

From the mighty pen of Sanjay



KNOWING THE CONSCIOUS AND UNCONSCIOUS



Consciousness is believed by all as the springboard and substratum of all human actions. Man's thoughts, understanding, judgements, perceptions, feelings, ambitions, goals, efforts, etc., are various expressions of his consciousness.

More than half of the population of the world believe that consciousness is an essential and inherent attribute of the spiritual entity, called 'soul'. They have the faith that the soul, by its very nature, is an entity different from the inorganic and organic matter, the body and brain. The world, is, thus, divided into two major groups - one of these consists of people, who believe in the existence of soul and are called 'religious people' and the other consists of people, who do not believe in its existence and are called 'non-religious' people. The religious people are further divided and subdivided into various sects and cults, depending upon what other various details they believe in about the soul and the Supreme Soul.

True knowledge of soul, however, is not a matter of superficial importance nor is it to be left to some philosophers or religious scholars to discuss. Since each and every one of us is a conscient being, it concerns us all individually. To deny ourselves the true knowledge of consciousness is to deny ourselves the right and duty of living a meaningful life.

True knowledge of 'Consciousness' should also include the knowledge of what Freud, the well-known German psychologist, called 'the Unconscious'. Freud did not believe in the existence of soul as an entity different from the body and brain. He considered 'the Unconscious' as comprising mainly of the repressed desires, which manifest themselves in dreams and find expression in the form of neurotic habits and phobias. He called it *Id* and said that man's desires were censored by his *Super-ego* and those desires, which were considered as not conforming to social norms or to accepted ethical standards, were repressed. He also said that man's personality and behaviour could not be explained without taking

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GOD AS OUR SUPREME TEACHER



September 5th is celebrated as Teachers' Day every year in India, in honour of former Indian President Shri Dr. Sarvepalli Radhakrishnanji's birthday. Dr. Radhakrishnan was a great scholar, great teacher and great philosopher. His books on Indian philosophy, and the interpretation of religious texts like complete works of Swami Vivekananda are invaluable, and have been in great demand not only in India but all over the world. People derive a lot of intellectual benefit from these great works of Dr. Radhakrishnan, who went on to be honoured as the second President of India.

Those were the good old days when Pandit Jawaharlal Nehruji, Sardar Patel, Dr. K.M. Munshi and several other leaders from the rosary of courageous Freedom Fighters were given responsibilities to guide the new-born nation on the path of freedom, as a Republic of India. Bapu Gandhiji, considered the main spirit behind the freedom

movement, happened to be one of the most enthralling teachers who set an example by teaching Non-Violence and Truthfulness through his own practical lifestyle. **Many people wonder how Bharat has survived seven decades as a free nation, despite there being so many anomalies in personal and public lives. But the reason behind this is the very powerful foundation created by the high-level of character and value system in public and personal lives, practiced by our great leaders of the Freedom Struggle.** Each and every President, Vice-President and Prime Minister did their best to alleviate illiteracy and poverty, and dispel ignorance and blind-faith. As we learn from the statistics presented to us from the Government of India archives, there has been economical improvement of all categories of people, and the spirit of educating the whole of India is kept very much alive. In present day schools, the learning of new syllabi and

methodology is advocated on the lines of famous Universities in the West. Further, the per capita income has multiplied in manifold enabling middle-class citizens to lead higher standards of living.

However, the dreams of poverty-ridden families in rural areas all over India are far from being realised... The Government of India has come out with so many schemes for the empowerment of the poor, women, differently-abled, and several categories of individuals. Yet, several hurdles have to be faced along the way before these benefitting schemes can reach the poor folks. The multiplicity of political parties creating several cadres has divided India into factional groups that are not seeing eye to eye with each other; rather, they waste so much time and energy of the uneducated poor folk by showing them lofty dreams. This has been witnessed during the rule of each and every political party over decades.

The bright side is that there seem to be concerted efforts by our current Prime Minister, and his Team of worthy Leaders to work for the welfare of the masses. When the PM Shri Modiji delivers a speech in any

of the political rallies or social functions, he instils a lot of hope in the minds and hearts of the people. Some steps taken by the present Government have not been very pleasing or beneficial for the country to start off with, for which reason the Opposition Parties continually criticize the new systems, especially related to Demonetization. However, there seems to be better economical conditions according to the Government.

The question arises, how and when will the common man and woman reap the benefits of this improved economy? Every day there is depressing news of hundreds of infants dying in hospitals, floods destroying villages while the poor stand witness upon hilltops nearby, waiting for relief from Governments... Keeping all these news aside, it is heart-warming to see that the faith of the common person in the Supreme Saviour or Protector of Humanity is invincible. We have celebrated Ganesh Chaturti with lot of devotion, chanting of *mantras*, loud music and dancing since 25 August, and even honoured the immersion of Shri Ganpati statues on different days with

beating of drums and unlimited joy! Very soon there will be devotee-fairs for Durga Puja/ Navratri which people exult in with devotional songs and dancing for nine long nights.

The festivals are memorial of the very unique and auspicious Age in the World Drama Cycle when the Supreme Teacher, Almighty Authority, invites His beloved spiritual children to awaken and realise the inner beauty of the Self and the Supreme, and thereby empower ourselves internally. **Internal empowerment with education in Values and deep Meditation Experiences enable us to improve our standards of living through higher consciousness, and develop refined behaviour and character.** These four months of the monsoon season are considered to be the most precious time for our spiritual well-being and learning. Almost all religions speak of the need for self-purification through such ways and practices, as enunciated by their Religious Leaders, Gurus or Religious Texts. We, the Brahma Kumaris spiritual family, take benefit of these four months through self-introspection and deeper spiritual learning, by

enhancing our meditation experiences in silence, and also by supporting the needy in every way possible (especially in flood-stricken areas).

According to the teachings of the Lord and Supreme Guide, through intense meditation practices and by exploring depths of Spiritual Values, we are able to overpower our internal weaknesses, and reform our personality traits and behaviour while interacting in society, and carrying out our responsibilities. **Each of us realises how important it is to study Godly Spiritual Knowledge, and engage in the natural remembrance of God regularly, and on a daily basis.** It is only the Supreme who has revealed to us that human souls had enjoyed the first half of the World Drama Cycle of Time as pure souls in the lives of deities of *Satyuga* and *Tretayuga*. **By contemplating on this reality again and again, those elevated *sanskars* keep encouraging and pulling us to return to that pinnacle of divinity and wisdom, which is our birthright as God's children.** With understanding and belief in the repetition of the Cycle of Time, **each one of us**

needs to appreciate the wisdom behind becoming accurate in observing purity of attitude and vision, and imbibing divine virtues in our lives to bring benefit to self, society, nature and the world.

God's teachings are always so

true, effective, great and unlimited that we can spend our whole lives in learning, practising and becoming those elevated beings of the future deity world: *Satyuga*, Paradise or Heaven.

The remaining time of the

present cycle is very short, as we gather from Scientists and Philosophers, so let us value the life we have and make it worthy of glorifying God's Wisdom. This is how we can honour and pay heart-felt tribute to our highest Teacher!

HEALING NATURE THROUGH *MANSA SEVA*

Apart from the very special festive occasions that unfolded in August 2017, parts of India and USA especially faced major calamities in the form of torrential rainfall (Bihar, Mumbai etc.) and hurricane (Houston, Texas). It is astounding to read about the loss of life and damage to possessions and homes. People are going through an ambit of emotions of shock, sorrow, frustration and helplessness. Though a majority of people attribute natural disasters to the workings, will and wrath of God, **it is very essential that all of us choose to accept that this is nothing but a result and reaction of the five elements being disturbed gravely by the callous actions of human beings over centuries.** The disregard and sorrow given to nature is back-firing on humanity, and this is why high-magnitude earthquakes,

destructive rains and floods are becoming the cause of human troubles. This proves undoubtedly that when human souls forget their original, true nature of peace, love and kindness, they can only spread vibrations of negativity, violence and unfriendliness which are now inviting the wrath of nature.

Nature is a powerful, living energy that is very receptive to positive, peaceful and loving vibrations. **We have learned to serve the five elements of nature during our meditations, as per the *Shrimat* and highest guidance of the Supreme Parent.** God instructs us to stabilise ourselves in our true nature of pure, peaceful and loving consciousness, and have positive thoughts of giving and caring with a charitable outlook, rather than taking or misusing. Our powerful vibrations of peace, love and purity will definitely have a huge impact on

the elements and atmosphere surrounding our homes, community, states and countries.

This practice of serving the five elements with elevated vibrations through a peaceful mind, *Mansa Seva*, started many decades back and continues in the BK Headquarters as well as Brahma Kumaris Centres worldwide. It's a wonder how this discipline and practice by our beloved and respected Dadis, and BK sisters and brothers, have become instrumental in creating powerful, divine vibrations all over the globe, and especially at the Headquarters.

We encourage everyone to take some time out every day to care and serve the five elements with peaceful thoughts, so that they in turn can continue to nurture our human family and all living creatures. – *B.K. Nirwair*

YOGA GIVES STRENGTH AND ACTION BRINGS FRUIT

– Rajyogini Dadi Janki,
Chief of Brahma Kumaris



The entire knowledge and yoga is merged in *Om Shanti*. We know whom to connect in yoga with - *Mera Baba*. Many songs are played during meditation and by listening to these beautiful songs we can instantly connect with Baba.

Baba is wonderful and so are His children. You are aware of the images in the History Hall and next to Baba's image are the hand-painted pictures of the World Cycle and the World Tree, called *Kalpa-Vriksha*. We know that Baba became *avyakt* on the 18th January and his last words were: "*May you be bodiless, viceless and egoless.*" So, while living in the body, make efforts to be bodiless and viceless and lastly egoless. These are Baba's elevated versions before becoming *avyakt* and these words need to be kept in our mind in order to create our stage accordingly. In the *avyakt* form, He is taking such care of us: He is sustaining and teaching us. How many saw

Sakar Baba? Very few.

January 21, 1969 was a very significant day because for two days Baba's chariot had been kept in the history Hall; so, everyone could come for performance of the final rites on that day. We waited as people gathered from all over India. There was no foreign service at that time. According to Drama, when *Sakar* Baba was around, he said that all letters connected with the foreign lands were to come to Dadi Janki, who then came to London for four years and the seeds of international service took place then. In those four years, the Meditation Hall was constructed and so I saw it for the first time in 1978 when I came back. This is where *Avyakt* Bapdada's meetings were, then, taking place. I brought double foreigners to meet *Bapdada* there. The question came up: why had these souls taken birth in the foreign lands and the answer was 'to serve'; but, now they are coming back to their original

family and home in Madhuban. Baba made me the instrument to serve the souls in foreign lands. I left India with just a small suitcase and little money as Baba's instrument for serving the souls of the world.

