

|| From the mighty pen of Sanjay ||



EXCELLENCE IN ACTION THROUGH SELF-SURRENDER



The quintessence of The Gita-wisdom is contained in the words: *Manmana Bhav*. 'Dedicate your mind to Me; do things for Me alone; let your actions be offered to Me in reverence '.

This ends with a firm assurance from God, saying that one who stabilises his mind in God and surrenders himself to the Supreme, will certainly get liberated from body-consciousness and the bondages that arise from it. The reason for such an exhortation and assurance is evident because man's miseries are mainly due to his attachments – attachment to his own body, to his bodily relatives and to other things, like his possessions, his country, his language, etc., related to his body. So, if man yokes his mind to the remembrance of God and surrenders his ego and his attachments, implied by the words 'My', and 'Mine', he will truly be free from these entanglements.

Shiv Baba advises us to follow *Shrimat* – the holy principles enunciated by Him. These principles signify the will of God. When the devout pray to God, they say: 'Lord, Thy will be done', or 'Let that happen what is the wish of God'. If we really act according to the will, wish, advice or *Shrimat* of God, our will would become strong and effective. If we identify our will with that of God, i.e., if we act as He wills, all our inner conflicts will have ended. We will have no '*manmat*' i.e., ego-centric tendencies and, so, we will work only as a divine instrument. This will wipe off our pride and our attachments and will increase our capacity and efficiency. An important consequence of it will be that, with our attachments gone, we will be able to adjust ourselves easily and quickly. Having been freed from other psychological memories, except that of God and our duty; our energy potential will find no resistance and will be free for full performance. In this state of being devoid of desire and with purity and detachment, it will function at its best and our mental efficiency will reach at its best. We will

(Contd. on page no. 34)

CONTENTS

- ▶ Excellence in action through Self-Surrender (Mighty Pen) ... 3
- ▶ Mahashivratri brings God's Blessings and Wisdom (Editorial) 4
- ▶ Unshakeable Faith Unbreakable Love 7
- ▶ God Comes and Brings the Souls Back to Their Original Stage . 11
- ▶ The Festival of Holi 13
- ▶ Mahashivaratri – Celebration of Birth of God 15
- ▶ Easy Life for Busy People 18
- ▶ The Formula of Happiness: Stay in the Present 20
- ▶ Atma and Atom 22
- ▶ Gateway to Golden Fortune (Divine Life Girls' Hostel) 24
- ▶ Shiv-Jayanti 25
- ▶ Made it Happen 26
- ▶ Creator of the Vice-Less World – God Shiva 27
- ▶ The Worst Way of Self Degradation 28
- ▶ The Race to Look Good Old Habit Die Hard 31
- ▶ Woman – The Home Maker 34

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MAHASHIVRATRI BRINGS GOD'S BLESSINGS AND WISDOM



What is the most precious or valuable thing in life? The immediate answer that comes to mind is 'life' itself. When lived happily, it is very valuable; when wasted in unnecessary pursuits, it disappears into oblivion. While viewing the world scenario, it's easy to comprehend and accept the present situation as having become totally worthless. People thought that modern gadgets would create connectivity in such a way that people would come very close in friendship and celebrate every moment of life. However, as is prevalent in any drama: the hero and the villain tend to co-exist. On one side, people are earning riches and material wealth in shorter periods of time but have become slaves of technology, and specifically of social media. There is a stream of uncertainty, fear, and challenges at every step.

Deceptions are galore. Even in the name of religion, there is so much exploitation of the innocent, ignorant, immature devotees and common people. The question arises: How can the Supreme, the Divine, the Almighty help these devotees as they are so used to living off on short-lived miracles and fleeting attainments?!

God's ways are strange but true. The rituals and belief systems on the path of *Bhakti* that lead to temporary, illusionary achievements become unimportant to those who keep courage, and wait patiently for and awaken to God's clarion call. At the time when God descends in answer to cries and callings of the human children, He doesn't perform those miracles which are famously praised in different religions and groups. **God does perform miracles but they are in the form of revelations, teachings and transformation of human**

consciousness to the highest level. This is not through 'trance' but by 'transcending' one's thought from ordinary to that of super-human beings. The devotees have been performing different kinds of ritual, and worshipping Lord Shiva year after year for centuries and *yugas* in the same manner, with the same type of prayers and offerings. Rather than receiving true blessings from the Supreme Divine Parent, the devotees enjoy temporary ecstasy with intoxicants and prayer-full moods. It is a matter of great joy to know that the time for truly knowing, understanding and developing a strong bond with the Supreme has finally come...

The Brahma Kumaris a world-wide institution, is celebrating the 80th year of God's reincarnation, duely remembered as Maha Shivratri. The birthdays of all the gods and goddesses or Religious Founders are connected with auspicious days of full-moon, Ekadashi etc. but the incarnation of the Supreme Being, and the boons He bestows are connected with the middle of darkness of *Kaliyug*, Iron Age. Very lovingly, the devotees fast



whole day and night before it is declared that the moment of God's reincarnation has come and it's time to receive His blessings and boons. However, God's ways are strange. One wonders at how God being the Supreme Father of all souls bestows these blessings and boons onto humankind, and in what mysterious ways these benefits are granted...

The most significant thing that is bestowed is **True Knowledge: Sat Gyan** about His own being as Incorporeal God, the Bestower of blessings and boons in the form of Spiritual Wisdom as enshrined in the highest scripture, Shrimad Bhagwad Gita. The knowledge of the Self and the story of interplay of all souls for 84 lives is so unique and wonderfully interwoven that no one could ever replicate such a big story like the story of the 'Human World Drama'. There are over 7 billion actors who play their respective roles for 5000 years, coming on stage one after the other. It's intriguing to note that when God descends on earth, the 7 billion+ actors are inhabiting this planet in some form or the other, deeply immersed in the slumber of ignorance and lost

in sufferings of different kinds. The reality of religion is lost in innumerable volumes of philosophy and human-made tales. So the first thing God reveals onto His beloved human children is the true knowledge of the Self as eternal souls belonging to the eternal spiritual parents or Supreme Mother-Father (God). The emerging flashing lights of Spiritual Knowledge about **Easy Rajyoga Meditation**, the roles of the three angelic beings: Brahma, Vishnu and Shankar/Mahesh as His first creation, and then the story of heaven and hell are most interesting and educative revelations.

As human souls continue to awaken each other, and becoming instrumental in bestowing God's wisdom to other brother-souls, these beacons of light become evident all over the globe. Even the most ignorant souls try to open their eyes to see the light of God, and make spiritual endeavour to become knowledgeable, divine beings. Incorporeal Supreme Being, God Shiva, grants the highest boons of life for the ensuing Golden Age on the basis of spiritual wisdom that He

imparts at the most auspicious Confluence Age, that is, the confluence of the ending years of Iron Age, and beginning years of Golden Age.

Br. Jagdish Chander Hassija, one of our senior brothers and famous spiritual writers had once written, "Man was never a beast, nor will he ever become a beast, but today he has become worse than a beast..." Though an unpleasant statement, it proves to be true unfortunately as on the holy festival of Shivratri, the practice of sacrificing animals in front at Shiva Temples is still prevalent. This should be stopped at the earliest; rather, the offering of our prejudiced, weak, corrupt behaviours, attitudes and *sanksars* needs to be sacrificed completely, and divinity in life, and virtues in interactions should be imbibed. This would be the most beautiful, glorious way to celebrate the Festival of Maha Shivratri in the real sense.

Maha Shivratri means celebrating God's reincarnation, receiving the Highest Wisdom for leading a divine life, and sharing the responsibility of transforming the world from hell into heaven. Worthiness of God's

children lies in ‘becoming’ and not just ‘imagining’ or ‘philosophizing’. The role of the Supreme Father, Incorporeal God Shiva, now is to prepare human souls to become worship-worthy beads of the rosary instead of merely turning the beads of the rosary, and chanting mantras or names of the Divine. **The time is now: let’s be proud of being spiritual children of the Incorporeal Supreme Soul, honour God Shiva’s reincarnation, and celebrate Maha Shivratri by raising God Shiva’s flag to the highest pinnacle!** This will help billions of human souls to have an experience of the peaceful, powerful rays of light and might of the Guiding Star, to claim our full spiritual inheritance from the Divine, share spiritual wisdom with others and bring them closer to the Supreme, and hold close to our hearts all these experiences for cycle after cycle.

On the purest occasion of Maha Shivratri, we would like to share some special insights and elevated directions from the Supreme Being, Supreme Parent as shared through the physical medium:

✦ The Supreme Being

descends to play out His cherished roles of being Supreme Father, Supreme Teacher, and Supreme Guru or Satguru to all human souls at the beneficial Confluence Age. It is the most apt time for human beings to regain their lost self-sovereignty, replenish the inner spirit with spiritual virtues and powers, and share peace, love and divine wisdom with other seekers of truth, liberation and salvation.

✦ The Almighty, Benevolent Supreme Being teaches us how to perfect the ‘trimurti’ role in our personal lives:

“Do you put every thought and every action that is created into a practical form whilst being ‘trikaldarshi (knower of the three aspects of time)? If you do not destroy the old sanskars, your nature and weak thoughts, how will the new creation be created? And if you do create the new creation but do not sustain it, what would it look like practically? You are to destroy the sinful actions and wasteful thoughts.

“You must not only burn away your sinful actions and wasteful thoughts, but as you are the world

benefactors, it is therefore your task to lighten the burden of sinful actions of innumerable souls, and to finish their wasteful thoughts. So now, both this task of destruction (of the waste and weak thoughts) and the task of the creation of pure thoughts have to be carried out with full force.

“Just as the form and colour of an object change as soon as it is put into a machine, in the same way, the thoughts, form, virtues and task of all the souls who come in front of you will change in this spiritual machinery. Also the virtues and task of the five elements will change.”

By understanding and implementing all of the above in our lives, and imbibing Godly qualities, human souls can become worship-worthy deities to continue their heroic roles in the ensuing world of peace, happiness and plenty: ***Golden Age, Bahisht, Heaven, Paradise, Satyug.***

May you all reclaim your fortune and Godly birthright to become divine human beings!

