

# THE RISING BHARAT

**B**harat, the place of God's divine birth, is the eternal land of ancient culture. It is the holiest of the holy lands, most sacred among the world pilgrimages. It is the land of the deities. It was held that God had established the Kingdom of Heaven or Paradise just 5000 years ago. It was here that the people of the ancient periods observed the highest code of conduct. It is the land of the highest love and affection, where even the lion and the goat sipped water from the same pool. The culture and tradition of *Bharat* are as old as the world drama itself. *Bharat*, due to its spiritual, moral and material perfection, was once the Lighthouse of the world. Even today, the entire world looks up to this country for spiritual wisdom. God, the Sermonizer of *The Shrimad Bhagwad Gita*, the highest scripture of the world, gave the Supreme Wisdom in this land of the deities and devotees.

*Bharat*, being the land of the Mother and Father of the entire humanity, has always taken people of all religions or races in its lap. Even the present set-up of India as a secular state, is evidence of the fact that *Bharat* is the Motherland of all religions. In fact, the most ancient Deity religion of *Bharat*, is the mother religion of all the races of the world. How could a mother or a father ever attack or destroy their own children? This is the prime reason of India ever remaining non-offensive or non-aggressive. The entire history of mankind bears testimony to this fact.

However, one should not be led away by the false belief that the people of *Bharat* are weak or less courageous. On the contrary, the history of the Indian soldiers is full of the legends of valour and courage, sacrifice and loyalty, sincerity and, above all, of the highest conduct in times of war and peace as well. Even in the face of the gravest situations, the Indian soldiers has defended their Motherland by sacrificing upto the last drop of his blood and even, today, the entire nation, nay the whole world, is proud of the armed forces of this great country and is



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# SIGNIFICANCE OF THE POWER OF SILENCE



We have, now, entered the month of December, when the entire world is looking forward to celebrating a very important festival of Christianity, in particular, and others in general: the Christmas festival. This special occasion has been celebrated every year for nearly 2500 years after the birth of Jesus Christ. As the story goes, three wise men were inspired to set on a search for something, and they were led by a star to the place where a baby had taken birth from Virgin Mary and Joseph. They declared the child as a 'prince of peace'. It would have decades later after young Jesus grew up that he started preaching the most precious and beautiful religious knowledge, as was required in those prevailing times and circumstances. There are many mythological stories related to the miracles in the life of Christ, heralding his personage as a divine being having incarnated upon the earth to guide the

humanity on the path of peace, love and goodwill; and it's through these beautiful stories that we also learn about the wisdom of Christ.

In 1964, the revered Pope Paul VI visited India (Mumbai) for 3 days during the Christmas celebrations. During this visit, many Revered Cardinals, Bishops, and Roman Catholic Priests had been specially invited from all over the world. It was indeed a very high-class religious festival when Pope Paul VI led a mass in the open oval ground of South Mumbai, near Churchgate Station. As per the estimates of those good old days, over 3 million gathered from all over India and different parts of the world. It was indeed a beautiful panorama of mutual friendship, dignified respect for each other and one another, and inspirational vibrations of togetherness. The essence of the Prayer led by Pope VI was: ***"May there be peace in the world and goodwill among men!"***

A very enlightening Exhibition

was organised in Wilson College, which depicted the wonderful story of the life of Jesus Christ on the theme 'The New Man', in which Christ was portrayed as a Messenger of God.

Similarly, we have the beautiful story of Swami Vivekananda visiting the West in 1893, especially the United States of America, where he addressed the Parliament of World Religions in Chicago. No one can forget his magical address that began with the words, ***"Sisters and brothers of America!"***; this conveyed the most powerful message of one God and one global human family. Till date, the philosophy of Swami Vivekananda has been a source of inspiration for the youth, especially, to inculcate values of self-confidence, self-realisation and service to the humanity. The courage and conviction shown by Swami Vivekananda continue to motivate people of all cultures and faiths even today.

With the advent of scientific revolution, especially, in the field one another of computer technology, the benefits of fastest communication and access to information through small gadgets are commonplace. This has

brought the vast world so close to each other in some ways; however, the concepts of **“Love thy neighbour”** and **“Vasudhaiva Kutumbakam (world is one family)”** seem to be either disappearing or are not understood and accepted. While the United Nations Organization (UNO) is considered to be the ultimate hope for humankind, and it continues to work diligently towards a peaceful world, innumerable limitations and blockages in people’s intellects and hearts seem to have trapped the humanity and world. Now, the time has come for the Supreme Parent of all human souls to awaken the global consciousness, so that people may be enlightened and guided in spreading the light of love, peace and happiness.

Whether the founding Fathers of the different Religions, Prophets, Monks or Spiritual Preachers, everyone derived inspiration from the simple concept of **‘Love of One God’**. We are very fortunate to have the glimpses of that Supreme Being’s reincarnation, and the beaming of Divine Messages for the benefits of the humanity at large.

We wish to share the essence

of recent Godly Versions (dated 2nd December, 2018) that draw our attention to the need of reviving real peace within ourselves and all around us:

### **The Importance of the Power of Peace**

“In today’s world, the most essential thing is peace and you children are the bestowers of that peace. No matter how much people try to attain peace with perishable wealth or perishable means, they cannot attain true, imperishable peace with that. Although today’s world is wealthy and has all the facilities for happiness, it is still a beggar of imperishable and permanent peace. You souls, who are the *master* bestowers of peace, treasure-stores of peace and embodiments of peace, have to give a drop of peace to such souls, who are beggars of peace, quench their thirst and fulfil their desire for peace. Seeing the peaceless children, God feels mercy for them. They make so much effort; through the power of *science* they reach so many places and make so many things. They are able to change day into night and night into day; but, they are not able to attain their original religion of peace. However much they chase after

peace, after some temporary attainment of peace, the result is just peacelessness. Imperishable peace is the birthright of all souls from God; but, they are making so much effort for their birthright. It is an attainment of just a *second*. However, because of not having the full introduction, they stumble so much even to attain the attainment of a *second*; they call and shout out and are in distress. Give the vision (*drishti*) of brotherhood to your brother souls, who are wandering around for peace. Their world will be changed with this *drishti*.

“Do all of you souls, who are incarnations of peace, remain constantly stable as the embodiments of peace? You have bidden farewell to peacelessness for all time, haven’t you? Have you celebrated the *ceremony* of saying farewell to peacelessness? Are those, who have not yet celebrated the *ceremony* of saying farewell to peacelessness, now going to do that here? Let there not be peacelessness even in your dreams.

“The Father is the Bestower of Peace and you are the embodiments of peace. Your religion (*dharma*) is peace and

your action (*karma*) is peace. Therefore, how can there be peacelessness? What is the *karma* of all of you? To give peace. The children, who are bestowers of peace, are constantly the great donors of peace and also the ones, who give this blessing. You are those, who become the *master* suns of knowledge and spread rays of peace throughout the world.

“Are you able to give the introduction of the religion of the self in a *second* and stabilise them in their original form with your attitude? Which attitude? That these souls, who are your brothers, should also receive their inheritance from the Father. With this pure attitude, that is, with these pure feelings, are you able to give these souls an experience? The return of pure feelings is definitely received. All of you have elevated wishes, good wishes without any selfish motives. You have the feelings of mercy and benevolence. It is impossible for you not to receive the fruit of these feelings. When a seed is powerful, you definitely receive the fruit. Simply, constantly continue to water this seed of elevated wishes with the water of awareness and you will definitely attain powerful fruit in

the form of instant visible fruit. There will be no *question* as to whether something will happen or not. To have the water of constant awareness means to have good wishes for all souls. You will definitely receive the visible fruit of world peace. Together with God, the Supreme Father, all of you children are also fulfilling the desires of many births of all souls so that everyone’s desires will be fulfilled.”

“The sound of peacelessness is now echoing everywhere and people are experiencing peacelessness in all directions – in their bodies, minds, wealth and relationships. Due to fear, instead of experiencing peace, they experience peacelessness through all their means of attainment. The souls, today, are influenced by one type of fear or another. They eat, move along, earn an income and experience pleasure temporarily; but, they do all these in fear. They don’t know what will happen tomorrow... In order to give such children, who are filled with fear a life of constant happiness and peace, all of you children have been made into instruments as Incarnations of Peace...”

“When both *atomic* power and the power of soul (*atma*) become united, when *atomic* power also carries out tasks of happiness through pure (*sattopradhan*) intellects with the power of souls, then, with the unity of both powers, the world of peace will be revealed on this earth, because both powers exist in the kingdom of peaceful and happy heaven. Therefore, a *sattopradhan* intellect means an intellect that always performs elevated and truthful actions.”

We extend our hearty greetings for a Happy Christmas and new inspirations for leading noble lives in the Happy New Year, 2019! These wishes shall be practically showered and perceived by one and all, because each human being belongs emotionally and spiritually to the One Supreme Parent, and can claim full rights to the spiritual inheritance of virtues and powers. These eternal and invaluable gifts received in the form of jewels of wisdom enable us to live constantly with positivity, peace, and unlimited happiness based on the principles of Spirituality and Divinity. Om Shanti

–*B.K. Nirwair*

# REMAIN EQUAL BOTH IN PRAISE AND DEFACTION



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



**W**hen we say “*Om Shanti*”, we should say it with a lot of zeal and enthusiasm. When we are happy we don’t want to talk in happiness, we want to dance in happiness. If you feel any disturbance comes and sits in Om Shanti Bhavan (Mt. Abu) and that feeling will disappear for all time. This disturbance causes pain and sorrow. It may only be a little but you feel it as if it is a lot.

Shiva Baba’s *Murli* tells us about the effort we make. He says that our thought is a seed and being His direct children, it must have such a powerful vibration.

Leave the old and give congratulations to the new. Everyone will give congratulations to the newness of experience. How can we get such a stage? The world will applaud later but we should be asking ourselves if we have attained that stage? What kind of a soul am I? We wish to have such a stage that God Himself will say, “This is My child.”

I am a soul and so are all;

except He, who else is the Supreme Soul? This morning I experienced that there is none else. Who am I? Who do I belong to? It is an automatic thing. Don’t let your intellect go anywhere else. Everyone belongs to Him. This attitude then, becomes a *sanskar*.