Nowhere is there a picture of the World Cycle at the back of the Hall like the one here! (The World-Cycle picture is now being redesigned). What is time telling us to do now? I am a soul and I remember my Almighty Father, the Supreme Being. Through the mouth of Brahma Baba, we all received a new birth. Before taking us to the Golden Age, Baba will take us to the Soul World up above. Wherever the mind is, the body follows and viceversa. We just need to connect our mind up above! It was such a beautiful scene remembering Baba, in the early days of the *Yagya*. Dada Lekhraj had a jewellery shop in Kolkata. Then, I and my sister were invited to his home there when our father went to meet

Dada. So, even before getting this knowledge, there was already a connection. Dada's *laukik* home had quite a beautiful and pure atmosphere.

It has been 80 years since Baba established the *Yagya*, and what do we mean by that? Baba is the One, who has given



us new life, sustained us so well and made us servers and instruments of service. All that I have to remember is that Baba is on one shoulder and the Fortune is on the other, and I just continue to look at both these. The old accounts of the past are now gone. Whatever accounts you have with any bodily being, let them be finished now: free yourself from all old attachments and dependencies. Then, you can be happy and Baba's number one child. How many are here for the first time? The majority are Baba's loving and long-term children. I am very happy to meet everyone. The happiness of this meeting is due to truth and spirituality. What vision do we have for one another? So often each face looks familiar and I recognise the soul, even when I forget the name!

Each one has his/her own virtue and speciality, but don't have any arrogance of any of that. This is easy Rajyoga and we can connect with One easily. Let it not wander anywhere else, so that you always remain happy and prosperous and all the past is forgotten completely. Don't get confused or labour for anything. Baba is so wonderful and has given a guarantee.

Life is a pilgrimage. Along this journey, we meet so many beautiful souls. We have the cooperation of science as well as of the power of silence. It is through silence and with the power of Rajyoga, we gain victory. Those, who are from the field of science will create the new inventions of the Golden Age. We should not have any other concern now; let us just go back to the Sweet

Home and come back to enjoy the kingdom in the Golden Age.

When I met Mamma, she gave me such sustenance. My spiritual name that was given by Almighty Baba was Manohar Shanta, but Baba always continued to call me Janak, because Janak is the trustee and the bodiless one. We have to have this practice of being bodiless and trustees!

There was a time when I slept in the room next to Baba's and I had a bad cough and Baba would come and give me something to soothe my throat. Baba would often stop me and remind me of something significant. When we understand who we belong to, it is easy. Yoga gives strength, and action brings fruit; so, we have to pay attention to yoga and the type of actions we perform. ❖

THE FINAL ENCOUNTER

People are often unreasonable and self-centred, but forgive them anyway. If you are honest, people may cheat you; but be honest anyway. What you spend years to build, someone may destroy overnight but build anyway. The good you do today, people will often forget tomorrow; but do good anyway. You see, in the final analysis, the final encounter is between you and God; neither was it nor it will be between you and them any way.

GRATITUDES TO GOD FROM MY HEART

–B.K. Prema, Pune

O my Most Beloved Babal!
What has Thou not done for me ?!
What did You see in me
That You wrapped me in Your
loving embrace!
You merged me in Your Attractive Eyes,
When I craved just for a glimpse from You!

You transformed my tears into pearls!
You let me sit on Your Heart-throne,
When I only yearned for merely a place at
Your Lotus-Feet!
You bequeathed upon me the crown of
Responsibility and *tilak* of self-sovereignty.
You considered me worthy enough to lend
A hand in your gigantic and noble task of
world-transformation!
You engraved my meek name on Your
Benevolent Heart forever!
Words cannot express my humble
Gratitudes to You I nourish in my heart ever!

O My Supreme Teacher!
Your Treasures of selfless Love and elite
Knowledge of this unlimited world-drama-
cycle,
Has transformed me from a useless stone
Into a bright and valuable diamond,
And from a thorn into a flower.
Being free from a caged-bird, I, now, fly
Liberated, in the wide open unlimited sky!

Releasing me from all bondages
That caused me worry and pain,
You taught me the art of 'dying-alive' - dead
To the old world
But reborn in Your tender lap!
Your tireless service and diligent sustenance
For me is, indeed, unparalleled!

Words cannot convey the depth of my
appreciation
For Your help and co-operation!
O My Supreme Preceptor, my True Saviour!
You fashioned the portrait of my magnificent
Destiny by revealing Your precise identity,
Thereby expounding the exact goal of my
life.
With Your precious gifts of the pen of pure
Actions and divine intellect,
You have trained me
To re-sketch the history of the world,
And also the elevated lines of my own
fortune!

My only pure desire is to fly on the wings
Of my new-found peace and joy,
And shower Your Priceless Knowledge
On each every soul to quench their aching
thirst.
May they too create their destiny, by
knowing,
Accepting, and ensuing on Your Foot-steps,
Chanting Your wondrous praises and
Remembering You with warm reverence!
O my Faithful Friend, my Beautiful Child, my
Beloved!
Please accept my multi-multi million thanks.
I am really indebted to You eternally!!!

SPIRITUAL EMPOWERMENT OF THE JUDICIARY – A NEED OF THE HOUR

– **B.K. Amar Singh** (Advocate), Bharatpur

Efficiency and integrity of the administration of justice depend on the efficiency and integrity of its judges. A judge, who promptly and effectively sifts the grain from the chaff both at the level of evidence and arguments, considers the same dispassionately and decides judicially, is regarded as the best judge. Besides, as observed by L.J. Bowin, in Lesson V General Council of Medical Education and Registration (1890), 43 Ch. D. 366 (p. 385), “A Judge, like Caesar’s wife, should be above suspicion.” According to Lord Denning, a judge must never lose his temper. Similarly, according to Thomas Jefferson (1743-1826), “Judges should always be men of learning and experience in the laws, of exemplary morals, great patience, calmness and attention.” An upright judge condemns crimes but does not hate the criminals.

From the point of view of spirituality, however, judge is the name or nomenclature of a post

held by a human being or the name of a role played by a human being, who has qualified himself to be a judge. A human being is made up of two distinct entities, i.e., human + being. ‘Human’ signifies physical body



and ‘being’ signifies the eternal energy, the soul. Human body is made up of physical and biological elements. It is inert and mortal in itself. Soul is its life-giving force. The body is alive so long as the soul resides in it. A soul, on the other hand, is a metaphysical entity, which reveals itself or acts through the organs of human body. It is an infinitesimal point-of-light and is located in the centre of the forehead between two eyebrows. It has got three faculties,

namely, Mind, Intellect and *Sanskars* or Latencies. Mind is the faculty, which thinks, feels and desires. The intellect, which is the second faculty of the soul, understands, analyses and finally makes decision. The *Sanskars*, which constitute the last faculty of a human soul, are the impressions of one’s long term actions left on the self or soul. They, in turn, go to influence the quality of one’s thoughts, which originate in one’s mind. Every human soul is gifted with seven innate virtues of wisdom, purity, peace, love, joy, bliss and powers. These innate virtues of a human soul are, however, reflected in one’s actions and behaviours only so long as one performs his actions or behaves in a soul-conscious state.

Human beings used to be soul-conscious during the Golden and Silver Ages, which lasted for first 2500 years of the entire Time Cycle of 5000 years. Then, there was complete divinity and harmony in their lives. As such, they were known as deities. They were self-disciplined. There were no disputes or crimes. Hence, there was no necessity of any administration of justice at all in these two Ages. But, as a result of passing through the cycle of birth, death and rebirth for 2500 years, the spiritual energy of human souls got depleted.

Deities became body-conscious in place of being soul-conscious. The spiritual virtues gave way to the vices of lust, anger, greed, attachment, ego, etc. based on body-consciousness. Hence, disharmony, conflicts and disputes went on growing in the society during the Copper and Iron Ages. Consequently, administration of justice came into existence.

In the present times, at the fag-end of the Iron Age (*Kaliyuga*), when there is ever increasing back-log of pending cases and fingers are being raised at the integrity of the judges, an ideal judge can only be the one, who has not only qualified himself to be a judge from the worldly point of view but also considers himself to be a soul and performs his duties in a soul-conscious state. My own experience as a spiritualist for over 30 years, besides being a legal practitioner, shows that as a result of soul-consciousness, the innate virtues of the soul such

as love, peace, purity and power remain in a highly emerged state, which increases the capacity to discern, analyse and appreciate facts and arguments dispassionately, and thereby sharpens decision making. Thoughts, words and actions become automatically elevated. With such an empowerment, a judge can unfailingly decide all the matters judicially and in a righteous manner. It will not only add to the quality of justice but



will also expedite the disposal of cases at a fast speed and thereby inspire and increase faith of the people in the judiciary.

My experience further shows that soul-consciousness state

can easily be re-gained by the study of spiritual knowledge and practice of Rajyoga meditation. Simply stated, Rajyoga means realizing the self as a soul and remembering the One Incorporeal Supreme Soul, God Father Shiva, through mind and intellect regularly in His true form and identity, as revealed by Himself through His corporeal medium—Prajapita Brahma. The spiritual knowledge and Rajyoga meditation are presently being taught by Him free of cost globally through the worldwide branches/centres of the Brahma Kumaris Organization. It is available to all members of the judiciary everywhere at macro and micro levels for their spiritual empowerment. The Supreme God Father Shiva is exhorting all His spiritual children to study and practise the same and thereby gain deity-sovereignty status in the forthcoming Golden Age, besides being an efficient and ideal judge, now or never! ❖

HONESTY AND CLARITY

Honesty does not mean simply speaking your mind. It means to be very clear about everything going on inside you. Where there is honesty, feelings become pure and clean. Honesty is where there are no other thoughts or feelings inside, other than those that God Himself has in Him. Such clarity is reflected in your words; they will be filled with the power of truth and spoken with ease and without hesitation. The genuine honesty cultivated within you is what will reach out and touch others.

WHY DO SUFFERING AND DEATH EXIST?

