

YOGA FOR PERFECTION



The kind of Yoga we learn and practise at Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya is, for various reasons, known as Rajyoga. The four major reasons often given to explain why it is known as Rajyoga, are:

- (1) The word Raja means: a ruler. This Yoga enables the soul to rule its body and subtle faculties, hence known as Rajyoga.
- (2) A King, in the ancient times, was regarded as the first and the foremost among the citizens. So, it became a tradition to use the word 'Raja' as an adjective before any noun for the purpose of indicating that the person or entity thus named is the supreme or the highest among the rest of its Kind. This yoga is, therefore, called 'Rajyoga' because, among all the other yogas, in vogue today, it is the highest.
- (3) This yoga is such that one need not give up one's hearth and home and also one's worldly duties; so easy it is that even a king, who has the great responsibilities of the State on his shoulders, can practise this Yoga.
- (4) Furthermore, the practice of this yoga leads one to victory over vices in the Mind and this entitles one to the sovereignty (Rajya) of the world or to Swa-rajya – the self- rule; so, it is proper to call it - 'Rajyoga'.

Sometimes, this name causes confusion or misunderstanding

Now while this name, 'Rajyoga', is meaningful, it often causes confusion or misconceptions. One of the reasons for the confusion is that the Yoga taught by Patanjali, about two millennia ago, is also known as 'Rajyoga'. And yet there are great many points of contrast between Patanjali Yoga and the Yoga we practise here! One of the points of huge contrast is that Patanjali has not given enough and important place to God in the Yoga-System enunciated by him whereas in the Rajyoga taught by Brahma Kumaris, proper knowledge or understanding of God and spiritual relationship with Him is a pivotal point. Again, Patanjali has defined yoga as 'stopping various modes of Mind' whereas in our system yoga is considered as the loveful and heightened awareness of 'God' or 'establishment of mental link of the self with God by being deeply conscious of

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"THE WORLD RENEWAL"

INDIA FOREIGN

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

**Om Shanti Printing Press,
Shantivan-307510,
Abu Road, Rajasthan, INDIA.**

For Online Subscription

Bank: State Bank of India, PBKIVV,
Shantivan; A/c No.: 30297656367,
A/cHolder Name: 'World Renewal',
IFSC:SBIN0010638

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POWER OF FAITH



In day-to-day life, we face different situations and then depending on our belief systems and faith, we invoke powerful blessings from the Almighty for achieving success. The recent Lok Sabha (General) Elections lasting around 6 weeks in Bharat is a prime example of the prime combination of diligent efforts and deep connection with the Divine. The Elections resembled the austere Kumbh Mela, where political groups of different denominations exhorted people to vote for them, through their charismatic Leaders. However, among all the national political parties, the Bharatiya Janta Party (BJP) headed by Prime Minister Shri Narendra D Modi, and Shri Amit Shah, trounced all other parties with an improved numbers of seats, to start the new term NDA 2.0!

The top leadership on both the sides believed in ringing the door bells of presiding Deities in different places of worship in all parts of the nation. However, the depth and sincerity of faith was highlighted by none else than

PM Shri Modi ji, who on one occasion, spent more than 17 hours in an ancient cave near Kedarnath Temple, immersed in loving devotion of the Supreme and exploration of the power of silent meditation. As a devotee of God Shiva, Shri Modi ji also visited the Kedarnath and Badrinath Temples for *darshan* and perception of God Shiva's power. **We know that God is pleased with an honest heart, and so the BJP were able to take their party to an unprecedented level of success, with the high margin of 302 seats!** While some astrologers had already predicted a win, PM Shri Modi ji, Amit Shah and other senior BJP leaders left nothing to chance, and spent days and sleepless nights on impactful, meticulous campaigns, reaching out to each and every voter for months before the Elections, and so we practically see how true are these adages:

- ▶ Where there is the courage, help is received from the Supreme
- ▶ Victory is for those who put in efforts from the heart

▶ Always maintain a high morale on the basis of one's firm faith

The placard for the BJP in their second term is "***Sabka Sath, Sabka Vikaas, Sabka Vishwaas = Vijayi Bharat: Together we grow. Together we prosper. Together we will build a strong and inclusive India***".

The new Government has already started working on Welfare Schemes as promised in their Election Manifesto. It seems the new dawn has emerged to guide Bharat back to its ancient glory, in the form of the 'golden sparrow'. Our hearty congratulations and best wishes to PM Shri Modi ji, Minister of Defence, Rajnath Singh, Minister of Home Affairs, Amit Shah, Minister of Finance and Minister of Corporate Affairs, Nirmala Sitharaman, Minister of External Affairs, Dr. Subrahmanyam Jaishankar, Minister of Women and Child Development, and Minister of Textiles, Smriti Irani, et al!

While the new Government has a long list of targets to be accomplished as per their Election Manifesto, we would feel very happy and thankful to them if they can further propagate Moral & Spiritual Values for the betterment of personal and social life.

ETERNITY OF THE FIVE ELEMENTS IN THE ETERNAL WORLD DRAMA

The failure of the pre-monsoon rains due to El Nino effect has resulted in temperatures all over India rising beyond imagination. It was never expected that the temperature would go beyond 50 degrees Celsius, but these high digits are persisting in Northern India and Maharashtra especially, where several deaths have also occurred due to the severe heat wave. Newspaper reports tell us that 80% of the lakes have gone dry, and people are managing life with lot of difficulties brought on by the water shortage.

The Environmental Columnists have been scaring us with their alarming news over the last 3-4 decades; most of them have attributed environmental depletion to improper or inconsiderate organisation/planning, which then resulted in deforestation and destruction of rain-forming and rain-pulling trees and plants. In some parts of the world, like California and Australia, we hear of devastating forest fires every year caused by a number of reasons, but especially dryness and lack of rain. **How many more lives need to be lost before we accept that we need to change our ways?**

Whenever we go through our

ancient literature we always come across the stories of Rishis (Ascetics) meditating under shady trees like the Peepal, Kalpa Vruksh, Banyan, Mango and Jammun trees. No doubt we do need other trees also, but it has been very well researched that wherever the trees of Peepal, Banyan, Mango, Sheesham (teakwood) are situated, there will surely be a source of water near their roots. The higher these trees grow, higher will be the water table.

An immediate solution to present day water crisis can be the plantation of the above trees in large numbers. In the state of Rajasthan, we come across thousands of Neem trees, which may be good for air purification, but not for attracting the rains. The entire Bharat has always been dependant on nature, with its 6 seasons being well balanced; in the past, we had never experienced scarcity of water or oxygen as we do now. **Those who care for restoration of balance in nature should think seriously of planting such rain trees voluntarily. Let us take the initiative from this very season, as there appears to be good awakening and consciousness towards**

supporting our environment. A definite movement can be planned involving students of Schools, Colleges and Universities, by offering them incentives and a few saplings to plant, free of cost. It's important that they also pledge to sustain these plants until they develop strong roots.