We are sustained by the *yagya*; so, we do service of the *yagya*. Through service of the *yagya* we receive power, fruit and food of the *yagya* and we need to give the return of that sustenance as we have a duty to the Incorporeal God Father, who provides these for us. We should not be satisfied only by praising Him.

We should remain equal both in praise and defamation because we belong to Baba. Sweet Baba says that whoever is defaming us is our friend and we should never forget this. Some try to make us happy with compliments but behind our back, they will criticize us and think they are right. We, the souls, have to create such a stage that someone will lose the habit of criticising.

Before the advent of the New Year, make such a stage. Have such a stage until you die. We have to take full marks in all four subjects, viz. Knowledge, Yoga (God’s remembrance), Inculcation of Divine Virtues and Service.

Take time to smile at each other. Give time for yourself and time for each other. There has to be time for the self. We are carefree but not careless. Baba is the One, who gets the service done. So, being His children, we should also be light. Let us take might from Him all the time so that we will not feel any sort of burden. A waste word in my ear can make me heavy because I thought about it and, then, it is difficult for me to be light. Baba gave us the blessing that if someone tells us something and I agree with him/her to make them happy, that “yes” to him/her will, then, not allow me to say “yes” to Baba.

These four are very important for us: One is Baba, then *murli*, then Baba’s *yagya* and service

of the *yagya*. Therefore, one must do His service within the *yagya* or of the *yagya* all over the world. The atmosphere within the *yagya* enables us to do service with a true heart. It is a great fortune to do service; we, the serviceable children of God, are really very fortunate. We are the instruments of spiritual service and Baba gets the service done and we receive co-operation from everyone to do it. None of us can accomplish anything by himself/herself. Mamma and Baba were the practical examples of this. Brahma Baba said, "Shiv Baba is getting the work done through Brahma Baba". Brahma Baba was the moon and Mamma, the daughter, was the luckiest shining star near him; and we are the lucky stars.

Sometimes, Brahma Baba took us to the shores of the Ocean. We are the beloved children of the Sun of Knowledge and the Ocean of Knowledge. We receive pearls from the Ocean; the waves make us cool and Baba changes us from shells into diamonds and makes our value increase. We all have to become like a diamond. For this, we need to go into the depth of knowledge to increase our value. The sun is above and the ocean is deep down. What we need to do is to go into the depth of them. If we are in between, we cannot go up above to the sun

or down into the ocean.

Being His mouth-born progeny, we, the children, must stay in the heart of Shiva Baba. We should have Brahma Baba in one eye and Shiva Baba in the other and BapDada in between.

In the Confluence Age, we are free of all kinds of pushes and pulls. The intellect is held steady. The mind is still and the heart is full with His sweet, benevolent company and quite free from all sorts of distractions and attractions. Therefore, we must keep the intellect stable no matter what comes up. Baba has put so many good things in the intellect that other things cannot pollute it. It is the intellect that increases or decreases our value. We cannot raise or lower anyone.

Baba destroys our sorrows. Now, we must ask ourselves if we receive sorrow from others and/or give sorrow to them. One must be very firm with oneself to finish

both.

We should tackle any small issues preventing us from becoming elevated. These issues create pain and stop us from becoming elevated.

Now, this is the time to fly; someone, who flies does not tell others to fly; because when one bird starts to fly and the other birds automatically start flying. But, the irony is that some stay on a branch and think they cannot fly.

How do we get the wings to fly? We have enthusiasm but as long as there is a "but" or "if" we cannot fly. We must transform reasons into solutions with zeal and enthusiasm and mustn't say "but" or "if". If we remember Him with a true heart, we'll feel so light and good that we can fly easily. Everything gets done through vibrations. There are many souls available to do service and they just need the much-needed vibrations to fly. ❖

## PURE PEACE

Why do we find it hard to be at peace with ourselves, one another and the world? Imagine a lake that is flat, calm and pure - it is so clear that you can see the bottom. Even when the wind blows, it only ruffles the surface of the lake. All is still and peaceful in its depth. Then, the first polluting chemicals of the new factory and farm come rolling down the hill and into the water. Immediately, it starts to cloud over and bubble a little. Chemical reactions are taking place and the purity gets lost. When purity is lost, peace is lost.

# SEEING WITH THE SPIRITUAL EYE



—B.K. Shivani, Gurugram (Haryana)



**E**yes are the most important and expressive medium through which we not only absorb information from outside but also express ourselves to others. Eyes also convey our feelings, emotions, attitudes and even our personality to a great extent.

When we remain in spiritual awareness that we are souls, the spiritual beings of subtle light situated at the center of the forehead, our eyes see others also in the same way. This spiritual vision helps us see others with a sense of equality, instead of comparison or competition. When we see through spiritual vision, the various physical and outward differences like age, gender, appearances, status and so on do not get our attention. Hence, we become conscious that all physical and material objects visible are temporary and subject to change.

Our spiritual vision reminds us of the original qualities of each soul, instead of their present, acquired qualities. It also reminds us that each soul has incarnated from the highest

metaphysical Soul World to play various roles through different physical costumes in this Eternal World Drama (EWD) on the terrestrial world stage. The same soul has been in the past and will be in the future in different physical costumes or roles, this also applies to me.

However, if we are in a consciousness that we are this body, our eyes can only see others in the same way - with a body-conscious vision. We begin to create impressions of another person when our eyes look at them. We focus on their age, looks, position, status, outlook, and so on. We also tend to make assumptions about their personality or behavior. All such acts drift us away from our original nature and make us judgmental or critical. Let us remain in our true consciousness of being souls, so we can see everyone else with the right spiritual vision. Let our eyes be used to shower others with pure love, peace and happiness. This not only uplifts us spiritually but also lets us see the world and its people in the right perspective.

My eyes are the most

powerful medium through which I, the soul, not only absorb information from the outside to the inside but also express myself to others from the inside to outside. All that the soul possesses inside it or is made up of in the form of thoughts, feelings, attitudes, positive virtues, even weaknesses, in fact, all personality traits, are expressed through my eyes to others and shared with others. As I look towards others, my eyes can be used to shower others with pure love, peace, joy, power etc. and the same eyes, if not used appropriately, can shower others with anger, jealousy, criticism, hatred, etc. My eyes also express whatever wisdom or knowledge I possess inside.

When I stay in the spiritual awareness that I am a soul, a spiritual being of subtle light, situated at the center of my forehead, my eyes are used to see others in the same way with a spiritual vision. This leads to my spiritual uplift. When I stay in the awareness that I am a body, my eyes are used to see

others in the same way with a non-spiritual or a body-conscious vision. This brings me down on a spiritual level. A spiritual vision helps me see others with a sense of equality, instead of with the feelings of comparison or competitiveness. Usually, on a physical level, I create all sorts of impressions of another person from just one glance through my eyes, about their age, gender, looks, position in society, job, riches, their dressing sense, caste, nationality, etc.; and, many a times, very commonly, I make various assumptions about their personality or behavior. In the state of soul-consciousness, this sort of vision changes because while looking at them as souls, I see them as my brothers, on exactly the same level as me, neither higher, nor lower.

A spiritual vision reminds me of the original, positive qualities of each soul, instead of their physical personality. It also reminds me that each soul has incarnated from the Soul World to play its various roles through different physical costumes in this unlimited drama on the world stage. Age, genders, appearances, status, etc. which are visible to me today, are just temporary ones. This makes me rise above comparisons and I am no longer judgmental about others.

### The Limitless Mind- The EYE of the Soul

We have heard that everything is 'mind over matter'. Comparing mind and matter shows that mind is non-physical and matter is physical. So, mind is beyond limits in terms of physical parameters, it is not bound to time or space. Matter has limits, it is fixed in time and space.

The power of mind is revealed when we look at what is going on within it. Since it is not fixed in space, the mind can connect us to someone living in a distant corner of the world, in less than a second. It can also move in multiple directions at once. Since it is not fixed in time, the mind can think about yesterday, twenty years ago, tonight, or next three years. That is the reason the mind is said to be a limitless, powerful entity.

Thoughts that we create in our mind, generate corresponding feelings. Some thoughts cross our mind so quickly that they hardly leave any impact on how we feel. At other times, they are

accompanied by strong feelings that influence our attitude and our complete emotional state. For example, thinking about a vacation we had been to two years ago, carries us back mentally to memories of that vacation and its associated emotions. So, we feel or experience happiness in the current moment. Consequently, we radiate the energy of happiness to people around us through our thoughts, words and actions. On the other hand, thinking about a past tragic incident results in us creating sadness at present.

As we see, our mind has the power to transport us mentally to any distance, over any time period, thereby controlling our physical, emotional and even spiritual wellness. *Let us take out some time every day to watch our mind and replace any negative thoughts with pure, positive and happy ones. That is the simplest way to increase our inner power. ❖*

### EYE OF THE STORM

A wise sea captain caught in a tropical storm knows that if he holds his vessel on the periphery, it will get hurled from one side to the other. If he can reach the eye of the storm, he will enter a place of stillness. The storm will then subside and the ship can continue its journey.



# THE SPIRITUAL SIGNIFICANCE OF THE HOLY CHRISTMAS

—B.K. Viral, Mumbai

The holy Christmas is known to all as the memorable day of the birth of Jesus Christ. Though it is true that Christmas is, thus, celebrated as the day of the advent of Christ into this world, it also symbolises some deep significant spiritual truths. Let us explore the spiritual significance of Christmas today.

We decorate the Christmas Tree very beautifully, by putting a large shining star at the top of the tree, and lighting each leaf



Christmas Tree

of the tree with bulbs. These tiny bulbs on leaves denote each of us souls (points of light), who are unique just like each leaf is unique. The star at the top is God, denoting the fact that all of us have one and the same Spiritual Father. Hence, even

while being different, we are of one divine family as spiritual brothers, the children of One God.

The tree is symbolic of the genealogical human world tree and the world time cycle very accurately:

- ◆ Unlike the worldly trees, at the top of the human genealogical tree is the eternal seed. This seed is a symbolic reminder of God, the Supreme Soul, the One Almighty, who is the Creator and the Supreme Father of all. The leaves on the branches of this tree are symbolic of all human souls.
- ◆ The trunk of the tree denotes the time of *Satyuga* and *Tretayuga* when all of us were deities on this planet, and there was just one deity religion called the *Adi Sanatan Devi-Devta Dharma*, one language, one kingdom one clan, and one creed; all representing complete unity.
- ◆ Then, the trunk starts getting divided into branches (the divisions depicting the coming of different religions), with the divisions increasing

with passage of time, and the tree, finally, starts becoming old and weak with the start of conflict and fragmentation among the religions.