– **B.K. Rose Mary**

One may find different speed-breakers on the road as an inconvenience or annoyance. However, when viewed from a larger perspective, it is a boon because speed-breaker near places like school prevents accidents that can happen to the little ones, who may come on to the road carelessly.

Similarly, if viewed mechanically, death may appear as a curse; but, if viewed from a larger perspective, death would appear to be good. What if there is no death, and if one goes on growing more and more vibrant physically, perfecting his skills and talents, and even growing in money power, influence, etc.! He would probably behave like King David described in *The Bible*. King David was a very humble shepherd boy to start with; then, he climbed heights of fame and finally became the king of Israel, and, thus, he seemed almost invincible. Then, he began to add more wives and numerous women to his harem. He went to the extent of treacherously

killing his faithful friend to steal his wife. Sometimes, when people grow extraordinarily great in certain aspects/skills, many of them become callous and arrogant. *The Mahabharat* epic symbolises all such inconsiderate people through the famous character of Bhishma. He, too, grew invincible, never worried about death and would do whatever he liked (he entered into a marriage ceremony uninvited and kidnapped brides and presented them to his relatives and also fought on the wrong side during *The Mahabharat* war). Yet, while waiting for death on the bed of arrows, he spoke words of unmatched wisdom in answering questions of vital importance put to him. In other words, in death-awareness, he could also see all the wasteful things he thought, said and performed in his life.

This is because when one's body is in reverse growth and mind is in death-awareness, one begins to feel, "I am not that important as I thought myself to be...how I wasted my life going

after the acquisitions and the relations, which are all temporary." In such a state, one can see clearly all the wasteful things one did in his or her life.

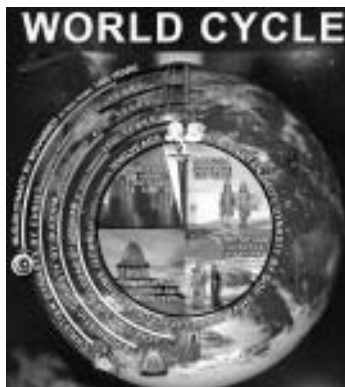
In fact, it is rightly said that Death is a great leveller; it brings all luxuries of life to an end. It helps to realise the futility of vanity and that the feelings of superiority in man is only an illusion and self-deception. This means that certainty of death serves as a speed-breaker on our ego. This is why a materialistic person may, suddenly, turn religious or philanthropic when his doctor informs him that he would soon die because of a dreaded disease. Interestingly, Jesus rated his cousin John, the Baptist, as the greatest "among those born of women" (Luke 7:28) because of his simplicity and fearlessness: he moved from his forest life to city and rebuked a lustful king, who was leading an immoral life even though he knew well that it would cost his life. This proves that awareness of the mortal existence helps one not to take the self too seriously (John 3:30), but courageously do what is right. No wonder, in *The Bible*, the book of *Ecclesiastes* (Chapter 7) speaks of death in a positive way, because it helps people to realize the ephemeral nature of life and not to waste

time in reckless pursuit of pleasures.

William Morris wrote: “Death have we hated, knowing not what it meant.” Steve Jobs (the Father of the Digital Revolution & the co-founder of Apple) declared: “Remembering that I’ll be dead soon is the most important tool I’ve ever encountered, to help me make the big choices in life. Because almost everything – all external expectations, all pride, all fear of embarrassment or failure – these things just fall away in the face of death, leaving only what is truly important.” Famous novelist R.A. Salvatore wrote: “Only with the honest knowledge that one day I will die, I can ever truly begin to live.” Jonathan Swift, the English satirist said, “It is *impossible* that anything so natural, so necessary, and so universal as death, should ever have been designed by providence as an evil to mankind.” Epictetus, the Greek philosopher, said, “Let death be daily before your eyes, and you will never entertain any abject thought, nor too eagerly covet anything.” Socrates too had absolute clarity on this subject; hence, he described death as “the greatest of all human blessings” and “the greatest good that can happen” to us because it prevents one’s feeling

of self-importance from growing eternally. Thus, all those great men agree that remembering death makes a person act wisely – it guarantees that one’s planning will be realistic.

A keen observer can have the same conclusion, because it is observed that when the body is in upward growth, people, in general, tend to grow in desires and self-importance, and when the body is in reverse growth towards complete collapse and, thus, experience suffering, they begin to lose the basis for keeping their desires and self-importance. It repeats in each birth a person takes. It can also be observed that, in happiness, human beings forget God and, in sorrow, they remember God and call for His intervention, which He does by recreating Heaven on earth each time unrighteousness reaches its peak. It is like, in rainy season,



we thirst for summer, and, in summer, we thirst for rain. Thus, history becomes a never-ending

cycle of joy and sorrow both in micro and macro levels. At a small scale, in our daily life, happiness and sorrow alternate. And, at a large scale, in each *Kalpa* (cycle of 5000 years) of the world cycle, the first half is characterized by happiness and the second half is characterized by sorrow.

Thus, suffering and death teach us this great lesson: *To feel the self-importance is meaningless.* This is exactly what the whole universe is collectively conveying as follows:

1. In comparison with the incomprehensibly vast *size* of the universe, our earth is just a tiny dot. Carl Sagan (great astronomer, cosmologist, and astrophysicist) got it correct when he called our earth as a “Pale Blue Dot”, which destroys the very basis for “our imagined self-importance” and “underscores our responsibility to deal more kindly with one.”
2. The *way* in which inanimate things such as planets and stars operate, teaches us humility. They move around keeping to their orbits just like vehicles follow lane-discipline on a busy Express Highway (as though submitting themselves to some unseen authority).

3. The way in which animate things such as plants (producing flowers) and trees (producing fruits) behave, teach humility as they are meant for others' enjoyment (but not for themselves).

4. All the written stories and histories show that those, who pursued self-importance, reaped misery in the end, highlighting the unmistakable fact that ego creates suffering, and suffering destroys ego.

Thus, human beings are soaked in the information that ego means trouble and egolessness means peace and prosperity.

The present time in which death can strike anyone at any time unflinching, serves us a wake-up call, reminding us of this unalterable Law of Life. But, are we really listening, are we waking up, are we willing to change the way we think and live? Those, who practise Rajyoga meditation understand the temporary and perishable nature of body and work towards realizing the qualities of soul, which is eternal. The soul never dies but keeps changing the body; it is egoless and viceless in its original nature. ❖

ESTABLISHING A VALUE-BASED WORLD

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

Value and Spiritual Education is a must for all societies,
For divine values can transform us from devils to deities.
The worldwide corruption, violence and issues of women
insecurity
Are the results of complete degradation of values and spirituality.

Values like divinity, politeness, patience and sweetness
Were once the way of our life.
The life was contented and pure with no trace of sorrow or strife.
Cordiality, amicability and happiness were our virtues, basic;
It's time to return to our spiritual roots and follow our instincts,
sattvic.

Bharat was then called Paradise, a locus of heavenly carnival;
The Nature and souls were there pure, and each day was a
festival.

Now, body-consciousness and resultant vices
Have done a great and horrifying havoc,
The moral degradation is at its nadir,
Which is the great cause of dismay and shock!

Even the teacher – the builder of society – is also virtue-less;
Beating the students to death is the saga of hopelessness.
This is the time of doomsday or extreme unrighteousness,
When God, the Almighty, incarnates in this world;
And whose sole act is to turn us from vicious to virtuous ones.

Now, the Supreme Teacher, God Father Shiva's noble task
Of world-transformation is reaching towards conclusion;
The transformative role of *Satguru* and *Dharmaraj*
Will set everything and being right by clearing all confusion.
Let's face *Maya*'s final and fretful showdown
Through our deep Godly love and intense communion.
In this Transitional Time, with the Most Benevolent Supreme
Father,
Let's have a perfect reunion to get our ultimate liberation and
fruition.

Let's also discover the spiritual teacher in ourselves
As per God's Supreme Directions (*Shreemat*), so sweet;
By becoming God's inquisitive and obedient students,
Let's welcome and attend God's Heavenly Retreat.

HEALTHY, HAPPY AND BLISSFUL YOGA BHATTI EXPERIENCES



–B.K. Sambamurthy Reddy,
Vijaya Nagar, Mysore

Yoga *Bhatti* or intense meditation programme is well known among the Brahma Kumaris as a springboard to launch the souls to greater heights in their spiritual journey. Such a *Bhatti* without any distractions provides the souls an opportunity to be introspective and helps them to follow a clear goal of easy spiritual transformation. It helps the participating souls to be aware of their present stage of spiritual efforts and to get rid of any unproductive and pessimistic thoughts, which hamper steady spiritual progress. *Bhatti* programme offers sufficient scope for deeper contemplation and understanding to arrest incongruous thoughts and feelings and paves the way for positive and elevated ones. With the onset of positive thoughts, the souls become light and enjoy the spiritual ecstasy in the realm of sweet silence and subtle world.

Each *Bhatti* programme is

mission-oriented. It asks us to check: What has been our transformation until now? How far have we reached in achieving our spiritual aims and objectives? Most of us have been working gradually on ourselves. We have been transforming our old *sanskars*. However, so far the world service rather than self-transformation has become our more powerful subject. Baba now wants us to work on our inner self-transformation. We just need to keep in mind that everything is possible if we have the determination to keep on moving. The mission of *Bhatti* is to help us to work on inner self-transformation through reflection and self-checking. It helps to make this process intense and bring newness in ourselves, so that we can achieve the objective of becoming equal to the Father. It involves comparing the self with Brahma Baba to see to what extent we have become similar to him.

How much is the gap? It is this

gap that we have to fill with yoga power, attention, divinity, dedication and determination.

To fulfil these goals, there are *dharna* classes of senior Rajyoga teachers followed by intense yoga practice every day. The spiritual discourses and lectures are of varied nature, which help us to delve into varied treasures of knowledge and make the mind powerful. For deriving maximum benefits from these classes, soul-conscious state of mind is a must. Observance of silence further enhances the value of it.

Bhattis offer adequate materials of knowledge for the mind to churn and contemplate. Mind remains occupied with the exercises of *panch swarup*, *char-dham* and other *roohani* drills. By doing these mental exercises, we remain combined with Shiva Baba, through mind and heart thereby creating an intense fire of spiritual love for Him and leading to our holistic transformation.