Another concern that comes to mind is the barren lands belonging to the State or Central Governments. These too can be made available to Non-Profit Organisations so that plantation and care of such clusters of trees can take place. Let the land be tilled for plantation purposes before the rains come; 80% survival of these plants is assured if steps are taken in the right way.

Water has a beautiful and powerful connection with trees, vegetation and rejuvenation, and so let's also invoke the rains to come uplift our spirits and infuse us with new enthusiasm! We Indians especially rejoice the monsoons by hanging up swings on strong branches of trees, taking turns to swing, and also welcoming the peacocks to dance in joy! One's life cannot help but become decorated with joy and happiness after participating in such scenes...

Never before has it been so necessary to understand and re-establish the harmony within the five elements, which have and always will be affected and reformed by the subtle vibrations of humans.

When girls and boys, women and men understand the necessity of leading balanced

lives through the power of meditation, and positive consciousness, their efforts would spread very friendly, kind and loving vibrations all around. This will then be the catalyst for the five elements, flora and fauna to re-emerge in their best form. This fact of the law of the universe was

beautifully depicted in the much-loved and popular animation film, 'The Lion King'.

Let's be inspired to plant one sapling each of the rain-pulling trees and nurture them till they grow independent. This will be a great service to humanity and the Master of Nature, God.

—*B.K. Nirwair*

B.K. SARLA DIDI, ZONAL HEAD OF GUJARAT BRAHMA KUMARIS SERVICES.

DEPARTS FOR ANOTHER ROLE IN WORLD SERVICE

Our very senior and divine sister, Brahma Kumari Sarla Didi, had been hospitalised in Ahmedabad mid-May 2019. According to destiny, she renounced her physical chariot at 12.30pm on 6 June 2019, at the age of 79.

Respected Didi Sarla was well respected and loved by the Senior Dadis and Dadas, as well as juniors of

the Brahma Kumaris Institution. She held responsibilities of Member of P B K I V V Management Committee,



B.K. Sarla Didi

Zonal Head of BK Services in Gujarat, and Chairperson of Scientists and Engineers Wing of Rajyoga Education & Research Foundation.

She was introduced to the Brahma Kumaris in 1952, and dedicated her life in service of the Institution in 1964. She took personal training from Rajyogini Dadi Jankiji for 6 years in Pune, after which she was given duty of service in Gujarat. Under her motherly, easy-natured, unifying leadership, spiritual services expanded

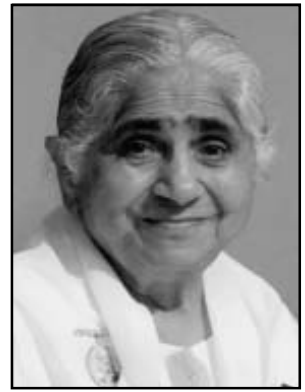
to the present legacy of 12 large Sub-Zones within the State. Her loving commitment to Madhuban services, the Dadis and their physical well-being was unmatched. Her sustenance of hundreds of BK sisters and brothers was instrumental in creating a large number of dedicated as well as close, cooperative souls.

Her interactions with Chief Ministers, Governors, and other Ministers of Gujarat, were filled with regard, warmth and the feeling of belonging. **Hon'ble Shri Narendra Modiji, PM of India, who had known Didi personally for many years, has tweeted the following condolence message on her passing away: "Deeply pained by the demise of Rajyogini Sarla Didi Ji, associated with the Brahma Kumaris family. She embodied hardwork, service and compassion. I am fortunate to have always received her good wishes. My thoughts are with @brahmakumarisHQ family and her followers. Om Shanti."**

**We extend our heart-felt respects and divine love to the angelic soul of
BK Sarla Didi.**

BEING LOST IN GOD

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



When we are moving along by ourselves, we find it requires effort, but when someone is making us move along, we feel it's very easy to move along. Any support or dependency doesn't allow us to experience intoxication or permanent happiness.

Dependent souls need support. Baba has given us such support that we are independent. He has also given us His Company and coloured us. He has taught us the truth and made us sensible. Remember such a Baba with love and see Him with regard for being the Highest on High. Whoever you have regard for, you see all the attainment from Him and see yourself contented. Then, there is no need to remember Him, but there is deep regard for Him in your heart. There isn't the feeling that He has given, but you have taken it as your right. This is why not everyone is able to take it.

With love, you are able to remember Him. You have that regard for Him in your heart. You are moving along on the

basis of what you have received from Him. People say: Donation of knowledge is the greatest donation. The donation of virtue is also the greatest donation. Whatever wealth you donate, that is used in a worthwhile way. This is why you donate. Those, who become virtuous, who don't look at the defects of others, who are concerned to become complete with all virtues throughout the day, feel that they are now Brahmins and will soon become golden-aged deities, completely vice-less.

Whilst you are sitting here, you can see the golden-aged world. The world that is to come is in front of you and you have become distant from the world that is going to end. We have become distant from this old world before it actually comes to an end, in order to make it *Sattopradhan*. Whilst sitting here, we become conquerors of *Maya*, and doubly non-violent - free from lust and anger. Those, who have conquered lust and anger, have conquered the world. It is these two things that have made you unhappy, peaceless and a beggar.

The power of remembrance makes you a conqueror of *Maya*. First of all, remembrance frees you from the claws of Ravana. The buzzing moth removes the insects from the rubbish and keeps it in its company. So, too, Baba removes us from the rubbish and keeps us in His company so that we can be coloured by Him. We don't need anything except three feet of land to buzz the knowledge to others.

Let the colour be changed so much that you realise being coloured as you were before, you were like insects and the colour you have now, makes you fly. Here, you are sitting in the jail of *Maya*, but sitting with so much spiritual intoxication that you believe this is heaven itself. Baba first of all explains what hell is and what heaven is. At least, know the difference between heaven and hell, the new world and the old world. If you haven't explained this, you haven't explained anything. This old world is coming to an

end and we are making preparations to go to our new world. Realise at least this much. Then, you will feel: 'Baba! the *Shreemat* that you give is very unique for the world and very lovely for us.'

By following *Shreemat*, we continue on the spiritual pilgrimage. The faces of pilgrims are always very cheerful, full of intoxication, having left behind their home and family. We are also on a spiritual pilgrimage and we know that we are not going to come back here. The anchor has been raised from the old world. We have left the shores to become detached. If we keep on holding to the shores, we won't be able to move forward. Stay in the family, but understand that you are on a pilgrimage, and so keep your destination and your Guide with you. You don't have anything else in your intellect. If something enters your intellect, why is this? Because you are not staying on the pilgrimage. You don't have a loving intellect at the time of destruction. We are the Pandavas and Shaktis, who have a loving intellect. We are now moving towards Him with His pull and our own love. He pulls us because we have love for Him and no connection with anything here. If I remain engaged in an elevated task;

then, no one will stop me from doing that.

When someone does something elevated; then, others following him find it easy to continue the same. If you find that you are alone doing something, you feel afraid. This is the world of sound, and that is the world beyond sound, but because of not having the habit of staying beyond sound, you feel afraid. You know that we were on a spiritual pilgrimage in the previous cycle also and had remained carefree then also. If there isn't any type of worry or thoughts in your mind, then you are moving forward. All those who are following us are doing so comfortably. Follow mother and father. This is why we have been able to move forward so easily.