OM SHANTI

– B.K. Nirwair



UNSHAKEABLE FAITH, UNBREAKABLE LOVE



(On the occasion of launching of the book: “Dadi Janki – A Century of Service” on Rajyogini Dadi Janki, Chief Administrator of the Brahma Kumaris; we present here for the benefit of our esteemed readers, the excerpts of conversation of revered Dadiji with Liz Hodgkinson, author of the book)



The occasion was release of book by Liz Hodgkinson, prolific journalist, author and broadcaster about health, lifestyle and property, on ‘the most powerful intellect’ and head of Brahma Kumaris, 100 year



young Dadi Janki. Around 525 people in the Auditorium and Seminar Room were shown a video about Dadi Janki’s life, with many people sharing what they’ve learnt and experienced though her company – her love, her words and her example. To the surprising music of the James Bond theme tune, MCs Pavan

and Matthew brought on to the stage three giant helium balloons in the shape of a one and two zeros, to read ‘100’. Looked at the other way, they could read ‘007’. ‘Come to think of it, Dadi is a special agent, they joked, ‘Not on Her Majesty’s Service but on God’s Service!’

A slide show capturing special moments from Dadi’s 100 years of service was shown, with photos of early days with Brahma Baba, London peace marches, and Dadi meeting a whole range of people of different cultures, faiths, backgrounds and ages, including Pope John Paul, the Dalai Lama, Prince Charles, Rajiv Gandhi, Robin Gibb, Abdul Kalam, Baba Ramdev, Narendra Modi, Uri Geller and many others. There were wonderful portraits of Dadi sharing, listening intently, studying, dancing, pointing upwards, wagging that finger, smiling and clenching a firm fist of determination.

Dadi Janki and Sister Jayanti, along with Liz Hodgkinson, then came on stage. Sister Roshni presented Liz with a beautiful box, inside which was a copy of Liz’s newly published biography of Dadi, *Dadi Janki– A Century of Service* which Liz then gave to Dadi, who immediately started reading it.

Liz: As a young journalist, I was commissioned by ‘She’ magazine to write an article about the Brahma Kumaris, as the only spiritual organisation run by women. From the first time I met Dadi, I thought there’s something special about these people. I didn’t know anything about them, their history or beliefs. Dadi told my husband Neville and I to do the Rajyoga meditation course. After that, Neville became a BK. I didn’t but I was supportive because I liked them and what they were working to achieve. I’ve spent the last year and a half studying Dadi, where she came from and

how she's achieved what she's achieved. A lot of that has been due to her thoughts, vision, courage and determination.

Q: *When Dadi came to cold, grey London in 1974, did she imagine that in 2016 – her 100th year – that all this would have been achieved, that the influence of the BKs would have spread all over the world?*

Dadi: It's the wonder of the Father. He created this whole game. Baba told me many years ago: just remain peaceful and happy. Someone once took a photo of me with my hand raised; I see it all as a detached observer: He is the Almighty who made everything happen. I'm so fortunate He made an innocent one like me His instrument and that He also made me His friend.

Q: *Even when you choose an instrument, you still have to work hard! In the 1970s it was a very different society from what it is today. How did Dadi manage to attract Westerners – people not of an Indian/Hindu background? In 1970 few had heard of karma or reincarnation. How did Dadi, a fairly elderly Indian lady, who'd never even met a Westerner before, cross the cultural and spiritual barrier*

and attract Westerners – English, Australian, American and from all over?

Dadi: What does it mean to be a detached observer? There's the understanding of the essence of knowledge that everyone is a soul, a child of the One. My deep feeling was that, just as God had made me realise the value of human life, I'd like everyone to realise the value of their life. Did you ever dream you'd become a friend with someone like me and be in such a gathering? You're an example yourself and there are many others. We always meet with a smile. A smile alone can bring newness in life. When I listen to old stories and other people's issues, it takes away the value of my own life. We have to be detached but have a loving nature.

Liz: I never imagined that I'd be here, doing this, 35 years later! But I did feel then that life would never be the same again. I'd researched Eastern movements and groups and hadn't liked them but with Dadi it was different. I was proved right.

Q: *How much does Dadi think that it was the strength of the vibrations that attracted the young and well educated Westerners who came at the*

beginning, rather than the actual knowledge being shared?

Dadi: I found in them wonderful service companions.
Q: *In all other Indian movements, it was a male at the head – often very charismatic and educated. They started off quite poor but then got rich and famous and very pleased with themselves and living in luxury. This has never happened with the BKs. To what extent does Dadi think that the leadership of women has attracted people to the organisation and influenced how it has grown?*

Dadi: Externally, men can have force and suppress women with that. But God gave women a lot of inner strength to see men as their brothers. Even while she was taking the course, Sister Jayanti changed everything very quickly – her dress, her home, her lifestyle, etc. Many sisters came along to serve from all over the world.

Q: *Dadi has a unique gift of picking the right people for the task and the place. Dadi saw in those who came early on – people of both Indian and Western background – something they may not have seen themselves and gave them the courage to do what*

they wouldn't have dreamed possible. How does Dadi manage to do that?

Dadi: When I call you, 'my sister', do you feel that power? There's definitely a special power from above working on you to ask these very interesting questions!

Q: *Dadi came from a very traditional Indian background, yet in many ways Dadi was ahead of her time. When Dadi came in 1970s, there were no women vicars, rabbis, although now women spiritual leaders are fairly common. Dadi also led the way having your rooms painted white – at that time it was strong colours and patterns everywhere! Dadi pays a lot of attention to detail. She was a fore-runner in the now fashionable practice of de-cluttering; Dadi's homes and spaces were never cluttered. I remember Dadi saying: Your home must always be welcoming and free of clutter, clean and smart, ready for whoever may come. Dadi never let anything stop her – never gave up, never worried about not having any money, always thought big, has never been nervous. Does Dadi actually never get nervous or afraid?*

Dadi: Please don't keep

saying Dadi, Dadi, because it's definitely the One above who is using you! I had a lot of pain this afternoon but by the evening I was well. God is truly the Almighty Authority and He gives me power. He's revealing Himself. It's no glory of mine – it's His glory.

Q: *You might imagine that someone reaching 100, having 'conquered' so many countries and travelled so widely, would always have had good health. Actually, Dadi has had to cope with serious illness for most of her life. One of the greatest things she teaches us is the power of mind over matter. These days there's a lot of emphasis on illness and medical treatment – how much does mind play in bouncing back from ill health?*

Dadi: God keeps telling us to stay focused on One but the mind is mischievous and plays games. We study four subjects: knowledge, yoga, practical application and service. Knowledge is: who I am and who belongs to me. As a soul, I'm not aware of physical relations. Because my mind is linked with God, the soul receives power to travel far distances alone. In practical life I always kept courage; courage helps enormously. All my life

I've experienced how my courage brings the Father's help. When my heart is honest, I know the Lord is pleased with me. He says: Never be displeased and never cause displeasure. What happens to the face when anyone is displeased? There were 60,000 people at a recent event in Delhi. Sitting or standing, I stay in silence, in God's remembrance. I don't write notes. The intellect thinks big – in an unlimited way. God is unlimited and He makes us the same. He stays above in the land of silence with the sole concern of bringing benefit to all of us. He tells us that the cause of our sorrow is: lust, anger, greed, attachment and ego. In the early days an old lady would sometimes stay with us. The only thing she found difficult was that Dadi had no interest in fashion or hairstyles and she always wanted to go out and get her hair done. It's such a waste of money and time.

Liz: **Dadi has also shown us how to live simply. We don't accumulate – or even want – so many possessions. There's the understanding that they're not really going to enhance my life and I have to keep taking them with me when I move. People are coming round to that way of thinking. In the West**

particularly we've far too many possessions – we hoard things. To me it's at the heart of Dadi's power. Before anything else, Dadi sets an example – to help people maximise their meditation power and their connection with God.

Q: In leadership circles they speak of the big 'D' – the big distractions. Those who don't reach their potential are those who get distracted. Dadi, on the other hand, has always had total dedication; she has never let anything come in the way of her goal, has she?

Dadi: You haven't actually lived with me but you've managed to capture the essence of what Dadi stands for. But no need for 'Dadi, Dadi': God's teachings are wonderful.

Liz: Dadi has never got bored – she's just as enthusiastic as when I first met her. What's the difference between courage and enthusiasm? Enthusiasm is infectious; courage can be an individual thing. 'Passionate' is a word now overused by marketers, meaning enthusiasm for their product. Dadi has so much enthusiasm for her product.

Dadi: Yes, we need courage and enthusiasm to make things

happen. You actually need zeal as well as enthusiasm in order to make a nice idea a reality.

Liz: Dadi is very down to earth and practical. Nothing is too small to escape Dadi's attention – even the positioning of radiators here at Global House! Dadi thinks big yet also gives attention to tiny details that are important.

Dadi: The Lord is pleased with an honest heart and this was proved in the building of this House. We had less than £100 when we started thinking about this place. We kept a meditation room, and we would come and meditate here, at the same time the building work began. It's amazing how it all happened. I have been a detached observer.

Liz: All this helps us to understand how Dadi conquered the West.

Dadi: When East and West come together, then everything is the best. Otherwise, East is one place and West another. Let there be such honesty and love in your heart that it touches the hearts of others. Then I'll say: You're God's right hand and I'm His left hand. You're sitting on the right, I am on the left but let each of us take such power – that light and that might – from God. There's a body, yes, but still let there be light: I am a soul

and God belongs to me. Everyone here belongs to One, whether they accept it at the moment or not. I belong to Him, He belongs to Me. God is my Companion and says: Just sit comfortably, in sweet silence. Does silence make us become sweet or is silence sweet?

If you all find these things easy to understand and accept, then carry away this one thing: let your food and drink be pure and let your thoughts also be pure and elevated. Those pure, elevated thoughts will serve in an incognito way. I've found it amazing what people found difficult to understand and accept 40 years ago, they now find very easy. Knowledge is easy to put into your life. Having an example in front of you enables you to put it into practice yourself. You're mentioning Dadi's name but it's actually God's name.

