

From the Mighty Pen of Sanjay

THE TALE OF VIRTUE

People in the Copper Age (*Dwapar Yuga*), i.e., the third epoch, were far less greedy and more righteous than those living today. There is an illustrative story in this regard. It says that, once upon a time, a farmer sold a piece of land to another farmer. While the latter was tilling the earth, he unearthed a pot, which was full of golden ornaments. He took the pot to the farmer and said, "My friend, this pot that is full of gold, has been found when we dug the piece of land I bought from you. Please have this pot as I have paid you for the land only and not for this golden ornaments to which I have no claim."

The seller then replied, "My dear friend, I won't and can't have it because I have sold off the land and, therefore, all that the land yields, would belong to you. I have nothing to do with what the land may now give you."

Both stuck to their respective points; neither of them was ready to take possession of the pot or its contents. Both, therefore, approached the king of the state and submitted their case to him for his judgment. The seller said, "My lord, as I have sold off the land, I have no right to it." The purchaser, in his turn, said, "My lord, I have paid for the land but not for the golden ornaments in this pot, which I cannot, therefore, morally have."

The king reflected deeply over the matter, but was in a fix concerning what to say about it. Well, both the farmers were right in their own perspectives. Seeing the king lost in thoughts, both of them suggested that the pot and ornaments be deposited in the State Treasury. The king didn't somehow like the idea and turned down their suggestion, saying, "You are wrong; the king has no right to call this pot and its golden ornaments his own. Both of you wish to be free from sin; why should you burden me or the State with it? If you are not prepared to take what does not rightfully belong to you, why should you expect the king to accept it? I cannot put into the treasury what does not belong to the State; otherwise, it would cause suffering to my subjects, who are as dear to me as my children. Thus, no one was prepared to incur sin by accepting what was not his. Then, the question arises: How to resolve the strange kind of dispute?

Further discussion revealed that the daughter of one farmer
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CREATING AWARENESS BY INNER SELF-AWAKENING

Over the last 3-4 weeks, it has been a time for celebrations, conferences and deep meditation sessions at the International HQ of the Brahma Kumaris. Shantivan (Abu Road), the venue of these events, which exudes soothing vibrations of peace and spirituality. **The two very important functions that took place were as follows:**

(1). *Divya Abhinandan Samaroh* (Divine Honouring Ceremony) for nearly 1800 dedicated Brahma Kumari Sisters and Brahma Kumar Brothers, who have worked for decades towards the cause of spreading vibrations of purity, peace and spiritual love, and serving the humanity particularly in Bharat and the world in general. Their lives, of course, have been nurtured and guided as per the enlightened Directions of Supreme Incorporeal Father, God Shiva; Pitashri Brahma Baba, Mateshwari Jagdamba Saraswati, Dadi Prakash Mani, Didi Manmohini, other Dadis and Dadas, and by our present Chief of Brahma Kumaris, Rajyogini

Dadi Janki; Additional Chief, Rajyogini Dadi Hirday Mohini; Joint Chief, Dadi Ratan Mohini and other senior service instruments. The Organising Committee felt the need to acknowledge and honour these selfless world servers, who have dedicated their youth, and mature years in spreading God's wisdom for re-establishment of divine and moral values in society, not only for their personal peace and happiness, but for universal harmony and goodness too. It was planned to be the most unique programme for those prime instruments, who are now mostly in their grey years but managing to balance several responsibilities on the service field successfully.

All the participants were requested to participate wholeheartedly in the specially designed schedule. Brief speeches by Dadi Janki, Dadi Ratan Mohini and the senior brothers were then followed by experiential Meditation Sessions. The themes of the latter were inspired by the essence of Godly wisdom enshrined in *Avyakt Murlis* Godly

Versions.

The day, 14th September, was celebrated as the 'Welcome Evening'; 15th was celebrated as 'Avyakt Angelic Day', 16th was organised as a day of golden-aged life; while the 17th was a time of taking leave from Madhuban, while remembering that 'Success will always remain with you'.

Participation of excellent artistes like Ms. Gracy Singh and her troupe from Mumbai, renowned play-back singer Ms. Hemlata and her group, Students of Indore's BK Divine Life Girls' Hostel, and, of course, singers and dancers from Mt. Abu and Borivali (Mumbai) uplifted the vibrant atmosphere with joy and beauty.

The special presence of B.K. Vedantiben (Kenya), B.K. Jyotiben (Dubai), B.K. Hemlataben (Trinidad) and B.K. Rajben (Kathmandu, Nepal) created an environment of international participation.

The divine *Bhog Sandeshs* received through the trance-mediums like: B.K. Vedantiben and BK Shashiben, and the golden-aged experience conveyed through them led the entire gathering into the golden-aged divine dance (*Raas*) experience!

Right from the unconditional service of the departments in Shantivan Campus of Transport, Accommodation, Dining, Sound, Video/Photography/Editing

Teams to the decoration of Diamond Hall, change of Stage Motif every day, the Master of Ceremonies, to the divine attire for 1800 members each day, the CD of divine songs for the occasion, special gifts and more – everything came together to bring about powerful scenes over 4 days.

All the participants returned to their respective places of spiritual service in flying spirits, thanking *Avyakt BapDada* for providing this rare opportunity of re-experiencing Self-Sovereignty.

(2). Within two weeks of this programme, there was a grand Global Summit-cum-Expo on “**Science, Spirituality and Environment – Role of Human Beings in Creating a Better World,**” held at Shantivan campus from 29th September to 2nd October, 2018. This was organised under the auspices of a huge team of B.Ks., wherein B.K. Mruthyunjayabhai, Organising Secretary, played a very valuable role in the conceptualization, planning and execution of the same.

The following spectrum of distinguished guests provides a small glimpse of the gathering, as each one of our guests was respected and well-known in his/her respective field of service unto society. Those on the dias shared their most interesting life experiences and wisdom,

encouraging everyone to bring more stability, harmony and good health into the world with their own transformation and positive actions:

- ▶ At the Reception-cum-Inaugural Session, Hon’ble Chief Justice of India, **Mr. Dipak Misra**, wisely spoke about speaking less and in a soft tone at all times. He appreciated the B.K. message of peace and service to humankind.
- ▶ Hon’ble Home Minister **Mr. Rajnath Singh**, New Delhi, spoke of how the challenges in the environment are getting deeper with passing time. He spoke of how Science and Spirituality complement each other in Indian Culture, and specially referred to the spiritual vibrations he experienced on entering the Shantivan campus. He ended by suggesting that politicians from all parties should gather at such a place for programme like this!
- ▶ Minister for Social Justice and Empowerment, **Mr. Thawar Chand Gehlot**, New Delhi.
- ▶ Minister for Rural Development, Panchayati Raj, Animal Husbandry and Fisheries, Govt. of Himachal Pradesh, **Hon’ble Shri Virendra Kanwar Ji**, Shimla.
- ▶ Minister for Women Welfare, Family Welfare, Maternity,

Child Welfare, Tourism, Govt. of UP, **Hon’ble Smt. Rita Bahuguna Joshi**, Lucknow.

- ▶ Minister for Finance, Planning and Forests, Government of Maharashtra, **Hon’ble Shri Sudhir Mungantiwar Ji**, Mumbai.
- ▶ Minister for Water Conservation and Protocol, Government of Maharashtra, **Hon’ble Prof. Ram Shankar Shinde**, Mumbai.
- ▶ Metro Editor, Nav Bharat Times, **Mr. Veerendra Kumar**, New Delhi.
- ▶ State President, BJP, **Mr. Sanjay Tandon**, Chandigarh.
- ▶ Member of Parliament, **Hon’ble Mrs. Anita Devkota**, Nepal.
- ▶ Sri Sri 108 Mahamandleshwar **Swami Hari Om Giri**, Mahamandleshwar, New Delhi.
- ▶ Founder, Namo Gange Trust & Yogshala Institution, **Acharya Jagdishji Maharaj**, New Delhi.
- ▶ **Swamini Adityananda Saraswati**, Director, Global Interfaith WASHAlliance, New Delhi.
- ▶ Scientist, **Padmashri Mr. Karthikeya Sarabhai**, Ahmedabad.
- ▶ Deputy Director, Tata Institute of Fundamental Research (TIFR), **Padmashri Prof. Ramakrishna V. Hosur**, Mumbai.

- ▶ Founder & Chairman, NMC Healthcare, **Dr. B.R. Shetty**, UAE.
- ▶ Actress and TV Personality, Ms. Marla Maples, USA.
- ▶ Judge Secretary of the Statutory Court, and State Councillor in Justice, Russian Federation, **Ms. Liudmila Kuleshova**, St. Petersburg, Russia.
- ▶ Senior Journalist, Talk Show Host and Actor, **Ms. Rolonda Watts**, USA.
- ▶ Eminent Indian Film and Television Actress, **Ms. Sushma Seth**, New Delhi.
- ▶ Eminent Music Director and Composer, **Mr. Shravan Kumar**, Mumbai.
- ▶ Mother of Orphans, **Dr. Sindhutai Sapkal**, Pune,
- ▶ Founder, Water Literacy Foundation, **Mr Ayappa Masagi**, Bengaluru,
- ▶ Pro-Vice Chancellor, Central University of Karnataka, **Prof. G.R. Naik**, Kalaburagi.
- ▶ Country Head, Islamic Relief India, **Mr. Akmal Shareef**
- ▶ World Peace Ambassador, **Ms. Apinita Chaichana**, Thailand.
- ▶ President, Medical Wing, RERF & Medical Director, BSES M.G. Hospital, **Dr. Ashok Mehta**, Mumbai.
- ▶ Environmental Author, **Prof. M.A. Haque**, New Delhi and many, many other Union and State Ministers, Industrialists, Medical Scientists, Business

Magnates, and Philanthropists.

Apart from the Inaugural and Valedictory Sessions, the rich and varied Schedule included 6.30 a.m. Meditation Sessions, 4 Plenary Sessions in the mornings, 6 Parallel Sessions in the afternoons, and concerts by Ricky Kej & Group (Grammy Award Winner, Composer, Conservationist from USA), Gracy Singh & Troupe (Mumbai), and performances by artistes of Indonesia, Nepal and South India.

The main attraction appeared to be the elaborate Exhibition laid out in Diamond Hall, which in particular, portrayed the history of the Brahma Kumaris Institution and projects undertaken over 8 decades in the fields of Science, Spirituality and Environment.

Peace of Mind Channel and Websit as well as other television channels carried the message of the Conference far and wide all over Bharat and the globe.

Congratulations to the entire divine, Brahma Kumaris Family, of especially, those who inspired participants to come all the way from far distant cities and countries of the world to Shantivan for the success of the Summit! The inputs from the dignitaries were so important and necessary to guide us further into creating a wonderful environment for an enriched future.

A prelude to these big programmes was a conversation of the Hon'ble PM of India, Shri Narendra Modi, with the Brand Ambassadors of the Swacchta Campaign on 15 September 2018. During this two-hour Video Conferencing Session, it was humbling to witness the Hon'ble PM's regard for Respected Dadi Janki's invaluable role in world service, and his appreciation of the BK motto: '*Swa Parivartan se Vishwa Parivartan* (World-Transformation through Self-Transformation)', apart from acknowledging several service projects that the BKs are engaged in.