Light has so much importance. What would happen if we didn't have any light in this hall? There is darkness. If I remain light, others can remain light. The world is in darkness, but if someone shows another, the path with a little bit of light, the other person feels comfortable, that someone else is here. You may be like a lighthouse, that others should feel light from you at every step. Don't do anything that would enable someone to fall in a ditch.

In order to become a conqueror

of *Maya*, we have to become free from the spinning and conflict of *Maya*. Throughout my life, I would like the record of not having conflict with anyone.

Internally, there is the feeling that Baba will make me do something. Why should I ruin my intellect with other things in between? The spinning of *Maya* won't allow me to spin the discus of self-realisation. Spin the discus of self-realisation. You have the mace in your hand. You are like a lotus, detached. You have learnt the wisdom to become an instrument. Previously, you didn't have that. God's work was a very huge task, but you paid attention to be an instrument.

Those, who are lost in the Father's love, are complete with all virtues and content. Never allow yourself to feel lack of attainment that your vision is drawn to your desires. If my intellect is engaged somewhere else; then, I am not present in front of Baba, so how can He give me anything? Finish any desires in service that you may have.

Develop the habit of being constantly in the company of the Father. We are the Father's arms. We cannot do anything without the Father and He cannot do anything without us. The arms of Vishnu are different. The arms of Brahma are World servers. Become a right hand

that has strength. Then, whatever you have to do, that will be right.

We have Rama (God) in our heart. The greatness of the Confluence age is limitless. You have to become a conqueror of *Maya*; you now have to become a conqueror of the elements: a conqueror of the nature and *sanskars*. You create this atmosphere wherever you are living. The atmosphere is created according to whatever happens in that place throughout the day. So, yesterday, celebrating the 11th Anniversary of GCH, all memories emerged watching the video of all the beautiful programmes that have taken place.

Remain happy and give others happiness and the signs will be visible that you are a Golden-aged soul. If there is the slightest sorrow, then it means you don't have the experience of the Father's company. You have the company of the elevated tasks that you have performed, the good company of fellow servers and deep love for the Father. How to look at the self? With a vision of soul consciousness and the awareness of Godly versions.

It is our duty to remain silent in every situation and to make the atmosphere powerful. So, people remain in silence wondering what will happen, and we remain in silence to remain free from fluctuation and to create a powerful atmosphere. ❖

SILENT REFLECTION

—B.K. Bro. Indal Singh, Texas, USA

The gates have closed for so long,
The sweet fragrance has gone,
And weeds have replaced the flowers,
The memory so distant has faded and lost
Like the ship tossed by countless storms.

Time is still as fresh as was so long ago
And all else have changed and grown old.
But, I, the elusive and wily self, has survived
Through time and so many lives
I plodded on and on for I am forever.

Of what use is forever if the vintage
That once was fresh and pure has
With time and the elements now become
The dregs of old and defunct odour
Laced with impurities and flat with spoils?

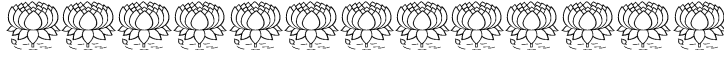
Surely, time is the friend that sustains hope
For within time the dormant past of
Joy and perfection still echoes
And the search for the soul awakens
For only the few with ears to hear.

The sound of truth, love and peace
In silence and the harp of the past are played;
And the mind stirs and awakens from slumber
Of vices too many to allow flight of wings
That grew weak and old from lack of use.

Time from within has once again
Returned with gifts of the past unlimited;
With the bearer of clues and antidotes
For the poison that possessed man
And drained and snapped his divinity is lost.

And, now, is Time so precious and little
To remember and recreate with the His Hands
That tends the garden and played the music
For all children young and old once more
To inherit the legacy of divine perfection.

NEED OF TRUE SPIRITUAL KNOWLEDGE AND UNDERSTANDING



First of all, those, who listen to this knowledge daily, should know very well that none but God alone can give the knowledge about the transformation of the souls and the world. Even in the songs, He is remembered with these words: “The light which You ignited, no one else can ignite.” To ignite the light of the soul, to teach the method to have yoga with Him, is not in the hands of any human being. The human being can only learn these eternal truths but he cannot teach. If I say, I want to be a doctor, it means I have not become a doctor and, therefore, I want to become a doctor. Only the one, who is a doctor, can teach others to become a doctor. The One, who teaches us the knowledge of the depth of *karma*, will be the One who teaches, whilst we are the ones who learn. Aren't we really the learners?

How can the ones, who themselves go through the bondages of *karma*, teach? Those deities, who have reached



Mateshwari ji

the highest, can also not teach. There is no need to give or get this knowledge when the deities existed; at that time, the world was heaven. When deities were in heaven, their stage was completely pure, and there was no question of giving knowledge at all. They became deities by listening to this spiritual knowledge and transforming their life in their last birth in *Sangam Yuga*. What do we become, by listening to this divine knowledge now? Deities. When the deities do not have the knowledge of Eternal World Drama (EWD); then, how can the human beings have this

knowledge?

We are in need of this true spiritual knowledge and understanding. Nobody can give this knowledge except God. Some people think that religious founders or famous saints like Swami Vivekananda have given teachings on the spiritual knowledge and understanding. But, there is no one, who can give such a clear and complete knowledge about the soul, the Supreme Soul and the eternal world drama in the same way as God now does in this present *Sangam Yuga* – the period of self-transformation and world-transformation.

This should be in your intellect that, apart from God, nobody can explain this knowledge in such a profound manner. No one has revealed the secrets of *karma*, of degradation and liberation of souls except God, the Supreme Soul. This is why there is praise of God; Guru Nanak Dev also praised God's knowledge and His noble tasks as unique: ‘You alone know your ways and methods.’ It is not said that I know your ways and methods; rather it is said that ‘only You know’. ‘Only You know’ means it is He, the God Himself, who can tell us. Isn't it? Therefore, it should fit in your intellect that no one except God has this

knowledge, and that this is the only auspicious time when God Himself is explaining this invaluable knowledge to souls, His prodigal spiritual children, who were long-lost but are now-found by Him.

It is the soul, who feels and experiences, but not the body

Many people think that the soul is immune so that nothing is imprinted on it. But, it is not like that. The soul may get detached from the body; but this does not mean that nothing is imprinted on it, or that it is detached from any impressions. It is right that the soul is detached from the body and different from it. But, it is not detached from the impressions.

It is also not right that whatever is experienced is experienced by the body. It is the soul, who really experiences; but it experiences through the body. If there is a corpse lying somewhere, will that feel something? In fact, the one, who feels, has left the body, and that is why the body is lying there. So, it cannot be said that it is not the soul, who experiences. When the soul is in the body, it experiences sorrow or happiness. If there is no soul in a body, and you start doing

anything to the body, will it feel anything? No. From this, we understand that the one, who feels and experiences, is the soul. It is also the soul, who creates the *karmic* accounts. Therefore, when the soul goes to another body, it carries its *karmic* account with it to the next life through its rebirth in another body.