- ◆ Hence, now at this time, the Incorporeal God, the eternal Seed, has already descended on this planet to plant a new sapling, i.e., it denotes the time of this auspicious Confluence Age when He is to transform the old, decadent Iron Age (*Kaliyuga*) into the new, pure Golden Age (*Satyuga*) once again.

Santa Claus also denotes God:

- ◆ Santa Claus is always shown coming down from a pitch dark chimney, depicting that God comes at the end of *Kaliyuga* when there is complete darkness of ignorance and irreligiosity in the world.



- ◆ Further, the red clothes of Santa Claus signify the fact that God comes from the Soul World (*Nirvandham/Paramdham*), the highest metaphysical world of Golden Red Light, which is far above the elemental world.
- ◆ Santa Claus is always shown

old, showing that God takes the old body-chariot of Prajapita Brahma as the instrument for serving the human souls.

- ◆ The gifts that Santa Claus brings are not mere material gifts, but they are symbolic of the subtle gifts of spiritual virtues and values like truth, knowledge, purity, bliss, peace, love and happiness.
- ◆ At many places, Santa Claus is shown with the angels by his side. The angels represent the complete and perfect souls, who are embodiment of a pure form, we all aspire for. The angels are always soul-conscious; that is why it is said that their feet never touch the 'mud' of the earth; in other words, this means that they are eternally conscious of who they are, i.e., souls rather than the gross bodies.
- ◆ The word 'Christmas' matches with the word *Kishmish* (i.e. Raisins, a sweet dry fruit); hence, let us become as sweet as *Kishmish* on the occasion of this Christmas.

Let us also remember and inculcate the teachings of Christ rather than just using it as a time for shopping, fun and leisure. The life of Jesus Christ is a mirror for all of us, showing his profound and significant teachings as follows:

- ◆ Christ is always shown with finger pointing upwards, and he also said, "God is One, God is Light...I'm the child of God." He came as a messenger for giving the message to us to connect ourselves directly to God, the Supreme Soul. Hence, accordingly, let us develop a direct, personal and dynamic relationship with God now.
- ◆ He always gave the message of love and unity; hence, let us see only the specialities and original virtues of every soul.
- ◆ He gave the message of mercy and compassion; hence, let us forgive everyone around us and bring a new spiritual turn in our lives.

Let us celebrate this Christmas with its true spiritual meaning and significance and thereby awaken our consciousness to the fact that a new, pure and golden age is dawning. For this, we need to adorn ourselves with virtues and stay in the awareness of our original, spiritual identity – the soul. One can learn more by attending Rajyoga Meditation course (7 days, 1 hour daily, completely free of charge) at any nearest Brahma Kumaris Centre. It explains how to connect to God accurately and experience His vibrations of peace, love and happiness, which fully transforms one's life. ❖

## YOUR IDENTITY IS YOUR DESTINY

There is a direct connection between your identity and destiny. It's a simple process to see and understand, even on a daily basis. If you wake up irritated (in a bad mood), it means you are seeing yourself as an irritated being (soul). Perhaps, you even think and, sometimes, say to yourself, "I'm irritated today."

It means your self-identity is negative. So, you filter the world through your negative filter and the world actually looks like an irritable place. As a result, you think negative thoughts, generate a negative attitude and give negative energy to others. They, in turn, will likely return the same negative energy, which you are sending to them and perhaps avoid you altogether. So, your destiny of the day becomes not so positive! Now, see the same principle and process in life on a larger scale. Look around outside you, now; and you will see a reflection of how you see yourself inside. Your circumstances, your relationships and even the events of the day reflect back to you, depending on how you see yourself.

# THE PRESENT CONFLUENCE AGE: THE AUSPICIOUS TIME TO TAKE THE JOURNEY WITHIN



—B.K. Prabir Kumar Bose,  
Jharpada, Bhubaneswar

*“By developing an inward focus on our lives, we develop the power to act in line with our true positive nature. I feel sure that deep down it’s how everyone wants to be: to be able to relate to the world with full generosity of spirit.”* – Rajyogini Dadi Janki

From time immemorial lots of attempts were made to know the eternal truths of life. We never know what life has in store for us, we cannot know what is just around the corner. Yet, that is the part and parcel of the mystery and beauty of living. Thanks to one of the notes of my late wife, which prompted me to visit the nearest Brahma Kumaris Centre here at Bhubaneswar, Unit-9.

The effect of the seven-day course was so profound that it was clear to me that I had found my direction and anchor in life. Since that time, my inner world has opened up. The qualities like love, acceptance, humility, service, and compassion have been developed in me through the Godly versions of Shiva Baba and practice of Rajyoga meditation.

Now, I can say that this is the

most auspicious time as it is a short and sweet period of transition from Iron Age (*Kaliyuga*) to Golden Age (*Satyuga*), which is called the Confluence Age (*Sangamyuga*). This is the right time for self-transformation as the act of purification has already started. The souls are changing their thought patterns from body-consciousness to soul-consciousness, thereby regaining the forgotten divine qualities and bringing about a positive change in the inhabitants of the society, thus, transforming the world into a paradise. This Confluence Age is also called the Diamond Age as compared to the other four ages, because during this time only in the whole *Kalpa* of 5000 years, Supreme Soul God Shiva comes down to earth as Father, Teacher and Liberator to impart spiritual

training to the human souls through Godly Knowledge and Rajyoga meditation. Hence, our endeavour should be to make the best use of this sweet time by following Baba’s *Shreemat* for making our onward journey fruitful.

As we know, in any experiment there is an experimenter, there is a subject to be experimented, and there is also a result. In the spiritual experiment, all three roles belong to us. We are the experimenter, we are the subject of experiment, and we are the result. In spiritual experiment, there is no finality, it is only an ongoing process of self discovery. This is the joy and wonder of Rajyoga meditation.

As the scent of a rose attracts us towards the garden, the fragrance of the Divinity draws us in. It is so mesmerizing and captivating; it speaks to our hearts and draws us further into the inner self, further into our own selves. This paves our way to move to deeper levels of mediation. Now, having been drawn inward, we arrive at the stage of inculcation (*dharana*) of virtues, which is arresting other things. This means that during the practice meditation, one is detached from the external disturbances even though they come to one’s ear.

During the practice of meditation when we are totally

at rest, in the heart something special happens – something very sacred. In nature, seeds germinate because of the nourishment, comfort and protection they get from the earth surrounding them. Thus, when we experience that same level of spiritual nourishment, comfort and protection in the heart during meditation practice, the divine seed in us starts to open and from that seed a new spiritual life, gradually, germinates and emerges. We, now, start to experience a completely new spectrum of consciousness. In this situation, we experience profound rest and comfort beyond description. Everything, now, settles down making us content. It reveals what is real, authentic and true.

Practice of Rajyoga meditation is a silent activity. In deep state of meditation, the seeker comes into an ever deepening contact with the divine presence inside. The Divine does not inspire us, but through Him we are inspired through this contact. The Supreme does not bestow anything upon us. He has nothing to give, but because of this contact, we receive. As a result of our ever deepening contact with the Supreme, we develop love and gratitude. Simply put, it is to melt away in that loving essence. As a result,

the Divine energy flows. It flows towards us and within us so that our hearts begin to vibrate along with such divine flow of energy.

Actually, we are not conscious of our inner divine nature. As a result, we experience various kinds of sufferings. To overcome this, we must dive deep into our self through meditation, so that we forget our own outer body and the whole outside world. Through the process of meditation, we relieve our mind from all our so called physical, intellectual and emotional burdens, thereby bringing into our mind true freedom, rest and peace. Shiva Baba tells us through *Murli*, “Be a detached observer. Soul remains alone. Just keep looking at Me, the Incorporeal One, with the eye of recognition and understanding. Be detached from everything physical, including your body, and keep Me as your companion, thereby establishing yourself in the state of “*Manmanabhava*” then you can really experience joy.” If we follow these *Shreemats* of Baba during meditation, the stress and strain of this external world cannot penetrate the mind. We will be absolutely tuned with our divine self. As we continue in this divine state of intoxication and get more and more attuned to the real self, we become free from all tensions. To inculcate the

divine virtues, it is necessary to feel completely detached at the time of meditation; to feel that God alone is real and the entire universe has vanished.

This is the only way through which we can come closer to our true nature. We have tremendous power within. Unfortunately, very few people realise that they possess such a storehouse of power within them. Unawareness of the power within makes us feel that we are helpless and think that we are weak and cannot be of any use in the world. This is a negative attitude, which has to be counteracted. Negative ideas hypnotise a person. With the help of positive and constructive ideas, we are to bring out the latent power from within. To manifest this latent power, we have to meditate intensely. Once, the mind focuses on a single point, the Supreme Soul, the mind remains quiet and all other ideas are neutralised, thereby leading the spiritual seeker to achieve continuous peace and mental stability.

Majority of us underestimate ourselves and think that we cannot achieve all these. But, we must remember that there is the divine spirit in us, which is the store house of tremendous power. We have hypnotised ourselves into thinking that we are weak, finite and imperfect.

According to Swami Vivekanand, we are not merely bodies (*jivas*), we are *Satchidananda Swarup—Chidananda Rupam*. We are to establish ourselves in this thought through constant practice of meditation; and, then, the world will fail to disturb the mind. Thus, the journey into the inner self is an endless journey of adventure, discovery, insight and joy leading to transformation of the inner reality of self and the world as a whole. ❖

### Creating Thoughts of Benefit

Acts of virtue emerge from deep within, from an inner sanctuary of silence from which inspiration flows. Every action has its seed in a thought and every thought is a creation of the thinker, the soul. I choose what thoughts I want to create and as is my thinking so are my actions and also my experience in life. Going within, I touch the stillness and pure love that lie at the core of my being and every thought that I create is of benefit to myself and to the humanity.