With such high-level international programmes, we can reach far and wide and convey the message of synthesizing the wisdom of Scientists, Spiritualists, and Environmentalists for the betterment of the humanity. All those thinkers and scholars, who contribute their time, resources and wisdom in such global events, help develop global awareness of the responsibilities we need to be mindful of, and the essential Action Plans that we, as individuals as well as institutions and governments, should make a reality, since the future generations depend on us.

Om Shanti

—B.K. Nirwair

DO I REMAIN IN THE BODILESS STAGE?

– Rajyogini Dadi Janki,
Chief of Brahma Kumaris, Shantivan



Baba's *Murli* today was wonderful. I will read it again to myself later. I read it three times to myself this morning and then read it in the class. Each one of us needs to check if we have imbibed the things Baba spoke of in the *Murli* today. Each word of it is a checking point and we should check ourselves throughout the day. We should absorb the essences of the *Murli* in our lives. We have to be light and easy. The *state of being bodiless* for a few minutes is equivalent to the whole night's sleep. Baba has given us very good methods to receive the spiritual nourishment. The method of becoming bodiless helps me a great deal when I travel. Through the bodiless stage we receive the spiritual might.

The first thing to see in the self is: Do I remain in the bodiless stage? We need the bodiless stage to remain detached. So, ask yourself, "Is my stage a bodiless stage?" We are involved in many activities but when we finish these, we stay with Baba in a meditative state of His

remembrance.

To have love for the *Murli* means to have love for the One, who speaks the *Murli*. The questions and answers in the *Murli* are very good.

We are in a Global House and there is no other place in the world that has a hall like this (The Diamond Hall/Auditorium). This hall had been built from scratch. We have taken up the responsibility for world service in London. We have done world service through whatever has been given to us in London. Yesterday, there were kept two special boxes, one for Madhuban and the other for Global Retreat Centre (GRC) in front of the stage; for, now, we have to finish the work of GRC. We started our services from a house of Tennyson Road with a rent of just 13 pounds. There was not even a bed for us. Someone threw a door out and we brought it in. In the morning, I would sit on that door to conduct class and offer *Bhog*; and, in the night, it would be used as bed. London services had been started with such very humble and simple

beginnings.

When I return from India to London, I remember the true and spiritual love of all brothers and sisters. We have become victorious over lust and anger; but, there may still be a little bit of greed, ego or attachment in us. Let us check ourselves for this.

Until the soul is in this body, I am just an instrument. I am ready to go whenever I am called. I feel that Shiv Baba used Dadi Gulzar as an instrument but, now, Baba is not able to use that instrument so much. However, we have taken a great deal of spiritual sustenance through that instrument. *Avyakt* Angelic Brahma is still an angel and the time is such that whatever spiritual sustenance I have received, should be given to others through service. Brahma Baba continues to serve the human souls of the whole world through his subtle angelic form. Thus, all of you are extremely fortunate for being served by him.

(Contd. on page no. 28)



THE WONDER WORKS OF SWEETEST GOD FATHER SHIVA



–B.K. Priti, Nagpur

God Father Shiva works His wonder not only in calamitous situations but He is here with us even in small things, whenever we call out to Him. In our affinity for bigger and better, perhaps even biggest and best, we can forget or we can lose touch with God's blessings that work in our daily lives – the things that cause our spirit to soar and the things that reconcile us to God.

The Broken-down Bike

Recently, I was having trouble with my two-wheeler/bike and wanted to replace it with a new one. But, my family did not pay heed to my request. After a day or two, as I was coming home from office at 9.30 p.m., my bike broke down in the middle of the road while crossing the signal. People became impatient and started to honk as the traffic got blocked. The first thing I did was: I remembered God Shiva and said, 'Baba! Please help. It is up to you. What should I do?'

From nowhere people came and pulled my bike to the side of the street. Then, another gentleman stopped and tried to start my bike and when it didn't work, he called up his mechanic and gave his number to me saying that he will be there within 10 minutes. The mechanic reached soon after that

gentleman left and took the bike to his shop for repair. My brother also reached there by that time and we were asked to come the next day as it was already 10.30 p.m.

My brother was surprised to see the help I received as it was impossible to get any mechanic at that time in that area of Bangalore as the shops close down at 8.30 p.m. I just smiled and said, 'it is the *wonder work of sweetest Shiva Baba*'. He was there with me all along. Wah Baba! Wah Drama!

Hero Actor

In 2017, as I got relocated to my hometown, the most challenging and lovely part, which I came across was of my five-year-old nephew 'Om'. All the family members would complain about his bad behaviour. He would cross the line by veering off into a more alarming territory of being abusive and violent with others. One day, he came to me with one of his usual aggressive mood. I was practising one of the points of self-respect (*swaman*) "I am a Hero Actor", as per that day's Gyan *Murli*.

I looked at him and said softly to him, "Hero Actor." He backed off hearing those words and looked stunned as if some magic has struck him. He looked here and

there and ran off. After 10 minutes, he came to me with a very calm and quiet mind. From then, I began to address him as 'Hero Actor' and he would also love to hear those words.

Once, he came into my room in my absence. When I peeped inside, I saw him looking at the mirror, and dancing and singing very happily, saying, "I am a Hero Actor" (*Main to Hero Actor Hun.*) I had never seen him so happy and so carefree. What a lovely scene it was!

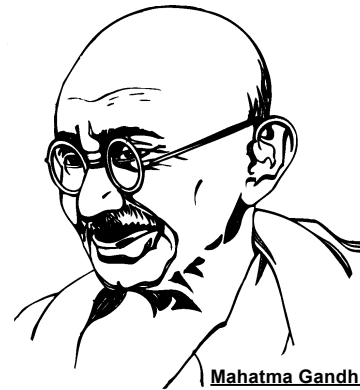
After a few days, I took him to the Brahma Kumaris Centre. As we entered the Meditation Room, he said, "I love yoga" and sat there in meditation (*Tapasya*) posture and closed his eyes. For 5 minutes, what I saw was all divine. It was as if he was surrounded by the vibrations of love, which was erasing all his bad habits and *sanskaras*. He looked easy and light with a gentle smile on his face. When he opened his eyes after a few minutes of silence, I found him completely transformed as if his soul had been touched by God's love.

I not only experienced the power of self-respect (*swaman*) but also the love of Baba for His children. How He touches His long-lost and now-found children! Only He knows the value of each soul and only He can see the innate beauty hidden within. Really, it is another wonder work of Sweetest Shiva Baba. At the end, I can only say, "Wah Baba! Wah Drama!" ❖

October 2nd: The World Non-Violence Day

RELEVANCE OF GANDHIJI'S TEACHINGS IN TODAY'S WORLD

—B.K. Apperna S., Chennai



Mahatma Gandhi

Come October, everyone looks forward to October 2nd, the birth anniversary of Mahatma Gandhi, the Father of our Nation, which has been declared to be celebrated as the World Non-Violence Day by the United Nations Organization (UNO). Do people eagerly await this day as it is a public holiday or do they really know the value of the day and the great man in context?

All of us have read about this great soul (*Mahatma*), who got us our long-deserved freedom from the Britishers. There are many of us, who are inspired by Gandhiji's life and try to imbibe his teachings and translate them into actions in their life. On the other hand, there are a few, who ask if Gandhiji and his teachings are relevant in today's world. Have we really understood in depth the real meaning of his teachings? An in-depth analysis of his life and teachings would run into volumes of literature and it is impossible to put it down in a few pages. However, let us look at a few of his principles.

Practised What He Preached

The relevance and influence of a person or his life or teachings can be short term or long term. It can have an effect only on an individual or the society as a whole. If we go through the life of Gandhiji, we can find that he didn't preach but lived his teachings. In short, he practised what he taught or preached.

Truth and Non-Violence

Gandhiji approached life with relevance to his fellow beings, and he was a seeker of truth and a notary of non-violence. He was of the opinion that non-violence in thoughts, words and deeds would spread love and peace, and that this was the shortest route to the evolution and progress of an individual and the society in which he lives.

Self-Purification

He led a very open life, keeping all his activities known to the public. Any human, who aspires to rise above the average and lead a meaningful life, would find relevance in the life of Gandhiji. He introspected his inner self and relentlessly tried to

overcome his weaknesses and evolve in life. He laid emphasis on self-control and purity. He tried to live a pure and spiritual life that was above the life of a person, who indulges in the physical senses and its pleasures. He deduced that self-purification was the only way to remove the impurities within and lead a pure and clean life. Once the inner self is cleaned of impurities, the thinking becomes clear and is reflected in the actions.

He also realized that food played an important part in self-purification. He proclaimed that a diet, which was healthy yet simple and free from violence, i.e., vegetarian diet, was good to remain fit both physically and spiritually. He remained a teetotaller and a vegetarian even in a country like Britain where it was difficult to find vegetarian food during those days.

Return Good for Evil

Another aspect that Gandhiji impressed upon us was to "Return good for evil"- a thought,

which is impossible for many in today's world, where people believe in the concept of "an eye for an eye" as there is complete lack of tolerance in all aspects of life. He spent his life in a scientific search for the progress of the self and the society at large, to establish truth through love and non-violence and always returned good for evil.

Sarvodaya and Satyagraha

In the process of paving a way for himself, he arrived at a social philosophy which was an amalgam of the needs and aspirations of individuals and that of the society. He named this social philosophy *Sarvodaya*, meaning the rise and development of all. There is no society without individuals and vice versa. Hence, as it is important for the society to help an individual to grow, so is it also equally important that the individual gives the best to the society. The objective was the moral and spiritual development of man.

Once man learns to distinguish between good and bad, his path to evolution becomes easy and clear. Once this is achieved, man learns to use his powers in a manner beneficial to the self and the society. This is the crux of Gandhiji's *Sarvodaya* - his social philosophy. To achieve *Sarvodaya*, without any

distinction of class or creed, he brought about *Satyagraha* - insistence on the truth of one's own experience through the use of non-violence. Gandhiji's *Satyagraha* has been successfully used by Dr. Martin Luther King in USA.

Love, Tolerance and Peace

Today, we live in a world filled with evil, injustice, violence and exploitation in every walk of life. Science has put, into the hands of those commanding power, innumerable wealth, authority and destructive weapons. At such a stage, Gandhiji's philosophy is a boon. He insisted on solving all conflicts in a peaceful manner with love. Most of the problems in the present world arise due to ignorance, poverty, anger, suppression, etc. The use of aggression or revengeful attitude is not the solution to resolving the problems. Instead, we should try to solve the issues using peaceful methods. Lack of tolerance towards another person's religion, language and culture has increased the already existing misery while the use of destructive weapons has only made the society chaotic and a miserable place to live in. Blood shed will not achieve anything but Gandhiji's insistence on peace has the power to solve issues, heal the wounded minds and lead a happy and harmonious life.

Healthy Lifestyle and Value of Time

We find health problems all over the world with new diseases coming up every day. Most of the diseases, today, are due to unhealthy lifestyle, lack of physical inactivity, improper diet and negative thought process. Gandhiji valued time the most and thought that time is life and wasting time is wasting life. Since he valued time, he followed punctuality and spent his time, energy and thought solely in constructive activities that benefitted all. He also valued his health, followed a vegetarian diet, was a teetotaler, and believed in physical activities. Even on the fatal day when he was shot dead, he had completed his morning walk and was on his way to attend his morning prayers. Such was his conviction.