Some experience sorrow right from their birth or early childhood; they become handicapped, blind or diseased and experience the sorrow associated with these. Where did they get this sorrow from? In the early childhood, the child has not committed any sin! So, definitely, it is carrying forward its *karmic* accounts from the past life. The soul has brought its *karmic* account with it; and, as a result, it has to take the birth there, with a deformed or handicapped body like that. The people, the circumstances, the situations we come across – all these associate with us because of our *karmic* accounts accumulated in our past births.

So, the impressions are in the soul. Aren't they? This should, therefore, be in our intellect that whatever we do, we, the souls, experience it sooner or later.

Actions leave impressions on the soul

We need to pay attention to our actions, because the soul is not immune to what it does; everything is imprinted on the soul. Other people think that the soul is immune and so they eat, drink and do anything they like. But, it is not like that. It is the soul that performs actions through the body. If the action becomes a sinful one; then, it is the soul, who has to suffer. This is why we have to have control over our thoughts, feelings and actions. As long we do not stop the sinful actions, our sins continue to accumulate to the point where we cannot get rid of what has been accumulated.

We now have to finish the sinful actions, which we have accumulated in the past. First, we have a burden of sins from the past, which is why we have sorrow and peacelessness in our life. Whatever we have done in the past, we are suffering as a result of these doings.

Second, whatever we do now should not become sin; and, therefore, we should not perform any action under the influence of any vice like sex-lust, anger, greed, attachment, ego, indolence and jealousy. It is not that because our mind is inclined

towards something, we just do it. We have to pay constant attention to check and change our thoughts and thereby let such vices go.

Some people say that as we continue to listen again and again, the mind becomes alright, but it is not that either.

How long have we been listening to spiritual discourses, stories, scriptures, *The Vedas*, etc.?

We have been listening for two ages, from the Copper Age, (*Dwapar Yuga*) till the end of Iron Age (*Kaliyuga*).

However, as we continued to listen, our sins also continued to increase instead of reducing. Didn't they? The Copper Age turned to Iron Age, and we fell down further into degradation.

However, we did not let go of sinful actions! We can change the *sanskars* of the self only through true spiritual knowledge and understanding and also by imbibing virtues and powers through Rajyoga Meditation, which are being taught by the Supreme Father Himself. All these things have to be clearly understood. ❖

VIRTUES VERSUS VICES

– Shivangi, Nishatganj, Lucknow

Values, virtues and morals
Unanimously exist in our souls,
To make us immune
Against failures and criticism,
And helps us develop stoicism.

Discovering the mystery of soul,
All of us realise the life's real goal.
Hidden talents of human souls are revealed,
As the seven qualities of soul are unveiled.

Love takes the forms of compassion and equality;
Purity marks clarity and enables us to see others' sanctity.
Inner silence creates peacefulness,
Perennial joy and unfolds blissfulness;
Divine knowledge enlightens us with verity
And gifts each one of us with spiritual power,
To achieve the impossible,
To visualise beyond our limited imagination,
To reach the Almighty, Absolute and Ultimate
And to connect with the One, the Supreme Being.

Both Hero, the civil, and villain, the Devil, reside in one spirit;
Five sins forces the souls to cross all limits.
Attachment creates unwanted possessiveness;
Lust makes one lose all submissiveness;
Greed turns man hungry, hankering and impulsive;
Conceit moulds mind to be hesitant and indecisive;
And the worst sin of all,
Rage demeans our inner beauty to the core!

Recognition of soul is the only way
To attain wisdom and tranquility
That can liberate us from the evil clutches
Of nihilism, narcissism and negativity.
Values remain no longer our mere inheritance
But our only unique choice for our joyful sustenance!

GUILT OR REALIZATION?

– B.K. Sister Shivani



We confuse Realisation with Guilt and so most of us feel that guilt is necessary for improvement. Transformation of any habit or *sanskars* or action requires two things – knowledge and power. For example, all of us know anger is damaging, so we have the knowledge and yet when situations arise, we react, because we don't have the power to remain stable. When we have made a mistake, we have the knowledge and the desire to correct it (make amends) but we also need strength in the soul.

Guilt means repeated inner commentary of our past actions, angry with our self for having done it and sadness that it should not have happened. All these emotions deplete the power of the soul and a weakened soul tends to make the same mistake again. Any negative emotion cannot create a positive result and, hence, guilt can never be good. Guilt focuses only on the past action, and sometimes wrong action also means we label our self as 'bad' or 'not good enough' because that is what people taught us. These labels lower the

self-esteem of the soul.

Realisation means the awareness – yes, I have made a mistake, awareness of how I can correct (make amends) and then attention on doing it differently the next time. Realisation does not spend time in the past but focuses on taking care in the present and the future. (*Paschataap Nahi Prayashchit Karo* - do not repent, but make amends).

Is guilt useful?

Guilt is self-inflicted anger' which depletes our emotional energy and deprives us of the strength needed to transform.

Since childhood we were taught that if we have done something wrong, we should be guilty about it and if were not, people around us made us feel guilty. We started believing guilt was natural and necessary to transform. Guilt is anger, which is inflicted on the self. When we get angry with others it is once in a while, and the other person feels our anger is unnecessary and thereby does not accept it. Even then anger is damaging emotionally and physically to both – the one, who gets angry and the one on whom it is

inflicted. What about when we get angry with ourselves, guilt? It is not once in a while, we have to live with the angry person 24X7, for days, sometimes years.

When someone else gets angry with us, we defend ourselves, but when we get angry with ourselves, we accept it because we feel it is justified. Doctors tell us that anger if not vented out creates more damage. Guilt is internal anger; we cannot vent it out. We are the one creating the internal anger and we are the one on whom it is being inflicted and we are accepting it. If anger is damaging, guilt is toxic.

Our role is to empower people while we advise them. Power can be radiated only when we ourselves remain stable even if they are not able to implement our advice immediately. Release the expectations and accept different *sanskars*.

Taking Responsibility and Overcoming Guilt

When you free yourself of guilt, you live in peace within.

You take on responsibility and stop sentencing (punishing) yourself internally with feelings of guilt. Taking on responsibility is constructive; it allows all your potential to remain awake and flow. You feel free and unburdened. When you get it wrong, you can find different methods to relieve yourself of the burden that it might imply. For example, being sorry for or feeling sad for something that you have done means that you are aware that you have acted against your own wellbeing or that of another. Realizing it is good; it is the base for any positive change. The important thing is not to sentence (punish) yourself. Learn the lesson. Say sorry, if it is the right thing. Put it right.

Remember that yesterday has already passed. The past cannot be changed. You can't swallow the words that you said, since you already said them. You can't repeat the scene from yesterday in a different way because it already happened and stayed recorded on the film of this world drama. Therefore, don't repeat the words or the scene in your mind over and over again; doing that, you keep alive something that is dead, since yesterday already stayed behind. Learn from the error and commit yourself to you and to your life, promising to yourself that you

will not fall over the same stone again. You will think about it before speaking or acting.