We've been conversing but this has all been 'yoga'. Yoga means connection with God. When there's that connection with the Almighty, you draw power in your life and your actions are then powerful and elevated. Even if there have been mistakes, God's power can help you realise what is right and what is wrong and help you to choose to do the right thing from now onwards.

|| From the Melodies of Mateshwari Jagdamba Saraswati ||

GOD COMES AND BRINGS THE SOULS BACK TO THEIR ORIGINAL STAGE



When it is said, ‘Supreme Father, Supreme Soul’, it means we definitely are His children. It isn’t that He is the Father and we are also the Father. If the soul is the Supreme Soul, then the soul would also be called the Supreme Father. But if you say ‘father’, then there are children as well! ‘Father’ is said in relation to a father and son! If everyone is father, why do we say father? Definitely the father and the son are different. When we say ‘son’ it is always in connection with the father, and vice-versa. He is always spoken of as the Supreme Father, the Supreme Soul.

‘Yes, there is a difference between the stage you had, and the stage you have now. I have now come to make good that difference, i.e., I have come to change the present stage – to remove the difference.’ The Father gives us the knowledge as to how to bring about change. Within the understanding that He explains to enable us to recover our original stage, He is giving us



Mateshwari ji

the knowledge and strength to do it as well. The Father says: ‘Remember Me, and you will get the strength to catch up with your original stage; otherwise your actions will not be elevated.’

Sometimes we say that we want to do good actions, but the mind doesn’t go towards the good, it goes towards the bad; and we do not know why this happens. It is because we don’t have the strength to do good actions. Because our stage is *tamopradhan* (completely degraded), we are influenced by vices a great deal. Our old propensities (*sanskars*) create an obstacle in going towards

good. The Father says: ‘Children, let that obstacle go away. How? By having connection with Me, or through My remembrance. Continue to clear the burden of sins, the obstacles or bondages, through My remembrance, and bring into practice the knowledge I give. Continue to perform elevated actions and you will become *satopradhan* [completely pure] and will attain the pure stage which was originally yours.’

God Comes and Transforms the Entire World

This knowledge will remain in the intellect of those who listen to Godly versions, i.e. Flute of Knowledge or *Gyan Murli*, daily. Our attainment from the unlimited Father should be in the intellect. We receive a body in the New World only on the basis of this attainment. As is the soul, so is the body; and as are the body and soul, so shall be the world. Hold all these aspects in mind. It is not a question of one person, but the whole world. The Supreme Father, the Supreme Soul, is creating such a pure world now. No one else can perform this act. Christ came but he is not called the one who created the world; he is called one who created religion. He just created his new religion. Buddha came, and he created

his new religion in this world.

To transform, or create the world is the task of the One who is called the World Creator, World Almighty Authority. This also should be understood: that His task is different from that of all other souls. As souls come and do their respective tasks, similarly, He does His task; but He has His own way of doing His task. Even the Supreme Soul enters a human body to perform His act.

Each soul takes one birth after another. We cannot say that all this is the act of the Supreme Soul. It is the karmic account of each soul. There have been good souls in the world like Christ, Buddha, Gandhiji, and other religious people who played their respective roles, as you have done. The soul has in itself the record of many births, and that record will play. This world is a place to play. That is why it is called the drama stage. Even God has an act to play, once, in this drama. His act is the most elevated, as He comes and transforms our world; but how does He do this? By transforming souls, on which basis the nature and everything in the world changes, He changes the world. The Father explains all these things. This is His job.

God Takes a Body but Doesn't Suffer from any Karmic Accounts

This world is called the field of action [Karma-kshetra], where every human soul plays its respective part. The Father says: 'I too have a part, but Mine is different from everyone else's. Even I have an account, but it is different from that of souls. I don't come into cycle of death and birth and unlike souls, I never suffer karma. My part is such that I only come and liberate souls. This is why I'm called the Liberator, the One who makes souls free from bondage. Only I will come and let you know how I come, and how I liberate.'

There are certain rules or laws which also need to be understood. There is a law for everything in this world. There are laws for this human world, and also for human beings.

First comes childhood, then adolescence, then youth; then as man grows he becomes old and is totally decayed until one day he meets his end. Everything grows, decays and one day will also meet its end. It is similar with the life of the world; it too has laws. Everything will grow, and will be reduced. As with the different stages of life, it is similar with our different births. Then also there are stages for

the life of the world, and likewise, there are stages for religions. The first religion is the most powerful one. Those religions that come later are less powerful. Accordingly, the religions expand.

God Comes and Establishes the World of Religious Souls

The Father says: 'I also have My part in this drama. I come and purify everyone. A powerful Soul is needed for this. I am also a Soul; I, God, am not anything different; but My task and My part are huge and elevated. This is why I'm called Supreme Soul, God, and Liberator.'

No human being can be a liberator. Human beings come and expand their number, just as Christ came. His task is to bring souls of his religion. But he cannot take them all back, because that is not his task. To take everyone back is the task of the Supreme Soul. So God is not some other thing. It's just that His task is different, and that is why He is called God.

He says: 'I'm also a soul, like you. There is no difference in the form, but yes, there is a huge difference in the task. Those are called religious fathers, and I'm called the Supreme Father. They are religious fathers who establish religion, and I'm the

(Contd. on page no. 19)



THE FESTIVAL OF HOLI



– **BK Jagdish Chander**

Holi is considered to be one of the most important festivals of India. But, the present form of this festival is entirely different from its original form. In fact, many spiritual mysteries are hidden in this festival, but today those who celebrate this festival set aside the spirituality and morality and celebrate it by getting involved in eve-teasing, commotion and to avenge someone. Due to this present vicious form of the festival, both in India and other countries, too many royal people have started to hate this festival. Therefore it is essential to know its spiritual meaning and then celebrate it, only then one will be able to move in a new direction in one's life.

THE WAY TO CELEBRATE HOLI

The festival of Holi is celebrated after the great festival Shivratri, on the full moon day of the month of Phagun of the Hindu calendar. People celebrate it in four ways – (i) they colour each other, which is the commemoration of inspiring one-another to match

the personality traits and nature, (ii) they burn the bonfire of Holika, which means to finish one's bad deeds and bad thoughts in the fire, (iii) they meet each other joyously and cheerfully which inspires them to eliminate the deeply-rooted *sanskars* of jealousy and enmity from within, (iv) many people depict Shri Krishna to be swinging in the swing which brings a sense of zeal and excitement thus inspiring to continue to swing in the swing of super-sensuous joy like this.

The Indian calendar year ends with Phagun month and the purpose of burning bonfire of Holika on the night of full moon day is to incinerate the mistakes, the bad thoughts one might have had throughout the year in the fire and to start the new year joyfully happily, and vice-lessly.

And celebrating the festival at the end of the year signifies the fag-end of Kaliyuga after which the days of peace, prosperity and purity in the New Golden Age World started and the sorrows, diseases, disquiet, and poverty prevailing in the Kaliyuga ended. But here one might question as

to how the pain, miseries etc. of all the people would finish just by burning the bonfire of Holika or cow-dung.

It becomes clear that it is not achieved by burning the woods or the dried cow-dung flakes but when we burn our bad propensities, thoughts and words in the fire of yoga, the same will be destroyed completely. Then only we'll be able to enjoy complete peace and happiness in the New Golden Age world. Thus, this festival inspires us to connect our yoga of the intellect with the Supreme Soul, God Father Shiva who is also called the Ocean of Peace, Prosperity and Purity. Holi comes after Shivratri (Shiv Jayanti) which symbolizes that when the Supreme Soul, God Father Shiva reincarnates on this earth, i.e. takes the divine birth and teaches Rajyoga, then, those souls who connect their yoga of intellect with Him will attain complete peace, prosperity and purity.

THE MEANING OF HOLIKA

Some people consider the meaning of Holika to be 'roasted grain'. On the occasion of Holika, they burn the sheaves of wheat and barley. In the parlance of yogis, knowledge and yoga (austerity) have been compared to a roasted seed which cannot germinate and



produce fruit. Likewise, the act performed in the state of being knowledge-full will not turn out to be a wrong deed. Hence, Holika is symbolic of the elevated directions/ advice given by the Supreme Soul, God Father Shiva at the end of Kaliyuga to burn the seed of karma in the fire of knowledge and remembrance. In other words, He inspires us to do the righteous karma, and we must implement the same. We shouldn't assume Holi to be just burning some bonfire and cow dung, but should burn our old and polluted *sanskars* through the fire of yoga and perform all karma in a knowledge-full and meditative state.

The meaning of Holi in other words can be denoted as to let the past be the past; i.e. we shouldn't be worried for something that has happened and in future whatever karma we

perform, we should do the same in Godly remembrance. Secondly, Holi means 'Ho li'; i.e., "I, the soul have surrendered myself to God, i.e. from now onward, I'll perform every act as per the direction or advice of Supreme Father only".

Thirdly, Holy means Pure, i.e. whatever karma we have to do we should do it without being influenced by any vice, i.e. the actions should be pure. Thus, we can get so many teachings from the one name of the festival 'Holi'.

THE COLOURS ON HOLI

The tradition of applying colours on each other on the festival of Holi is symbolic of being coloured in the company of others. Knowledge is compared to – antimony (anjan, surma), nectar, fire etc. Likewise, knowledge is also compared to colour. A



knowledgeable person colours his friends and relatives with the colour of knowledge; he connects the souls with the Supreme Soul and enables them to know the method to get power from Him.

Until a human being is coloured in the colour of spiritual knowledge and colours others with the same, he cannot be joyful, i.e. he cannot enjoy the auspicious communion with the Supreme Father, God and thus gets deprived of the divine joy. In the absence of true knowledge, how can a human being have auspicious communion with the God Father? Ignorant or vicious human beings of today who are subservient to vices, bring sorrow and loss to others. Moreover, a human being will be able to have an auspicious communion with the Supreme Father, God, only when he cleans the soul in the Ocean of Knowledge, i.e., when he burns his old, polluted behaviour, conduct, and vices, in the fire of knowledge and Godly remembrance. Only such a Holi is the true Holi. Wish you all a very-very Happy and Divinely Colourful Holi!