Sitting in such a meditative gathering, gives us an altogether different and unique yogic experience, which is unparalleled as there is a unity of purpose and also the company and guidance of seniors, who are making intense efforts by using creative images, ideas, commentaries and powerful slogans, which make the

programme very inspiring. Because of the positive and elevated vibrations that abound in the atmosphere, the place becomes fully charged with yogic vibrations. The Godly music and divine songs played while in yoga are not only soothing to the ears but also help the participants to reach great spiritual heights.

The *sattvic* food, prepared in remembrance of God by practising sisters and brothers and offered in the form of *Bhog* and *Brahma Bhojan*, is served daily to the participants that purifies their mind and body.

Bhatti can be likened to a missile launching into space. Before launching, it is filled with pure fuel. As it is propelled into space from the base station, on its way, it leaves behind heavy hind parts one after the other, and only the main satellite part made of lighter material goes into the orbit. In a similar way, if the soul intends to reach its destination, the mind should be fed with a diet of pure thoughts. A pure soul can fly high leaving behind body-consciousness. Impure thoughts tie us to the body. The flight of the soul is, then, either cancelled or deferred.

For an onlooker in a spiritual journey, the experience in a *Bhatti* is a small step but for a keen spiritual aspirant, it is, indeed, a giant leap forward.

Thank You Baba, for giving us a new lease of life through such yoga *Bhatti* programme. ❖

IDENTIFY THE FILTERS IN YOUR LIFE

As there are different types of colour filters on a physical level; on a spiritual level, there are many different types of filters that work in our lives, e.g., the jealousy filter, hatred filter, attachment filter, fear filter, greed filter, etc. *Due to these filters, we do not see people and things as they are, but as we are, because the filters are our own self-created ones.* If we want to see people and things as they are, we need to check which filters are working most in our lives. Each one of us has different filters working to different extents, depending on our personality, e.g., someone may have the jealousy filter working more regularly as compared to the fear filter in his/her life.

Because of these filters, everything that we see is not only coloured by the colour of the filter we are using at that time, but our look is also biased as we choose what to see, what to give more importance, what to be affected by more, what to let through the filter, etc. and what not to. We form a deceptive vision of the things and people that surround us inside our minds. And the longer this deformed vision lasts, the more we will convince ourselves that that is the true image of the world, because our filters continue to process new data depending on what they see that make the image stronger. This reinforcing of the incorrect image builds up our database of incorrect beliefs based on different filters and makes them stronger and stronger as we go through the journey of our life. Beliefs are fixed ways of looking at reality. Thus, the world that we perceive is no longer the real world, but a world created by our own mind. So, in a way, we become deaf and blind on a spiritual level towards the world. To heal this deafness and blindness, we do not have to remove each filter one after the other, which may become a difficult task; but we have to discover the pure, original and internal self and start seeing everything without the filters, based on the pure-self point of view. As a result of this, gradually, our incorrect beliefs start dissolving and correct beliefs start setting in based on our clean unfiltered view. ❖

GOD'S ACCURATE INTRODUCTION SHARED BY HIMSELF

–B. K. Viral, Mumbai

In today's times, there are numerous different explanations about God but none of them is complete or accurate. This makes it difficult for one to establish an accurate direct connection with Him. The only One, who can give the complete introduction of God, is God Himself.

Hence, at present, when God Himself has descended, one of the main things He shares is the accurate introduction about His own form, identity and noble task or responsibility. This enables us to have a personal loving connection with Him, thereby recharging us again with His divine virtues.

The proof that it is His accurate introduction is our experience. When we remember Him in His original form, we get the following experiences:

- ▶ We begin to experience His powerful vibrations of Purity, Peace, Love and Happiness.
- ▶ We experience a significant transformation in our practical lives, as our deep-rooted negative *sanskars* start

changing.

Hence, the first and foremost step to form a link with Him is to understand the following points about His real identity as shared by Him:

- ▶ His form is Incorporeal Point-of-Light
- ▶ His abode is the Incorporeal Soul World above and beyond the physical world.
- ▶ He is an Unlimited Source of Knowledge, Purity, Peace, Love, Happiness, Bliss and Powers.
- ▶ His noble task is to transform the Iron Age (*Kaliyuga*) into the Golden Age (*Satyuga*). He transform human beings into deities by sharing the teachings of spiritual knowledge and training of Rajayoga through the lotus mouth of Prajapita Brahma.
- ▶ The time of His descent is *Sangam Yuga*, the confluence of the end of Iron Age and start of the Golden Age
- ▶ His original name is Shiva, the Benefactor, who is the Conscient Point and the Seed of the Human Genealogical

World Tree (*Kalpa Vriksha*). Indeed, each of the above aspects of God's introduction truly stands the test of logic, as discussed below:

His Form – Incorporeal Point-of-Light

- ▶ As is the form of the son, so is the form of the Father. The son of a lion looks like a lion; son of a human looks like a human. Similarly, as the soul is a point of light, so is God, the Father of all souls.
- ▶ There is only one form of God, which is accepted by all religions, as the Incorporeal point-of-light.
- ▶ In Hinduism, the Hindus worships the 'Shiva *Jyotirlinga*', which depicts the incorporeal point-of-light.
- ▶ Islam mentions that *Allah* is *Noor*, i.e., God is Light.
- ▶ In Christianity, Jesus said, "God is Light. I am the son of God."
- ▶ Sikhism mentions that God is *Ek Omkar Nirakar*, i.e., God is One and Incorporeal.
- ▶ It is said that the remembrance of God absolves man's sins and negative traits. We know that body-consciousness is the root of all negative traits; hence, God is definitely Incorporeal/Bodiless if His remembrance is truly effective in completely finishing our body-consciousness.

His Abode – The Soul World Above

- ▶ Whenever we face a problem and remember God, our head always turns upwards since our souls have a faint memory that God lives in His Highest Abode, above.
- ▶ All religious preceptors pointed their fingers upwards while referring to God.
- ▶ Many refer to God as the One, who lives above (*Uparwaala*).

The fact that God lives above proves that God is *not* omnipresent, due to the following reasons:

- ▶ If God were present in matter, objects should never deteriorate and Nature should remain ever perfect, free from pollution and there would be no natural calamities.
- ▶ If God were present in people, we would always experience peace and love, and there would be no trace of any vices, weaknesses, sorrows, declines, etc.
- ▶ If God were present everywhere, the world would have been perfect.
- ▶ If God were present everywhere in and around us, we would not be invoking Him and looking for Him; and there would not be any need to go to holy places such as places of worship, pilgrimage, etc.

His Unlimited Qualities, Virtues & Powers

- ▶ Since God is perfect, it is clear He must be full of all good qualities.
- ▶ He is described as the Ocean of Knowledge, Purity, Peace, Love, Happiness, Bliss and Power in numerous cultures; the term ‘Ocean’ denoting the limitlessness or unlimitedness.
- ▶ He is called the Almighty Authority; hence, He is all powerful. This proves that (i) He never curses; being full of purity, He can never create a negative thought. He is the Bestower of Blessings. (ii) He never gets angry, since He is the Ocean of Peace. (iii) He never punishes us. Any challenges in front of us are just a return of our past *karma*. God has no role in it.

Time of His Descent – the Meeting Point of the End of the Iron Age and Start of the Golden Age

- ▶ The time after God’s descent should be better than the time before it. Since we have seen a continuous decline from the Golden Age to the Iron Age, it is quite evident that God has not come or descended during this period of time. He comes when the world reaches its climax towards the end of the hellish Iron Age in order to transform it into the heavenly Golden Age again. Hence, He

is called the Heavenly God Father

- ▶ Since God’s role is to transform the Iron Age, it is clear that He needs to come at the end of the Iron Age in order to transform it into the Golden Age.
- ▶ Islam mentions that God will come at the time of Destruction (*Kayaamat*). Christianity mentions that God will come on the Day of Judgement. So, we can understand that this time of settling of all *karmic* accounts is evidently happens at the end of Iron Age, since it is also the time for a fresh new beginning of the Golden Age.

This short span of time between the end of the Iron Age and the start of the Golden Age in which God descends, is called the Auspicious Confluence Age (*Sangam Yuga*), because it is also the Confluence of souls and the Supreme Soul.

His Noble Tasks

(i) *Transforming The Iron Age into the Golden Age*

- ▶ The saying ‘God is the Creator’ does not mean that He creates the world from blank, since souls and matter can neither be created nor destroyed. It just means that He rejuvenates/recharges what has become old and impure into new, pure and elevated again. It is exactly

like recharging a discharged battery into a full, complete charged-battery again.

- ▶ The qualities of any creator are always reflected in his creation; whether it is a creation of painting, poetry, play, etc. It is also mentioned that God creates man in His own image. Hence, God re-creates, i.e., transforms human beings into divine, pure deities, whose qualities are very similar to those of God.
- ▶ Creation of something is always done anew; it is not said to create old things. Hence, God is the Creator of the New Golden–Aged World.

(ii) Creating by sharing knowledge

Many feel that God can do anything and everything in a second. But, this goes against the Law of *Karma*, since it is not possible to make ordinary human beings into deities without performance of any elevated *karma* by them.

At the same time, God’s role is also absolutely needed, since without Him we cannot recharge and transform ourselves.

So, the only way possible for our transformation is the descent of God to perform His role as the Supreme Teacher and share with us His divine knowledge and teachings. In this way, both the roles of God and our *Karma* are justified.

(iii) Sharing by speaking through the lotus mouth of Brahma

- ▶ God cannot share His knowledge through intuition, since we, the souls, are so discharged at the end of the Iron Age that we are not capable of receiving His knowledge in this way. And even if we receive, it won’t be clear to us, thereby leading to many misinterpretations and confusions. Hence, He has to take the help of a human conduit and speak directly to us through him.
- ▶ If God takes birth through the womb of a mother, then He Himself will come under the bondages of the cycle of birth, death and rebirth. Hence, He enters into the body of a physical human medium, earlier named as Dada Lekhraj and renames him as Prajapita Brahma, and imparts His divine knowledge through his lotus mouth.
- ▶ It is said that God comes down in this world incognito. Hence, it is quite clear that He does not come in the form of a deity or divine being, who would be easily recognisable, but enters into an ordinary body secretly.
- ▶ Since He comes at the end of the Iron Age, it is evident that He needs to enter into an old iron-aged body.