## GOD SHIVA: THE ALMIGHTY AND WORLD TRANSFORMER

—B.K. Shikha, Pune

By the time, the process of complete degeneration of the old *Kaliyugi* World reaches its climax, the task of dismantling the old and establishing the new *Satyugi* World begins. At the time when world finally approaches its lowest state, God descends and starts finding out His long lost and bereaved children and prepares them as His instruments of service for world-transformation. He gets this task or work done but doesn't do it only by Himself. So, He starts preparing those, who are predestined in the drama and are capable of transmitting God's spiritual knowledge and Rajyoga education to the people of the world for performing this noble task of liberation and redemption of the human souls. His instruments stay incognito and perform God's task silently. They work on themselves by removing the hard rust of vices that covers the soul and overcome the impact of these vices by changing their body-consciousness to soul-consciousness and also by transforming their waste and negative thoughts into positive ones. God, the Incorporeal Supreme Soul, works patiently on them. On the one hand, the world keeps falling apart while, on the other hand, He keeps preparing His serving instruments. He never loses focus, because He knows exactly what needs to be done. At times, His children start feeling that they are not up for it; they feel like giving up, because the goal seems to be too high. But, God Shiva, the Almighty and World Transformer with His endless love and powers, keeps re-charging them up with His divine powers during the process of meditation. And, one day, they do reach their elevated deity stage. ❖

# THE EASY WAY OF RAJYOGA MEDITATION



–B.K. Anjali,

Peace House, Himayath Nagar, Hyderabad

**T**he word ‘yoga’ is a Sanskrit word, which means to join or to connect. This connection can only be established between two entities with some similarity. When we consider ourselves as a spiritual energy, detached from the body, only then can we truly and easily connect with the Universal Source of Energy. The starting point of Rajyoga Meditation is soul-consciousness – connecting the soul with the Supreme Soul. Rajyoga meditation establishes the relationship of a parent and child between the human soul and God, the Supreme Soul, the Incorporeal Father of all human souls.

## **Rajyoga Vs. Traditional Methods of Worship**

Instead of degrading ourselves as we used to do in the traditional methods of worship, Rajyoga meditation enhances self respect – as is the Father, so are the children. Earlier, we were simply following the rituals without proper understanding. Our focus was always on the

number of times the particular action was to be performed and, therefore, we could never truly connect with God. Rajyoga meditation is quite meaningful and practical. It involves



remembering the Almighty Father with p r o p e r understanding of His true identity and occupation as well as the Divine Qualities and Powers that we receive on connecting with Him. When the connection is truly established, all our needs are satisfied and there is nothing left to ask for. Unlike the traditional methods where we used to cry out for help in adverse circumstances; in Rajyoga Meditation, we use God’s powers, which are always available to the children, to create pure elevated thoughts, positive self-affirmation and visualization in the present state. When we remain connected with the Supreme Soul, our state of mind does not get disturbed by the difficult circumstances arising in the journey of life.

The Almighty Father gives us the power to remain stable in every situation and solve the problem easily.

## **Practise Meditation all the Time**

There are several techniques of meditation – some are related to focusing on a particular object while others are related to focusing on the breath. But, neither of these can be done throughout the day. Rajyoga meditation involves concentration on thoughts, which is possible even while performing actions and does not require any particular place or posture. All we need is self-awareness and complete attention on the thoughts that we create. Through our thoughts, we can always remain connected to God even while carrying out all activities.

## **Rajyoga Meditation is Knowledge-Based**

The dictum “Thoughts create destiny” illustrates that thoughts become the foundation for everything and it also highlights the importance of allowing only the seeds of right thoughts to flourish. Unlike some other systems of meditation where we forcefully put a stop to the thoughts running in the mind, Rajyoga meditation is a practical system, which teaches the mind to create right thoughts. The thoughts that we create arise from the information that we allow to enter the fertile garden of our

mind. In Rajyoga meditation, we create pure elevated thoughts from the spiritual knowledge received from God – the Ocean of Knowledge.

By carefully watching the thoughts, we can separate the good and bad. The good thoughts include pure, elevated, positive, right and important thoughts whereas the bad thoughts include toxic, negative, wrong and waste thoughts. Now, implementing the spiritual knowledge received from God – the Ocean of Knowledge – we can change and correct the bad kind of thoughts.

The mind often wanders in waste thoughts and creates negative or wrong thoughts. Proper understanding of the spiritual knowledge nullifies all these waste thoughts. For example, the Almighty Father says that this world is a big drama stage where we are all actors and every actor is playing their part accurately. Every scene on this drama stage is accurate and beneficial. This puts an end to all the mysterious questions in the mind and resolves all complaints as well as resentments against one another. To prevent these negative thoughts from coming back, we need to pay constant attention to the thoughts that we create in order to correct them. We also need to shower ourselves with this spiritual

knowledge regularly so as to prevent the mind from wandering and to become perfect in the Art of Right Thinking. The initial rains after the summer cannot cool down the heat but when it rains for several days together, the temperatures come down. When our thoughts revolve around the spiritual knowledge, the waste and unwanted thoughts are wiped out. The love with this knowledge itself is the love with the Ocean of Knowledge.

### **Rajyoga Meditation as Remembrance**

From the spiritual knowledge, we come to know our original identity as well as all our Divine Qualities and Powers. During the practice of Rajyoga meditation, we connect with God, the Ocean of all these Divine Qualities and Powers, to regain our original identity. When we visualize ourselves in our original identity-soul-with all the Divine Qualities and Powers, we begin to experience the same. The pure elevated thoughts created during meditation, get manifested into reality when these positive self-affirmations are repeated several times.

### **Rajyogi vs. Traditional Yogis**

The word 'yogi' gives us the picture of a spiritual person, who has renounced his social life and all comforts. Unlike the traditional yogis, a Rajyogi

remains connected to God even while fulfilling all social responsibilities, without giving up anything. Through *Karma Yoga*, his connection with God is always established and he performs the action with greater efficiency.

Now, it is time to get started now by visiting the nearest Brahma Kumaris' Rajyoga Meditation Centre, which can be found in every locality. Please log on to the link given below to find your nearest centre: <http://www.brahmakumaris.com/centers/>

It is either NOW or NEVER.

## **Develop the Habit of Getting up early**

Develop the habit of getting up early and sitting in silence. Read a peaceful thought and reflect on it. Write down some ideas about this thought. Return to silence, allowing these ideas to take root inside you. Share your ideas with a person close to you. This practice will help you accept and cope with conflicts and difficult situations. It will help you stay happy and peaceful for the rest of the day.



# RAISING OF CONSCIOUSNESS FROM BODY-CONSCIOUSNESS TO SOUL-CONSCIOUSNESS: THE ONLY TRUE EQUITABLE, INCLUSIVE, QUALITY AND LIFELONG UNIVERSAL SPIRITUAL EDUCATION

– Dr. Brahma Kumar Yudhishtir, Ph.D.,  
Shantivan, Associate Editor

India is the motherland of all arts, cultures and civilizations, which are bred, brought up, nourished and nurtured by values and spirituality of ancient India where Incorporeal God Father Shiva, who is the Supreme Source of spirituality, all values, virtues, qualities and divine powers, takes His divine birth by entering in the body-chariot of Prajapita Brahma. That is why India is called the sacred land of birth and actions of God, and the place of pilgrimage for all people of all religions. In this way, it is rightly called the first cradle of spirituality, all values, virtues, qualities, powers arts, cultures and civilizations.

## The West Looks at the East for Values and Spirituality

It is no other country but India that can rightly justify its claims to be that sacred land where God Himself incarnated and passed the highest wisdom to mankind. It was in India – the queen of all lands – that the ideals of religion and philosophy

attained the pinnacle of what is practical in the spiritual realm. Max Muller said, “If I were to look over the whole world to find out the country most richly endowed with all the wealth, power and beauty that nature can bestow, in some parts a very paradise on earth, I should point to India.” He further stated: “India holds an



ancient heritage of spiritual thought from its past that stands unparalleled for profundity and unmatched for width. He also added, “That which our leading scientists are still vainly seeking and forgotten philosophers have given up in despair of ever finding, has been the treasured possession of a rare few in India.”

## Value Education and Spiritual Education

Values and spirituality are an integral part of both the civilized life and spiritual life; without them the civilized life turns into a sort of criminal life.

## Concept of Values

‘Value(s)’ refer to those standards of principles, ideas, self-imposed rules (whether moral, spiritual, ethical, etc.), which we adopt to live our lives righteously and successfully, and to which we stick with a clear conscience without any fear of outside threat or influence. Values also refer to our experiences and achievements that we consider desirable and valuable for our existence and evolution; for liberation from evil and suffering, and also for evolution of our inner and outer environment leading to eternal joy and bliss.

Values are the noble aspirations of religions, cultures and philosophies, which we espouse and respect. Values alert our moral conscience to remain free from temptations and resist our weaknesses and guide us for better and peaceful existence in the world. Values are the beauty, grace and treasures of life, and they determine our moral and ethical choices in life.



Values give indication of character because the nature and quality of human beings are determined much more by values held and not by the amount of information one has gathered and mastered. The educational institutions can be instrumental in imparting value and spiritual education for bringing about desirable changes in behaviour of students and people of the society for better understanding and adjustment in our diverse society.

**Concept of Spirituality**

The human being is a spiritual entity or an embodied spirit (*Jeevatma*) because he/she is the combination or composition of both his/her outer body and



inner soul or spirit (*Atma*). The spirit or soul is a very subtle point-of-divine-light, called spiritual energy that sits at the centre of a person's forehead between two eyebrows and performs all activities through the physical organs.

**Spiritual is both individual and universal:** Spirituality is *individual* in the sense that one has a unique relationship with one's inner self/soul/spirit, the Divine and truth. One can examine oneself thoroughly when one goes inwards and meets with the inner core or deepest part of oneself. Spirituality is *universal* in the sense that it refers to eternal

truths and realities that apply to all people at all times and in all places.

**Spirituality—A way of connection and communion:**

Spirituality is a way of having connection and communion of the individual soul with the Incorporeal Supreme Soul, the Divine. Someone, who has a personal experience of the Divine that includes the transcendental dimension of human experience outside the range of sense perception through connection and communion with the Divine, is most likely to follow and live a *spiritual way of life*.

**Spirituality generates intuition and values:**

Inculcation of spirituality itself, gradually, generates moral and ethical intuition and the cultivation of values. This is why spirituality is relevantly indispensable for the solution of today's major social problems, which are rooted in today's acute crisis of erosion of values. Spirituality means the awareness of the inner being or soul; the soul/self/spirit is primary and body, the matter, is secondary. Matter including the body is dependent upon the soul, which animates the former.