It is, thus, clear that Gandhiji's life, teachings and thoughts are always relevant for those, who aspire to lead a peaceful, ethical, spiritual and healthy life. His *Satyagraha* is the best way to bring about a peaceful economic, social and political change. The world, today, can undergo a transformation if we sincerely understand and follow the principles of our dear Father of the Nation (*Bapuji*) and each individual promises to transform himself on the basis of his noble principles. ❖

THE SPIRITUAL SIGNIFICANCE OF DUSSEHRA AND DIWALI



–B.K. Viral, Borivali (West), Mumbai

Every Indian festival has some spiritual significance or wonderful meaning behind it. Let's explore the spiritual significance of the divine festival of *Dussehra/Vijaydashami*, which is the essence of the Hindu epic, *The Ramayana*.

It is shown that Rama, the son of Dashrath, got victory over Ravan, the King of Lanka, on this day. Ravan denotes vices and weaknesses, while Rama denotes purity, goodness and virtues. Hence, the festival of *Dussehra* or *Vijaydashami* celebrates the triumph of good over evil and the victory of original virtues over the acquired *sanskars*, symbolized in Indian mythology by the slaying of the demon king Ravan by Rama, and by the killing of the monster Mahishasura by goddess Durga.

It is also shown that Rama invoked the *Shaktis* before the war with Ravan, which helped him gain victory over him. This denotes emerging the powers lying hidden within us through Rajyoga meditation (i.e., connecting the soul with God), by taking the pledge of purity and

by awakening to eternal truths, i.e., in the awareness of the direct spiritual knowledge being shared by God with the human souls.

It is shown that when Rama would cut any one head of the ten-headed Ravan, it would again re-emerge. But, when Rama attacked the seed point, all heads broke off. This denotes the fact that we don't need to work too much on each weakness, rather when we focus directly on soul-consciousness, i.e., the awareness that I'm a soul full of divine virtues, it automatically starts finishing all weaknesses because body-consciousness is the root of all weaknesses; hence, soul-consciousness automatically finishes them all!

We see that the festival of *Diwali* or *Deepawali* follows this festival of *Dussehra*. The term "*Deepawali*" literally means "a row of lights" and it is this image that dominates the conclusion of the story that is most associated with *Diwali*, the return of Lord Rama to his kingdom after 14 years of exile. As Rama returned to reclaim his throne, after having

defeated the evil demon Ravan, he was greeted by a large number of candle-lights, which lit up the entire kingdom. This signifies that life becomes a celebration of festival (*Diwali*) every moment, when we first win victory over our weaknesses symbolized by *Vijaydashami*!

The weapons used in becoming victorious over negative emotions are the weapons of spiritual knowledge and Rajyoga meditation (the bow and arrow can also be interpreted as a pure intellect and points of knowledge inculcated by human soul respectively!). Indeed, the weapons shown in the hands of deities are not to be taken literally (since deities can never be violent towards others), but are actually symbolic of the subtle weapons (symbolic divine powers, virtues and qualities) to become victorious over the weaknesses within!

Though Ravan is shown as wealthy, intelligent, religious and powerful yet he was defeated due to his ego, greed and attachment. This illustrates that just external achievements are not enough, we also need divine powers, virtues and qualities in life and be free from the vices to lead a truly happy, peaceful and divine life.

On the other hand, Rama is shown victorious in spite of having an ordinary army of monkeys because they were full of God's love, faith and

determination. These qualities help to accomplish even great tasks (symbolically shown as crossing the Ocean by building a bridge of stones). Also, the main supporters of Rama were Lakshman (*Lakshya + Man*, i.e., the one having a clear aim in mind), Hanuman (denoting a soul completely surrendered in God's love) and Angad (one with power of determination).

The episode of abduction of Sita, the wife of Rama, by Ravan symbolically refers to the abduction of the soul by the diabolical forces of evil or the five vices such as lust, anger, greed, attachment and ego. Lust, anger and greed mislead and confuse; they distract and even destroy. The soul under the influence of body-consciousness or symbolic Ravan, which/who literally means "one who makes you weep", got divorced itself from Rama, as a result of which it unlocked the gates of hell for itself and experienced unprecedented agony and pain.

Today, every soul or symbolic Sita is entrapped in the fetters of vices, which are the root of all emotional sufferings, tensions and sorrows; hence, it cries and calls out to incorporeal God Shiva, the real Rama, for its liberation.

Ravan's kingdom is shown on the golden island of Lanka, but actually the whole landmass on earth is like an island (surrounded by water). Hence, we

understand that although we're making a lot of external material progress, the whole world is under the rule of vices.

According to His sacred promise in *The Gita*, God Shiva, the Supreme Being, incarnates at such a pivotal juncture when souls have become slaves of satanic impulses and carnal desires. He rejuvenates and remoulds the spiritually enervated souls and purifies their intellects by imparting sacred spiritual knowledge of *The Gita* to them. He teaches them simple Rajyoga meditation; the term Rajyoga can be broken up into Raj+yoga which means a Yoga that makes one king. Thus, through this Rajyoga, the souls connect their minds and intellects with the Supreme Soul and thereby re-empower themselves. The word *Dussehra* comes from the word *Dasa-Hara*, *Dasa* meaning 10 and *Hara* meaning annihilated.

Only when we overcome the inherent ten-headed demon of Ravan with the arrow of spiritual knowledge and incinerate his colossal effigy with the divine fire of intense meditation or yoga with the Supreme, we can truly partake in and enjoy the celebration of *Dussehra* and experience the eternal and divine bliss.

Diwali is the festival of lights in which everyone enjoys lighting *diyas*, lamps and lanterns at homes. Hence, let's also ignite

the light of knowledge within, which will dispel the darkness of ignorance and sorrow and allow us to remain happy always; for this, we need to remind us the following points of Spiritual Knowledge:

- ♦ We're originally a very pure, divine, peaceful, loving soul. Hence, we don't need to run after these virtues outside, but just need to remain in this elevated self-awareness for their experience to flow through us.
- ♦ At the confluence Age, we get God's accurate introduction, i.e., He's an Incorporeal Soul, the Ocean of all Virtues. This enables us with instantly connect with Him anytime and also experience a powerful current of His energy and pure vibrations of peace, love and happiness. This connection recharges and replenishes our soul.
- ♦ Past memories fail to pull our happiness down, since we realize that every scene of this world drama is accurate (just a return of our *karma*), beneficial (even if the benefit may be hidden) and nothing new.

Diwali is followed by the New Year; hence, it's also the occasion of newness where we'll purchase new things. However, since the impact of physical things is very temporary, let's also inculcate newness in our thoughts, beliefs, attitudes and habits.

Diwali is the time of

celebration, when we lovingly visit each other's homes, eat sweets, share gifts, burst firecrackers, visit temples, etc. Hence, to truly celebrate life, let us do the following:

- ♦ Let's emerge the attitude of gratitude, and thank each and every person for their invaluable role in our lives. Let's also be grateful to the challenges and situations for making us strong.
- ♦ Let's spread sweetness through our words, by keeping in mind others' specialities.
- ♦ Share the gift of good wishes and pure feelings with all, and also forget the past issues held against others.
- ♦ When we visit a temple, we first remove our shoes, then apply *tilak* and then worship God. Similarly, let's remove the consciousness of body (shoes), by considering ourselves a soul (apply the *tilak* of self-awareness), which then instantly connects us with God, thereby filling us with His divine powers and fulfilling all our hopes and aspirations.
- ♦ *Diwali* is also called *Shubh Diwali*; hence, let's make this holiday a holy day, when our thoughts are always pure, our words are sweet and peaceful, which bring joy to the listeners; and also our actions be always beneficial not only to ourselves but to others and to the environment as well.

- ♦ We usually clean our house before worshipping goddess Lakshmi on *Diwali*. Hence, let's clean our mind too to invoke the divinity within. Indeed, let's remove clouds of negativity to make the sun of virtues shine again.

- ♦ The festival of *Diwali* follows the festivals of *Navratri* and *Dussehra*. Hence, we need to invoke our inner powers (*Shaktis*) to win over our weaknesses symbolic *Ravan* through the practice of *Rajyoga* meditation.

Lighting the *diyas* physically reminds us about the divine light within us, the sparkling soul. It's also worth asking, "Who lights us?" It is the Supreme Soul, who refills us with light, through imparting spiritual knowledge and training of *Rajyoga*. As a *diya* consists of a flame and earthen vessel, we, the souls, are flame in this physical body, the earthen vessel. The word '*diya*' itself means to give; hence, let's go on giving to all. If we remain in this elevated awareness and experience our original virtues, we automatically go on giving in numerous ways, as follows:

- ♦ An elevated state of mind automatically radiates elevated vibrations around, leading to harmony in relationships and creating a cordial atmosphere all around.
- ♦ What we experience inside, we share this with others. Hence,

when we experience our original virtues inside, we automatically share, encourage and appreciate others.

- ♦ It emerges the feeling that everyone should benefit from what I've received; hence, making us share our attainments with all, inspiring their easy transformation too.

Also by giving in this way, we get the blessings of all, which helps us to maintain an elevated stage easily without any efforts.

Although *diyas* are available in different colours, shapes, sizes, etc., their flame is the same. Similarly, although we may be different in terms of age, gender, caste, language, nationality, position, achievements, etc., yet as souls we're one, being the children of the one and same Supreme Father. This emerges a natural feeling of unity and connectedness with all.

Many of us create a beautiful colourful *rangoli* outside our homes. Similarly, let's decorate our life with the divine colours of virtues and powers.

God reveals that *Diwali* is symbolic of the Golden Age (*Satyuga*), where there's 100% purity and divinity all around, where each day is a festival and each moment a celebration. Hence, let us too ignite the *diya* of soul-consciousness within, apply the oil of spiritual knowledge, thereby connecting ourselves with the ever-shining flame of God. ❖



SOME GREAT SCIENTISTS KNOW THE FACT: WE ARE SOULS, NOT BODIES

–B.K. Rose Mary

The ancient people knew that we are not this body but we are souls essentially. However, now, even some scientists too know that we are really souls instead of bodies; and this is a fact.

The human body is like a complex machinery with many biological systems; it is made up of at least 94 elements such as oxygen (which makes up 65% of total body weight), carbon (17.5%), hydrogen (10.2%), nitrogen (2.4%), etc. Within this *wonderful machine*, we find countless atoms forming countless molecules – all forming different types of cells, tissues and organ systems – all *well-coordinated*. The brain, of course, is the crown jewel of our nervous system. “The average human brain has about 100 billion neurons (or nerve cells) and many more neuroglia (or glial cells), which serve to support and protect the neurons. Each neuron may be connected to up to 10,000 other neurons, passing signals to each other via as many as 1,000 trillion synaptic connections.” (<http://www.human-memory.net/>

[brain_neurons.html](#)).