If there are people or situations that lead you to fall over the same stone, i.e., they lead you to make the same mistake, which was committed earlier, again, perhaps you will have to avoid them for a few days or a time, until you have strengthened yourself and have the inner security that they will not influence you. This is not running away; it is wise knowing your weaknesses and knowing that to get into similar situations with the same people is only to repeat the same errors and to worsen your wellbeing and that of the other. Trust in yourself. You can overcome these mistakes and stop making them. It is a question of loving yourself and living. Out of love, you stop hurting yourself and hurting the other.

Crying over past mistakes, you don't mend anything. Open yourself to forgiveness. Raise the level of your thoughts so that they don't keep you in a state of sadness and loss of hope. Don't allow your inner judge to sentence (punish) you each time that you act, since that way you won't feel free. Your judge that you carry within makes your life bitter; however, it is you that gives this judge the capacity to exist. If the inner judge is in

harmony with our conscience, it is good, because it wants to protect us. On creating guilt, it warns us that we have broken a rule of our code of beliefs, values or behaviours. It alerts us to the fact that we are acting against something important of ourselves. At those moments it helps us to observe and question what is real, true, important and even sacred in our life and for us.

There is a difference between when we have established our own code of values or beliefs in life, and when we feel obliged (forced) to obey an imposed code of beliefs. It is important for us to accept on an inner level the code by which we think we should be guided and act. When we act out of obligation (compulsion), by following a code of beliefs or behaviours that we feel have been imposed but aren't accepted as our own, we should ask ourselves why we act out of obligation (compulsion), basing ourselves on a code we have not accepted. Are we perhaps afraid that, if we don't do it, we will feel guilty?

When we violate the codes of belonging to a group, family, social class or community, generally, we feel guilty. If this guilt leads us to question ourselves about what is right for our conscience, we progress in

our personal growth and improve our clarity. It is necessary to respect ourselves, being clear about what the beliefs are on which we base our life, think, feel and evaluate. This will help us to avoid the gap between what we should and what we want to do. Until 'the should' and 'the want' are joined, we leave an open space for guilt.

When we act according to how we feel we should, we will feel guilt for not doing what we want. While we act according to what we want, we will feel guilt for not doing what we should. When guilt warns us that there is something to check and correct within us and we are willing to see it, have a dialogue with the self and clarify, we are

on the right path. Sometimes, guilt acts as an excuse for us to apologize without really taking on the responsibility for what happened; we pass on the responsibility to the established norms, norms that in this case we haven't accepted as our own. In any case, the solution to guilt is to take on self-responsibility. ❖

TAPPING GUIDANCE FROM THE INTELLECT OF THE SUPREME BEING

There are many occasions in my day-to-day life when I am not sure as to what my next course of action should be in that particular situation. The intellect is the faculty inside the soul, which normally takes its all decisions. But, sometimes the intellect is clouded by my own or others' *sanskaras*, beliefs, opinions, inclinations, assumptions, thoughts, actions, past experiences, etc.

In such a situation, I require the guidance of from the intellect of the Supreme Being, who is above the whole situation and is seeing it as a spectator or observer and is not a player in the situation. He is the knower of the three aspects of time (the past, present and the future); He can see the situation from all dimensions or perspectives; He is beyond all influences and is impartial; He is extremely pure and clear; He knows me more than I know myself; He knows

my benefit and harm more than I know it myself; and He is the one, who is selfless and is concerned for my wellbeing the most, etc.

No human being can fulfill all these requirements of us

In such a situation, it's good to take the guidance from the intellect of someone, who fulfills all these criteria. That someone is no one except the Supreme Being or God, who is the Supreme Spiritual entity possessing the most powerful intellect with the most perfect judgment power. Sometimes, my mind and intellect are absolutely clean and clear and I am 100% sure about my right course of action for the future; but, even in those times, it is good to verify the course of action from a Higher Authority. So, in those times, it is very important to connect for a few minutes with the Supreme, who is the Supreme Energy of

Unlimited Truth. Then, the question to ask myself at that time is not what do I want, or what do others want, but most importantly: What does the Supreme want, what is His wish, what is His perception of the situation? The deeper my connection with Him in meditation, the clearer the answer will come.

When it becomes a regular practice, it will be as simple as taking guidance from my physical parent or spouse or friend. I'll know without wasting time and energy, the right course of action. Sometimes, it may happen that the answer may not come to me immediately, but by connecting my intellect with the intellect of the Supreme, my intellect will become clear, which will help me take the right decision. Also, in some cases, the Supreme may not respond immediately but may guide me through some other medium, whether living or non-living after some time or even after a day or two. ❖

SOME VITAL LESSONS

ARE OMNIPRESENT

—B.K. Rose Mary

There are many people, who think God is omnipresent just because others told them so. They don't think that putting some words together may or may not make sense. For example, if you hear someone saying "square circle, unmarried husbands ...etc", you would dismiss them as non-relevant. Similarly, when someone says 'God is omnipresent,' it is just an effort of putting two concepts (God and omnipresence) together and it has no meaning as He is "minute than the minutest" in size (*Bhagavat Gita* 8:9). "The biggest lie is to say that God is omnipresent," says God Himself in *Confluence-Aged Gita*. —*Murli* 14.03.2019

Our reason too says: If God (who is the Almighty) is omnipresent, He would exert the same influence on everyone, and everyone would be bubbling with love acting benevolently with each other, and there won't be any victimizers or any victims, and no erosion of values; yet, we find many people acting hurtfully with each other, which shows the fallacy of this belief. All the prayers addressed to God too indirectly prove that God is not

omnipresent.

Yet, there is one thing that is omnipresent – some of the vital lessons that can enable anyone to be spiritual. See what learned ones say about the effect of learning: "If you study science deep enough and long enough, it will force you to believe in God." (Lord William Kelvin, mathematical physicist and engineer, who was noted for his theoretical work on Thermodynamics). In other words, the more you know about the universe the better you come to know of God, and in the process, you would see the implied truth behind various aspects of universe which you can treat as lessons or teachings and benefit from them immensely. Let us see a few of them:

(i) Regarding universe, Carl Sagan says, "In every direction, the extension is endless." Yet in such an incomprehensibly vast universe our earth continues to be unique with many forms of life and variety of provisions to enjoy life. "We have found more than 4000 planets orbiting distant stars, but it turns out that probably none of them have the right conditions for life to evolve,

making Earth even more special than we thought" (<https://www.newscientist.com/article/2197406-weve-found-4000-exoplanets-but-almost-zero-are-right-for-life>/March 23, 2019)

This teaches us, the humans, something important: About universe, know only what is necessary (not everything). In other words, primary obligation of humans is to know God, the Supreme Intelligence behind this universe. Its vastness teaches one more important thing: In comparison with universe, our earth is like a dust particle in size. If human habitat, earth, is like a dust, how can humans, the inhabitants of earth, feel self-important or go into contraction of thinking in terms of my and mine? In Sanskrit, universe is called *Brahmanda* (*brah* = to expand + *anda* = egg) which describes universe as an expression of a cosmic egg, conveying the message that inhabitants should be *Brahmas* (great minds, people with broad/open minds) which implies we must be great minds of inclusiveness, minds that expand to treat everyone as child of God, rather than contracting into thoughts of my and mine. There is nothing in the universe for man to feel more important than another, or to be egoistic as everyone's make-up is same (combination of physical and metaphysical), and provisions for sustenance of our life are also

same. Insightful ones know that many factors and forces should come together for humans to act/react; and so no human being can boast of doer-ship or superiority over others. Ego is at the root of all evils, and anyone who is aware of the vastness of universe will always act with humility and benevolently towards others, as Johannes Kepler (famous German astronomer and mathematician) rightly said, “we should marvel rather much more at the smallness of us mankind and the smallness of this our tiny ball of earth.” When everyone feels ‘small’ or egoless at heart, virtues will start emerging.