**Spirituality awakens conscience:**

A person, who is spiritually aware, expresses his/her innate values and qualities naturally. Loss or lack of self-awareness causes loss or lack

of spirituality and personal power. *Thinking of oneself as a body develops body-consciousness or material consciousness instead of spiritual consciousness, causes material values to predominate and, consequently, numbs the voice of conscience, which is allied to spirit and spirituality.* Then, such a body-conscious person easily succumbs to negative and vicious actions that are associated with body and bodily relationship and material possessions. *When one is completely deaf to the voice of conscience, the voice of outside moral authorities also falls on deaf ears. This is why mere imparting of education in values without inculcation of spirituality can never succeed at all.*

**Role of Brahma Kumaris Organization in Awakening Spirituality**

The Prajapita Brahma Kumaris Ishwariya Vishwa



Vidyalyaya (PBKIVV), which is permanently affiliated to the UNO as a Non-Governmental Organization

(NGO) and engaged in implementing the various UN projects and programmes including the Sustainable Development Goals (SDGs), is

also imparting value and spiritual education and thereby spiritualizing the individual souls by explaining them that they are originally and essentially the immortal souls/spirits, and are the spiritual children of One and Same God Father.

**Transforming human into divine:** It is trying to transform the human into divine by instilling in them the divine virtues and thereby also trying to divinize the society and the world. It is creating integration in various faiths by understanding of their similarities and acceptance of the various diversities. It is emphasizing that 'spiritual education' is the foundation of all other kinds of education without which humanity is still crying for peace, love, unity, understanding, etc. in spite of the present prevalent material prosperity and scientific and technological advancement.

**Man's separation from God creates sorrows:** It is also explaining the people that all sorrows and sufferings are due to man's separation from God, the supreme source of all values, virtues, powers, qualities, and is trying to restore human being's (soul's) sacred bond of relationship with God for its regeneration, rejuvenation and elevation. It is clarifying people that true 'swara' (conquest over self) lies in the freedom of own soul from the indulgence in vices,

sins, negative thoughts and attitudes.

**Change is the law of Nature and Universe:** It is also explaining that 'change' is unchangeable law of the Nature and Universe and the present transition time is for the souls to change their thoughts, words, deeds, lifestyles, etc. through spiritual knowledge and practice of Rajyoga meditation as imparted by God in order to be truly divine.

**War and peace are created first in mind:** It is making people to realize that as wars, divisions and hatred are created first in the minds of human beings, likewise the seeds of peace, unison and love can be sown there and the fruits thereof can be ultimately realized and reaped by making mind an ideal ground of goodness.

Time is not linear but cyclical: It is also explaining that time is not linear but cyclical; our past gives us the present, and the present is the foundation of the future. So, we have to set the present right by bringing necessary and desirable changes in it to secure a bright future of hope, success and prosperity.

**Set time for earning spiritual wealth:** It also impresses on people to set aside some time for earning of 'spiritual wealth' and thereby make a balance between 'material and spiritual

wealth' to get real peace and happiness.

**Man is made in God's own image:** It is also explaining that man is the child of God is "made in His own image"; so as a true child of God man should inculcate His qualities and divinity to reflect them in society and thereby make the world a better place to live in.

### Values & Spirituality are linked with Rajyoga Meditation

All kinds of values - universal or temporal including human, social, ethical, moral, spiritual, economic, aesthetic values, etc. - are demonstrated by our actions (*Karma*). Values and spirituality are to be developed together because their relationship is inextricably interrelated, interlinked and interdependent. Rajyoga meditation gives the much-needed power to develop and inculcate values and spirituality and for their practical application in everyday lives. *When spirituality is developed, values emerge; and when values are developed, they increase spirituality. Rajyoga meditation not only makes this development and emergence practically possible but also galvanizes them.*

### Rajyoga Meditation

The term "Rajyoga" is the compound of two words 'Raja' and 'Yoga'; the latter 'Yoga' has

been derived from the Sanskrit root 'yug', meaning 'to yoke', 'to connect', 'to unite, 'to join'; and the former 'Raja' meaning the 'king' or 'royal' or 'regal' or the 'best'.

**Rajyoga – An inner process of personal encounter:**

Rajyoga meditation is an inner process of *personal encounter* or *communion* of human being with his 'inner individual consciousness or soul' as well as with the Universal Consciousness, the Supreme Soul.

**King of all Yogas:** As it name indicates, Rajyoga meditation is the "King of all Yogas" in the sense that it gives us a clear understanding and realization of our consciousness or soul and also of God-realization by enabling the soul to reunite, reconnect and re-commune with the Supreme Soul in order to regain our lost Paradise and lost values, virtues, powers, qualities as our birthright from Him and also to regain the passport to holistically healthy and heavenly life.

**Rajyoga rediscovers potentialities:** It also helps us to rediscover and utilize the potentialities already latent within us, to develop the strength of our character and create positive thought patterns,

attitudes and responses to life by changing the wasteful and negative ones.

**Enables to experience nectar of Life:** Rajyoga meditation enables its devoted practitioner to experience the elixir and nectar of celestial life and the lever of holistic health, progress, development and wellbeing here and hereafter.

**Cures the psychic disorders:** "Rajyoga has tremendous medicinal, psychotherapeutic and healing potentialities in the sense that it cures many psychic disorders by creating quantum shift in deep psychic layers within the human soul and, also thereby with zero expense, brings psychosomatic order and harmony with its holistic healing efficacy and salubrious impact on the soul-mind-body matrix. (Yudhisthir, 2016 )."

**Opens the blocked inward channel:** Rajyoga meditation is a metaphysical process of opening man's already blocked inward channel for the direct flow of divine power of God into the already completely discharged human soul-battery to recharge and reinvigorate it, through reunion and re-communion with Him, and thereby getting back all His moral, spiritual values and virtues, divine, celestial powers and qualities for rejuvenation and transformation of the decadent

and degraded souls, society and the world and for establishing the New Golden Aged World or a Regained Paradise.

**Rajyoga – The key to liberation:** Rajyoga is the key to liberation (*Mukti*) from bondages of sins and vices, liberation-in-life (*Jeevan Mukti*) and immortality of human soul. The soul is compared to a bird in a body-cage, by which wishes to fly away freely from that cage is sheltering itself in the Supreme Soul by remembering Him through Rajyoga meditation, by shunning all sorts of sins, vices and temptations, by not resorting to inaction but rather performing actions with renunciation of the fruits of actions.

**Conclusion**

Whatever value education and spiritual education in whatever form are given now, are not commensurate and compatible with quality education at present. The value and spiritual education promoted by Rajyoga Education System (RES) is the urgent need to educate students at all levels for quality education and life, holistic development of their personality and inculcation of values, spirituality and various life skills. \* **(Concluded)**





# THE SPIRITUALITY OF CHRISTMAS FATHER



—B.K. Khem Jokhoo, Trinidad.

Christmas, as we know it today, signifies the end of the old year and beginning of a new one. This is the time when some people close up projects, settle accounts, do annual cleaning and look forward to a festive time. Others reflect on the real significance, which is the coming of Christ almost 2000 years ago. This event was so auspicious that even the calendar paused to show the change from Before Christ (BC) to After Christ [Anno Domini (AD)]. What a massive transformation; and yet, today, we make all the necessary physical arrangements to enjoy the celebration, but forgetfully ignore the true spiritual significance of Christmas.

Christ represented the conquest of the virtues over the vices. He brought divinity and his lifestyle demonstrated one of significant values, reflecting the purity of a higher and more elevated civilization. He left a legacy that transformed into a single formidable religion and, now, only to witness its innumerable branches. He had true love for the humanity, while

today's world thrives on fear and violence that can lead to destruction and annihilation of this planet. The problems exist in places even where Christianity reigned supreme. He lived a life of humility; yet, today, we are slowly drowning in the sea of arrogance. Our intellects have changed from diamond to stone. Where did we go wrong and how did we get derailed from the highway of heaven into the pot-holed, dirty tracks of hell?

Let us pause and reflect on the legend of "Christmas Father" that we have now commercialized into "Santa Claus". The story says he came dashing through the snow on a sleigh packed with gifts, drawn by Rudolph, the red-nosed reindeer, and eight others. It is said that he arrives at the darkest hour of the night and climbs down a blackened chimney to place gifts into stockings and under the Christmas tree. Then, he sneaks out without being seen. Why would anyone bearing gifts of



good tidings want to go through this torture only to be kind? Why would he not want to be seen? The good old "Christmas Father" is no one but God, the Supreme Soul, the Supreme Father of all human souls, who are His spiritual children. The reason is that Rev. 3.3 says, "No man knows what time and hour God would come to free His children from the bondage of the vices." *The Gita* (Ch. 4 V.7) says, "God descends when irreligiousness and lawlessness are rampant in the world." Rudolph's red-nose represents red light, and many religions and cultures believe that God is Light (*Ru* as in Rudolph is the Urdu/Arabic word that means 'soul' just as *Ruhani* means 'spiritual'). The eight other reindeer are symbolic of the instruments that assisted in purification of the world. The gifts that Xmas Father brought were but the teachings of the divine values and virtues.

The Christmas Tree represents the genealogical human world tree. Each branch of the tree represents a major religion and the twigs represent the breaking up of the major religions into its breakaway fractions. The leaves of the tree represent the population (human souls) at the



corresponding time in the cycle. The *small colored lights* represent the religious leaders in different bodily costumes. The *fewer bigger lights* represent the elevated prophet souls that came from time to time to sprinkle divine knowledge that simmered the barbarism and unrighteousness. The *blackened soothed chimney* describes the present condition of the world that is full of irreligiousness and unrighteousness, impurity and promiscuity, robbery and violence. A world that was once elevated has, now, become completely degraded. This is why it is said that God comes in the darkness of night, for the *darkness of night* represents ignorance and immorality. It is at this time that He incarnates and descends upon the earth to destroy the vices and purify His prodigal spiritual children by teaching them divine knowledge. Inculcation of these divine virtues creates an armor against the harmful vices. These divine virtues are the gifts of good tidings, which He bestows on them. When the children wake up on Christmas morning to the flourish of the gifts, it signifies the glorification in the time of Christ, representing world transformation through transformation of human souls and hailing of a new golden era of peace, purity, prosperity, health, wealth and happiness.