Even to count them at the rate of one per second we need millions of years; and that is still not the end of the matter. The relevant question is: In how many ways each cell can *connect* with others? Even the more amazing fact is that the left hemisphere of the brain performs tasks that have to do with logic such as in science and mathematics whereas the right hemisphere performs tasks that have to do with creativity and the arts, which clearly shows that brain activity is much more significant and relevant than its material components, called neurons; and “man is made in the image of God”, who is the epitome of



Satyam (Truth), *Shivam* (Benevolence) and *Sundaram* (Beauty). Mere materialistic explanation about the attributes of human beings are too limited because “DNA sequence alone,

even if accompanied by a vast trove of data on biological function, will never explain certain special human attributes, such as the knowledge of the moral laws and the universal search for God,” says Francis S. Collins, the former Director of the National Human Genome Research Institute and current Director of the National Institutes of Health in his famous book *The Language of God: A Scientist Presents Evidence for Belief*.

Obviously, something other than physical should be at work because even when we are sleeping and day-dreaming, the internal activity is non-stop. Anyone, who approaches the body this way, is bound to hit the truth, as happened to Antony Flew, a great atheist, who championed the cause of atheism for over 50 years. He changed his view when he studied DNA: “What I think the DNA material has done is that it has shown, by the almost unbelievable complexity of the arrangements which are needed to produce (life), that intelligence must have been involved in getting these extraordinarily diverse elements to work together.” (*There is a God*, Antony Flew, page 75)

His reasoning is correct because no thread can turn itself into a cloth for our body. Similarly, no chemical particles can turn themselves into DNA

and other building blocks of our body, which is like a cloth for the soul. No wonder, Nobel Laureate Max Planck (Father of Quantum Theory, also called Father of Modern Physics) said: "I regard consciousness as fundamental. I regard matter as a derivative from consciousness. We cannot get behind consciousness. Everything that we talk about, everything that we regard as existing, postulates consciousness." (*The Observer*, 25 January 1931). Richard Conn Henry, Professor of Physics and Astronomy at Johns Hopkins University, in his article "The Mental Universe" (*Nature*, International Journal of Science, July 07, 2005) quoted the pioneering physicist Sir James Jeans as saying: "Mind no longer appears to be an accidental intruder into the realm of matter, we ought rather hail it as the creator and governor of the realm of matter." Thus, the soul is the eternal and invisible reality that builds the ephemeral and the visible reality, called body, each time it takes birth, which explains why we have a *subjective* experience.

When something immaterial or spiritual enters, the body (in the mother's womb) starts functioning, and when it exits body stops functioning, which

means that something not physical but a spiritual factor is more important than the body parts. Consciousness is the precondition for all physical and mental activities such as thinking, knowing, willing, planning, etc. First, we are conscious before we perceive, act, know, think or feel. Before we create something outside, first we create it in the mind. Hence, thinking and the place (mind) where thinking takes place are primary. The complete whole is more complete than just the sum of its parts, as the word "holistic" is, thus, defined: "The view that an organic or integrated whole has a reality independent of and greater than the sum of its parts." (*Webster's Unabridged Dictionary*). That means that there is an invisible spiritual entity, which holds all the parts, organs and body systems together and that make us feel: 'I am constitutionally whole, because of which I know that I am more than this body.' Yoshinori Ohsumi, the Nobel Laureate in Physiology and Medicine, said in his acceptance lecture in December, 2016: "Life is an equilibrium state between *synthesis* and *degradation* of proteins." In similar vein, Claude Bernard, the French physiologist, wrote: "*Stability* of

internal environment (in the body) is the condition for free and independent life." The words such as *coordination, connecting, equilibrium, synthesis, stability, intelligence and design* – all point to the work of something higher and spiritual. No wonder, *Newsweek Magazine* of February 10, 2018 carried an article entitled: "*Where Do You Go When You Die? The Increasing Signs That Human Consciousness Remains After Death*", in which it defined consciousness as that which "makes up who we are – ourselves, thoughts, feelings, emotions – and that entity, it seems, does not become annihilated just because we've crossed the threshold of death; it appears to keep functioning." (<http://www.newsweek.com/where-do-you-go-when-you-die-increasing-signs-human-consciousness-after-death-800443>).

Wernher von Braun (the Father of Rocket Technology and Space Science in the United States) had even scientific basis to declare this: "I believe in an immortal soul. Science has proved that nothing disintegrates into nothingness. Life and soul, therefore, cannot disintegrate into nothingness, and so are immortal. Everything science

has taught me and continues to teach me strengthens my belief in the continuity of our spiritual existence after death. Nothing disappears without a trace.”

Not only scientists, even each human being also can come to the same conclusion using the ancient technique, called the Process of Elimination, also called “*Neti Neti*” (“not this, not this”), as recommended in *Brahad Aranyaka Upanishad* (II:iii:6). It is after explaining about the famous prayer “*Asato ma satgamaya*” (“Lead me from the unreal to the real/truth”) the author, Yajnavalkya, introduces the “*Neti Neti*” method. According to this technique, to the primary question (Who am I?), one would have to answer: “I am not elements that make up my body; I am not this body, nor the mind, nor the intellect, nor a set of memories, but I am the eternal, blissful *consciousness*, called *Atma*, that serves as the substratum for all those things. It is this *Atma* that watches on it the cycle of waking state, dream state and sleep state occurring, and the cycle of body coming and going.” No wonder, this *Atma* is also called *Antahkarana* (“the inner cause”), which describes it as the one, who creates from

within, and the humans are called *human beings* (derived from Latin *humus*, meaning “soil,” + *being* meaning spirit/soul of a person). This understanding is the basis for ‘loving one’s neighbour as himself’ (as *Atma* using the body as its costume), which can make this earth a heaven because no one is viewed superior or inferior, but everyone is viewed as a soul, the child of God, the Supreme Soul.

When you forget the truth about you, it is like you are removed from truth, and you become like a fish being removed from water on to the land. In that state, the fish cannot find happiness and peace even in the pleasures of the land such as tastiest food, best accommodation, best relationships, etc.; it would be really happy only when it returns to the water. Similarly, for humans to be in happiness naturally, they have to know what they really have to know, or return to the forgotten truth, i.e., the remembrance that they are spiritual or divine beings. When each *Kalpa* (a cycle of 5000 years) begins, human beings behave like *devtas* (gods) and *devis* (goddesses) and their religion is called *Devi-Devta Dharma*, and they remain divine for half of the cycle. Gradually, the deity

souls fall into *forgetfulness* and begin to think that they are this body and behave accordingly for the other half cycle. This means that there is truth for half the cycle; and the forgetfulness for the other half of the cycle, and the cycle repeats itself every 5000 years. (*Murli* 16.11.2017). Hence, the medicine for real happiness for humans is to return to the eternal truth about their divine nature (*deva swabhav*). Interestingly, in some languages, the word for medicine is *dava*, which has phonetic resemblance to *deva* as though reminding us the truth that there is health in divine lifestyle and, in some other languages, the word for medicine is *marunthu*, which literally means compensating for what is *forgotten*. When one remembers that he is a soul, a child of the Supreme Almighty God, he would also remember that he has all the qualities of God just like a drop of water has the qualities of the ocean, and he can imbibe those qualities from the Supreme to such a measure, which would keep him stable in all types of the situations in life. This is what exactly the Brahma Kumaris and Kumars experience through their practice of Rajyoga meditation.❖

WHAT DOES SPIRITUALITY REALLY MEAN?

–B. K. Sujoy, Durgapur (W.B.)

“Never quarrel about religion. All quarrels and disputations concerning religion simply show that spirituality is not present. Religious quarrels are always over the husks. When purity goes, when spirituality goes, leaving the soul dry, quarrels begin”

– *Swami Vivekananda.*

What does it mean to be spiritual? It does not mean to be no longer concerned with the worldly pleasures and devote the self to the ethereal. Then what is the purpose of spirituality? Not to have a clear understanding of those questions is to deny ourselves a vital ingredient for our effectiveness and wellbeing. True spirituality is completely separate from all the channelling, supernatural and occult powers. It is even different from religion. True spirituality is about self-awareness. Very simply said, it means to have a real awareness of our own eternal *spiritual identity* and the kind of values we need to be living. It means to be totally clear about our inherent worth to be reflected in our everyday life. Spiritual people are simply succeeding in applying an elevated sense of the self into the way they are living their lives. The very purpose of spirituality is to make us more effective, by helping us to improve and

ennoble our thoughts, words and actions. Spirituality and actions work together. Spirituality brings meaning to our actions and, thus, brings a sense of purpose to our living.

For a harmonious and enlightened inner life, a spiritual aspirant has to develop and express many *divine qualities* while he is engaged in his daily duties. Every person is a rightful heir to the inherent truth. But, he, who would inherit it, must be spiritually prepared for it, and this spiritual preparation sometimes takes several years of the patient and persistent effort making. Therefore, one of the first requirements for the aspirant is that he should combine unflinching enthusiasm with unyielding patience.

There are three strengths of mind: will power, knowledge power and creative power. Even now, we have these three within us; however, we are not utilizing them, as there is a dissipation of mental faculties and energies;

for example, when a bulb is turned on and the light spreads in all directions, it is dissipated. The light is there, no doubt, but there is no force in that light. But, if we are able to focus the power of light on a single point, it becomes a laser beam and, thus, gains strength. We can apply that laser beam to cut through metal, perform optical nerve surgery, and so on. It is this focusing of mental power that we attain in conviction, which leads to the development of willpower, and thereby the mind gains its true strength and character.

Spirituality helps us to develop an inner wellbeing and an understanding of two basic inner faculties, the intellect and the mind. The intellect is our intelligence, our ability to focus and to see things clearly. The mind controls thoughts and emotions. Understanding how they operate helps us to start directing them. In this way, we also come to understand how we want them to work, what we want out of them. Change begins here. As we get to know ourselves at this level of our being, we will definitely experience inner positive change, the kind that comes from feeling more in charge. These changes lead to personal growth, which is very refreshing. We can quickly come to feel that life without this kind of

energy flow becomes routine, boring and overwhelmed by difficulties.

Spirituality helps us to manage the energy of thought in a constructive way and we begin to see our problems in a different light. In fact, the problems are our creation. The very same situation, which is the cause of so much trouble, can be turned around and experienced as an opportunity or a lesson designed to help us move forward. We, actually, grow to like the problems, because we see them as a means to move forward. Love is an important factor in this. Love goes a long way in resolving inner conflict, thereby replacing it with the elevated energies of happiness, peace and power.

So, in a nutshell, spirituality takes us closer to our pure, inner self where we find a reservoir of qualities like peace, love, joy, beauty, knowledge, etc. to deal with the world outside. It is the realization that 'I am peace, I am truth, I am love, and yes, I am energy.' ❖

CONTENTMENT

The more positive the thoughts flowing through my mind, the more contented I will feel. It is easy to feel contented when we are praised and appreciated, but to remain contented when we are being criticized and rejected is the mark of real spiritual strength. The way to develop this level of strength is to learn about God's way of loving. Only when I am in deep contemplation can I see God showing me the kind of love I need to express so that I myself never reject or criticize others but always generate good wishes for them. Then, I will feel satisfied no matter whatever situations or incidents life throws at me.