MAHASHIVARATRI – CELEBRATION OF BIRTH OF GOD



– BK Prakash Talathi, Mumbai

A few years ago when I visited Batticaloa, Sri Lanka, they gave me a pleasant surprise by offering me a ready-made stage of 20,000 people on the auspicious day of Mahashivratri. In fact for such a big mega program they should have invited some very senior person from India. But drama was wonderful. It was my fortune.

When I reached Batticaloa, people were working day and night, as if possessed by some spirit. However, thank God, it was Holy Spirit. All were involved and working as a team. Bro. Ganesh, the National Coordinator came to Batticaloa, stayed for a few days, planned the event personally, and guided brothers and sisters over there.

Bro. Suresh, the centre coordinator of Batticaloa, a silent craftsman, had been handling the project for more than a month. The media; both the electronic media and print media, was helping the cause of creating awareness to a great extent. A tabloid was inserted in every

newspaper so as to cover entire Sri Lanka.

Six Chariots were moving in every part of the province, each with one *Jyotirlingam*. Great awareness was created. Even the reputed priests were coming and performing worship of those jyotirlingams. So, there was great planning and equally great execution, with everyone's involvement and power of unity. The program was organized on the ground of an Engineering College on Maha Shivratri.

I played my role by sharing the following lines –

First and foremost I congratulated the audience for their birthday. Naturally it shocked them. They were wonderstruck as to how come God's birthday is their birthday!

I then explained that when a child is born, it denotes the birth of the Father too otherwise he is just a married person. When a child is born then only he becomes father. So, a child's birth is the father's birth and Father's birth is child's birth. So, our birth is God's birth and God's

birth is ours. So, congratulations on the occasion of your birthday! A wave of delight and laughter spread.

**Nirakari – Nirahankari –
Nirvikari:**

Then I narrated my days of childhood. I come from a village of India. The village is made up of scattered houses, having courtyards in the front and the back, what is commonly known as 'Farm houses' now-a-days and sold at fabulous prices. We were staying in such farm houses with no money in pocket. There were no roads, just because people walked on the same strip of land, the pathways were created. Adjacent to the residential complex, there are bushes, trees, plantation, flowers, butterflies, sometimes river, mountains or some nice and beautiful landscapes. During our summer vacation, we children would wander in the bushes where we got black berries. They were very sweet, sometimes even big brown coloured ants run on them. These bushes had big thorns. In our childhood no child used to have shoes, we walked barefoot. The berries would tempt us and we plucked them while protecting ourselves from the thorny bushes. Sometimes, whilst plucking from higher branches by raising our toes, we lost our balance and happened

to step on the thorns. A wave of pain made us shout ‘Oh, God!’, ‘Hey Prabhu!’ ‘Hey, Ishwar!’

When such wave of pain runs through your spine all of a sudden and unexpectedly then which figure of God appears on the screen of your mind?

Or consider when you get a call from your relative informing about the death of your near and dear one, when you did not even know that he was hospitalised. Listening to this you exclaim, ‘Oh, God!’, ‘Hey Prabhu!’ ‘Hey, Ishwar!’

Whose figure appears?

Be truthful. Please note there is no time to conceive any image as it is sudden, all of a sudden, you receive a wave of pain or sorrow or shocking news then which figure appears?

Truly, No figure appears! Though you are Worshipper of Ganesha or Krishna still their figures will not appear. Why? Because God has NO FIGURE. If you exclaim “Amma” your mother’s figure will appear, but when you say, ‘Oh God’ no figure appears. Why? **Because God has no figure! He is bodiless–Nirakari.** He is Egoless –**Nirahankari.** He is vice-less –**Nirvikari.** God has no vices and negativity. He is 100% Positive, the source of positivity.

Jyotir Bindu – Point of Light – God Shiva:

This clearly means **no bodily being can be God.** So, amongst the numerous deities worshipped daily, who is God? The deities have a body so, they can’t be God. As we have been worshipping them for ages, they must be some great and powerful personalities. They are gods and goddesses. They are God’s first creation, about which it is said, ‘God made man in His own image.’ He created them equal to Himself. The creation is so powerful and great that we mistook them for God Himself. The deities are God’s creation, God’s image, God’s picture, God’s replica. However beautiful the picture may be, it is picture. It is not the person. If my wife mistook my picture for me, what will she achieve, what can she get from a picture? So, deities are deities, they are not God. So the question remains who is this Bodiless, Egoless, Vice less God?

God is Paramatma–The Supreme Soul. Being a soul He is also “**a point of light, point of energy**”. Point means Bindu, light means jyoti, so, He is **Jyotibindu.** He must be God, the Destroyer of sorrow, the Bestower of happiness, the Benefactor.

So, what benefits does He

impure souls. Because only the One who is pure can make others pure. Now, when does He come?

It is said Bhagwanuwach (God spoke) in Geeta –

“Yadayada hi Dharmasya Glanir Bhavati Bharat.

Abhyuthanamadharmasya.... Sambhavami Yuge Yuge!”

It means whenever there is irreligiousness and unrighteousness, God descends to save dharma, protect the righteous ones and destroy the vicious ones.

It denotes the present time we are living in. What are the situations now? How many religions and how many branches and sub-branches of each religion are there? How many divisions? How many opinions? There is utter confusion. There is violence, sex-lust, corruption, disquiet and immorality prevalent in the society So, this is the right time for God to descend and destroy irreligiousness and create the religion of Truth as He has promised. **I am giving you this good news that He has already come.** He has been doing His work since 1936. We should come forward and claim our birth right, our inheritance from our Father.

How should we do that? By connecting to Him and

remembering Him and this process is Yoga. Let me give you an experience of Yoga...

And I gave a meditation commentary....and gave them an experience of peace. The entire atmosphere was charged, spell-bound and everyone felt refreshed and powerful.

Everything, including the commentary, was simultaneously translated in Tamil by Br. Somesh .

The programme was much appreciated. Those who were served were happy and contented, and also those who rendered service were happy and contented and so was I.

Thanks Baba, what a great opportunity you gave to this soul of yours!

Wah, Baba wah! Wah, Drama Wah!! Wah, my fortune wah!!! Wah, Divine Family!!!!

The Truth about God

It is said, 'God Speaks' (*Bhagwanuvach*). What He spoke became a scripture – '**Shrimat Bhagvad Geeta**'. 'Bhag' stands for Bhagwan, God. And 'vad', a Sanskrit word for 'speak'. Whatever God says are elevated directions for the mankind. 'Sri' stands for elevated and 'mat' for advice, opinion or directions. There are three types of 'mat' (dictates) – *Man mat*, *Par mat* and

Ishwariya mat. *Manmat* means dictates of one's own mind, *Parmat* means dictates of others, and *Ishwariya mat* means Shrimat, that is, Godly directions. *Manmat* and *Parmat* are the root causes of degradation of mankind whereas *Shrimat* is the basis for upliftment of humanity.

So, whatever God speaks are real jewels of knowledge, His every word is worth thousands of rupees; in fact, they are invaluable jewels. They are positive, elevated, pure, powerful and benevolent thoughts. He speaks daily with His children as we receive His love-filled letter of three pages. Let me share following three Elevated Versions in which He speaks about Himself–

▶ He speaks – **"I am the Father of all Fathers, Husband of all husbands, Guru of all gurus – Satguru; Lord of all Lords, Mahadev; and Death of all deaths – Mahakal."**

When we listen to such words, we may feel it is arrogance. But He is egoless. He is just telling us the plain truth(facts). Perhaps the last part of the sentence requires some explanation. *Mahakaal* – *Kaal* stands for two things; one for time and the other for death. When *Kaal*, i.e., death comes, it can take a life or may

be thousands of lives in a natural calamity. However, when God comes on this planet and finishes His job of teaching and enabling people to become pure, the destruction takes place. After the 'destruction', every one of us has to leave this body and follow Him to the soul world. That is the reason He is known as *Mahakaal*; He is the Death of deaths, a massive death! All the dead bodies left behind on the earth will disintegrate and merge into the soil, that will enhance the fertility of the soil; and thus the coming era, the Golden Age (*Satyug*), will have a very fertile land. As a result, the agriculture produce will be the best in quality, quantity and size.

▶ **"By studying scriptures, you can become a scholar (*Pandit*), but you can't attain Me through them. You can only attain Me when I will reveal Myself to you."**

When God relates this Godly version that gives us the knowledge about us, the souls; about Himself, and about the beginning, the middle and the end of the world drama, the cycle of life and death, we understand exactly what He is and as He is, what our roles are and what is His role in this entire world drama.

(...to be contd. in next issue)

EASY LIFE FOR BUSY PEOPLE

– B.K. Surendran, Bangalore.

In 21st century we find only busy people. Everybody is on the run. The fast life has come to be accepted as a normal condition. Thinking of an easy life is like living in an utopia fairy land. This fast life has produced a chain of fast food joints and junk food eating habits thus affecting the physical, mental and social health of the people in general. In an era where we are all required to do several things at once, this constant multi-tasking is taking a toll not only on our health but on our mind too. Easy life is the basis of all kinds of achievements. As we can see that all the scientific and technological inventions have been made when the mind of the researcher is fully engrossed in his research work and it happens only when one is relaxed and in an easy mindset. There is peace and stability in the mind. Therefore, it is necessary that one should have a schedule which is properly chalked out and planned well so that one by one, things can be given shape. A machine

invented by man has different performance levels. It can work at low speed, mid speed and high speed as the situation requires. In the same way, a human mind, which is the master of all inventions, has the unique capacity to be busy outside and also easy inside. There are certainly some steps through which it is possible.

Organise the mind

We all have mind. But, very seldom we speak to the mind. We very rarely focus our attention on the mind so that we can avoid waste, negative and vicious thoughts. We should organise our mind every morning by feeding the mind with the day's programme so that there would not be any margin for the mind to think waste and negative. This programme should focus on the things that we should attend to on that particular day. We should see that we make this present the best present so as to make the next present the best present. The present time should be properly invested and made pleasant and happy. Since life is created only in the present, we

should see that we enjoy the present moment and make the best of it by doing something constructive. Every moment is a chance to let go, learn and grow. Letting go of past and focusing on present gives us more time to be mindful of important tasks and improve our efficiency.