- ▶ The term ‘Prajapita Brahma’ means that as the *alaukik* father of human beings, he is also entitled as the creator. Hence, he is the corporeal medium through whom God is carrying out His divine task of world transformation by using His divine power of spiritual knowledge and Rajayoga meditation.

His Original Name – Shiva

God’s original name Shiva, as revealed by Himself, is based on His following qualities:

- Shiva means point.
- Shiva means peace.
- Shiva means Benefactor.

This name is not to be confused with the name of the subtle Hindu deity *Shankar*, who is always shown as a physical entity meditating on the Shiva *Linga* in which God Shiva is demonstrated as an incorporeal dot or point.

We never call our worldly father by name or title, but refer to him using an expression like Dad, Papa, etc. Similarly, in the Brahma Kumaris Organization, we endearingly call God Shiva as Baba, which means Father.

Meditation Commentary

Having now received the accurate introduction of God, shared by God Himself, let us open our minds and hearts to this new and truthful knowledge and remember Him in His true form.

Let the readers go through the

following meditation commentary thereby slowly visualising it to get a real experience of peace. The commentary is as follows:

I am a soul, the energy, different from this body, a radiant being of light, situated at the centre of the forehead. I am a peaceful soul; vibrations of peace are being radiated from me. I am a living entity separate from the body. I see with my eyes, speak through my mouth, and hear with my ears. I am the master of this body and the driver of this vehicle. This state of peace and light has reminded me of my home, and within second I reach my home, *Paramdham*, where I meet my Supreme Spiritual Father.

Like me God, the Supreme Father, is also a point of divine light, very bright and residing in the Soul World, the Land of Golden Red Light, where there is peace all around. Shiva Baba's light is illuminating the whole region, filling it with power of peace and purity. Now, I am looking at Shiva Baba, the Infinite Source of Purity. Shiva Baba, the Supreme Light, is spreading His light of peace and purity in all directions. All my thoughts, feelings and emotions have automatically become pure. Powerful vibrations of peace are reaching me from Him. I am getting filled with God's Peace. He is the Ocean of Love and He is giving His love to me. His love is impartial and unconditional, without any selfish motives. I am continuously receiving the love of Baba. O Baba, how fortunate I am that I am receiving your divine love. I have been searching for you for so long, I have finally got you. I am so fortunate to have got your true introduction.

Now, I will always remain linked with you. This experience will stay with me forever and ever. Whenever I remember you, your qualities, powers and support will be with me. I will keep sharing these qualities with everyone I meet. I will take chance to become your medium and transmit your loveful light to all human beings, the embodied souls, who are actually my spiritual brothers. I will definitely become pure and divine once again. This is the sole purpose of my spiritual life. ❖

Understanding What Is Time

We created the concept of time to measure our experience of the space between events. Time passes only because we experience change. What is change? Change is only a series of events. So, time is our experience of the speed of events. This explains why time seems to be moving faster today, because both the speed and the number of events are increasing. And it seems even faster if we participate in those events. If the speed and number of events were less, we would experience time to be moving slowly, as it used to be a little earlier in the history of mankind.

Today, sitting in our living rooms and offices, electronic, print and other media allows us to observe hundreds of events from all over the world, every day. To observe them actively is to participate in them. If you want to slow time down, learn to be a detached observer of the thousands of events around you – participate or observe actively only when necessary. If you want to stop time, meditate and be in your original, timeless, eternal consciousness. Meditation is, after all, an art of shutting down the activity of your senses and slowing them down. Today, we fear time, and, as a result, we hear ourselves saying many a times, "Hurry up, time is running out! or I hope to have more time tomorrow! or I need to save time!" Ultimately, time is our life: it cannot be saved or lost, but must be lived now. This is where our will-power is important - we can choose exactly how to spend our time at any moment.

LEARN FROM EXPERIENCES AND ENRICH LIFE

—B.K. Surendran, Bengaluru

We are the sum total of our experiences. Our habits, priorities and ways in which we interact with people at work or those we love, our perceptions - all of these partially come from learning from our experiences. What we are today is due to what we have experienced and how we decided to label that. As we lived through life, we accumulated a lot of new experiences, which provided us with a captivating and honest reflection of ourselves, our beliefs and decisions so far.

Those, who are in the spiritual path, have gained different experiences after they had been initiated into the spiritual life, which is quite different from the worldly life. The lessons we encounter as we travel on the path of our spiritual life, invite us to grow wiser as we mature spiritually. Ultimately, our wisdom becomes our most trusted source of guidance in life. And when we shared divine wisdom, it became

a touchstone, providing inspiration, guidance and teachable moments for others as well, so that they may encounter similar experiences along the journeys of their life. Such experiences and richness that we learnt and gained are briefly mentioned below:

Self Knowledge

When we were introduced to the knowledge of being a soul, a divine point of light – ‘I am, the eternal being, immortal and my body is mortal’ - it gave us new insight into our own existence. From that point of time, our thoughts and outlook started changing. We came to know about our immortality and innate goodness of purity, peace, love, happiness, bliss and powers. Our self-confidence increased and it gave us a sense of dignity. We started appreciating life as a whole. As soon as we remembered our true self, restoration of our inner strength occurred and we returned to a place of harmony.

Knowledge of the Supreme

We always believed in the

concept of God, but we did not have the true introduction of the true form of the Supreme and His relationship with us. There was no clarity. As we are the points of spiritual light, the Supreme Father is also a self-effulgent light. As we got to know our true Father, i.e., the Almighty, this thought automatically elevated our consciousness. The thought that ‘I am the child of the Supreme and He loves me unconditionally and this love is eternal, imperishable and that I get this fortune in every *Kalpa* Cycle, made us feel so light and blissful. His love brought us closer to Him and His *Shreemat* - elevated Directions - showed us how to imbibe virtues and spiritual powers, so that our behaviours became divine.

Knowledge of Soul World

We never dreamt of such a region in the Universe. We were searching for God in the physical world, i.e., in temples, churches, mosques and so on. But, God’s revelation gave us a new vista of knowledge. As we tune our mind to our original home ‘*Paramdham*’ or ‘*Shantidham*’, we are able to experience the silence of the Sweet Home and meet God, the Supreme. In this region of absolute stillness, silence and purity, the Supreme Soul is able to remain perfectly stable,

constant and unchanging while the rest of the universe and the souls are changing around Him, coming in the changing cycle of happiness and sorrow. The Father's Home is also that of the children. We are all souls, spiritual children of the Supreme Father. We are, therefore, all spiritual brothers. This is the unique original relationship. By connecting with the Supreme Soul, who is the purest conscient energy in the Incorporeal world of divine light, the *Paramdham*, the soul purifies itself and experiences a natural disinclination from negative habits that it has been trapped in for a long time. I can fly to *Paramdham* many times during the day and stay with my Father as long as I desire. As we visit Him, He is found to be sweet, sweeter and sweetest and such experiences make us to fly towards Him again and again. The revelation that the corporeal world is a stage, on which the souls are wearing the male or female bodies as dress and playing their destined roles, empowers us to lead a stress-free life on the earth. The actors in the drama have to play the game of life based on the rule that every action has a positive or negative consequence. One can be happy or sorrowful based on the quality of one's own thoughts, words and actions.

Subtle World

The Supreme Soul has revealed that as He descends on the physical world, He creates Prajapita Brahma. As God is Incorporeal, He descends in the body of Prajapita Brahma and reveals the hitherto unknown knowledge of the Creation and Rajayoga. At the same time, He also creates the Subtle Region. This region is created during Auspicious Confluence Age – *Sangam Yuga*. This is the region of Brahma, Vishnu and Shankar. As Prajapita Brahma attained the *karmateet* stage, he left his mortal coil and elevated himself to the Subtle World as Angelic Brahma. God, as Supreme Teacher, has taught His children the art of detaching from the physical body by wearing the subtle body to fly towards the Subtle World of Angels. This exercise gives us unique experiences. As we fly to the subtle region as angles and also to the incorporeal region as points-of-light, the experiences are varying at different points of time. This, in turn, enriches our life.

Heavenly World

God has shown us His plan for creating a beautiful Heaven on this earth by creating a new world order of peace, love and happiness. Such a world would be a beautiful place to live in and there would be no sorrow of

either the mind or the body or of our roles and relationships. The teachings that He has been giving, empowers and enriches us with spiritual powers, higher values and goodness, so that we are able to attain the stage of Shree Narayana and Shree Lakshmi, who will become the first Emperor and Empress of the Golden Age. This vision also entrusts us with the responsibility of being the World Transformers or World Servers. World servers are God's right hands, who perform their daily actions related to their routine, by maintaining their relationships with family and friends and work hard for a living and thereby succeed immensely. But, in spite of a busy routine, they give spiritual knowledge to each and every one, whom they meet. Serving others in the same way as God, is my return for the love and care given to me by the Supreme Soul; besides, it is also my own personal responsibility to the world.

Thus, spiritual knowledge and its experiences from unique imprints, make up our *sanskaras* and shape our spiritual personality. The impressions are created out of our experiences and these, in turn, shape our thoughts, words and actions. ❖



WHY DO WE HAVE FAULT FINDING TENDENCY?



—B.K. Dr. Swapan Rudra,
Durgapur (W.B.)

Almost all the people find faults with others in a number of ways. Now-a-days, fault finding tendency is supposed to be the basic instinct of all human beings, hardly with an exception of one or two. In a negative environment in the present society, negative energy overpowers the positive energy. Now, everyone only expects from others in all the possible ways and no one is ready to satisfy the expectation of others. Fighting starts since birth as a single entity against the rest of the world. Throughout life what we see are problems. Some of these problems are very practical due to deficiencies of matter, materials or due to crisis in support or relationship. But, in many cases, the problems are artificially created in mind to get more and more in many aspects or through some self-created fallacies in multiple ways, which give only pains. The present world is full of negativities and cut-throat competitions.

Contentment has gone far away from the human mind; sometimes satisfaction comes in through some known or unknown ways, but the very next moment, it vanishes due to its volatile nature and, consequently, the shadow of worry spreads. Without contentment, man cannot be happy and, in the absence of happiness, peace will never be felt. Peace and happiness are like twins; one cannot stay without the other.