DETACHMENT

—B. K. Shikha, Pune

Being detached doesn't mean, in the physical sense, to be aloof, cold or uncaring but, in the spiritual sense, to be stable on the seat of self-respect and to be established on our original identity - a soul – which is the spiritual energy that propels all thoughts and acts. In other words, it means to be detached from the consciousness of one's own body.

Detachment implies an application of soul-consciousness with regard to all relationships that we have around us. By seeing everyone as a soul and not as a body, one will immediately be loving yet detached. Often deities are shown as being seated on a lotus flower. Have you ever noticed how a lotus flower grows? In the midst of dirty water, the lotus blooms and radiates its colour and brightness to the world around it. Unaffected by its muddy surroundings, it still rises and grows into a symbol of beauty, simplicity and dignity. The mud represents the world around us – a world running on body-consciousness and so murky with the five vices of attachment, ego, greed, lust and anger. But, when we recognize our original identity as a soul and become a detached observer, we break free from the muddy water of filthy body-awareness and worldliness and, then, bloom into complete self-awareness. The soul becomes unshakeable and immovable as it knows that its original religion is peace. When we awaken this elevated consciousness, we are, then, able to have good wishes and pure feelings for everyone around us, no matter who they are or what they are and we absorb no sorrow, negativity or waste any more.

Staying detached even when performing our daily duties is an art, which can only be mastered with lots of practice and attention. Once this art is mastered, we can unleash our true divine potential and the immense powers we have. ❖

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



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

“We live increasingly from outside in, so much that the world outside eventually dominates our thinking in such a way that it obscures or blocks our awareness of the inner being.”

–Rajyogini Dadi Janki

Have we ever dreamt or thought of a fascinating tour into the inner universe of our mind? For this, we need to be spiritual scientists, who can connect with the inner being and experience the innate qualities of love, purity and bliss.

The Incorporeal God Shiva, the Ocean of Knowledge, has revealed through His corporeal medium, Prajapita Brahma, that this creation is an eternal play between *Prakruti* (Matter), *Purusha* (Soul) and *Param Purush* (the Supreme Soul). In other words, the entire cosmos consists of the play of physical energy (Matter) and the metaphysical energies of soul and Supreme Soul. We, the human beings, only see the natural beauty that surrounds us and we walk through it blindly, closing our internal eye (the so-called third eye), lost in our

thoughts, desires and hopes. God, the Supreme Father, has given us this earth to live on, filling it with abundance of natural beauty, but we are destroying it inch by inch. Nature watches all this patiently until a stage comes when it revolts in the form of natural calamities, killing hundreds and thousands to correct the imbalance through this natural cleansing process.

God’s creation (both the human beings and Nature) must exist as they are meant to be – peaceful, generous and pure. The Supreme God Father watches our acts, waiting for us to stop and open our ‘inner eye’ so that we can breathe deeply the celestial air scented with love, which is missing from our lives. It is this realization of the energy of love that makes it possible to live from ‘inside out’. One needs to take a journey towards the inner self, which will

lead to an endless experience of discovery, insight and joy. A life transformed in this way will lead others in the direction of happiness and overcome sufferings. It will have an impact on the society and the natural environment, transforming them into a paradise of peace and prosperity.

When we examine our true nature, we will find no beginning or end. The life is a continuous cycle of birth, death and rebirth throughout the eternity. This birth, death and rebirth cycle is often compared to alternate periods of being awake and asleep. Just as sleep refreshes us physically and mentally, likewise death is necessary to restore our energy for the new life. The purpose of existence is to be happy and remain at ease.

The Supreme Father tells us to follow Him and His Directions as He is the Purifier. He makes us aware of the eternal spiritual truths related to soul, Supreme Soul and the drama of life. As we connect with Him in His true original identity, both our soul and body become pure and those, who come in contact with us, also become pure. Purity brings power both to the inner world of one’s thoughts and the outer world of one’s interactions. When there is purity inside, no one will have the desire to deceive others, thereby bringing success in inter-personal

relationships and the worldly affairs as well.

Our problem is that while living in this body, made up of five elements, our metaphysical energies, i.e., the mental energies are, gradually, over powered by the physical energies of the body and its surroundings. As a result, our inherent inner divine qualities like love, happiness, purity, peace, power, knowledge and bliss are, gradually, replaced by the five negative tendencies or vices such as attachment, greed, ego, anger and lust. As these vices take more and more control of the consciousness, we, unknowingly, move away from our true, original and essential nature. The outside world, eventually, dominates our thinking so much that our awareness of 'inner being' is covered with the shadow of vices.

The Supreme Soul, Shiva Baba, says through His *Murli*, "Forget your body along with all that is connected with the body, be soul conscious and think of only Baba. Be *Manmanabhav*." Attachment to the body and the natural world stagnates and prevents the soul from flowering into the state of ultimate immortality. Shiva Baba teaches us to renounce body-consciousness and free the self from bodily attachments and relationships in order to achieve eternal peace and happiness so that one can become an angel.

Baba says that the feet of the angel do not touch the ground. Angels do no worry about what is happening or what has happened. To be an angel means to be completely detached from every activity and to be detached from the whole world.

Experiencing boundless inner power and inner peace through Rajyoga Meditation

Man can fly like birds, swim like fish and can go down into deep mines. He has utilised all his skills; but, unfortunately, he has not tried hard enough to experience the state of inner fulfilment. This can be achieved by exploring our boundless 'inner world' through Rajyoga Meditation.

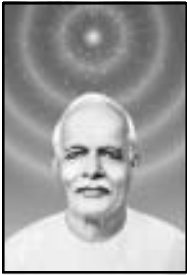
In Rajyoga Meditation, the soul connects itself and forms a loving mental spiritual link with the Supreme Soul. During this process of meditation, the mind transcends the consciousness of the body and travels mentally from physical consciousness to

spiritual consciousness. This initiates an exchange of pure and powerful energy, which, in turn, recharges again the corresponding attributes of the soul with eternal powers, values, virtues and qualities of the Supreme Divine. As the seeker goes deeper and deeper into the transcendental state of meditation, he is drawn closer to God and experiences a close loving relationship with Him. Rajyoga meditation is the mystifying and marvellous blessing of the Almighty, which enables us to manifest our innate qualities through silence and peace.

How beautiful it is to be born a human being and follow God's Supreme Directions (*Shreemat*)? Now, the confluence Age is the most opportune and auspicious time when we can take the journey within, transform the self and empower others to make the inner and outer universe more beautiful and exquisite. ❖

EMBRACE THE CHANGE

When you are aware and accept that everything around you and your life is constantly changing, and that you have no control over 99.99% of it, you are able to embrace the life and its changes like a close friend! The change is like a river, constantly flowing and moving things around. The river of life is constantly bringing you ideas, people, situations. Each one has an opportunity to be enriched or to enrich others, and to learn. The change is the play of the universe as it entertains us in the biggest light and sound show of all time. Why don't you sit back and enjoy the show?



**THE BIRTH OF DYING ALIVE
(MARJEEVA JANMA):
THE SACRED SECOND BIRTH
OF THE REAL BRAHMINS**

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

Everyone in this Eternal World Drama (EWD) of life has to go through the repetitive cycle of birth, death and rebirth in a period of 5,000 years, called a *Kalpa*. Time is eternal, which flows uninterruptedly having no beginning and no end. It is only in the limit of space-time-continuum, life - be it of human beings, animals, birds, plants - moves in a cyclic movement of Time. That is why life has its different phases or stages accordingly. William Shakespeare, the famous English poet and dramatist in his play *As You Like It*, compared the world to a **stage** and **life** to a play, and catalogues the **seven stages** of a man's **life**, sometimes referred to as the **seven ages of man**: infant, schoolboy, lover, soldier, justice, pantaloons and old age, facing imminent death.

However, in the ever continuum of life, all human beings have to inevitably go through this cycle of birth, death and rebirth, irrespective of their status and position.

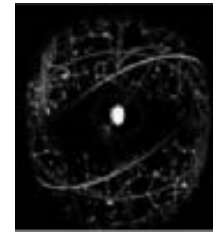
Importance of 'Birth'

The birth of children is given so much importance in India that the pregnant or would-be-mothers take utmost care of themselves during the pre-natal period of their birth. The mothers listen to the holy scriptures like *The Geeta*, *The Bible*, *The Koran*, *The Guru Granth Sahib*, *The Dhampad*, etc. as per the particular religion they belong to; to the biographies or stories of great personalities like religious founders and leaders such as Ibrahim, Buddha, Jesus Christ, Adi Shankaracharya, etc.; to the life histories of deities like Rama, Krishna, and of emperors like Akbar the Great, Alexander the Great, etc. The mothers do all this because they strongly and sincerely believe that this will leave an impressionable impact on their forthcoming child that is growing inside their womb. They do also believe that the soul of the yet-to-be-born child is quite conscious; so, what they listen to, eat and do will have an enduring influence on the formative periods of the child's life. They expect that their child

will become a great personality in the future due to such influence.

Horoscope (Jatak) and Zodiac

The importance and significance of the particular



moment, time and date of the physical birth of the child are considered so valuable due

to astrological reckoning and influence of the movement and/or of stars and planets that the parents take the help of the horoscope-makers to prepare the horoscope (*Jatak*) of the child. Horoscope is a birth chart of a person. It indicates a forecast of a person's future, typically including a delineation of character and circumstances, based on the relative positions of the stars and planets at the time of that person's birth. In other words, a *horoscope* is an astrological chart or diagram representing the positions of the Sun, Moon, planets, astrological aspects, and sensitive angles at the time of an event, such as the moment of a person's birth. It is a sort of forecast for people born under one of the twelve particular zodiac signs such as Aries (The Ram), Taurus (The Bull), Gemini (The Twins), Cancer (The Crab), Leo (The Lion), Virgo (The Virgin), Libra (The Scales), Scorpio (The

Scorpion), Sagittarius (The Archer), Capricorn (The Goat), Aquarius (The Water Bearer) and Pisces (The Fish). The *zodiac* is an area of the sky centered upon the *ecliptic*, the apparent path of the Sun across the *celestial sphere* over the course of the year.

The Twice-Born (*Dwijā*)

In Hindu Scriptures, the cycle of birth, death and rebirth is also given importance along with



man's action (*karma*) and conduct. In fact, greater importance is given to man's action (*karma*) and conduct than his physical birth. Even though a man is Brahmin by his physical birth in a Brahmin family yet he may not be called a true Brahmin, if his action and conduct are of the quality and nature of a *Shudra*. Therefore, it has been rightly said that a man is, generally, said to be a *Shudra* by birth, but his good, noble, pure and benevolent can make him a true Brahmin. It is said, "One is a *Shudra* by birth and a *Dwijā* (Brahmin) by his actions." In Hindu Brahmin family itself also, there is a great tradition to anoint the boys at a particular age by offering them

the sacred threads (*Janeyu*), whispering the mantra in the ear (*karna mantra*) and giving them the necessary guidelines to conduct themselves according to rules, principles and regulations of purity in thoughts, words, deeds and lifestyles including food and dress habits. It is believed that since the time and day of their anointment, the boys are truly called **the twice-born** (*Dwijā*), the first birth is referred to as coming out of the darkness of their mother's wombs and seeing the light of the day, and second one is referred to as going through the process of anointment, which signals the commencement of a new, pure and virtuous pattern of life, just like a *caterpillar transformed itself into a renewed life of butterfly* in utter joy as it flies from one flower to another.