Self-discipline:

One should also have a disciplined lifestyle with regular sleep and diet, balancing work and leisure, relationship, being duty- conscious and responsibility- conscious and so on. There should also be congruence in our thoughts, words and deeds with emphasis on commitment, integrity, good character and benevolence. One should be neat, clean, tidy and well dressed with an attractive personality. Place of stay and work should be clean and neat, where everything should be at its right place with orderliness so that anyone who visits the place would enjoy the atmosphere. The overall ambience of the workplace and living space should be pleasing and peaceful.

Empower patience

Patience is a great power. When we maintain sustained patience, it is said that our power of tolerance will increase. Patience has the ability to maintain peace, harmony, understanding and forgiveness.



Soul-consciousness is the basis of patience. The soul is basically peaceful, pure and love-full. These three virtues of the soul enable one to maintain patience with knowledge and wisdom. The thought contained in the quality of patience has the unique horse power to speed up men and matters in the right direction. Here the person who is busy outside can still enjoy his inner freedom and calmness. In order to empower patience, one must give attention to inculcate in good measure the virtues of peace, humility, simplicity, respect and love. We are also aware that the easiness disappears when obstinacy, belligerence, anger and laziness etc. set in. Therefore, in order to be easy inside, it is necessary for us to avoid all kinds of wastes and negative thoughts and consciously create good and elevated thoughts.

Passion to enjoy life

There is a misconception with regard to passion to enjoy life. Many feel that enjoyment comes only when we eat, sleep, watch a movie, or when we indulge in frolics and frivolities. However, enjoyment comes when we do things with total involvement, and with a lot of passion and taste, being fully aware that whatever we are doing is going to be a contribution to the well

being of this world. It is through hard work that great accomplishments have been made so far. There is a special taste in great achievements. Nobody has died due to hard work. People are dying because of not doing work. Work is an opportunity to learn new things in life and also to grow. An element of passion to serve others plays an important role to be easy. Just like circus artists perform mind-boggling feats, we can also deal with any kind of problems in the field of work and life with ease and peace in case we practise the art of speeding up at will and slowing down at will.

Rajyoga Meditation

Even though we have discussed many points of knowledge to remain in an easy and busy stage, it is impossible to be easy and busy without the practice of Rajyoga Meditation taught by God Shiva. The points of knowledge are the software which can work only when there is a supply of spiritual energy. This most powerful meditation technique is taught by God who is the Teacher and Preceptor. The unique feature of this meditation is that God Himself teaches humanity as to how one should remember Him. Through remembrance of God in soul-consciousness and with love and reverence, one gets spiritual

power from Him. Experience has taught us that this power calms down the mind and its proclivities. One is able to handle any kind of outside situations with ease and stability. Any act, however, tough it may be, can be handled with accuracy and precision once there is abundant quantity of patience and peace inside. The spiritual power from God will automatically enhance the power of patience, tolerance, accommodation, cheerfulness and solace. The intellect becomes very sharp and gains the ability to discriminate and decide the right course of action one should initiate at every step with the world speeding up and life getting busier; it is highly important to embrace God and practise Meditation so as to restore balance, inner Peace and stability in life along with increasing personal effectiveness and efficiency.

(Contd. from page no. 12)

Supreme Father, the Supreme Soul. I'm not limited to being the founder of one religion, as they are. My task is huge, wide, great – different from others. This is why it is said, "Hey God! Your task is unique". How is it unique? There is a difference between the task of the religious fathers and My task, and this is why I am called God.'

THE FORMULA OF HAPPINESS:

STAY IN THE PRESENT



– Sister Padmapriya, USA

A man is walking in a forest; suddenly he finds himself chased by a lion. The man runs for his life and finally stops at a well and thinks of jumping into it in order to save his life from the wild beast. When he peeps into the well, he sees a crocodile with its jaw open. Before he can decide, he slips into the well. As he falls off, he caught hold of a branch of a tree near the well and finds himself dangling with his feet inside the well. Soon he sees a mouse chewing his branch. Dangling there, he thinks that outside is the lion, down below is the crocodile and the branch is being chewed by the mouse. At this moment, he finds drops of honey dripping near his mouth from the beehive on the tree above. He sticks his tongue out and just enjoys the honey.

Understanding the story:

Lion – your past
Crocodile – your future
Mouse – your present
Honey – joys of life

We are often chased by the memories and scars of our past and troubled by the anxieties and worries of our future.

On top of it, we are constantly sorting out our current issues that pop up or even eat our head like the mouse: This type of thinking takes us away from experiencing joys of life. What we need is to stay in the present moment. **Being in the present moment means:**

- 1. To pause and look beyond the past and future problems.**
- 2. Embrace the joys of life that come right to us.**

Often we are too busy holding on to negative feelings, resentments or anger of the past or fear of the unknown. These burdens bother and blind us to the honey bottles being provided in the present.

So look for your honey bottles.

How to find those little joys?

Some people constantly wonder how to find the honey dripping – that is the joys of life.

‘I do not see them’; ‘They are not for me’. ‘I am not lucky’; ‘They don’t drip for me’ is their constant whining.

Everyone gets his or her honey bottle in life – I mean the

little positive good things that happen to us. They are little joys like a warm smile, a word of encouragement, someone being nice to you, having no traffic, good dinner on your plate, moonlight evening, note of appreciation, your child’s hug, good workout, so on

Life offers us many pleasures, joys and happiness in different levels, degrees, ways and portions.

Our only effort lies in noticing them (sticking the tongue out like in the story)

Acknowledge

Enjoy

Be grateful

If we are able to do this we are living in the present moment at least some times a day.

▶ Being present is to be fully aware of your being at that moment.

▶ Being aware of your inner self.

▶ You are in the moment, when you feel the gentle breeze on your face.

▶ You are in the moment when you are completely at peace with yourself.

Any moment, which pauses everything, gets your total attention and makes you enjoy is living in the present moment. Present moments have the power to make you access to your inner qualities and you feel full of energy within yourself.

Those moments are precious treasures of life and whatever you do from that true space is beneficial. Your thoughts, words and actions are aligned.

Often we do actions which we wonder why we did in the first place. We keep dwelling or brooding on them, living a life of self-pity, anger, wishful thinking or fear. Being in the moment means to have the awareness that any form of anger about past or fantasizing about future is pointless. Instead of worrying or day dreaming, one needs to be mindful of actions and their consequences, thus reflecting on next course of action.

Any moment which makes me lose touch with my inner self – is considered a lost moment.

Moments are lost when I am worried, afraid or basically in any negative emotion. I lose my self and that moment is lost for me.

I lose touch with my base.

FORMULA OF HAPPINESS:

Our mind's formula for happiness is like running in a treadmill towards future accomplishments. Human mind lives in an illusion of ever seeking happiness and it is unable to enjoy the pleasures that life offers in the present.

Example: You have a goal to build a beautiful house. However, you never get time to

enjoy life as you keep working hard to build the house. One fine day, your beautiful house is ready. Now you are living in the house. For first few months, your mind is happy (living in the present moment) but then your mind races towards adding more facilities to the house. Again you start working hard and you forget to acknowledge the happiness you have right in front of you. Your mind has forgotten the earned happiness and has started to run towards future accomplishments.

TIPS:

- ▶ Pause for a moment and look where you are heading
- ▶ List your past efforts and achievements
- ▶ Be proud of them, be grateful and appreciate yourself and others.
- ▶ Awaken your senses to the beauty that the universe is offering to you.

Going beyond:

Another meaning of being in the present moment is to let go of your worry, fear and sadness and just enjoy what is in front of you.

Some of the points to go beyond:

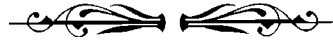
- ▶ 1. Whatever happened is good, whatever happening is very good and whatever is going to happen will be the very best.
- ▶ 2. This is a game and the

result is not that important but important is how we play this game.

- ▶ 3. Believe in good karma and the things will be figured out for you.
- ▶ 4. At the end of the day, write three good and positive things you liked about yourself. e.g. I completed work on time, I finished all my errands (shopping), I was kind with my friend today, so on.
- ▶ 5. Write three good and positive things that life brought you today? e.g. I was given an opportunity to lead the meeting today, I enjoyed my ride home as there was less traffic, the coffee I drank today was excellent, so on
- ▶ 6. Write three good and positive things you liked in others today? e.g. I liked that my spouse made my favourite dinner, I liked that my boss was appreciative of me today, so on.

Focusing on the good things helps to centre the awareness on the here and now. You begin to appreciate life more and live in the present moment wisely and earnestly. To be in the moment is the key to return to a state of peace and stillness. So, stop analyzing, criticizing, blaming, judging and begin to accept, accommodate and appreciate.

ATMA AND ATOM



– Anand Mohan Hans, Delhi

Both these words – *Atma* and Atom – sound similar, but they are two different entities but with one common feature. Both are the minutest of the minute, the smallest bit of something that could be conceived.

- ▶ When we were kids, our teacher explained to us what atom is. He told us that if we keep on breaking something into pieces until we get a piece which could not be broken further, that piece is the atom. In scientific language, atoms are the basic building blocks of ordinary matter. A desk, the air, even a human body is made up of atoms. An atom is the smallest particle of matter that retains all the chemical and physical properties of that matter. Thus we see that every item of matter that exists is made up of atoms. A single drop of water contains more than millions and billions of atoms. We also learnt that atom is indestructible and indivisible.
- ▶ We were still kids when we learned about the bombs which were dropped, one

after the other, by America on the Japanese cities of Hiroshima and Nagasaki, killing around 80,000 people in Hiroshima and another 40000 in Nagasaki. In the months following the attacks, roughly 100,000 more people died slow, horrendous deaths as a result of radiation poisoning. It was the first time we came to know about the atomic bomb, also called the nuclear bomb. The scientists had been working hard to achieve what was previously considered impossible – splitting the atom. They succeeded in splitting the atoms of some elements like uranium and later, the atoms of hydrogen. The act of splitting of these atoms resulted in the release of tremendous amount of energy culminating in the making of the atom bombs dropped on Hiroshima and Nagasaki.