Let us, this season, practise the values and virtues that Christ brought and taught and see if we can get caught in that spirit of giving and doing selfless service. Sacrifice the vices of anger, greed, ego, lust and attachment on the cross of Christ and burn them in the sacrificial fire. Remember that God, the Supreme Father Shiva, never gives His children crosses heavier than they can bear. Also remember Abraham who introduced spiritual law; Buddha who demonstrated service and duty; Christ who walked with love and Mohammed who brought peace; but, the Supreme Almighty Authority, the Highest on High Father, gave all His children the unlimited inheritance of peace and happiness in the Kingdom of Paradise. So, for this Christmas, let us dance and waltz to the tune of the spiritual knowledge and divine music of the Supreme Master. ❖

## LIVING LIFE ON THE SURFACE



In an ideal situation, the thoughts that run in my mind, should be exactly those that I would like and want. We do exert this control, that we possess over our thoughts, but it is not complete and it happen only sometimes. The more we become completely engrossed in our daily routine, the more our thoughts tend to become reactions to what goes on outside us. That's when they go out of control and our lives move in an unfocused way. As a result, things don't work out as we might have desired. Then, we develop a habit of blaming other people and circumstances, or we justify our pain by telling ourselves we are not very worthy or powerful enough. Often, these two inner strategies go together. The trouble is, both are cover ups, preventing us from going for a long-term solution.

In this way, we tend to live our lives on a very superficial level, without taking the time to find the solution to what is going on wrong inside. Deeper difficulties remain hidden inside. I move from one scene of life to another - eating, watching television, studying in college, getting married, changing jobs, buying a new car or house, etc. without ever stopping. All these are the parts of living, but if I make them my whole and sole, my foundation, it's as if I skate across the surface of life without being in touch with the core. As time progresses, an inner shallowness develops. Then, a feeling keeps growing inside, which prompts that there must be more to life than this, I then, find that my relationships are not working out as I would have hoped and they are lacking in depth. ❖

# PEACE AND LOVE - MY ORIGINAL NATURE



**F**or all of us, Life is full of many different type of situations, which at times cause emotions of anger and ego inside us. *Both anger and ego negatively affect relationships. So, at times, all of us should make the silent effort of remaining calm and peaceful and keeping them away from our life situations.* Many times, we are tested by these two emotions while in interaction with some of our family members or friends or even in some other unimportant interactions. In other words, it is very easy to become angry in such situations. It is up to us to take care of using our inner resources of peace, love and joy and thereby give them and others the same experience.

There is lots of research in the world at present on how anger is harmful for our health. Illnesses like blood pressure, heart attacks, insomnia and backaches and other problems like digestive disorders are caused by angry outbursts. People often indulge in such behaviour very commonly in their families or elsewhere. Also, there are some viewpoints in the world that a little bit of anger is good and it gives an adrenaline rush. It is also seen that there are

some people, who believe that ego makes you powerful and helps you to become successful. Also some people feel that anger increases your efficiency because it helps work get done many times. But, all of these are wrong beliefs and, in fact, the truth is that ego is a weakness and, in a state of anger instead of getting respect, you lose it. You also fail to get love and co-operation from people.

We also have to deal with different types of people, whether at our work or in our families. The challenge lies in interacting with everyone without getting angry. This is because our personalities or natures are different and our opinions also vary. Sometimes, two persons are right in their own way, yet their views do not match in a particular situation. This leads to anger-filled interactions. Also, at times, two persons are right in their own way, but due to different perceptions, their ego does not let peace and harmony be a part of that particular relationship. So, anger and ego are big enemies for good relationships in any sphere of life – personal as well as professional.

Also, when it comes to overcoming anger and ego, the

first step is to look inwards and access the treasures of peace and love, which are inside us. They just need to be brought into practice by realizing one's spiritual self, which is the soul. Self-realization brings positive virtues of peace and love to become a part of our nature. These inner treasures are also increased by connecting the spiritual self with God, the Supreme Being, Supreme Soul. He is the non-physical entity and the Ocean of peace and love. This connection is called meditation. Also, in the entire day, we should make practice of seeing everyone as a soul, whose inner qualities are peace and love, even though anger and ego are outwardly visible in them. This is because anger and ego are acquired *sanskaras* and peace and love are original *sanskaras* of all. So, seeing each one's original *sanskaras*, sends them the energy of those positive emotions. As a result, they get motivated to bring those *sanskaras* on the surface and use them instead of using anger and ego, which are negative *sanskaras*.

Many of us, sometimes, use anger as a weapon in controlling people and we forget that it is not possible and easy to control people, but it is possible and easy to influence them. Influencing people is always easier and that can take place with peace and love and having good wishes for them. Also,

looking at people with positivity and having a noble vision for them that they are good, help to make them do what we may expect them to do. Also, being humble and kind-hearted will make people respect you and do what you desire or bring any change that you expect in them.

We should always remember that we are inherently peaceful and loveful souls; and, as we come in the cycle of birth and rebirth, we lose these qualities and start becoming full of various desires. Expecting or desiring a certain type of behaviour from someone else is the root cause of all forms of anger. Also, desiring a certain type of situation as per our liking is another cause of anger. Both these desires, when not fulfilled, make us irritated or upset or even violent in some cases. On the other hand, accepting situations and people with ease is possible for those, who are full, internally, of various qualities and powers. These qualities and powers come with the help of spiritual knowledge and following a spiritual-path in your life. The more spiritually strong we become, the more we are able to remain above the changes in our life, which are not as per our liking. Also, we can remain stable when, sometimes, people close to us behave in a way, which is different from what we think is right or preferred. Also, fulfilment on an external level can, sometimes, make us egoistic. On the other hand, internal fulfilment of various qualities makes us humble and very uncomplicated in our dealings with people, which satisfies them easily.

—*Awakening with Brahma Kumaris*

## Morning Musings & Night Notions



“Happiness is spiritual, born of truth and love. It is unselfish; therefore, it cannot exist alone but requires all mankind to share it.” — *Mary Baker Eddy*

“We can hear the silent voice of the spiritual universe within our own hearts.” — *Ruth St. Denis*

“Dealing with psychological, emotional and spiritual issues involved in treating sickness is equally important.” — *Marianne Williamson*

“Human beings yield in many situations, even important and spiritual and central ones, as long as it prolongs one’s well-being.” — *Aleksandr Solzhenitsyn*

“Your political views really denote your spiritual views.” — *Alanis Morissette*

“We are more than just flesh and bones. There’s a certain spiritual nature...We can’t find it. With all our sophisticated equipment, we cannot monitor or define it, and yet it’s there.” — *Ben Carson*

“Pain is the mind. It’s the thoughts of the mind. Then I get rid of the thoughts, and I get in my witness, Which is down in my spiritual heart. The witness that witnesses being.” — *Ram Dass*

“Good art, in general, aspires to something, as a good painting aspires to something, almost spiritual or holy.” — *Gerhard Richter*

“Those children, who are ever helpful and serviceable in God’s divine task, remain ever steadfast and stable in troublesome and dangerous situations.”

— *God Father Shiva*



# THE WHOLE MANKIND IS IN PRISON: ONLY GOD HAS THE KEYS TO OPEN THE PRISON DOORS



—B.K. David, Paington, U.K

**D**o you worship god only on one day of the week? Yet, are you asking god for blessings on every day of the week? Are you One of the guilty that watches an exercise DVD from the comfort of your sofa whilst eating chocolate? Thinking positive with slow, peaceful thoughts based on spiritual truths can make you happy and healthy. Similar to exercising your body, slow thinking can keep your mind fit and healthy and in tune with your spirit and enable you to cope up with our negative world.

## **God is not your occasional God**

Would you complain if God only worked for you on one day a week? If God told you whilst you sat in Church praying to Him that you can only ask Him one question a week and could only claim one blessing a week from Him, what would you say? How would you feel about God then?

When a person worships God only once a week, how do you think God feels about that child?

Would that not be the same as God granting you only one blessing a week and listening to you for only one minute a week? Do you think God is a God that would ration Himself?

God is not your occasional God that likes to hear your occasional voice and news. The reality is that we have unlimited access to God, His love and receptive power. You limit God and yourself when you talk to Him deeply for only the few hours when you are in Church.

The life of Christianity has, now, reached the end of its sell-by-date and is soon to be taken off the shelf as it's gone very stale and even dangerous to one's health. As with any product on a supermarket shelf, if it's only looked at and not bought and used and digested by the consumer, it will go off and, eventually, be withdrawn from sale by the manager.

## **Religion is very much like an exercise DVD**

If you just sit on your sofa and watch it in comfort, how would it ever do you any good? You need to participate and do its

exercises and follow it regularly if you are to truly gain and become stronger and fitter. What would you call the obese diabetic that has 20 celebrity keep fit DVD's and is overweight and cannot even walk the short distance to the cake shop without getting out of breath?

Do you first belong to the religion of eating? All of today's religions have all been surpassed and come under the one all-encompassing universal umbrella of the Eating and Feeling Depressed Religion.

People's places of constant worship are to be found in one shop or another on the High Street. People pray for a bargain, to look beautiful and to find Mr./Mrs. Right. Spirituality has been replaced by cheap offers: Buy One Get One Free deals and chocolate and the latest fashionable dress or perfume.

The more people worship consumables and chase after materialism the more miserable lifestyles they'll end up with. Many have sunk so deep and got completely lost in some High Street shop offering luxury goods to ever be found and retrieved.

Everyone is blind and deaf to God's Helicopter and the lifeline that He's lowered down and which could pull them to safety and clear of the rough and



dangerous sea of vice that all have been playing and swimming in for countless years.

**Rajyoga Meditation:  
God's Workout Programme  
for Human Souls**

Have you heard of God's New Exercise DVD showing His Workout Programme for human souls? It's called Rajyoga Meditation: This programme teaches and trains how to become happy and peaceful, loving and free.

God has brought out His very own exercise DVD so that you can learn how to exercise your mind in a very beneficial way. You can watch this DVD at any time and for as long as you want. If you watch this Godly DVD for a minute or two or for an hour or most of that day, it can bring you unlimited benefits.

You will not end up looking like Tarzan with many muscles but you will be able to swing through life with happiness as if going from one tree to the next with a smile on your face. Only God can provide you with such a rope of truth that allows you to swing through life. Man's rope gets tighter each day around the necks of everyone.