Baptism in Christianity:

Baptism in Christianity is also the same process of anointment, signifying a purifying experience or initiation through a ceremonial immersion in water for purification of thought and character. It enables our Christian brethren to overcome sins in the world. Baptism is, thus, stated, "As Christians we believe that in baptism we are leaving behind a life of sin and starting a new life in Christ. We can see this in the symbolism of water. Water represents death

to sin and new life in Christ. The symbolism of water is more evident in the believer's baptism ceremony. As we enter the pool down the steps, we are leaving our old life behind and as we come out of the water we are beginning a new life in Jesus."

The Birth of Dying Alive (*Marjeeva Janma*)

The birth of dying alive (*Marjeeva Janma*) is the sacred second birth of Brahma and Brahmins. In the Iron Age (*Kaliyuga*), the human souls live a hellish life, because due to body-consciousness they completely indulge in seven deadly sins such as sex-lust, anger, greed, attachment, ego, indolence and jealousy and get utter sorrows and sufferings in life. Their thought and lifestyle patterns are negative and wasteful, which impel them to think, speak and do everything in wrong, ignoble and unethical manners. As a result, they are prone to involve themselves in anti-social acts and crimes such as male chauvinism, exploitation, rape, molestation, abduction, bride burning and murder of girls and women, corruption, violence, hatred, revenge, cheating, maiming, killing, destroying, etc. These anti-social acts and crimes turn the human being into inhuman, society into unsociable, and democracy into demon-crazy.

People appear human in their outward features but they are, in fact, really demoniac and devilish in their inner nature as they live and conduct themselves in a nasty and brutish manner.

The 'birth of dying alive' is a new birth of dying alive from this *Shudra* type of nasty, hellish and brutish life and living a new a Brahminical and heavenly type of pure, sacred, noble, virtuous life of the real Brahmins. They transform themselves and their earlier *Shudra* (impure and untouchable) patterns of life and lifestyles to the truly pure, punctilious and virtuous Brahminical pattern of life and lifestyles on the basis of the acquisition of spiritual knowledge imparted by Incorporeal God Father Shiva through the corporeal Prajapita Brahma, practice of Rajyoga meditation, inculcation of divine values and virtues and rendering of selfless spiritual services to the ignorant souls of the humanity. The real Brahmins live a responsible, sacred and dedicated life of genuine renunciation (*Tyaga*), meditation (*Tapasya*) and service (*Seva*), who mould them into a spiritual life of purity par-excellence in their thoughts, words and deeds, in their daily routine life of spiritual studies of the four cardinal subjects such as spiritual knowledge (*Jnana*), meditation (*Yoga*), inculcation

(*Dharma*) of divine virtues and service (*Seva*).

Observances and Code of Conduct

In this scared second birth, the real Brahmins have to punctiliously observe the four principles of celibacy (*Brahmacharya*), intake of pure foods (*Sattvik Bhojan*) prepared in a state of Rajyoga meditation, daily company of God, the Truth, and the other truth-seekers (*Satsanga*) and inculcation of Divine Virtues (*Divya Guna*). Celibacy refers to keeping intact of physical purity as well as mental purity in thinking of positive thoughts, speaking of sweet words and doing of benevolent deeds while interacting with other souls as our own spiritual brothers.

The *code of conduct*, which they have to abide by, includes strict disciplines in perception (*Drishti*), attitude (*Vritti*), action (*Kruti*), mental stage (*Sthiti*) and memory (*Smriti*) as they come across with a variety of people of different sections of society. The major code of conduct in daily deportment is to maintain always a soul-conscious state in order to consider, see and perceive not only oneself as soul but also to consider, see, perceive and treat others, who come in contact with oneself, as souls, and thereby live in a unique spirit of *peaceful co-existence* and *unity in variety* with

a variety of people. This unique spirit impels all souls of the world to develop in themselves the cardinal principle of Universal Brotherhood of Man and Fatherhood of One Incorporeal God.

Transformation from Brahmins to Angels

During the stage of Brahmin life, the real Brahmin souls make constant, steady and speedy spiritual efforts in order to transcend completely the body-conscious stage to raise them, through practice of Rajyoga meditation, to the subtle and transparent angelic stage of *double light* in the transitional *Sangam Yuga*. The *double light* stage refers to the experience of the lightness of physical/material body and the lightness of an aura around the outline of the body. In this *double light* stage, they feel like flying like a kite with the wings of spiritual knowledge and meditation far away from the materialistic mundane world of five elements of Nature. In this stage, there is not even an iota of body-consciousness in them and they look like veritable angels with their glowing and transparent physical features. In this stage, they also feel quite empowered to serve the impure and ignorant souls mentally with their powerful thoughts and flying stage to provide solace and succor to them.

Transformation from Angels to Deities

Those, who become angels after transforming them from the stage of Brahmins, also are



transformed into deities in the forthcoming Golden Aged *Satyuga* or Paradise in due course of time after the end of

Kaliyuga. During the on-going transitional phase of time, these angels become the embodiment of divine virtues and values like truth, knowledge, peace, love, co-operation, forgiveness, compassion, bliss, power, purity, charity, humility, magnanimity, beauty, nobility, generosity, chastity, cheerfulness, sweetness, etc. This accumulated divine *sanskars* in this period are carried forward with their souls to the next birth in the Paradise when they re-incarnate in the forms of beautiful deities with the attributes of being the embodiment of all qualities (*Sarva Guna Samparnna*), complete 16 degrees of arts (*Solah Kala Sampurna*), complete viceless (*Sampurna Nirvikari*), elevated personality embodying all dignities and decorums (*Maryada Purushottama*), and apostle of non-violence as one's supreme religion (*Ahinsa Paramodharma*). In this way, in one auspicious birth of *Sangam Yuga*, the

foundation of forthcoming 21 births of the Deities, Deity Kingdom of Heaven and Deity Religion, called *Adi Sanatan Devi Devta Dharma*, is strongly built by the Incorporeal God Father Shiva before the ultimate destruction of this hellish Iron-aged (*Kaliyugi*) world.

Recognition of Three Fathers

In this scared second birth, the real Brahmins also recognize in this auspicious time their three fathers, i.e., the physical father (*Laukik Pita*), Prajapita Brhama (*Alaukik Pita*), and the Supreme Father (*Parlaukik Pita*) and get their inheritances from all three fathers as their inalienable birthrights for the present and future lives. It may be noted here that in the deity world of the Golden Age (*Satyuga*), the deity souls experience the love and blessings of only one deity father; in the cult of devotion (*Bhaki Marga*) commencing from the Copper Age (*Dwapara Yuga*), the souls experience the love and blessings of only two fathers (one physical father and the other Divine Father, whose name may be *Ishwara, Allah, Jehovah* or God as per their own religions); but it is only in this *Sangam Yuga*, the souls experience the love and blessings of all three fathers as mentioned above.

The Namesake *Kaliyugi* Brahmins

It may be especially noted here that the real Brahmins are different from the so called name sake *tilakdhari* (one who puts on

a sandal dot on the middle of the forehead) and *janeyudhari* (one who wears a garland of twisted thread on his body as a sign of belonging to a Brahmin community) Brahmins of Iron-aged (*Kaliyugi*) world, who are bent upon exploiting the credulous and devotional people in the name of God and various gods and goddesses, thereby deriving large amount of money from them in the forms of *Dan* (offerings of money or kinds) and *Dakshina* (voluntary offer of money given as tips to the Brahmins), misguiding them and diverting their minds from the real Incorporeal God Father Shiva.

As the Renewed Birth (*Naya Janma*), so the Action (*Karma*)

Transformation of a *Shudra* life into a Brahmin life largely depends upon a renewed birth through the God's transformative spiritual knowledge and the changed *sanskars* and actions based upon it, because *renewed birth gives birth to new sanskar and karma*. So also transformation of an ordinary man into an elevated deity stage via Brahminic and angelic life is possible through the magic power of God's spiritual knowledge and training of Rajyoga meditation, and achievement of liberation (*Mukti*) and liberation-in-life (*Jeevan Mukti*) is also attainable even 'in one second' as ordained by God Himself. ❖

(.....Contd. from September, 2018 Issue)

LEARN TO LIVE AN INTERNAL LIFE

– B.K. David, Paignton, England

We must learn to live an internal life but not the life full of external show like that of a circus clown without reward where people laugh at you thinking you're a fool.

The life of today holds no nourishment

On your farm (mind), do you grow fruit and flowers or do you rear animals to eat? What would you call someone trying to grow fruit in an arid desert that is so hot and dry that no fruit could ever grow? You might see the odd tall cactus growing in his/her back garden if you walk past it. Few people own attractive lawns (lives), let alone an orchard. Most people have a vast expanse of arid desert from which they wish to produce things to feed themselves and play out their lives.

The life of today holds no nourishment in the ground and the winds (vices) are far too strong to allow the seeds to settle and anything good to grow. People want peace yet, ironically, they sow the seeds of weeds that quickly overrun and strangle their lives. They want a golden life but have, unwittingly, signed

themselves up to living in an iron foundry. This has resulted only in enabling them to take daily walks through a garden of weeds. This garden sees little sunlight and, here, it rains nonstop but for five minutes a day.

To whom do you turn in times of trouble? And to whom do you think of in times of happiness? Only God can stop the rain can make you a walkway through an orchard of fruit and garden of flowers. Most people own a garden of gnomes that eat weeds three times a day.

One is a special person, who can display a fragrant garden of flowers and give away much of his fruits that fall from the trees that grow in his orchard (life of action), which he cares for with great love.

Lucky are the neighbours (friends) who are living next to such a garden (virtuous people). Unfortunately, yet many folk have to live next door to a rubbish dumb (stupid and ignorant people).

Throw away your diamond ring (body consciousness)

Are you brave enough and wise enough to throw away your

huge diamond ring (body-consciousness)? There is only One Doctor alive today that has the injection of truth, which can cure all illnesses. His first injection is: He tells you to throw away your worldly jewels (body-consciousness and materialism) as these cloud your mind, waste your time and, more importantly, weigh you down and cause you great burden, sickness and to grow weak. God can inject truth into your veins that will kill the infection of falsehood and body-consciousness. The injection works best, if you can, as much as possible, empty your mind of all its rubbish and germs. After all, you cannot fill a bucket with clean water when it's already overflowing with dirty water. Can you? It's far quicker to pour half the dirty water out than it is to keep on trying to pour clean water into it.

Have you got the injection or are you trying to get it? Unlike common medicines that are found in every house, this priceless injection of truth – that is the antidote to all sorrows – can only be found in one place and only One can administer this special serum and magic potion, and that's God. This antidote is so rare that you need to prove yourself worthy if you are to get it.

The hungry animals do not deserve a Godly gift

The hungry animals like lions and tigers in the circus of life do

not deserve a Godly gift. When these aggressive animals are not fed (rewarded), there is always trouble as they start attacking people. The point is: they have done little to deserve a reward, so they must live a life of constant hunger (a life devoid of satisfaction, contentment and happiness).