(ii) Most galaxies are connected to one or more other galaxies by gravity, the same force that holds each one of us onto the Earth. In other words, gravity holds things and people, yet it is very soft in its operation. We don't even know it exists. We know it exists because of its effects. Thus, Gravitational Force teaches us to be strong and soft at the same time, which means we have to be very firm in our nature of being humane, focused in our duty, yet be soft in our dealing with others with the intent of holding people together (as opposed to being divisive). This is what the very word ‘religion’ (*religare*, to reconnect) means- reconnecting oneself with others and God. No wonder, the word for gravity

(*guruthvakarshan*) and preceptor (*guru*) in Sanskrit has the same root- *guru*. Interestingly, the word for religion, righteousness, duty in India is one, *dharmā*, from the root *dhr* (to hold together, to maintain or sustain). Everything in the universe is simultaneously separate from each other yet exists in mutual dependence. Thus, *dharmā* of every one is to be in *yog* (agreement and harmony) primarily with their Heavenly Father depending on His qualities, and then to go with the flow of the nature and the cosmic law.

(iii) The universe is perfectly fine-tuned which proves the existence of a Supreme Intelligence as governing the universe, according to many serious scientists. To mention a few: Albert Einstein put the aspect of fine-tuning poetically when he said, “God does not play dice.” He realized that if universe was the product of blind chances, it cannot be comprehensible. But he wrote: “The eternal mystery of the world is its comprehensibility.

The fact that it is comprehensible is a miracle.” (US Science Journal, 1936) “As we conquer peak after peak we see in front of us regions full of interest and beauty which will yield to those who ascend them still wider prospects, and deepen the feeling, the truth of which is emphasized by every advance in science, that Great is the Works of the Lord” (Sir Joseph J.

Thomson, Nobel Prize winning physicist, discoverer of the electron and the founder of atomic physics). “This sense of wonder leads most scientists to a Superior Being – *der Alte*, the Old One, as Einstein affectionately called the Deity – a Superior Intelligence, the Lord of all Creation and Natural Law” (Abdus Salam, winner of the 1979 Nobel Prize in Physics for his work in electroweak theory). “One way to learn the mind of the Creator is to study His creation” (Physicist Ernest Walton, who won the 1951 Nobel Prize in Physics for his “atom smashing” experiments, and so became the first person in history to artificially split the atom). “I have concluded that we are in a world made by rules created by intelligence. Believe me; everything that we call chance today won't make sense anymore. To me it is clear that we exist in a plan which is governed by rules that were created, shaped by a universal intelligence and not by chance” (Michio Kaku, Theoretical Physicist and String Theory pioneer). “**God is a mathematician of a very high order** and He used advanced mathematics in constructing the universe” (Nobel Prize winning physicist Paul A. M. Dirac, who made crucial early contributions to both Quantum Mechanics and Quantum Electrodynamics).

We all realize the importance of fine-tuning while travelling on

the road. Vehicles are example of fine-tuning of so many parts, factors and forces etc., and driver of each vehicle is constantly on the act of fine-tuning his equipment and skill. If something goes wrong with fine-tuning on the road with vehicles, it means accidents causing damage to life and property. Similarly, if something goes wrong with fine-tuning of the universe, it means large scale accidents everywhere. Large scale fine-tuning is seen in the whole universe which is like a symphony of four fundamental forces: "All interactions in the Universe are governed by four fundamental forces. On the large scale, the forces of Gravitation and Electromagnetism rule, while the Strong and Weak Forces dominate the microscopic realm of the atomic nucleus." (<http://www.astronomy.ohio-state.edu/~pogge/Ast161/Au06/Unit4/>) They are all perfectly balanced and fine-tuned that if the nuclear strong force had been only very slightly different in size and if it had not had the correct mathematical dependence on its force/distance, we would not be here. If God is Great Fine-tuner, his children too must be fine-tuners. See what happens if you fine-tune your thinking, speaking and deeds in such a way that they bring maximum benefit to you and others! It will definitely make your life easy, balanced and pleasant for you and others.

Those who learn Rajyoga from God Shiva now, in the Confluence Age, are fortunate because they come in direct contact with this Supreme Intelligence. He also teaches them how to fine-tune the seven qualities and eight powers of *Atma* and even to link with His qualities so as to imbibe them in their lives. All of these make their life divine and qualifies them for the Golden Age that is soon to come. ❖

Morning Musings & Night Notions



"You are your master. Only you have the master keys to open the inner locks."

– Amit Ray

"Self-love is a good thing but self-awareness is more important."

– Louis C.K.

"To be in time is to be asleep: to be awake is to be in eternity."

– Osho

"Begin to see yourself as a soul with a body than a body with a soul."

– Wayne Dyer

"Rather than being your thoughts and emotions, be the awareness behind them."

– Eckhart Tolle

"The least of things with a meaning is worth more in life than the greatest of things without it."

– Carl Jung

"The truth is that the universe has been answering all of your life, but you cannot receive the answers unless you are awake."

– Rhonda Byrne

"The best and victorious souls remain ever ready before time. Time becomes teacher of those, who try to ready only in time. Sometimes, they get defeated as they are not ready before as per the directions of the Supreme Teacher."

– God Father Shiva





RAJYOGA MEDITATION: A CATALYST IN SHIFTING OF HUMAN CONSCIOUSNESS FROM BODY-CONSCIOUSNESS TO SOUL-CONSCIOUSNESS



All individual human souls in the world at present are in a state of disconnection or segregation (*Viyoga*) from the Incorporeal God, the Supreme Spiritual Father of all souls, who is the only Supreme Source of spiritual sustenance, all values, virtues, qualities and powers. As a result, they are, now, in the dark dungeon of spiritual ignorance; and their life has turned to be a spiritual wasteland; and, thus, they have been wandering in the wilderness of spiritual wasteland without finding any ray of enlightening light, hope and optimism, solace and succour.

The only hope lies in having connection or union (*Yoga*) with God, the Almighty, Absolute and Ultimate Reality – the Supreme Divine Being – who can enlighten them with His enlivening, divine Light and thereby lead them from the darkness of ignorance, from the death to immortality, and from untruth to ultimate truth through His teachings of spiritual knowledge of the complete

World Cycle and training of Rajyoga meditation.