Do you want to watch a free Godly Keep Fit Exercise Programme that can set you

free and make you healthy at the same time? If you wish to watch or buy His DVD you can login to the Brahma Kumaris website and order it. Why not become a fully paid up member of His Godly Keep Fit Club?

If you pay attention to what He's teaching you, it's possible to become champion of the world (new world to come). We are all in training in this old world and although the aim is to always win and be successful, it's likely that many defeats may also come in your way.

**Spread of the Disease of  
Vices**

The disease of vices has spread all over the world. We live in a world of constant vices surrounded by those shrouded by bad habits: with this in mind, it stands to reason that we shall be influenced by them and what they do, as we are not robots living in a spaceship, right?

Vice is a crippling disease and its crutches of bad habits that few are able to put down, act as poison but not as medicine, to those inflicted with such a bad disease.

Life's Pass-the-Parcel game of bad habits is so popular that everyone plays it all the time. Few can realise with sincerity that the severity of the bad

habits that they've picked up along the way are really destroying their lives. Lucky are those that try and decrease the severity of their bad habits by not giving them any attention. If you want victory in your life, it's imperative to take control of it and not give in to your habits and waste your precious energy on them that will fuel your bad habits and, then, they easily come alive in your life and take control of it and you! Your bad habits need to be contained and put into isolation. When in isolation where it is unseen and unfelt, they are, then, manageable and can be dealt with. Bad habits, once in the cell of isolation, lose their strength and automatically start to relinquish their hold on you that once was so tight and powerful.

Life should not be one like a Knitting Pattern of Sorrow (KPS) that you knit and, then, pass here and there to one or another to copy. Everyone knits a jumper, scarf, hat or gloves of vice and sorrow that they, then, need to wear each day everywhere they go. Even if it's in summer and very hot, many can still be seen having to wear their knitted creations of sorrow. As they do not realise that they are wearing their uncomfortable creations,

taking them off would not ever enter their minds.

Can you see the many as they walk through life wearing their thick woolly creations of bad habits? It's these creations that cause them to feel hot and flustered and to be in a bad mood so often. Bad habits are like the ill-fitting shoes, which cause your feelings of discontentment and discomfort wherever you go.

When you wear these shoes of bad habits or their related matching outfit of a heavy overcoat, jumper or gloves, you'll find that it becomes increasingly difficult and uncomfortable to live, and virtually impossible to take them off as you've become disabled.

The biggest misfortune for people is that they do not realise and are not taught the fact that their bad habits and the attire that comes with them that they unknowingly must wear, makes them unable to pick anything of value and goodness up that will make them happy.

### **The Bible Says of a Second Coming**

The Bible's hidden calendar has a ring around a date and its alarm clock is set to go off. From the hallowed pages of The Bible it says of a second

coming. Yes, God, the Father of Christ, has at last come. So, all Christians should not worry as God Himself is, now, here fulfilling His prophecy. God has come and since His descent into our world in 1937 He's been busy here with His sacred acts of the world renewal. God is superfast whilst remaining super peaceful and is always busy and works every day and every night. Can you see or feel Him working?

God works in mysterious ways and minute-by-minute He is changing the mankind. God is here to change the soul back to its original nature of purity, being kind (mankind) and loving and being peaceful and slow. Man needs to change from bad to good – and, soon, before the door of heaven slams shut in his face.

God is working nonstop. He has come to change the world and even with that colossal undertaking, never takes lunch or ever stops for a coffee break. It is us weak ones that stop for even the smallest of things.

### **God's Divine Swimming Pool of Peace**

Everyone is to change; whether one likes it or not. God will achieve perfection on earth by drastically changing everyone's thinking patterns

and views of life and with all that their actions also. If they like it or not, all will have to change soon. If you walk round a swimming pool and fall in, can you stop yourself getting wet? God is here to push you into His Divine Swimming Pool of peace. Are you scared? I would be very scared of being left to walk round God's Pool in a sticky suit and not getting wet and given the chance to swim in God's Holy Swimming Pool that is to be baptised by God Himself with every stroke and length you take.

There is a difference between naked (soul-conscious) comfort and happiness and dressed (body-conscious) discomfort and unhappiness. With soul-consciousness one feels detached or naked of outer body-dress and comfort and happiness whereas with body-consciousness one feels discomfort and unhappiness.

With soul-consciousness I felt almost detached and naked and waiting to be pushed into a spiritual pool that I knew must be a pool of love and peace. With soul-consciousness, you can change and prepare yourself to enter such a pool by letting yourself loose of the railings of body-consciousness and, finally, take a dip in God's Pool.

As swimming is healthy for your body, so swimming in God's Pool is healthy for your soul and to grow spiritually strong. In God's Pool you become so relaxed and your blinkers that blind you to truth and your straightjacket that you and man has placed on you will automatically be removed. If you do not believe me, why not take a swim and see for yourself? You should ask yourself: am I brave enough to let go of man's railings of body-consciousness and conformity and swim in truth and swallow its water every day?

### **The Whole Mankind is in Prison**

The whole mankind is in prison looking out from behind his bars of ignorance dreaming of happiness.

Everyone is now handcuffed to modern life and it's only the wise that can see it and get given by God the key to free themselves. Man has built a huge prison for himself and now everyone has been sentenced to live in it, and live in it they must.

God has come to us as the Jailor that carries the only set of keys that fits all prison doors. All doors can be opened by God but He does need the permission and cooperation of the inmates in the prison cell.

God knows in His wisdom that without the inmates' desire to be free, if He were to open a particular inmate's door and free him, that inmate would make himself unworthy of being free in less than a week.

The vast Prison of Vice which houses mankind has no books of wisdom that could free anyone inside. No one in the world carries a single key, which could open a single cell door and set someone free. So, without the Jailor's intervention to free those that are calling out to Him to be freed, everyone would remain imprisoned in this huge Prison of Ignorance. Without God's teachings and help we'd all be stuck forever behind our prison bars of misery that are of our own making that we've forged over time with the heavy hammer of ignorance and bad habits. Many use such a hammer thinking it actually frees them but wielding such a hammer only makes them tired, weak and poor.

With such a state of mind, how could anyone really think they are free when they are tired from having to drag the ball and chain of bad habits behind? This burden saps all his strength and makes him use up his precious energy that's showing as empty.

### **Man's World is out of Order**

Man has now total authority

over his world, which he has made into an infinite world of sorrow and misery. He is in charge of this huge toilet that has now become his world, which is now out of order. The toilet seat has been stolen, it has a leak, does not flush; its lock is broken and its door cannot not shut. Man is master, subject, cleaner and servant in this world that sees him living his life crawling on the toilet floor.

Man is very good at obeying his own orders that are inadvertently causing him greater and greater sorrow. He has become his own worst enemy and once his mind was his best friend, but now it has brought his downfall.

Everyone has grown a third arm of ignorance that carries a heavy hammer. Man rules and dominates our ugly world and can only ever make it uglier with his unlimited hammer that he carries with him everywhere goes. This hammer hits everyone, including the person that carries it. This hammer is so big that it has eventually hit everyone and everyone can be heard crying in distress and sorrow from its daily blows of bad habits if you care to stop and look.

**(To be Contd. ...)**

# PRACTICAL APPLICATION OF MEDITATION (RAJYOGA) IN PRIVATE AND PROFESSIONAL LIFE



—**B.K. Hans Oberressl**,  
Ravensburg, GERMANY

Since the beginning of my spiritual life (1982), I had the pure desire to bring spiritual knowledge into practical application in professional and private life, but I had to have a lot of patience until I could have good results. It was in the middle of the nineties, meditation (Rajyoga) and Spiritual Knowledge (*Gyan*) slowly began to grip me practically.

## **The Professional Challenges**

I was a healing teacher for students with various very difficult handicaps: speech handicaps (stuttering, grammar, mistakes in pronunciation, Autism, Mutism, LRS, hyperactive and so on), handicaps in behaviour, learning, recording, etc. After four to six years treatment from the Kindergarten (KG) onwards, the students came to me in the age of 11 to 14 in the combined class 5-6. Most of them were beyond treatment, without any hope of further recovery. Therefore, after this class 5-6, they had usually to visit to another city to complete a further part of this healing-school up to class 9-10.

Nearly all of them had a great

lack in their personality, i.e., a deep lack of self-confidence: "I am not good enough, I am not good at learning, I am not good at speaking..." Thus, to improve and stabilize their personality was the highest priority, through making efforts for the development of self-respect and integration of living values.

## **First Steps of Solutions**

The duration of my own education at universities was seven years, but the methods I learned were not enough to solve such challenges of the students. At one point of time, I realized very clearly that the behaviour of the students was dependent on my own spiritual stage.

Then, of course, I began to stabilize my own stage every morning very intensively. So, when I came into the classroom, I immediately realized my own spiritual stage with the help of the students' behaviour. I became careful and attentive to read every situation and to correct myself instead of pointing finger at the students. This learning process was most important for my own progress, because the students were showing me the

mirror constantly. This was the first time when I really confronted a very big and painful challenge. I knew that there is no other way but to change my own personality and, in the second step, to change the personality of the students. But, to stabilize my own stage was not enough. Then and therefore, I had to integrate the children into Baba's energy.

## **How to Bring Baba's Energy to the Students?**

This private school was a part of the evangelic church in Germany and the Evangelic church was completely against the Brahma Kumaris that time. Also concerning the parents, I could not speak about spiritual knowledge (*Gyan*): so, I called the daily meditation programme 'silence exercises' (like the morning worship in previous times). Every morning, we made incognito silence exercises for 5 to 10 minutes. The children were sitting in a half-circle in front of me. Being combined with Baba, I started looking into their eyes one by one. After a while, the students liked this exercises very much, even the children, who were hyperactive (ADHS). This time, I developed this habit, which helped me to make very good experiences later. Instead of imagining a shining star in the middle of the forehead, I was looking into the pupils of each one of them. In this way, I felt

myself immediately connected with the soul of the students and additionally connected with Baba. This soul-looking through the eyes, was more natural and, therefore, easier to perform than the abstract imagination of the shining star.