- ▶ It was a remarkable achievement in science, which has been, sadly enough, used by man to such a devastating effect. Thank God, after Hiroshima and Nagasaki, nuclear bombs have not been

used so far, but it does not mean that they have stopped making them. All the five countries which are members of the Security Council of the United Nations Organisation, which is supposed to be the custodian of world peace, feel pride in being called nuclear powers. More and more countries, besides these five, have been either successful in becoming members of the nuclear club or are working hard and spending lot of their resources to achieve that status. But the sheer destructive capability of these bombs is preventing the nuclear countries from actually using these bombs because they know that in case of a nuclear war, there will be no country left to be called winners.

What Atom is to the material world, *Atma* is to the spiritual world. Both are infinitesimal in size but the very basis of matter and life respectively. While, thanks to science, much is known about the atom now, *atma* is still in the wrap of darkness. *Atma* can be termed as the living energy which runs the body made of matter. We know very little about *atma*, and whatever little we know about it, is not the truth. Some believe that *atma* is a part of God or Param-atma or *Paramatma* and

there is no difference between them. So, instead of saying there is *atma* in every living being they say that it is Paramatma who is there in every living being. *Atma* is considered to be a part or piece of God.

Many other misconceptions about *atma* prevail in our beliefs. One, because *atma* is a part of God, it cannot do any wrong or commit any sin. *Atma* is *Nirlep*. **Two**, a natural corollary of this belief would be that *atma* would not be responsible for its own actions because, three, whatever we do, is done by God or is willed by Him and since *Atma* is supposed to be the manifest of God, it is above committing any wrong. Four, it is the body which is the culprit because we are always conscious of the body and not of the *Atma* that runs the body.

The scientists of the past have explored the atom which was hitherto considered to be indestructible and indivisible. They have broken up its myth. The truth about *atma* has also been unravelled now but the credit for this does not go to any human being. It goes to *Paramatma*, the Father of all the *atmas*, who has come down all the way from His abode to reveal the truth about *atma* and also, about Himself since He is too an *Atma*.

God has told us that *Atma* is not *Paramatma* but a child of *Paramatma*. Just as God is called Trimurti since He has Brahma for establishing the new world, Vishnu for administering it and, of course, Shankar for doing away with the old one; *atma* too has three functionaries, so to say, who work for it. These three workers are: Mind, Intellect and *Sanskars*. Each *Atma* has its own mind, an intellect and the *Sanskars*. And since these three workers of each *Atma* are not of the same calibre, activity of every *Atma* would also not be the same. Thus, each *Atma* is responsible for its own actions which it does with the help of its functionaries through the body it occupies. *Paramatma* has nothing to do with *atma*'s actions.

While we can understand what mind and intellect are, we need to know more about *Sanskars*. *Sanskars* are the inherent but latent tendencies of *Atma* – latent because they reveal themselves only through the activity of each *Atma*. God, who is an *Atma* and like any other *atma*, has also these latent tendencies or attributes, the difference being that the attributes of God remain the same for all the time but those of the *atmas* change from the best to the worst. This is why it

is said that God created man in His own image, that is, with all the attributes or *Sanskars* **He has. But with the passage of time God's *Sanskars* present in each *atma*, get sub-merged giving place to entirely different ones. That is to say that *atma*'s *Sanskars* do not remain the same but keep on changing with time.**

We are the spiritual children of one God, not so many pieces of God or so many gods. Since it is the *atma* which runs the body according to its *Sanskars* and the other two workers, it is not the body but the *atma* which bears the responsibility of its actions, of course, through the body. It suffers the result of its bad actions or enjoys the fruit of its good actions through the body it occupies.

The knowledge of *Atma* that God has given to us and is still giving, has made each of us realise that it is the self who is responsible for one's actions. Now that we know that each *atma* has its own mind to think and feel, its own intellect to judge its actions and its *own* *Sanskars* to guide it, there is no sense in saying that whatever we do is directed or willed by God. It is only when things go wrong and the *atma* feels itself in a mess that it turns to God

(Contd. on page no. 27)

GATEWAY TO GOLDEN FORTUNE



– Nisha Singh, Udaipur
(Shakti Niketan, Indore)

Golden Fortune! You might be thinking, what kind of golden fortune I am talking about. It's the best chance for all the parents to give their children the gift of secured and strong future. In the present stressful life, full of chaos, the parents desire to polish their children's future. For this they send their children to various hostels.

Let me take the opportunity to introduce you to such a hostel which is a place to nurture the future of your daughters. It is situated in the historic and

cultural city of Indore, located in Madhya Pradesh State in central India. 'Shakti Niketan' hostel is the divine abode for the girls, which has proved itself to be the gateway to their golden future.

The girls at the hostel enrich their lives with the precious jewels of pious traits. They fill their personality with spiritual strength of tolerance and endurance, which help them to face every difficulty of life. Here they learn to turn negativity into positivity, and maintain a balance of all good qualities in themselves. Be it spiritual and

academic knowledge or about managing the household affairs, this girls' brigade is well trained in time management, housekeeping, art and craft, hospitality, interior decoration, painting, music, dance, acting, drama, debating and what not. They are also imparted training in communication skills and computers in order to make them competent for the modern world.

This unique hostel, which is one of its own kind, has become centre of attraction. It provides academic facilities from grade VI up to graduation and helps the students excel in studies. At present it boards 150 students and majority of them are from Delhi, Mumbai, Kolkata, U.P, M.P, Assam, Goa, Manipur, Rajasthan, Kerala, Haryana, Himachal Pradesh, Punjab, and also from Nepal. The girls coming from various places and cultures and carrying various natures and traits are trained to inculcate divine and Godly qualities in them and make them walking angels on the earth. The residents here display remarkable cohesiveness and cooperation. Through the regular practice of Godly knowledge and meditation, they're blessed with divine traits, like, truthfulness, honesty, loyalty, punctuality, and develop discipline which is praiseworthy.



Stars of Success - Indore Hostel Kumaris

The inmates of this divine hostel live a simple and disciplined life, away from the pomp and show and practise celibacy to attain spiritual goals.

Enriched with divinity, this hostel is certainly an abode of the 'golden fortune' of girls. The instrument for opening this hostel was Late brother Om Prakash, adorably called 'Bhaiji' and the founder gem for this pious cause. Under his experienced, kind and disciplined guidance, the divine hostel took up its shape in 1983 and since then has been touching new horizons. The senior B.K. sisters who are themselves enriched with celestial traits are the guardians and caretakers of the girls of the hostel. Their motherly tender care, love and affection and organized management of the daily chores are praiseworthy.

The daily routine of the hostel inmates is as follows:-

- ▶ The day begins at 4 o'clock with spiritual teachings and meditation session which

brings spiritual power in the inmates of the hostel. The morning routine helps to accumulate power of purity and positive energy in their thoughts, words and actions, which they carry throughout the day.

- ▶ After gaining the spiritual knowledge, they go to their respective schools and colleges to acquire academic knowledge and skills.
- ▶ After their return from school, they devote their time to Godly Service.
- ▶ Afternoon 3:30 to 5 o'clock has been allotted for academic studies.
- ▶ Evening 6:30 to 7:30 is the time for mediation when the ambience gets filled with strong celestial powers and appears to be the gathering of angels.

No doubt, such daily routine, spiritual bliss and disciplined activities which are all carried in remembrance of the Almighty are very helpful in moulding them

into responsible and divine beings. It helps in shaping up their future and morality at its best.

Not only the dwellers here feel themselves blessed and utmost lucky to be a part of the spiritual goal, but their parents also consider the 'Shakti Niketan' to be a unique place, a blessing for them.

Hereby I take the opportunity to request all the thoughtful parents who are concerned about the bright future of their wards, to grab this opportunity and give their loving daughters this 'golden fortune'.

FOR FURTHER DETAILS

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SHIV-JAYANTI

- B.K. Priyanka Udasi, Amravati



God Shiva has come on this earth
For transforming the world penny-worth
Shiv Baba liberates the souls from vices
And then the Golden-Era arises.

He showers flowers in our path
In the ocean of virtues we take a bath

We Brahmins have taken an oath
To follow Shiv Baba and Brahma Baba both.

Now, the glorious Shiv-Jayanti has come
The most auspicious festival, let's celebrate
Deities, we all are going to become
Meeting sweet Shiv Baba, divinising each trait.

MADE IT HAPPEN

– B.K. Sujoy, Durgapur

'Woman is the companion of man, gifted with equal mental capacity

If by strength is meant moral power, then, woman is immeasurably man's superior

If Non-violence is the law of our being, the future is with woman'. – Mahatma Gandhi

On Oct. 8, 2012, a 14 year old activist and blogger was shot in the head on her way back from school in Pakistan's Swat Valley. The girl blogger was injured along with two travel companions when Taliban assailants opened fire on their vehicle in the town of Mingora. She underwent successful surgery in a hospital in Peshwar to remove bullet from her head. The attack was committed against none other but Malala Yousafzai who started blogging about the Taliban's ban on girl's education in Swat when she was 11. She was threatened stating that the incident should serve as a warning to other children who participate in 'secular-minded' activities.

However, history was made on Oct 10, 2014 when Malala Yousafzai was awarded the Noble Peace Prize for "showing great personal courage" and struggle against the suppression of children and young people and

fighting for the rights of children to education. Malala is the youngest to be awarded the globally prestigious annual prize. Idol to the world, outcast at home – Malala Yousafzai struggled a lot and fought for several years for the right of girls to education, and has shown by example that children and young people too, can contribute to improving their own situations. This she has done under the most dangerous circumstances. Through her heroic struggle, she has become a leading spokesperson for girl's right to education. Malala **MADE IT HAPPEN** on behalf of those 66 million girls who are deprived of education.

Besides Malala some humble women of our country like Priti Patkar, a social worker and housewife who started the world's first night care centre for children of women working in red light areas of Mumbai; Sneha Kamath, a woman who runs an only ladies' driving

school; Pratima Devi, despite being a humble rag picker fosters over 400 stray dogs have also **MADE IT HAPPEN**.