Due to higher entropic causes, now wasteful energy prevails all around; hence, we cannot tolerate others how good they may be. The present world is called the *Kaliyuga*, which is known to all, but unknown are the facts about some questions like: Why is it *Kaliyuga*? Who are responsible for it? No one confesses his/her own faults, though all want to get relief from the agony and ask for remedies. Lacking in knowledge of the true facts, no one is checking

himself/herself; hence, he/she is not getting rid of his/her own faults. The burden of responsibility is always shifted to others. As a result, the cumulative sins pervade in us all and thereby the total human environment is deteriorated every day, thereby damaging the society. Still then, we live because we have no other option besides living. But, at the same time, we are not able to adopt the right way of living. We have no sense of it due to our dogmatic approach and false beliefs of living. We know nothing instead of having so many external achievements as we do not know our true identity; it is better to say that we have forgotten our true identity. We also think that the *mantra* of ‘knowing thyself’ is just a waste of time and, unknowingly in every moment, we are destroying our own world, including our social and natural environments. Only a few persons know the truth to reverse the present chaotic situation but it is possible for everyone, who desires to do so.

It is not others’ responsibility to make us aware of the true facts of life. It is the duty of every individual to know the meaning and purpose of life. Should we blame others for not knowing the true facts of life?

The fact is that this ignorance is due to our own negligence? Another fact is that the one, who always points fingers at others, would never be able to realize the truth. Life differs from man to man because one's life is designed by means of his/her particular and exceptional type of thoughts acquired and inherited. Everyone's journey of life is different from that of others, having some distinctive characteristics. Instead of this reality, we involve ourselves in unhealthy competitions due to our own ignorance and, as a result, all get entangled in a net of vicious waves. One, who knows the basic principles of life, will be saved by his/her good activities, which will act as a safety umbrella in his/her life, but the wrong doers and the sinners will surely be punished at its fixed time in the passage of World-Drama-Wheel. None can free himself/herself from his/her negative *karmic* burden without suffering, which is determined by the law of *karma* in different births. But, the big questions are: How to know all these facts in the present phase of life? and how to start self-progression from there?

Inner development starts from inside the mind by means of creating good thoughts with

regard to the activities in every moment of life. Whatever may be the vices in one's life, they can be reduced only in remembrance of God. Apparently, it seems to be very difficult, but the matter is not so. Only the direction of the mind needs to be changed for changing the thought pattern with a view to re-orient the whole process of thought-feeling-emotion-action-result and, then, automatically the attitude and personality of a person will be changed. From that junction of time, the person will start creating his/her destiny to the best of his/her own desire. At that stage, he/she will not find any fault with others, rather he/she will try to help rectify the guilty persons also in all possible ways. The present society is, now, fully

wrapped in the clothing of wastes and negativities, and no one is capable of looking beyond that grey cover. Very few try to get rid of it and to make their journey freely in the inner sky with the help of serene and divine state of mind. Human beings can do anything they like because they have that power inside. But, if I could somehow realize the truth of life; then, why should I choose the wrong way by taking the wrong decision? It is in everyone's own hand to change the direction of life. I may take help from others and can enrich myself, if I desire so. Some persons are always there to help me if I notice so; otherwise, I will be busy only in blaming others without knowing that the responsibility of my life is mine only. ❖

SEE NO EVIL & HEAR NO EVIL

An ant is very tiny beside an elephant, but as soon as the former enters the ear of the latter, it goes crazy. The elephant's ears are so big, the elephant itself is so big and yet a tiny ant makes it go wild. In the same way, if I allow the slightest defamation of anyone to go through my ears, I lose all my spirituality. I lose all my values, because I start interacting with others on the basis of what I have heard about them. Pay attention to this! We have to be very, very selective in what we allow to enter into our ears. Let me learn to see and hear only others' virtues and specialities and not concentrate on anyone's evils or weaknesses.



MIND YOUR MIND



- Dr. Brahma Kumar Yudhishtir (Ph. D.),
Shantivan, Associate Editor

In this title “Mind Your Mind”, there are two ‘minds’; the first one is the verb and the second one is the noun. The human soul has three faculties such as mind, intellect and *sanskar*. Mind is the thinking faculty, intellect is the judging or decision making faculty, and *sanskar* is the recording faculty of what we, the souls, think, speak and act. The noun ‘mind’ is the creator of thoughts. The verb ‘mind’ here means to know and check the nature and quality of thoughts; if bad and negative thoughts arise we have to check and change them into good and positive thoughts. People say, “Mind your business”. But, the topic here refers to ‘mind your mind’, and we have to discuss how to mind our own mind and also to know and reap the benefits of doing this.

Mind – The Prime Faculty

There are three faculties of the human soul: (i) Mind is the thinking faculty. All sorts of thoughts, feelings and emotions arise in the mind. (ii) Intellect is the judging or decision making faculty. It is the rational element in the soul that considers,

analyzes, organizes facts, information, events, people, etc, and finally judges and takes a decision. (iii) *Sanskar* (impression) is the recording faculty of what we, the souls, think, speak and act in our personal, social and professional life and behaviour. It is referred to as the sub-conscious, which most often motivates and influences our actions.

Mind Proves One’s Existence

Rene Descartes, the French Philosopher, said, “*Cogito Ergo Sum*”, which means “I think, therefore I am.” In other words, I exist because I think. Unless I think, I cannot exist. Thus, it proves the existence of all human beings, who are thinking and rational beings. Human beings are different from animals, who act on the basis of their instincts only. Our thinking proves our existence upon the earth when we, the souls, come and take the bodies to play our roles/parts on the stage of the world.

Individual Mind and Universal Supermind

There is a difference between

individual human mind and God’s Universal Supermind. Every individual soul has a mind of its own. The individual human mind is subject to time and space continuum, and reaps the fruits of one’s own thoughts, words and actions in the form of sorrows and sufferings and peace and happiness, depending on the nature and quality of thoughts, words and actions while coming in interactions with other souls as actors on this earthly stage according to the cosmic scheme of the Eternal World Drama (EWD). In the physical world of time and space, the individual human mind becomes and remains body-conscious and thereby becomes vicious, being indulged in vices like sex-lust, anger, greed, attachment, ego, indolence and jealousy.

God’s Universal Supermind is not subject to time and space continuum even though He comes to play His unique role in this present Age of Transition (*Sangam Yuga*) for His noble task of transformation of human souls and world transformation. Incorporeal God Father, who remains in the metaphysical Soul World beyond the physical world of time and space, is called the Supreme Lord of Nature (*Prakriti Pati*), and He comes to this world to play His roles as the Creator, Director and Main

Actor by controlling the forces and effects of the world of time and space in this earthly elemental Nature. Therefore, God, the Universal Supermind, is ever soul-conscious.

The ever Pure Universal Supermind of God, through His teachings of spiritual knowledge and Rajyoga, purifies, transforms and elevates the individual human mind, which turned impure by being subject to his impure, negative and vicious thoughts, words and actions under the material influences in this world of time and space.

Karma Philosophy is based on the State of Mind

Karma Philosophy is based on the state of *mind*, i.e., positive mind and negative mind. Thought is the seed, and words and actions flow according to the nature and quality of mind's thoughts. That is why words and actions are called the flowers and fruits of thoughts, the seeds. There is a saying, "As you think, so you become". In other words, you are what the nature or quality of your thoughts influences or motivates you to become.

Thus, *Karma* Philosophy (*Karma Darshan*) is based on the states of human mind such as positive mind and/or negative mind. Good and positive thoughts

evoke positive feelings and actions, whereas bad and negative thoughts evoke bad and negative feelings and actions.

Karma Philosophy (*Karma Darshan*) is the psychological and/or spiritual equivalent of the third law of motion of Newtonian Physics. The third law of motion of Sir Issac Newton states, "Every action has equal and opposite reaction." Good and positive actions flow from good and positive thoughts; whereas bad or negative actions flow from bad or negative thoughts.

Mind is the Creator of both Hell & Heaven

John Milton, the blind English poet, has rightly said, "Mind is in its own place; it can make a hell of heaven and heaven of hell." Start thinking of heaven, you will get the feeling and experience of heaven; in contrast, start thinking of hell, you will get the feeling and experience of hell.

William Shakespeare, the world famous English poet and dramatist, has also rightly stated, "There is nothing good or bad; thinking makes it so." Think good and be good. Our thoughts create our environment; our thoughts transmit the similar vibrations to others. Our thoughts can make

our destiny or mar our destiny.

Human Being can Become Divine & Deity

With quantum shift of consciousness from body-consciousness to soul-consciousness and change of thoughts from vicious to virtuous, man (*Nar*) can change himself to become Shree Narayana and woman (*Nari*) can change herself to become Shree Lakshmi. This is quite possible through regular spiritual study of divine knowledge of world cycle and practice of Rajyoga meditation. The four subjects of spiritual study are Spiritual Knowledge (*Adhyatmik Jnana*), Meditation (*Yoga*), Inculcation of Divine Virtues (*Divya Guna*) and Service (*Seva*).

All Hopes and Ambitions are Based on Mind & Thoughts

An optimist is a positive thinker. He always sees the brighter sides of life. He sees the bright lightning in the dark clouds. Every inconvenience is an opportunity for the optimist. For the optimist, "Stone walls do not a prison make/Nor iron bars a cage."

In contrast, the pessimist is a negative thinker. He always sees the darker sides of life. He perceives clouds as all dark as he fails to see the bright lightning

in the dark clouds. He is, thus, unable to make the best use of the opportunities in life due to this failure.

Two persons were in the same jail; they both looked outside; one saw the stars in the open sky whereas the other saw the mud on the surface of the earth. This difference in their seeing lies in their thought and outlook. It is said, "The winner does not do different thing; he only thinks to do it differently". This shows that all hopes and ambitions of man are based on the nature or quality of his mind and thoughts.

All Failures and Successes are the Works of the Mind & Thoughts

Mind is the wonder worker. All failures and successes are the works of the mind and thoughts. If you think of success, you will get success; otherwise, if you think of failure, you will get failure. Every successful person begins with two thoughts: (i) The future can be better than the present; (ii) I have the power to make it so. So, believe in yourself and say to yourself: "I think I can; I can do it; finally I did it." Winners are not people who fail; but people who never quit. Thomas Alva Edison has rightly said, "I have not failed; I have only found 10,000 ways that have failed to work." The term SUCCESS as an acronym stands for: S - See

your goal; U - Understand your obstacles; C - Create a positive mental picture; C - Clear your self-doubt; E - Embrace the challenge; S - Stay on track; S - Show the world you can do it.