Aggression removes you from God's Christmas list as quickly as it takes you to write your name. When people walk as lions or tigers, as many often do, this cancels them out from the list of those deserving a Godly reward. Living like some jungle hunter and becoming hungry for some satisfaction and pleasure to fulfil your existence, are the surest and quickest ways to get your name deleted from God's list on page one in His divine book.

People are, now, very dangerous as they are starving for peace of mind. Life for them is, now, a huge complex jungle that sees everyone climbing up a particular tree of pleasure. As all of man's tress continually grow from acorns that have no truth in them, their roots are weak and without the foundation and power of truth in them, their branches become very slippery as they're covered in falsehood. In time, everyone slips and falls from a tree branch (vice) and hit the ground hard, thereby breaking many bones of the body.

I see many people living like an animal on the prowl. They hide as if thieves behind a bush, ready to strike and steal or cause harm. Everyone lives in the hope of gaining something, be it money, fame, revenge or new shoes.

The life of circus clown

Do you wear big red shoes like the clown that also turns your nose bright red? Many of us live the life of clowns and suffer from the consequences of ignorance every time we are body-conscious. Feeling unhappy and troubled are not like clouds that come into our lives and block out the sun for no reason at all. People do not realise that their life is very similar to that of the clown in the circus. Only when people wake up and can feel and know that they are in deep trouble, will they want to change. The only aspect people really wish to change at present in their life is their old shoes and outdated fashions and their nature of going out for shopping and buying something new that will, for the day, prevent them from feeling old and give them the happiness only for an hour or so.

Now, life of people has become that where happiness is of either only five minutes or one hour. Happiness seldom stretches beyond such a short duration and, if it should, it's most likely induced and got by a stimulant such as

alcohol, drugs or with their indulgence in vices, which later squeeze all happiness and energy from them as if they were being squeezed by vices.

It's the most unfortunate event of life in which people are living in such great ignorance that they are totally oblivious of the fact that their happiness is continually being squeezed out of them; as if their life blood was being wrung out of them, just like when a person uses his hands to twist and wring out the water held inside a sponge.

In trying to be the star in life, people get drawn into becoming the extroverted clown. We entertain and expect to be rewarded. And as all true clowns in the circus are laughed at, the world laughs at the extroversion of the people and they get their reward that makes them cry from their inside eye (mind).

The desire to entertain and make people laugh is a fine desire and quality that can be pure as it requires a selfless nature that can, indeed, inspire and take people out of sorrow and lead people to happiness. There's a world of deference in taking someone to swim in the ocean than it is to walk them through a muddy swamp.

Power of Introversion

Anyone can put on a red nose but few can concentrate and have a balancing act that can inspire

and make the audience think and feel amazed at what they are seeing. Do you feel inspired to be the next Houdini that can escape life's cage of constant misery, worry and stress? Are you clever enough to be able to free yourself from the chains of bad habits? Do you want to become an entertainer of love? Or are you content to be down below marvelling at the tightrope walker's ability? It's his power of introversion, which enables him to develop such skill and concentration power so that he can balance and walk a tightrope high above the ground. He has a clear aim of getting from one side to the other safely. The tightrope walker risks his life to entertain and expand people's minds and show that we all have greater depths and possibilities lurking somewhere within us. The tightrope walker indirectly and secretly aims to change lives.

Just as Jesus walked on water to show people how the power of love works when you put your faith in God; now, people walk on death-defying high ropes.

The inner trapeze and tightrope

The 'inner trapeze' act worthy of a large crowd and its applause. We need take off our big red shoes and noses if we want true success in life. We need to learn to be introverted and walk the tightrope of good

over evil where our life becomes one of truth over falsehood.

Do you really think it a great risk to make effort if at the end your effort and walk you find they lead to a long walk in heaven that will last for thousands of years?

Some gamble a pound each week and worry about their outlay whilst others gamble thousands of pounds every 10 minutes trying to get to heaven believing their heart to be good and their aim noble.

We all have an 'inner tightrope' that if we choose to walk upon it, becomes a very high tightrope to walk. Yet this tightrope brings with it some very high rewards that are worth making effort for.

One of the rewards gained is that you learn to walk upon this tightrope; and as you are looking down and laughing at the scenes below, you are also setting yourself free from all that trouble and pettiness.

The internal circus of spirituality

Do you find that it's much easier to live in the hamster wheel going round in circles every day as you feel safe? Have you gotten used to chasing after happiness in your limited cage? Most avoid trying to scale the heights of spirituality. They do not understand spirituality or are just too scared to face what they might find. The only thing you will find in spirituality is truth and this

truth leads to knowing who and what you are. If you are scared of diving deep into spirituality; then, it means that you must be scared of meeting the real you and that you are happy to walk with the false you throughout your life.

The 'internal circus of spirituality' is the great show on earth. The greatest feat is to be able to show your inner act taking place to all those that look at you. The extroverted amongst us often end up crying and living life like a yo-yo and having to perform somersaults all day long. Introversion is the highest and most difficult act and when achieved, is the most amazing act to witness when performed to perfection without fault; but few can perform such an elevated act that takes courage and dedication.

God's arms can act as a safety net underneath those who attempt such a high life which only introversion can give.

The tightrope to heaven stretches a long way. Getting into heaven will require all your balancing skills, virtues and powers. We all slip from time-to-time but the trick is to quickly climb back up the ladder and back on to the tightrope, which leads to heaven.

Are you a balancing actor or a clown? There will always be an audience and always clowns

making them laugh. Few are brave enough to walk a high path that's walked far above the crowds. It's easy to put on a red nose but not at all easy to be a constant balancing actor of love and self-discipline that is fuelled by the knowledge that self-control leads ultimately to self-fulfilment and being happy within yourself. **(Concluded)**

(.....Contd. from page no. 7)

We all are souls. Shiva Baba is also a Soul; but, He is the Supreme Soul, and there is a great difference between us and Him. He is the Mother, Father, Teacher, Friend and *Satguru*. He guides us. His role and activities are unique and higher than anything else in this world. He is the *Antaryami* – the One, who knows the things of the heart of each soul. No other soul possesses this quality. He is the Divine and Supreme Almighty Authority. He has ascribed a very good role to us. Someone whose role is good, now, will also have a good role throughout the World Cycle. Imbibe the power by having all relationships with Shiva Baba and Brahma Baba. Spin the cycle of self-perception. Remain a carefree emperor, by staying beyond all the cares and worries of the world. ❖

Morning Musings & Night Notions



“Looking behind I am filled with gratitude. Looking forward I am filled with vision. Looking upwards I am filled with strength.”
– *Quero Apache Prayer*

“Arise, for it is your task, and we are with you; Be strong and do it.”
– *Ezra*

“Nature does not hurry, yet everything is accomplished.”
– *Lao Tzu*

“God loves each of us as if there were only one of us”
– *Augustine*

“Remember who you are. Don't compromise for anyone, for any reason. You are a child of the Almighty God. Live that truth.”
– *Lysa Terkeurst*

“If you can't fly, then run, If you can't run, then walk. If you can't walk, then crawl; but whatever you do, you have to keep moving forward.”
– *Martin Luther King Jr.*

“We gain strength, courage and confidence by each experience in which we really stop to look fear in the face. We must do that which we think we cannot.”
– *Eleanor Roosevelt*

“God does not give us everything we want, but He does fulfil His promises, leading us along the best and straightest paths to Himself.”
– *Dietrich Bonhoeffer*

“There is no one who is insignificant in the purpose of God.”
– *Alistair Begg*

“The best thing about the future is that it comes only one day at a time.”
– *Abraham Lincoln*

“God comes to transform the human souls, who are like thorns, into buds, and buds into flowers as you are being transformed.”
– *God Shiva*





WINNING THE FINAL SHOWDOWN AGAINST RAVAN, THE SYMBOL OF FIVE VICES



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

Dussehra is a Hindu festival celebrated every year with great fervour, zeal and enthusiasm. The ten-day long festival starts with *Navratri* or *Durga Pooja* in which the goddess Durga is worshipped with great devotion and ends with *Dussehra*, also known as *Vijay Dashmi*, which connotes the victory of good over evil.

The word '*Dussehra*' refers to the ten heads of Ravan, the demoniac mythological character in the Hindu epic *The Ramayan*, which symbolise the five vices – sex-lust, anger, greed, attachment and ego – each in men and women. Every year his crescent effigy is burnt with great pomp and show.

God Shiva Reveals the Mystery of Ravan and Dussehra

Even though we have been celebrating this great festival for thousands of years, we couldn't make our lives virtuous; we only ended up spending huge amounts of money in burning Ravan's effigy as a mere ritual. However,

if we sincerely ponder over the incidents pertaining to it, many questions start creeping in mind such as: Who was Ravan that was said to have ten heads? Was he real or just a fictitious character? Why is his effigy burnt every year with the increased height?



This mystery had been very well revealed by the most Benevolent God Shiva, the Ocean of Knowledge. He revealed that there was no such character in the history by the name 'Ravan' as mentioned in the Hindu epic *The Ramayana* and that Ravan is just symbolic of the presence of five vices in both the men and women at the present Iron Age (*Kaliyuga*). Otherwise, it is impossible for a

man to have ten heads. As per *The Ramayana*, Ravan, the king of Lanka was an ardent devotee of God Shiva, and had got the boon of celestial nectar of immortality from Him. However, he was an egoist and had stolen *Sita*, the wife of Rama, to settle an account with his younger brother Lakshmana, who had cut the nose of Soorpanakha, the sister of Ravan.

If we ponder over this mythological legend, it will be clear that there must be some reason why we burn his effigy every year. As a common practice, the effigy of the one is burnt, who is our enemy. Since Ravan's effigy has been continuously burnt from time immemorial, it is clear that Ravan is our number one enemy. God Shiva, in order to liberate us (the human souls) from the clutches of vices, our real enemies, symbolized by the real Ravan, reveals that this legend has been written by human beings on the path of devotion and they had no real knowledge of God and the actions that He performs to liberate. God Shiva reveals further that the real Rama (not to be confused with Shree Rama of *Treta Yuga*) is He Himself, who had liberated us souls, the symbolic Sitas, from the clutches of the vices, the symbolic Ravan, so as to free us from the sorrows, miseries resulting due to our being

indulged in these vices and becoming vicious. It is mentioned in *The Ramayana* that Ravan, the king of Lanka, had abducted Sita and put her in Ashok *Vatika* (here *Vatika* means garden and *Ashok* means the place where there is no sobbing (*shok*) or sorrow). However, God Shiva clarifies that the present world has become the hell (the world of sorrows), which in Hindi means *Shok Vatika*. So, in order to liberate us (Sitas) from the sorrow resulting from our own vices or weaknesses (i.e., *Maya* Ravan), God Shiva – the Real Rama – forms an incognito spiritual army, called the Salvation Army. It is symbolically mentioned in the *The Ramayana* as an army of monkeys comprising Hanuman,

having a bout with the army of Ravan comprising vices such as Sex-Lust, Anger, Greed, Attachment, Ego, Jealousy, Laziness, Carelessness, etc. He names this army as the Army of *Shiva Shaktis* (Brahma Kumaris and Brahma Kumars), as He bestows Godly Knowledge to us through the medium of an ordinary old man, named Dada Lakhraj, whom He renames as Prajapita Brahma. At the end of the Time Cycle, we, the human beings, become so vicious that we are compared with the vicious or mischievous monkeys; that is why it has been mentioned in *The Ramayana* as the Army of Monkeys.