If we shift our attention from this world to the world of spirituality, we get Dadi Prakashmani and Dadi Janki the two most senior women teachers of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. Since 1969 after founder and human medium of Incorporeal Supreme Soul God Father Shiva, Pitashri Brahma (erstwhile named as Dada Lekhraj) attained the stage of perfection and completion, they worked incessantly with their patience, perseverance and great divine knowledge to spread spiritual knowledge imparted by Supreme father Himself and to make a global presence with over 8700 associate centres in 142 countries along with consultative status with ECOSOC & UNICEF. Today from an organizational perspective, both men and women assume responsibility for teaching and running centres. By and large, however, men follow the founder's example and willingly put women 'in the fore-front'. **Dadi Prakashmani** through her magnetic spiritual personality and **Dadi Janki**, with her unswerving optimism and compassionate heart, oversaw the spiritual revolution to spread

the divine message of Love, Peace and Purity. They along with two other spiritual companions **Dadi Hriday Mohini** – an embodiment of divine virtues and **Dadi Ratan Mohini** – an embodiment of youth and simplicity, successfully **MADE IT HAPPEN.**

The new millennium has witnessed a significant change and attitudinal shift in the ideas of both women and society about women's equality and emancipation. Many from younger generation feel that 'all the battles have been won for women'. With more women in boardroom, greater equality in legislative rights, and an increased critical mass of women's visibility as impressive role models in every aspect of life, one could think that women have gained true equality. The unfortunate fact is that women are still not paid equally to that of their male counterparts; women are still not present in equal numbers in business, politics, and globally women's education and health, and the violence against them is still a matter of serious concern.

However, great improvements have been made. We do have female astronauts and Prime Ministers, school girls are welcomed into university, woman can work and have a family. Women have real choices. And so the tone and nature of International Women's Day, have for the past few years, moved from being a reminder about the negatives to a celebration of the positives.

CREATOR OF THE VICE-LESS WORLD – GOD SHIVA

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

At the time of utmost ignorance and dark
There descends God Shiva – most beautiful star
Spreading divinity and knowledge to rise
Support all virtues and annihilate all vice

Meets spiritual children through Bhagirath or
Brahma
Teaches divinity and purity through divine karma
Along with Adi Dev, Shiva creates Heavenly Plan
Dawns the Sun of Truth, establishing Brahmin
clan.

Inculcation of Knowledge and Godly
remembrance
Enable divine children spread virtuous fragrance
Let's overcome anger through Peace and
Harmony
With Pen of Godly love, write attachment-free
destiny.

Through amity and Goodwill, root-out the greed
With greatest heavenly pride, sow the ego-less
seed
Shiv Jayanti commemorates God Shiva's divine
birth
Establishment of Unity and True Religion on the
earth.

(Contd. from page no. 23)

who has now come down upon the earth for giving us directions to set things right for us. So, if we want change, it is the *atma* inside the body which needs attention and, more importantly, its functionaries that need to be kept under control. God's role is limited only to show the way for doing the rightful action.

The splitting of *Atma* into mind, intellect and *sanskars*, like the splitting of Atom, has worked

wonders, releasing tremendous amount of Atmic energy which, unlike the Atomic energy, is being put to use for constructive purposes to create a new world, while the atomic energy is destined to be used as one of the main instruments of destruction of the old one. This is in the plan of the world drama so that a new world order may be established only after the old existing world is gone.

BLAME GAME AND CRITICISM – **THE WORST WAY OF SELF DEGRADATION**



– BK Dr. Swapan Rudra, Durgapur (W.B)

We talk about the five major vices and try to find out solutions to make ourselves free from these thorn-like deadly poisons sticking to the whole human race for more than two millenniums. But there are many other short-sized vices constantly clouding the skies of the human mind by thoughts and words in obnoxious forms. Blame and criticism are two such little brothers who have the capacity to burn not only Rome but the whole world. Blame is to point out to someone adversely about. When one finds something wrong in the activity of another person as per his own outlook, he blames that person either in front or behind. Criticism comes later about that person or any other personality, known or unknown, with regard to any particular event or situation specifically or at random by the same person. It is generally made in absence of or through indirect comments in presence against that particular person. Blame and criticism walk side by side in each and everyone's life and at present the whole world is entangled in

the spider web of vicious blame game and criticism, resulting in massive pollution in humane environment. After the phase of childhood, we all blame and criticise others including our parents and siblings. Blame game starts when one finds fault in others. A baby does not see any fault in his/her mother and there is no question of blaming. The baby just cries whenever he is hungry or feels any kind of inconvenience regarding only his physique and physical surrounding. When the baby grows and reaches the age of 5 or 6 years, he starts to understand the things he observes. Gradually he becomes alert about himself of getting or not getting the desired things. The child gets closer to a person who satisfies his desires and needs like chocolates, toys etc. Preference of the child to any particular person starts to grow from these apparently small and futile things. He learns these things very slowly by his own and at the same time through some additional inputs by parents and other family members. Now even the

nursery children are very precautions in comparison to the simplicity of the children of earlier days. It depends on both the family and inborn nature of the child.

Once the criticising nature starts, it continues throughout life in increasing trend. At present, besides small babies, perhaps none is present who does not criticise others for some reason or the other. Majority criticise behind, and those who have the courage to criticise on the face, do so directly. Face to face talk or vis-à-vis unfavourable comment is better than doing any harm secretly. Sometimes criticism seems to be good if it is done for the betterment of the other without having any other way to rectify or resist him from the wrong doings sensed by the majority people. This problem is multifaceted because sometimes the targeted person may be a stubborn person, or may be a schizophrenic, who does not have control over his actions. Often majority people may also fail to understand the hidden truth disclosed by a



person during any particular period of time, what generally happens in case of the great personalities who always remain above the criticising zone by virtue, where criticism fails. As a matter of fact, healthy criticism which may be better called as solution making arguments, are always preferred, and the same could rectify the person, people, or even the ruling government in the state or centre. Instead, in the present scenario, we all criticise with a negative attitude mainly to satisfy our own egos or to have some benefits.

How do blame and criticism come?

This twin faulty attitude reverberates in the mind in a number of ways both from internal and external factors, though we all know that the external instigation is the main cause. But wherefrom it may come, it always hurts the targeted person, right or wrong. Actually the words of blame and criticism radiate negative energy carrying pain to the person who is being blamed or criticised. The matter is same for all, me or you. The main difference is that when it is about me, both throwing and receiving criticism are like a poisonous arrow; I have the right to be judgmental to protect myself by thousand falsehoods, but in other's case

there is no mercy. In the present society, personal thought process flows in this way – I am the only flawless personality and the rest others, close or far, are always guilty. Though blame and accuse are not natural, now-a-days, these happen in every moment and in any situation creating turbulence all around by unnatural default. Blame is in every mouth, criticism is in every mind, but what are the causes behind the start and continuation of such abusive behaviour in the form of negative attitude? We all do the same in one or the other way, by means of different visible or subtle techniques, but never confess. We know that it always hurts others and no one is happy with criticism, still we do the same thing repeatedly throughout life with conscious choice. So, what is to be called to ourselves – definitely knowledge-full sinners? We all know the root causes of criticism incriminated from life experiences, which may be as follows –

▶ **Hatred** – It is one of the basic causes of criticism. Unless we can remove hatred from our mind, love cannot take shelter there. At present, there is a huge crisis of true love which seems to be in oblivion. Even among the family members and friends, time to time due to any kind of grievance, we criticise even one

another. Where love appears, hatred disappears and then automatically the nature of blame game and criticism goes away.

▶ **Jealousy** – When we are envious to anyone; we create sorrow inside, making us prone to criticism in both the known and unknown situations.

▶ **Rejection** – Rejection always gives birth to criticism. When I am accepted, I feel happy, and when rejected, I feel pain. Though family and society are made for the purpose of acceptance, many times we fail to maintain the same.

▶ **Anger** – It is also a major cause of criticism. Anger is created inside by a person in his/her supposed adverse situation of irritation, agony or pain due to false belief system. It may also be created for dissatisfaction or non-fulfillment of any kind of long cherished mental or materialistic desire. When my desire is not fulfilled, I could never see others in forgiving attitude and automatically, blame game starts.

▶ **Revenge** – Revengeful tendency creates criticism against the targeted person; even subtle desire of revenge brings criticism in our mind. Criticism spreads negativity all the time and sometimes it creates a vicious environment

before any massacre.

▶ **Personality clash**—Any type of personality clash, big or small, gives birth to criticism in direct or indirect manner.

How to give up the bad habit of blaming and criticising?

Praise earns many things and wins many hearts, whereas criticism loses a lot. He who once grows the habit of criticising can never progress. He has the desire in his mind, to show himself as good or great, by insubordination to others or superiority complex. Hence a critic does not see the sky, he sees only the clouds. In case of heartfelt love, there may not be any trace of hatred and hence no criticism. We may learn from Great Buddha's loving quotation—'Friendship is the only cure for hatred, the only guarantee of peace'. Filling inside with the emotion of love may create an environment of forgiveness that removes negativity behind the foul play of blame game and criticism. Each human being is a source of love for others. It's a basic human nature to love and to be loved. If we could start possessing love making habits, criticising nature must say 'good bye' to us one day without having any other option. A dozen of measures are suited to be mentioned as under—

▶ **Acceptance**—It has always been the first preference to lead a mental debris-free life. Unconditional love helps understand any matter with patience and could find solution, rather criticism in any form.

▶ **Neutral judgment**— It is only possible when we could change our vision to see the things as a witness. It does not mean to spend the days without any relevant work, rather it means to observe the things in the right perspective.

▶ **Thinking before criticism**— Before criticising others, had the thought of its consequences come into my mind, I might be aware and stop doing the same.

▶ **Removal of blockages**— Self blockages with its octopus like arms always try to find scopes to block other creating problems, in a number of ways with the help of blame game and criticism. If we do not see others' mistakes and shortcomings keeping a stern eye, we can easily overcome the odd situations.

▶ **Positive personality**—This helps to make bar of criticism. Positive person always sees the positive side of people and hence he carries a positive aura with him. Positive personality never sees or overlooks the negativity in other person.

