'! Can't we build a society where there is love, amity, peace and friendliness, which are one's best security? Can't we have a world where one does not have hatred for anyone? Brahma Kumaris World Spiritual University believes that such a peaceful state is possible and practicable through proper education. And, it is giving that education.

Likewise, can't we educate people so that they have the concern for the social and economic well-being of all and they do not exploit others but are loving, kind and considerate? If we can do that, then only we will be able to banish poverty for all times and raise the standard of living of all.

Thus, Brahma Kumaris World Spiritual University is translating the dream of millions of people into reality. It is making practical what was hitherto considered as utopian. Through the new holistic knowledge which is being imparted here, all these benefits are taking concrete shape and yet the knowledge is being given in a very easy and informal manner without dividing it into so many parts.

(Contd. from page no. 31)

remain absorbed in ME and whose lives are surrendered to ME and who always enlighten each other by talking about ME and remain ever content and delighted." (Gita 10:1, 3, 8, 9). Anyone who associates with *Brahma Kumaris* can testify that all these descriptions perfectly fit him/her and can experience first-hand exposition of the essence of *Gita* through daily morning class called *Murli* which makes him/her a pure nation, the white-clad Pandavas in a spiritual sense, who easily gain victory over vices [our real enemy, according to *Gita* 3:34, 37; 16:21].

Thus, the whole purpose of *Mahabharat* is to impart this eternal *Gita* Teaching. And the whole purpose of God Shiva's descent at the end of *Kaliyug* is also to restate the same eternal *Gita* Teaching which prepares the willing subjects for the Golden Age. Good news is that anyone can benefit from this global *Gita* teaching programme and be part of the Golden Aged people for his/her eternal benefit. Everyone who studies the seven-day course with *Brahma Kumaris* and makes use of the subsequent daily study called *Murli*, would echo the same feeling as Arjun who said: "Now my attachment is destroyed and all my doubts are cleared; and this is nothing but the most secret, Supreme Yoga, direct from the God of Yoga [*Yogeshwar*]." (Gita 18:73, 75)

Edited and published by B.K. Atam Prakash for Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Mount Abu and printed at: **Om Shanti Printing Press, Gyanamrit Bhawan, Shantivan - 307 510, Abu Road (Rajasthan).**

Chief Editor: B.K. Nirwair, Pandav Bhawan, Mount Abu.

Associate Editors: B.K. R.S. Bhatnagar, Shantivan; B.K. Ranjit Fuliya, Delhi and B.K. Ved Guliani, Hisar.

Phone: (0091) 02974-228125 E-mail: worldrenewal@bkivv.org, omshantipress@bkivv.org