On the occasion of June 21: International Day of Yoga (IDY), it is quite relevant to highlight the concept, importance and benefits of Rajyoga meditation.

Concept of Rajyoga

The simple and literal meaning of the term 'yoga' is connection or addition or plus or union. In this sense, two plus two becoming four is also a kind of yoga. But, in spiritual sense, the meaning of 'yoga' refers to the connection or union of soul with the Supreme Soul in the conscious remembrance of each other. The term 'Rajyoga' is the compound of two words, 'Raja' and 'Yoga', meaning the 'King of all Yogas'. It is so called because it is quite unique and holistic in the sense that it deals with the divine or spiritual dimension of life and has assimilated in it the best features of other yogas like *Mantra Yoga*, *Dhyan Yoga*, *Jnana Yoga*, *Karma Yoga*, *Bhakti Yoga*, etc. Rajyoga

practice is a process of gradual but continuous shifting from body-consciousness to soul-consciousness. Maintaining soul-consciousness is the awareness of the soul – the life force and divine light – that animates the physical form and makes breathing possible.

The Only Divine Process

Rajyoga meditation is the *only divine process* because it is taught by none other than the Incorporeal God, the Supreme Divine Being – the Knowledgeful Supreme Divine Teacher of all teachers.

It is a state of complete forgetfulness or oblivion of one's own physical consciousness and of the elemental world of Nature, time, space and outer space and also merging of the soul in the Supreme Soul and thereby becoming two-in-one with Him. It is a thoughtless state of complete absorption (*Nirvikalpa Samadhi*) of the individual soul/spirit in the Universal Soul/Spirit in the metaphysical world of spirits.

It enables one to accumulate the inner powers to avoid negative, impure and unproductive actions and to perform pure action (*Karma*) based on the *Karma* philosophy.

Rajyoga - A Catalyst in Shifting of Human Consciousness

In the ordinary day-to-day life, the human beings remain in a

state of material consciousness or body-consciousness as they lead the worldly life by identifying their consciousness with physical body, bodily relations and various mistaken identities on the basis of castes, colours, creeds, beliefs, religions, languages, cultures, genders, nationalities, etc. These wrong identification and mistaken identities that cause social divisions and disorder, moral and spiritual bankruptcy, crisis of values and deterioration and devaluation of human character, are due to man's ignorance of the knowledge of spirituality, that of soul, Supreme Soul and the World Cycle, and his long isolation from the Incorporeal God Father, who is the Seminal Seed of Human Genealogical Tree and the Root of Spirituality. With the divine descent of Incorporeal God in the corporeal medium of Prajapita Brahma, the nectar of spiritual knowledge flows into the ignorant souls, who come thirsty in order to satisfy their eternal urge for spiritual realization, solace, succour and personal enlightenment, thereby leading to global enlightenment.

But, this is not possible without a quantum shift in human consciousness; and here Rajyoga plays the role of a catalyst in shifting the human consciousness from material consciousness or body-consciousness to spiritual

consciousness or soul-consciousness. He has to think of the original qualities of the soul such as knowledge, peace, love, happiness, purity, power and bliss, and also to persist in evoking and experiencing the feelings associated with these qualities.

The inside-out view of oneself made possible by the quantum shift in consciousness and brought about by the catalytic effect of Rajyoga, allows one to enter one's own inner treasure of eternal peace, happiness and bliss, which are one's birthright, and gives a transformed outlook to redefine the concept and perspective of one's world, the philosophy of life and the worldview. Saint Isaac of Syria has rightly and clearly referred to this when he said, "Try to enter your inner treasure house, and you will see the treasure house of Heaven."

Rajyoga for Self-purification, Liberation and Fruition

Rajyoga meditation leads to 'self-purification' of impure, depraved and vicious human souls (beings). The term 'purification' does not refer only to 'purification' of outer body and its physical organs but it also refers to 'purification' of the inner soul and its three components such as mind, intellect and *sanskars*.

Rajyoga meditation leads to

'liberation' of human souls (beings) from their past and present accumulated sins and vices. The human soul – a conscient point-of-light – is compared to a bird in bondage in the cage of material human body. It wants liberation and complete freedom from the body-cage and restricting physical and natural laws so that it will be like a free and delighted bird in the vast expanse of the wide, open sky being capable enough to move and fly anywhere and everywhere at one's own sweet will.

In spiritual parlance, the term 'fruition'/'liberation-in-life' refers to the true movement (*Sadgati*) of the human soul towards the fruition in the heavenly *Satyuga* in order to replay the roles of drama in a new *Kalpa* and enjoy the fruits (*Pralabdha*) of yogic spiritual efforts made earlier in the Age of Transition/Confluence or *Sangam Yuga*. Rajyoga meditation prepares the human beings for the pure, divine deity life in the forthcoming *Satyuga*, called *Shivalaya* or Heaven. The life of gods and goddesses, who are regarded as the divine representatives of Incorporeal God Father Shiva, is characterized by divine qualities, values and virtues like. The deities will be incarnate of divinity in their day-to-day ways, manners and behaviours. ❖



DEIFIED AND GLORIFIED BRAHMA KUMARIS: THE SPIRITUALLY EMPOWERED WOMEN OF THE WORLD

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

The deified and glorified Brahma Kumaris are Incorporeal God Father Shiva's chosen women are greatly instrumental for His noble and divine tasks of transformation of human souls, Nature and the whole world, which, now, have been completely decadent, discharged, disorganized and deteriorated of their original, essential and fundamental characteristic essence, nature, values, spirituality and culture. When the current male chauvinistic and dominated society and world regard women, in general, as the gates or doors to hell, God, the Almighty Supreme, has chosen them to guide all human souls of the humanity to the ultimate and golden gate of heaven.

Women

in Contrast with Men

It is an irony that in the present male-chauvinistic society, the fair sexes including women and girls are being unprecedentedly exploited, abducted, molested, raped and murdered even after much-strengthening of legislation in

legal matters for their safety, security and heavy punishment for the offenders against the fair sexes in the wake of the heinous Nirbhaya Episode occurred in New Delhi, the national capital of the country. It is quite shameful that such episodes are being repeated, thereby throwing the legal safeguards to the winds. This wretched conditions and pictures of women are in sharp contrast with those of women in Vedic period when they were held in high esteem in family and society. Our Scriptures, Mythologies and *Puranas* describe their stature, grandeur, charisma, qualities and attributes in a praise-worthy manner and people sing hymns or paeans to them describing their great traits. Now, during our fairs and festivals, woman is also worshipped as Lakshmi, the goddess of wealth, even when men are considered to be earning more wealth than the women. Woman is also worshipped as Saraswati, the goddess of knowledge, even when the numbers of men learning in schools, colleges and universities are more than the numbers of women. Woman is

also worshipped as Durga, the goddess of power/energy, even when men are considered to be physically more powerful and energetic.