▶ **Simplicity**—A clean and transparent mind is the basic

criteria behind simplicity that is devoid of ego, anger and jealousy.

▶ **Breaking the cycle of negative energy**—If we can stop the negative energy exchange through removal of waste from inside, we can break the negative cycle.

▶ **Being a good transporting agent**—When we lose compassion, we lose the capacity to accept and understand others. One requires full control over one's inner world for being a good transporting agent.

▶ **Inherent goodness**—The thought that every soul is good and pure and each one is playing his/her role with some sort of speciality or uniqueness, may give guidelines to the people against criticism.

▶ **To let go habit**—The golden habit 'to let go' will definitely make us free from criticism.

▶ **Power of peace, truth and love**—These three powers together make healing balm of forgiveness which can fill our anger-filled emotion with love.

▶ **Meditation**—If we could emerge the right thoughts, which are positive and necessary for any odd-looking situation, pandemonium will not occur. By emerging positive energy in our conscious mind, we can change our personality trait. Meditation

(Contd. on page no.33)



THE RACE TO LOOK GOOD *Old Habits Die Hard*



– B.K. David, Paignton, England.

The race to keep looking good never finishes and everyone is constantly caught up in it from the starting gun in the morning to crossing its finishing line late at night. Are there any winners in this race to look good? No! There has never been one winner in this body-conscious race to look good in the thousands of years since the race started.

Actually, the only winners are the pharmaceutical companies who manufacture and supply the endless pills and the like to try and help people become healthy and beat the stresses and diseases that this race causes. Hospitals are full due to body-related diseases and so are doctors' surgeries and outpatients' clinics. Every disease, stress and illness can ultimately be traced back to the disease of body-consciousness. It's not difficult to understand the root cause of true illness but takes a lifetime to alter and put it right. Everything bad in life has roots that can be traced back to body-consciousness. This

disease perpetuates, controls and drives the people and their desire to look good.

Are you the cart or the horse?

Today, everyone has fallen into the body-conscious trap of putting their cart (body) before the horse (their mind). This obsession stems from the perception that we have held for many years that we are just bodies with some fluid and electrical brain impulses. People have different concepts about the soul or the spirit that drives the body but no one can ever argue against the fact that we have a mind and when used constructively or compassionately or artistically or intelligently, it is a brilliant tool that enriches everyone's life. But now we have degenerated it by seeing ourselves as just the cart (the body) and left this incredible mind behind us in ignorant dust that does not allow it to progress and evolve spiritually as we become more obsessed on how to pamper or make our wooden carts look ever glamorous. In

this vicious race to look more beautiful, more attractive and noticeable, we fail to take care of our minds as this pursuit of illusionary world leads to the pitfall of negativity and dwelling on negative and pessimistic thoughts.

Running scared

Those who are running in the race to look good, will of course, one day, realise that one cannot create real beauty by focusing on Physical aspect. They are ignoring the true beauty that does lie within them and which they can increase if they were to stop and open their inner eye to spirituality, love, charity and God. Few people realise that giving makes them beautiful, both on the inside and outside. People act like a poor person who does want money and yet is constantly running in the opposite direction from the bank that is open 24 hours a day and is always giving out money to anyone who steps through its front door. We all have a bank within us or say an inner reservoir of love, compassion and kindness. All we need is to open up this bank and start giving and sharing. However most of us keep our vaults closed throughout our lives; which accounts for why many are morally and spiritually bankrupt or just pauper.

Habits of a lifetime create unhappiness and sorrow of a lifetime.

How many people reading this have a bad habit that they wish they could conquer? Do you think you do not have any bad habits to deal with? Think again.

There is one very important aspect relating to bad habits. Everyone has this and everyone is also handcuffed to the results which bad habits bring to them, be it ill-health, stress, addiction or poverty. Bad habits are not the shoes to wear if you want happiness, as they will only take you down the road to unhappiness. Bad habits will take you in the opposite direction of happiness and away from the goals and the future you want for yourself. If you want to go for a nice walk on a sunny day and yet have to carry and drag behind you, a rucksack filled with heavy rubbish, are you going to enjoy your walk?

Bad habits are very detrimental to you and your happiness and are like stones in your shoes that will eventually cripple you. Perhaps you may think that everyone has bad habits and so what is the big deal. Yet when you look around, how many truly happy people can you see who are without stress or worry? How many peaceful

people do you meet in the course of a day? Make no mistake, bad habits will rob you of your energy, time and happiness which are the corner stones and foundation of a peaceful, stress-free and enjoyable life. As you do not like to give time, space and attention to someone you dislike, in the same way, you have to learn not to give attention to your bad habits that are robbing you of your happiness and peace of mind.

Learn to recognise bad habits

You must simply learn to recognise a bad habit and then replace it with a good habit that will bring you benefit in the long run. This is not rocket science. Without this recognition and replacement system, you will always be swimming against a strong tide of past actions thinking the waves of your limited fulfilment and enjoyment are all that can be had in life. This notion will always keep you locked in the prison of the physical senses that greatly limit and restrict you. Even if you manage to survive the dangerous undercurrents of bad habits that can pull you down, you will find yourself sucked in the quagmire of negativity, jealousy, anger, low-self-esteem and bitterness.

Your bad habits create a culture of negative thoughts and emotions – and once they begin, you sink deeper and deeper, and pulling yourself out becomes very difficult and you keep stuck in unhappiness, dissatisfaction and sorrow.

Bad habits are like invisible thieves that rob people of their treasures of happiness, energy and time. Now is a good time to step off this ‘bad habit treadmill’ and step on to a path that can help you create a lifestyle that leads to permanent happiness.

Life with its many automatic responses

With our many automatic responses, every day comes with the automatic sorrow. Why? We have lost the ability to examine our thoughts, habits and reactions to our life around us. We truly have become automatic people that act without thought, intellect and reason.

If only people would sit down and introspect what they are doing, what they really would like to get from life and how their immediate actions are creating a constant negative effect for them to deal with and experience, then they would, act very differently. People’s responses to life will be much



better and wiser and will make them feel bad on their wrong choices in life. The blind gardener may think he is doing good and feeding his flowers nutrient food yet may be actually pouring poison on to them. People are walking through life blindly and their garden reflects their inability to see.

We can with effort, turn our automatic response system built within us, to our advantage. How? By learning to respond in a positive way. This will bring us happiness and will create a positive knock-on effect.

Don't watch others – but watch (love) yourself every second

Learn to be the second-hand (peaceful) in your watch (life) which can ignore and observe the rest of the world along with its minutes and hours (bad habits and poor lifestyles). What good is a watch (life) if you take away the mechanics of the second hand? We need to learn to tick away in our own time and pace that gives us peace and happiness rather than being caught up in the hectic and relentless pace of life that continually goes on around us. Of course you can step on to that predictable merry-go-round at any time but personally, it makes me dizzy just thinking of going round in circles of ignorant

living or riding the waves of sorrowful life. Most love to live their lives in a spin and will forever be going round in circles chasing their tails which should they catch, will cause them further sorrow when they bite them. Their tails (desires) appear very attractive to them to chase after and have the allure of fur and body, conscious glamour, the appearance of luxury, wealth and riches that encourages and drives them ever faster in their pursuit of fulfilment, satisfaction and happiness. They pay dearly for this ride of ignorance and forget that they can step off this ride at any moment if they wanted.

There is a path to happiness that is far removed from this merry-go-round and that path leads to exploring our inner world but one needs the desire, will power and clarity of mind to be able to step off that merry-go-round of sorrow in order to walk down that path.

Is the tap of your mind constantly dripping?

Are you aware of a leakage from your tap (mind), as most people are not? Most lose a lot of energy in the course of a day, in the course of a lifetime. A lifetime spent with a constantly dripping tap, can result in your easily losing everything valuable you own: your mental energy, and

with that, your virtues, your qualities and your powers. The tap of your mind only needs tightening up (attention) so that you will not lose anything.

So simple as you only need to look at yourself.

This simple task of tightening your tap, that needs you to be spiritually aware, is the most important task you can ever do for yourself. It helps you to conquer your bad habits and keep a careful watch on your thoughts and actions. It is time to let the world watch you as you walk in peace and love towards attaining your goal.

(Contd. from page no.30)

is the way to connect the soul with the Highest Quality Supreme Soul and through this beautiful connection, there is always unidirectional high energy transmission to human souls from Him, our own Father. In meditation, we can experience the power of silence both in mind and heart. It is the best method of purifying mind and intellect through which human consciousness functions. Clear mind and soothing heart are the basic criteria behind peace and happiness which is now very urgent for the self and the rest of the world.

(Contd. from page no. 3)

thus be able to attain excellence.

But the best advantage would, perhaps, be that in this state of self-surrender and dedication, actions will emerge from us as if effortlessly; naturally and spontaneously. In fact, the whole being of man with all what he has, will be pressed into action or service, for he will consider it as a sacrosanct act. This, doubtlessly, will lead him to excellence and perfection.

It should, therefore, be remembered that, by surrendering to God, we don't become subservient. On the contrary, we become free agents – free from mental attachments which act as bondages. And, as free agents, we act as self-contained individuals. God being our constant companion enhances our personality and our mental abilities. Our personality, in totality, gets purified and sets to the work in a unified way and with joy and the result is excellence. Thus the wise counsel of 'surrender to God' is the gospel of inspired action which leads to a journey of success.

WOMAN – THE HOME MAKER

– Rajbala Singh, New Delhi

Home is the nursery for the saplings to nurture

Home is the foundation of social structure

Can a home survive without woman?

You may squander lacs, you may squander million.

As the mother, the highest compliment of nature

She is the generator, she is the protector

Man may be the bread- earner, the care taker

It is only woman who is the home maker.

Woman is the maker of a nation

She is the moulder of a civilization

She is virtuous, the epitome of compassion

A family devoid of woman loses warmth and affection.

Woman to the world is God's boon

The devilish-customs have treated her as doom

The earth turns parched without rain

A home without a woman is Satan's domain.

She may be a teacher, an engineer or a doctor

Her prerogative is to be a home maker

A sweet home is the Heaven where gods love to reside

Or else, the destiny of human existence no one can decide.

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