### **Discovering the Hidden Qualities of the Students**

Anyway, there was no doubt about the treasure of energy that Baba gave; but, quite interestingly and additionally as well, I felt to discover hidden pure qualities (resources) of the students, who are the embodied souls. Mostly, this resource had nothing to do with school; it was, for example, personal experience of the qualities like peace, love, easiness, power, etc. When I felt such qualities very intensively, after a while, it seemed to be clear that the students also felt, may be unconsciously, the same qualities too. This was like Baba's wonder. However, after that, they built slowly a deep trust in the teacher and successively they developed self-trust too. Anyway, they opened their heart, they opened their closed mind and intellect, and one quality after the other emerged and became visible in their practical behaviour. Beginning with developing self-confidence, their school-achievements, too, quite

developed and progressed. It was for me a very happy observation that the students, who had no confidence to speak, began speaking, writing, reading. It was a good progress, indeed. Later, I could see if they could write understandable stories, argue well and so on; and, of course, if they could form good relationships with their classmates.

### **Joyful and Effective Learning**

My main part as a therapist was to learn German language with them, but I also taught music, art and sometimes Geography and History too. Mainly, in German language, I changed the whole education system. Concerning the negative speech experiences of the students, JOY had to have the highest priority because in the course of their long speech-learning-process they had no more motivation left for the usual learning programmes; so, I made it very simple and manageable for everyone. I asked: "Who can start?" And those, who were here since the last year, knew that they should tell their own imaginary stories adding sentences one by one. After a short while, they had a lot of fun because they could develop their own funny, humorous stories. And the new ones, who were amazed to look at this exercise,

began to speak after a few days and they took part when the funny speaking-cycle was going on. Of course, in the beginning, they made a lot of speech mistakes but this was no problem, because the most important thing was to make them experience that speaking is a great fun in itself. During this easy and joyful learning process, I was combined with Baba as an interested observer in soul-conscious state. We used this practice, in dictation and later in German essay writing. The same simple and joyful principle was the basis for all learning situations.

### **To be with the flow - Harmonizing the whole group**

In the last ten years, my "Resource Orientated Healing Pedagogy" was for myself like well-paid holidays. Every day, I liked to go to school very much. For me, personally, there was no difference anymore between Sunday and working day, both had the same high quality of life for me. On the other hand, many of our colleagues go for work out because of their stressful works.

Of course, some students required more time for transformation than others. Most important for the transformation-process was the atmosphere of peace, harmony and love. As I said, my own state

was fundamental. If the old forceful teacher had entered in myself unconsciously, students would have closed their mind and intellect. This I had to realize as soon as possible and, then, to bring change in my attitudes. This was my own chance and my own permanently learning-process.

The same happened with the students. They learned in small steps like me, to harmonize their mood and their own personality in order to harmonize their relationship with their classmates. In this process, Baba's love, power and peace, through the 'silent exercises' in the beginning of the day, were necessary; I needed Baba to provide this energy to me regularly during the whole school-time. I myself tried to be in a constant soul-conscious state to 'flow' spiritual energy and to see the students as souls as soon I looked into their eyes. In this way, more and more peace and harmony became evident.

*An Example:* Normally, an excursion is very stressful for a teacher. In one of my last school years, two weeks after the school started, we planned an excursion to the Stone Age buildings by the lake of Konstanz in Unteruhldingen. The manager of the museum himself was guiding us. Afterwards, he

said: "I have never guided such peaceful and attentive students in my professional life". Then, we went on the shore of the lake Innert and it took us three hours to reach Bus station in Meersburg. Ordinarily, the teacher goes through stress to instruct the students about what they have to do and what not. But, those three hours were so peaceful and comfortable, that I could not believe, that this might happen after the first two weeks since the beginning of school.

### Results for the Students

Usually, it needs minimum 6 months until a new group becomes a harmonized group, which is acceptable according to social regulations. Of course, this harmony had additionally a positive influence for the learning process. Within one to two years of Baba's education, I could send all students successfully and with sustainability into their home school in their own city. After six months, I always asked about my performance, which was always found to be alright. Some of the speech-handicapped students became skilled in German language. This was absolutely unusual. Normally, they had to go up to the ninth or tenth class to enter into this special healing school. Baba was showing real wonders through many students. Most of the parents were absolutely

amazed, because before they came into this group, nobody gave them hope to go to a regular school. But, now after one or two years, I could send all of them to normal schools. Parents of the students, of course, were extremely happy about this.

### Results for Myself

In reality, I was the student and the students were my teachers because they were showing me the mirror. Adults are very masked, they show a positive face, but they have negative feelings in their hearts. That means that the honesty of the children gave me a chance to learn, to correct myself. Being combined with Baba, this was possible; so, I am extremely thankful to Him that I got this opportunity to learn in this profession. I got the chance to take responsibility for myself and not to wait that somebody assumes responsibility for me.

I learnt in this process a lot of important and helpful transformation tools. One example is my natural yogic state during the daily practical life. The real basis for this was my love for silence. Stillness became the bridge to my inner Paradise; it also became the door to my positive 'feelings' and 'intuition'. For me, intuition is the real deity intellect. In the Golden Age, we don't think like the people of this world.

But, before this, I had to solve some blockades. By a group of German doctors, I learnt a system which is called Psychosomatic Energetics. Injuries from 63 births are not only stored in the soul, but they are stored in the subtle body (*chakras*) and in the gross body, meaning in the brain and the cells too. Within a short time of 20 minutes, I can make diagnosis of an active blockade; and, then, solve the injuries and the subtle blockades. Such injuries causing traumas and blockages work in our system like hidden viruses in a computer. They are like blind spots. I myself took treatments from the doctors; afterwards, I learnt this method. After solving my own blockades, I became much more an easy yogi than before. First of all, I developed my 'heart' and my 'intuition'. I was more and more guided by my inner pure self and Baba's inspirations. Typical signs of this 'stage of being' or stage of 'flow' are: If it is going easy (whatever I do), if it is joyful and if it is effective (less input, maximum output). And a golden crown of these three signs is: It happens by itself, meaning it comes automatically, because it comes from the inner pure self, just like in the Golden Age.

### **Soul-Touching Service**

In this stage of flow, I had really wonderful experiences called soul-touching. For example, I made a journey by car through the landscape Tuskany in Italy. Very often, I had short meetings with souls, mostly sharing a few words only. By looking into the eyes of other people, I felt Baba's touching coming by itself. Anyway we both, the person and me, were in tears of love, peace and happiness, the moments of deep impacts for both of us but with detachment. Then, I felt very sure that it is my way of service. Now, my goal is to remain constantly in this 'stage of being' and 'flow'. ❖

## **THE THOUGHT DESTINY CYCLE**

The process by which we create our own destiny is quite easy to see in theory; however, it requires some checking to see how it matches the reality of our practical lives. Here is the process in brief:

- As our intentions, so will be our thoughts.
- As our thoughts, so will be our feelings.
- As our feelings, so will be our attitudes.
- As our attitudes, so will be our actions.
- As our actions, so will be our habits.
- As our habits, so will be our personality.

As our personality in all our relationships on our journey through life, so will be our destiny. So, watch your thoughts! Be aware of your intentions!

Our intentions are based on our beliefs about who we are, where we are and why we are here. If we believe we are the physical form, our belief will be that we need to survive as long as possible. This leads to the intention to get what we think we need before others, which leads to competition and feelings of fear. Our destiny gets shaped accordingly. When you know you are the non-physical and immortal (which is neither created nor can be destroyed) spiritual energy, a soul, then survival is no longer an issue and your intention is one to include, connect and co-operate with others and enlighten them. The service of others at a spiritual level becomes the highest intention in action. It is fully free from fear and can be seen as an act of love. This is why competition and authentic spirituality can never be found together.

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

confident of their splendid victory in case of war with any nation of the world.

Indian policy of peace and non-alignment, which is pursued even in critical times, is a solid proof of this country's non-aggressive line of thinking, and owes to the legacy of compassion and large-heartedness that the people have inherited right from the deities of *Satyuga* down to the present days of Gandhiji, the father of the nation. India believes and its tradition shows that the whole world can be ruled through love and faith; and when these qualities are lost, the rulership is lost. Look at the example of ancient rule of Shree Lakshmi and Shree Narayana, Shree Sita and Shree Rama and other deities, who enjoyed world sovereignty without fighting a violent war.

The spiritual heritage of *Bharat* has given its people the spirit of renunciation and sacrifice, love and hospitality, peace and friendship, purity and piety and, above all, the strength to 'forgive and forget'. No doubt, these spiritual values are, now, on the decline because of the existing devilish atmosphere of conflict,

tension and turmoil. And that is why the world Almighty Authority, God Father Shiva, Allah or Jehovah, the Father of all soul-brothers of the world, has re-incarnated again in *Bharat* to rejuvenate the spiritual standard of the people. He is the '*Kalki Avtar*' of the scripture, who has, now, descended in the body-chariot of Prajapita Brahma (the human white horse). He gives knowledge to the souls and transforms them into *Shaktis* and *Pandavas*, who become instrumental in destroying all evil forces working in the world today. The rule of righteousness will shortly prevail in this eternal land, i.e., *Bharat*, the land of the descent of God.

*Bharat* is the land of a variety of races, but there is a sense of innate unity in its visible diversity. God's knowledge unifies souls, helps them to sink all sectional and sectarian differences and to stand united and unified to face any crisis at any time. The spiritual understanding of universal brotherhood of men and the Fatherhood of Incorporeal God, taught by the Almighty God Himself, strengthens this bond of unity a thousand fold, irrespective of differences in

castes, creeds, religions, languages and sexes.

It is high time for one and all to rally round God Father Shiva, obey His divine commandments of purifying the self and remain in His constant remembrance to gain inner strength to face the challenges of life to come. Victory will be of those, who take the side of God. Others will surely destroy one another and lose everything. That will be the gain of the *Pandavas*, the righteous and religious souls, as the story goes of two cats fighting for butter, who killed each other and the butter was left for the third party, the monkey waiting nearby. *The Pandavas* have always been victorious in every *Kalpa* (a cycle of 5000 years) and they will definitely be victorious again; and the land, where they live, will ever remain immortal.

May this eternal Motherland, God's birthplace, show light to the entire world. May you be *Holy and Yogi* and may this purity clear the atmosphere of pollution caused due to vices, diseases, wars and tensions! May you, now, become the real soldier of the spiritual army of God in this holy land of God's descent! ❖

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