The Shreemad Bhagvada Geeta on Mind and its Control & Purification
The Mind is Fickle:

The Bhagavad Geeta puts a great emphasis on the control of the mind. The mind is likened to the sixth sense, and described as fickle and unstable in nature. As an aspect of the phenomenal Nature, the human mind personifies the phenomenal world, its impermanence and instability.

In The Geeta (Chapter VI, Verse 34), Arjuna compares the mind to wind and says:

"O Krishna, the mind is, indeed, very fickle, turbulent, strong and obstinate. I think it is as impossible to control the mind as to control the wind."

And, in the next verse, Shreekrishna concurs:

"Undoubtedly, O Mighty Armed, it is very difficult to control the ever moving mind. However, O son of Kunti, through sincere practice ("Abhyasayen Kaunteya") and dispassionate detachment (Vairagya), control of mind can be achieved."

The Mind Needs to be Stabilized:

According to The Bhagavad Geeta, self-realization is not possible without achieving stability of the mind or the stable state of mental wisdom ("Sthithaprajna"). Stability of mind means to remain in the same state of inner soul-consciousness being undisturbed and unstable in all circumstances and under all conditions. The following verses (The Geeta: Chapter II: 54-55) give us an idea of what stability of mind is:

"When a person gives up all the desires in his thoughtful state and when his inner self is satisfied within itself, at that time he is said to be a master in the stability of mind ('Sthithaprajna')."

"Undisturbed amidst three fold miseries, immobile in happiness, free from attraction, fear and anger, is called the stage of stable mind."

Senses Make the Mind Restless:

The restlessness of the mind is caused by the activity of the senses, which bind the mind to the sense objects through desires. So, the mind cannot be stabilized unless the senses are controlled and it is detached from the sense-objects through the cultivation of detachment

(“Vairagya”). For attaining detachment, we come across some prescriptions in the following verses (*The Geeta: Chapter II*):

“He who can withdraw his senses completely from the sense objects like a tortoise withdraws its limbs, his mastery is established.”

“Keeping all the senses under his full control he who establishes him in Me, his intelligence is stabilized.”

Yoga Techniques to Stabilize the Mind:

In the following verses (*The Geeta: Chapter VI*), the concept of mind-stabilization is reemphasized and further elaborated:

“With peaceful mind, fearless, practising the vow of celibacy (Brahmacharya), mind subdued and established in Me, the Yogi should sit and make Me his ultimate goal”.

“Practising, thus, and being ever established in the Self, with ordained mind, the Yogi attains the highest peace and Nirvana in My world.

A lamp in a windless place is the metaphor that can be used to describe a Yogi whose mind is under control and who is united with his inner self.”



Concentrating the Mind on God is the Solution:

In the following verses (*The Geeta: Chapter XI: 7-8*) Shree Krishna gives the following assurance to Arjun:

“I rescue them, O Partha, whose minds are set upon Me being detached from the ocean of mortal world (Samsara).”

“Upon Me fix your mind, in Me operate your intelligence and, thereafter, without doubt you shall live in Me only.”

Practice of Rajayoga Meditation – The Only Way to Mind One’s Mind

(i) Thought are like waves. Just as waves appear on the surface of the sea or ocean, thoughts arise/appear on the screen of mind. (ii) Rajayoga Meditation helps in checking and changing one’s thoughts from bad to good, vicious to virtuous and negative to positive. (iii) It is the mental, intellectual and spiritual connection of the human soul with God, the Supreme Soul, the Almighty, Absolute and Divine Super mind. (iv) It helps in quantum shift our mind or spirit/soul/consciousness from body-consciousness to soul-consciousness or spiritual consciousness. (v) Raja-Yoga is the King of all Yogas as it has integrated in it all Yogas like Jnana Yoga, Bhakti Yoga, Karma Yoga and various disciplines like Science, Psychology, Psychiatry,

Psychotherapy, Education, Spirituality, Values, etc. (vi) Rajayoga is the journey of the self through the self to the self and the Supreme Self. (vii) It helps to control and reduce the speed of thoughts. (viii) It helps in attaining Nirvana, resulting in lasting and enduring peace and happiness. (ix) It also helps in attaining liberation (*Mukti*) and fruition (*Jeevanmukti*).

God also Creates the Creation on the Basis of His Benevolent Thoughts

There is a saying, “Creation through thought” (*“Sakalp Se Srushti.”*) At the fag-end of *Kaliyuga*, when all souls became impure, crestfallen and down-graded, the benevolent Incorporeal God Father, Supreme Soul Shiva, thinks to descend down upon the earth to purify and elevate them from their impure human stage to the pure and deity stage of Shree Lakshmi and Shree Narayan. At present, in this Age of Transition (*Sangam Yuga*), He, the World Benefactor, has entered into the body-chariot of Dada Lekhraj, renamed as Prajapita Brahma and is now imparting spiritual knowledge of the World Cycle and training of Rajyoga, and thereby performing His noble tasks of self-transformation and world-transformation on the basis of His benevolent thoughts. ❖

SOME TITLES OF THE BRAHMIN SOULS IN CONFLUENCE AGE

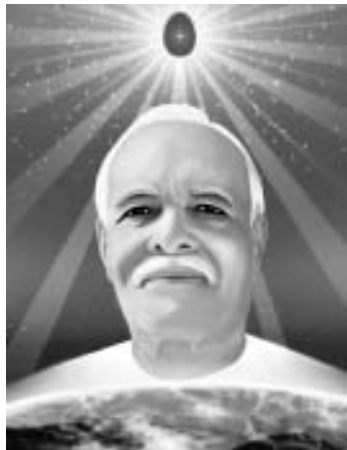


—B. K. Jegasothi, Jaffna, Sri Lanka

Bapdada is the spiritual Father and Mother of the long-lost-now-found Brahmin children, who, in turn, are the helpers of the Father in His divine task of establishment of the future heavenly world. No actor in the eternal, predestined drama can be added or taken out. No one receives eternal liberation. During every cycle, the souls, who are the actors on this world-drama stage, will be the same. Each soul will act the same part in every cycle, since, in the soul itself, is indelibly ingrained the part it has played life after life in the previous cycle or, in other words, it has to repeat the same cycle after cycle. The cycle repeats exactly every time after it has turned full wheel. As an infant, the mother nurtures the child softly. God, the Eternal Mother in the Confluence Age, rocks us in the golden cradle revealing to us, what we are.

While rocking us in the cradle, the Eternal Mother sings this lullaby: “You are seated on the

immortal throne, you are seated on BapDada’s heart throne; you have claimed the future royal throne; your apron is filled with jewels of knowledge; you are the right hand of BapDada; you are to build the future world; you are to make your fortune.”



Now, thus, the infancy stage is over. The third eye of knowledge has been opened up. The apron of the long-lost-now-found Confluence-aged Brahmin children is filled with a number of titles so as to become equal to the Father. Now, we must increase our power of introversion and be with the Supreme Father always. The

alarm clock is ringing, “Be alert! Be alert!! The time is very close.” Therefore, control the physical organs with the power of Yoga. From *Amritvela* onwards, we have to use the elevated titles bestowed on us. One, who stays in the elevated company of the Supreme Father, should not be influenced by anyone else. So, a Brahmin child can be an easy yogi. An easy yogi sacrifices his mind, wealth, relationships and time to One and only One, with a determined thought and becomes a Rajayogi. A Rajayogi becomes an ascetic by practising intense meditation. Then, he is called a Raja-Rishi. Never let a single penny, a moment or a thought get wasted and thereby become a trustee. In that stage, the Father gives the title of *tapasvi* soul. A true *tapasvi* soul is one, who constantly stays in the remembrance of a complete renunciation thereby radiating unmitigated energy of love, purity and peace to all just like an angel. His third eye of knowledge is opened up, and he gets the title of *Trinetri* (one having the third Eye of Knowledge). Through the third Eye of Knowledge, the soul understands the full knowledge about the self, the Supreme Self and the World Drama of life and also sees the benefits in every

scene of the World Drama. He becomes a seer of three times (*Trikaladarshi*) and a master of divinity, and also a Double Light Angel.

Children of the Sun of Knowledge (*Gyan Surya*) become the master suns, spreading light of purity far and wide. With the wings of knowledge and yoga, they gather strength and go beyond the old world and the relationships of worldly bondages. When the Confluence-Aged Brahmins get rid of their desires, they get the title of the conqueror over desires (*Kamanajeet*). They become treasure store of virtues and powers. When the aprons of the Brahmin souls are filled with all these titles, they help the Father in transforming the world. Through this elevated stage, they become detached observers and bestowers of blessings and good wishes to others.

The mouth progenies of Brahma of this most benevolent Confluence Age are adorned with the jewels of virtues and when they use them for the benefits of the world, they get the title of Master Benefactor of the World (*Vishwa Kalyankari*). The service of Brahmin souls is to ensure vibrations of pure, deep feelings (*bhavna*) and reach every soul and, thus, reveal the Supreme Father like a true child, who shows Him through his acts and behaviours. ❖

WHEN I SEE YOU, O BABA!

– **B.K. Shradha**, Malad East, Mumbai

When I see You, O Baba!
I feel pure touch of innocence;
Your words always make sense;
And I experience no fear
When I feel Your existence, sure.



When I see You,
I see the world through Your eyes;
And that's when I realize
That all here are mine
And each one is divine.

When I see You,
I believe that times are changing;
The bells are ringing;
The Sun of Golden Age will rise high
And this no one can ever deny.

When I see You,
I truly feel myself as a carefree emperor;
Each day I grow better and better;
I walk and I talk as if I am a king;
And your rhythm of love makes me spritely sing.

When I see You,
I am very lucky;
The worldly bondages have set me free;
What a destiny! What a blessing!
I am always with You, the Supreme Companion.

When I see You,
I see Your perfection;
Your sweet love and affection are flowing
For the souls of all sections;
In fact, you're the Incarnation of True Benefaction.

YOU'RE A GREAT GOD AND THE ONLY ONE WE HAVE!



—B.K. David, Exit. Paignton, England

How is my Father today?
I am sure, O Lord Shiva, you are most busy in changing this world from bad to good, from impure to pure, and from unhappy to happy.

Life has a machine gun whose bullets can destroy and change your life with the pain inflicted by them. The bullets of deception, cheapness, falsehood or betrayal have everyone reeling in pain.

The only cure to heal your hurt and scars is to turn to the Supreme Plastic and Spiritual Surgeon, whose name is God Shiva.