The vices in us (human beings) are increasing day by day as they've to reach the peak,

women are not at all safe even at their own homes. But, it is a matter of great fortune that God Shiva, in order to fulfil His promise as mentioned in *The Gita*, has reincarnated in the land of Bharat to establish one religion, one language and one kingdom.

Dussehra is the commemoration of victory of good over evil and of truth over falsity. The goodness and truth, i.e., good and truthful world, called the 'Paradise', is now being established by God Shiva, who is called the 'Truth, Benefactor and Beautiful' (*Satyam, Shivam and Sundaram*). The process of establishment of Truth has been going on since 1937 at this time of irreligiousness, called the Iron Age (*Kaliyuga*). This is our final showdown with *Maya* Ravan, which we, the Godly children, have to win at all costs as per Godly Directions. Let us recognise God, follow His Directions and become victorious over vices. Then, this will be the celebration of the real *Dussehra* and attainment of self-sovereignty through acquisition of Spiritual Knowledge and practice of Rajyoga meditation being taught by God Shiva Himself through various Centres/Branches of the Brahma Kumaris Organization(BKO) worldwide. ❖



Sugreeva and their progenies. But, the truth has been revealed by God Shiva that the Army, which He establishes for the transformation of this hell-like world into heaven, is the real spiritual army, which is

and the Day of Judgment is also coming nearer and nearer. That is why the size of effigy of Ravan is increasing year by year. These vices have made this world full of terrorism, extremism and violence where girls and

BEING IN THE PRESENT MOMENT



–Sister Padmapriya, USA

Once a man was walking in a forest; suddenly, he sees a lion in front of him. The roaring lion runs towards him and the man runs as fast as he could to escape from it. He notices a well in front of him and jumps into it, hoping to escape from the lion.

As he falls inside the well, he grabs at the rope and tries to save himself. But, when he looks down, he sees a big crocodile at the bottom of the well. It had its jaws wide open, ready to swallow him up. The man then looks up and sees a mouse nibbling at the rope. The scary lion is still prowling outside the well. The man's heart begins to pound as he wonders how he can escape from this. Then he notices a honeycomb above a tree branch which has delicious honey dripping from it. He puts his tongue out for the honey. It is delicious and for a moment, he forgets about the lion, the crocodile and the mouse chewing at the rope.

Understanding the story

The lion, crocodile, mouse and honey are symbolic. The lion stands for your past; the crocodile stands for your future;

the mouse stands for your current issues; the honey stands for the simple joys of your life.

We are often chased by the memories and scars of our past and troubled by the anxieties and worries of our future. On top of it, we are constantly sorting out our current issues that pop up or even eat our head like the mouse. This type of thinking takes us away from experiencing the simple present moments and joys of life. What we need is to stay in the present moment. Being in the present moment means: (i) To pause and look beyond the past and future problems; (ii) Embrace the joys of life that come right to us.

Often, we are too busy holding on to negative feelings, resentments or anger of the past or fear of the unknown. These burdens bother and blind us from enjoying the honey provided by life at the present moment. So, look for your honey drips of the present moment!

How to find those little joys?

Some constantly wonder how

to find the honey dripping – that is the joys of life at present. 'I do not see them'; 'They are not for me'; 'I am not lucky'; 'They don't drip for me!' – these are their constant complaints.

Everyone gets his or her honey bottle in life in the form of the little positive and good things that happen to him or her. These things are little joys like a warm smile, a word of encouragement, someone being nice to you, having no traffic, good dinner on your plate, moonlight evening, note of appreciation, your child's hug, good workout, and so on.

Life offers us many pleasures, joys and happiness in different levels, degrees, ways and proportions. The simple things in life are like those stars that shine on a clear night. They're always there, surrounding us, offering their subtle magic; however, it's not every day that we stop to look at them and remember that they exist.

Only when life gives us a small or big setback, we, suddenly, appreciate what really builds our hearts, what constitutes each of these internal lines that create music and give meaning to our existence. Our only effort lies in noticing them (sticking the tongue out for honey as described in the story). All of us have more than one thing that

we would never change even for the most incredible riches like the life of our children, our spouse, our siblings, and maybe even our pets, because what they give us is priceless. We, without a doubt, would like the things to be easier, and, therefore, we sometimes feel lost with so many pressures, so many day-to-day obligations that take us away from what is really essential. For that reason, it would be interesting to think about the following tasks or aspects of our life for a few moments:

- (i) Let us acknowledge
- (ii) Let us enjoy
- (iii) Let us be grateful

If we are able to do all these, we are living in the present moment at least for a few times a day. Being present is to be fully aware of your being at that moment and being aware of your inner self. You are in the present moment, when you feel the gentle breeze on your face. You are in the present moment, when you are completely at peace with yourself.

If any moment in your life pauses everything, gets your total attention and makes you enjoy it; it is living in the present moment. The present moment has the power to make you access your inner qualities and thereby you feel full of energy. Those moments are precious

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

Often, we do actions, which we wonder by asking: "Why did we do these in the first place?" We keep dwelling or brooding on them, thereby living a life of self-pity, anger, wish-fulfilment or fear. Being in the present moment means to have the awareness that any form of anger about past or fantasizing about future is pointless; so, rather than hurting or day dreaming, one needs to be mindful of one's actions and their consequences; thus, reflecting on the next course of action.

Any moment, which makes us lose touch with our inner self, is considered a lost moment. The moments are lost when 'I am worried, afraid or basically in any negative emotion. I lose my self and that moment is lost for me. I lose touch with my base.'

Formula of Happiness

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

For example, you have a goal

to build a beautiful house. However, you never get time to enjoy life as you keep working hard to build the house. One fine day, your beautiful house is built and ready. Now, you are living in the house. For the first few months, your mind is happy (living in the present moment); but, then your mind races towards adding more facilities to the house. Again you start working hard and you forget to acknowledge the efforts and happiness you have right in front of you. Your mind has forgotten the earned happiness and has started to run towards future accomplishments.

Tips for Happiness

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

Going Beyond

Another meaning of being in the present moment is to go beyond your worry, fear and sadness of the past and unknown future and to just enjoy what is in front of you. The following are some of the points to go beyond:

- (i). Think that whatever happened is good, whatever

happening is very good and whatever is going to happen will be the very best.

- (ii). This life is a game and the result is not that important but how we play this game is important.
- (iii). Believe in good *karma* and things will be figured out for you.
- (iv). At the end of the day, write three good and positive things you liked about yourself., e.g., I completed work on time, I finished all my errands (shopping), I was kind to all the people I met today, and so on.
- (v). Write three good and positive things that life brought you today? For example, I was given an opportunity to lead the meeting today, I enjoyed my ride while coming back to home as there was less traffic, and the coffee I drank today was excellent, and so on.
- (vi). Write three good and positive things you liked in others today? For example, I liked that my spouse made my favourite dinner, I liked that my boss appreciated me today, and so on.

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

SERVING THROUGH SILENCE

In meditation, you connect to the experience of silence in which both the mind and the heart are calmed. The mental chatter or noise stops. A gentle flow of slow, clear, transparent and peaceful thoughts is produced. The organs of the body and its senses are calmed and your emotions become pure. In this state, you can listen to the voice of your conscience, the voice that guides you; you can also awaken the divine intuition. On listening to that voice, you are strengthened. In this way, you start to align your life with your purpose, with what you really want. You begin to have more determination to carry out the things that you really want to do, without any fear preventing it.

With meditation, you learn to love the silence: a tender, beautiful and sweet silence. With the experience of the sweet silence, you try to talk less, to speak with sweetness and gentleness. When you generate the love and pleasure in going to the silence, it helps you express the best of yourself. *To help others, sometimes it is better not to speak, not to use words; because you can use the vibration of your thoughts and good feelings that emerge from that state of silence.* In this state, you will enter the hearts that are trapped in darkness. Those hearts that are in darkness, have lost hope; they are hurt, wounded and discouraged. From your silence you transmit to them the light with which they can find a way out. To receive it, they have to be willing. But, if their time has not yet come, at least they will know that there are people willing to help from a silence that does not judge and complain: A silence that accepts, appreciates and loves, generating an atmosphere in which one can be his/her own self and feel free to change at his/her own speed, with understanding and love and without feeling forced. ❖

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was betrothed to the son of the other farmer. So, the king gave his judgment or verdict that the pot in question be given away in dowry. This judgment satisfied both as both would eventually benefit by it and in a rightful manner too.

Times have changed

Now, you can compare that Copper Age (*Dwapar Yuga*) with the present Iron Age (*Kaliyuga*). In earlier times, there were no thefts; houses would lay open without locks; and law-suits were very rare. But, now-a-days, the courts have to deal with innumerable cases pertaining to acquirement of wealth. In spite of the increase in number of courts, hearings are held after long intervals and it takes much longer period for decisions to be arrived at. The situation, today, is so grim that if two pedestrians notice a five hundred-rupee note lying on the road, there will be a scramble between them. Each will lay claim to this one note. It is, therefore, plain that since greed entered man's mind, the good things of the world have become rare. There was a time when grains, milk and everything was in abundance; but, now, grain is purchased in small hand-bags and milk is received in small packs or

pouches after a long waiting in a queue.

We are living in a world where powerful societal forces of individualism, materialism, competition, capitalism, and the monetary measurement of success combine to stimulate the vice/sin of greed, which, in turn, inhibits moral maturation. There is nothing inherently wrong with material success and pleasures. But, when the society begins to place too much emphasis on them, there is a resultant moral and spiritual bankruptcy. People live in a perception of lacking something; and individuals and society as a whole turn their focus *outward* to fulfilling unfulfilled desires rather than *inward* to the process of awakening self-awareness. Currently, we believe in the slogan: "More is better." We are taught that our self-worth depends upon accumulation of 'more' transient things such as beauty, money, power, etc. This leads to a repetitive cycle of greed and self-interest, where one constantly seeks satisfaction and fulfilment through material things and become blind to the need of others and also that of the larger community.

The Moral Lesson

So, in order to have good

days again, man should abandon greed or avarice, which characterises degraded people. If there is an unfulfilled desire, one will always be unhappy; and the very nature of greed is such that you will always have one or the other desire unfulfilled.

We need to understand that we are souls – the spiritual entities – which are greater than the identification of ourselves as merely physical bodies. If you ever think of becoming greedy, transfer this faculty of thinking towards acquirement of more and more Godly or Divine Knowledge, virtues values, qualities and spiritual gains in Yoga and meditation. These will accompany us after our death and make us wealthy for several lives hereafter. The wealth that subsists on divine knowledge, virtues and services to others never dies; because, by means of it, one obtains heavenly happiness, which will last for the forthcoming 21 births. Healthy ideas lead to good health too. Honesty, sincerity and truthfulness are the signs of good character whereas greed, arrogance, lack of consideration for others and crookedness lead one, ultimately, to grief and, at last, create rift, trouble and turmoil in the society and the world at large.❖

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