God's main role in life is not to give visions but to make you a vision. Today's life is of sorrow, discontentment and impurity. Do you not think that Shiva Baba would be busy now changing such a disgraceful world into an elevated world? God's mission today is not to make Krishna's statue walk before your eyes but to make you like Krishna and worthy of walking in heaven.

Exploring up the wrong tree will only lead you to finding the wrong fruit that is sour and poisonous. It is better to explore about the Genealogical Human World Tree and God Shiva, the seed of this tree.

God Shiva is our Supreme Father and we, His children, are in need of His love, care, attention and guidance. He sees us suffering day in and day out. It is quite obvious that He always wishes the best for us. He is not going to give you or me a sports car, luxury house, or make us super rich, or even rich. He will rather try to give you only that which He thinks you really need and which He knows will do you a lot of good.

What does everyone really need?

Do you need more shoes, clothes, a holiday or new car? What is the essential element in life? Yes, a loving, warm, caring family and children are extremely important. Yet, what is everyone searching for today, knowingly or unknowingly? People are searching everywhere for this.

They climb mountains, search the ocean depths, go to outer space, dig holes to see into the past for clues, indulge in sports and exercises, get drunk, sail the world, go to parties, take drugs, go crazy, argue, fight, make wars, explode bombs, kill, blame, die, etc. But, still, no one ever gets close to finding this precious aspect.

Some may find this treasure for just 30 minutes a day, which is very good and is the reward for their efforts; but, once it is gone, they want it back again. Can you, now, guess what this illusive treasure is? This sought after treasure is 'peace'. Everyone wants peace of mind and likes to feel contented and happy. Peace, really, is the mother of all virtues, especially happiness and, to a large degree, your health. So, your precious health is also connected to this precious treasure.

It is not surprising that so many are searching for the jewel of peace. Only with this jewel can you become healthy in mind, body and spirit.

Many have crowns of wealth and materialism; but, if the jewel of peace is missing from their crown, it will easily slip off their head. Even millionaires cannot buy this inexpensive jewel. Perhaps, to the wealthy, who can possess everything, this jewel of peace is seen just as some stone or some commodity that can be

bought. As you cannot buy your way into heaven; similarly, peace cannot be bought and acquired.

Peace, like a *Guru*, cannot be bought and placed in your garage next to your flash car. This jewel's beauty is insurmountable, divine, incredible and precious beyond words or meaning. This is why I believe that those, who value inner treasures more than the worldly pleasures, get the prize of peace. To the worldly rich, peace is seen like their expensive car that can be eventually acquired and made to be theirs by going down the normal channels of modern day living. But, this is not so.

The material stuff is very sticky and will stick to your hands and mind if you are not careful. But, this jewel of peace, which is spiritual and invisible to the naked eye, can be seen only by your soul and felt by your heart. To those of pure heart and mind, this jewel will slowly become more and more visible and with spiritual endeavour, you will be able to acquire it. You need to shift your awareness from the material or worldly things and focus your mind on the Supreme Spiritual God Father.

But, unfortunately and ironically, in today's poor life, if people have in their hands a beef burger, tin of beer or TV remote, they are not going to be able to

pick up this jewel of peace.

Key to Peace

You need a key to allow peace to enter your mind. The key is to let go of all acquisitions, things, relationships, cherished possessions, which, you think ignorantly, can fulfil you and give you what you want. Most are continually on the search for greater stuff to wear and show off, all of which ends up in their overflowing wardrobe. People like to collect material stuff or items that make them feel superficially good or superior.

The reality, as my father often told me, is that the less you have, the happier you can be. This is a very important fact, which is very true and worth remembering every minute. The spiritual reality is that God wants you to be attached to nothing and to surrender the self in His service.

Peace and your desires are as endless as each other, and they live on totally different planets. To expect to get peace from such a poor lifestyle is to think 2+2 can somehow equal 50,000.

Which planet do you live in?

Which planet do you live in? Planet Happy? Or Planet Unhappy? Are you stuck in shopping on earth? God has come to change all bad habits.

Many shop here unnecessarily on Planet

Unhappy. A lucky few realise that happiness is to be aware of the real self; they took off long ago to realise this inner journey. But, unfortunately, the others keep wandering on this unhappy planet searching for things, which may give them merely the fleeting moments of pleasure.

Do waves of sorrow crash against your stagnant ship that is anchored in a sea of sorrow? Your old ways, vices and bad habits cripple you and tie you down, even more than what your possessions do. These act as an anchor in your life that stops you from sailing forward in a positive direction and achieve great things. Your bad habits render you helpless, stagnant and at the mercy of many storms as you stagnate in the Cul-de-sac of bad habits.

Are you stuck in holding your heavy chain and anchor? Are you on the run from sorrow, chasing a happy future that is always 4 steps in front of you? If this sounds like you, then you have jumped aboard man's stationary ship and enlisted as one of the crew and a part of humanity's plight that is sinking.

Your lifestyle is creating a Tsunami whilst you sunbath on body-conscious beach. So, never wonder why you have to deal with such sorrows and hardships in your life, which come as storms from nowhere.

Storms of sorrow are the direct result of poor lifestyles and bad habits, both past and present.

The Rajyoga Meditation Centre awaits you if you can drag up your anchor and carry it to its front door. It will reveal to you all truths whatsoever and render you the peace you seek. If this gaining and living with this sacred peace makes sense to you now, then read on and find Shiva Baba today at one of His many Rajyoga Meditation Centres throughout the world and never let Him go. Baba is, after all, the Ocean of the purest peace, which you are constantly craving and chasing after in your daily life.

The Godly torch of truth burns very bright

God alone can grant you the peace you want by helping you lift your anchor and slowly help cut its thick, rusty chain to all the rubbish you carry with you. This chain and anchor make you very heavy as you drag them around. The chain links of bad habits and vices need to be cut right now. The only Incorporeal One, who has such a spiritual torch full of wisdom and powerful enough to achieve this task, is God. His blowtorch is the only torch that has the ultimate cutting power and brightness that can sever this chain and free everyone from their endless sorrow. He has already come to us in the world now with heaven in one hand and an acetylene torch in the other.

God, the Ocean of Truth, is much more beautiful than the salty ocean of life in which you swim every day. God's oceanic mind stretches into three worlds; He is the Master of the three aspects of time and makes His children live in the Now!

Know God, Know Peace

Simply put: No God, no peace, no code, no magic, and no liberation. So, to know peace, the urgent need of the hour is to know God, the Ocean of Peace. Only when this Godly peace enters, the person can be liberated from its previous and present life of peacelessness.

The key to this eternal lock has to be forged inside you. When you have the key in your hand, peace will automatically find you and put your key of truth into the keyhole of the locked door of peace and unlock it for you. Once this door is opened, your mind shall be filled with the treasure of eternal peace. ❖

A FOUNTAIN OF BLESSINGS

- B.K. Indal, Dallas Texas

Every moment, through thoughts, words and actions,

I always have sweet remembrance of the most Beloved Shiva Baba, my Supreme Father, Teacher and Preceptor.

Yes, Sweetest Father, I feel the fact: You have come down upon the earth from the far away metaphysical world.

Royalty and purity of the self,
Awareness of inner values and powers,
And super-sensuous joy: these are a fountain of your blessings upon me.

I feel this in my heart of heart;

O Almighty Beloved Sweetest Shiva Baba!

You're the Ocean of Knowledge, Peace, Love, Happiness, Purity, Power and Bliss;

With your sweet company in meditation, I greatly relish.

Your presence is felt with purest energy and love;

Our intellect is charged with divine knowledge and power

You, Our Beloved God Father, have opened our Third Eye

And enabled us to sit once more on our Eternal Throne

In the forthcoming Golden Age, the Kingdom of Heaven.

(.....Contd. from page no. 3)

into account the Unconscious or the *Id*, which consists mainly of repressed *libido* for sexual desires. Freud, however, did not explain where the desires emanated from, or who was the one that desired? He also could not explain certain desires that had no bearing on one's *libido*. But, in the west, it was he, who, for the first time, drew the attention of the people towards 'the Unconscious' even though his explanation of 'the Unconscious' is incomplete and has some errors.

In the East, religious people in India have, since very ancient times, believed in *Sanskars*. To some extent, the *Sanskars* are like 'the Unconscious' of Freud's Theory, because these do not form the content of 'the Conscious'. Man is, normally, not aware of them or their sources even though his personality and his behaviour, at all times, are influenced by the *Sanskars*. His *Sanskars* do not leave him even in his dreams or his spiritual efforts. In fact, these are so intimately related with man's peace and war or good and bad personality that it would be meaningless to talk of world peace or a social, political

or cultural change without talking of or planning and working for a change in the *Sanskars*. One, however, finds that there is not adequate attention paid to bring about a qualitative change in man's *Sanskars* or his Unconscious. On the other hand, one finds a rapid degradation taking place in this area of human consciousness. The human race cannot make an upward thrust without affecting an improvement in this realm.

A research in, or an in-depth study of *Sanskars* and the methods of change will provide mankind with the essential tools for improving relationships among the human beings and for making this world a better place to live in. Without the

knowledge of 'the Unconscious', all the inventions of Science and Technology will not make the world peaceful even though they may make it comfortable. All the scholarship, erudition, religious rituals and *mantras* will also not help to bring peace and happiness unless and until there is a change for the better in one's *Sanskars*.

For this, one will have to revise, improve and add new materials to Freud's concept of 'the Unconscious' and thereby educate people to liberate themselves from unsocial and unethical habits, whims, fancies, obsessions and phobias and, thus, bring self-change in order to be happy and peaceful. ❖

FOCUS ON POSITIVE THOUGHTS

As we grow in strength in our spiritual life, we give up the habit of worrying. Worrying serves no purpose other than to make us feel tense and miserable. When I stop fretting about things that are beyond my control and focus instead on generating positive, optimistic and kind thoughts, my life can begin to flow in ever more positive directions. Such a light and easy approach to life enables me to take everything in my stride. Positive thoughts will dispel all worries and anxieties in life and generate Peace and Happiness.

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

Associate Editors: Dr. B.K. Ranjit Fuliya, Delhi and B.K. Ved Guliani, Hisar and Dr. B.K. Yudhishtir, Shantivan.

Phone: (0091) 02974-228125

E-mail: worldrenewal@bkivv.org, omshantipress@bkivv.org