The Navaratri Festival – Symbolic of Celebration of Feminine Divinity

The *Navaratri* festival arrives in the September (*Ashwin*) month



of Indian calendar; it starts from the first day of brighter side of the month and lasts till the ninth day. It is the

festival of nine nights and the importance of nine is phenomenal in Indian Vedic culture. The early Vedic sages were not only spiritual heads of Indian society but are also renowned mathematicians and, in fact, invented our number system. According to them, the number nine represents the wholeness. If you multiply any figure by nine, the answer is always nine when you add the numbers together. For example, if you multiply number 4 by number 9, the resulting number is 36, which is sum of four 9's. The reason behind this is that

number nine symbolizes the Wholeness or the Absolute and Almighty God of the whole Universe. The universe is created of 108 elements according



to ancient texts and the total of 108 comes to nine. *Navratri*, in this numerical sense, is the festival to experience the divinity of the Number Nine.

The nine goddesses, worshipped during *Navaratri* celebration as nine incarnations of goddess Durga/Shakti, represent pure, divine and worship-worthy women in the form of goddesses, namely: Devi Siddhidatri, Kushmanda, Brahmacharini, Shailaputri, Mahagauri, Chandraghanta, Skandmata, Katyayani and Kalaratri. The nine goddesses of *Navratri* festival are collectively known as *Navadurga* and are worshipped on each of the nine days of *Navaratri*.

The celebration of *Navaratri* Festival is, in fact, the ample of proof of the symbolic celebration of the feminine divinity. The Brahma Kumaris, who are purified and divinized, now, by God Father Shiva through imparting of spiritual knowledge

and Rajyoga meditation, represent goddess Durga/Shakti and are also called *ShivaShakti* and symbolize these forms of goddess Durga by being the embodiments of the divinity or divine virtues like spiritual knowledge, peace, love, happiness, purity, power and bliss. The Brahma Kumaris are, now, engaged in spreading this divinity or these virtues and transforming the human souls including both men and women as the cooperative *Shiva Shakti Sena* in His noble task of spiritualizing and divinizing the souls, thereby resulting in world-transformation as a whole. The saying – “The deities reside and loiter where women are worshipped” (*Yatra Narishu Pujyante Tatra Ramante Devata*) – is, in fact, quite relevant and significant in emphasizing and extolling the celebration of feminine divinity during the *Navaratri* festival.

Brahma Kumaris Make the Grand Glorification of God’s Grandeur

Today, people, in the *cult of devotion (Bhakti Marga)*, blindly engage themselves in the ritualistic prayer and worship of God, gods and goddesses without knowing and understanding the latters’ autobiographies and/or biographies of all of them. These acts exude their superstitions, blind beliefs,

dogmas or taboos due to their ignorance of real knowledge and truth regarding the Almighty God - the Creator, Director and Main Actor - of the Eternal World Drama (EWD) and His associate gods and goddesses in His holiest and noblest task of Creation.

But, Brahma Kumaris, in the present on-going *cult of knowledge (Jnana Marga)*, with their complete knowledge and understanding of God’s autobiography glorified grandly God’s Grandeur being entitled as the givers of knowledge (*VidyaDevis*) among whom Brahma Kumari Jagadamba Saraswati is the goddess of God’s grandest, rarest, unparalleled, esoteric,



mysterious and incognito spiritual knowledge - of which she and her

exemplary life were the effective embodiment and an epitomic facsimile or carbon copy. Her being *Binabadini* (player of musical instrument *Bina*) truly symbolized the true and careful inculcation of the divine knowledge and real acculturation of the Brahmin culture in day-to-day manners, behaviours, deportment while interacting not only with the Brahmin souls, the spiritual children, but also with

other souls. It is only through the positive thoughts, words and actions of the serviceable children, the incognito God Father can be really and practically demonstrated and glorified. Jagadamba Saraswati, who is endearingly called Mamma, and Brahma Baba are God Father Shiva's such first two worthy special spiritual children, who have really done such noble acts of *demonstration* and *glorification* of the Grandeur of the Incognito God; and, now, all other Brahma Kumars and Kumaris are also engaged in such acts of *demonstration* and *glorification* of His Grandeur.



DADI SHANTAMANI JI

Woman – the Half-Partner of Man

In Indian cultural and family traditions, it is observed that the life of a man is quite incomplete with the salubrious company of a woman, who is, thus, regarded as the half-partner of man. Both man and woman concurrently forge a divine family with their mutual obligations to conduct and live a sacred family life of perfect reciprocation of love, cooperation, compassion, service, sacrifice, satisfaction and helpfulness. This undeniable

fact of this divine family is, actually, symbolic of Shankar's embodiment of the form or feature of half-man-and-half-woman (*Ardha-Nar-Nari-Swarupa*) as depicted in Hindu mythologies. But, in realistic sense, the Incorporeal God Father, the Supreme Soul Shiva, enters into the body-chariot of Dada Lekhraj, renamed him as Prajapita Brahma and through him adopted all other embodied souls including Jagadamba Saraswati, who are designated as Brahma Kumars and Kumaris; and, in this way, formed the Grand Godly or Divine Family, because without His adoption of the group of Brahma and Brahma Kumars and Kumaris, the act of rejuvenation and re-creation of the world would have never been possible. In this way, Brahma Kumaris are regarded as the half-partners or consorts (*Parvatis*) of Incorporeal God Shiva, being the cooperative servers or helpers in the act of transformation of Creation. As perfect partners in God Shiva's task of world-transformation and embodiments of the divine ideas and ideals of divine family life, Brahma Kumaris show the women community how to be the perfect partners in family life.

The Acts of Devotion and Worship are Incomplete without Woman

A man is quite incomplete

without the help, support and cooperation of a conscientious, devoted, sharing and caring woman to fulfil his household duties and responsibilities in leading the vehicle of family life to its perfect divine destination. In every household act, family get-together, functions, ablutions, fairs, festivals, and worship of by-gone family heads and generations, gods and goddesses, the company of woman as devout spouse is indispensable; and without her accompaniment any sort of household function and the acts of man's devotion and worship are regarded as incomplete. It is also said, "Woman remains like a shadow behind man." This



is a yin g signifies the u t m o s t importance of woman as his devoted spouse in man's life and also in managing the whole household activities and responsibilities and in taking care of the family members including children, parents, grandparents, and other relatives as well. Man consults his spouse in every important activity and occasion for giving him valuable and useful suggestions and thereby supplements and complements

him in taking any decision for the betterment of family in community life also. This also testifies the fact that woman is held in high esteem in familial, social and religious spheres of life. It is, therefore, truly and justifiably said that man is a non-entity without the help, support and cooperation of a conscientious, devoted, sharing and caring woman.

Brahma Kumaris Belong to Padmini Category of Women

Today, among the four kinds of female categories such as *Padmini*, *Chitrini*, *Hastini*, and *Sankini*, most of the women belong to the last three lesser categories because no woman, in any national or international list of women of any field whatsoever, has the *Padmini*-like qualities and attributes in order to belong to peerless *Padmini* category of the *highest* and *holiest* order. But, Brahma Kumaris belonged to the first *Padmini* (*Padma Sugandha*) category. Their inner and outer features exuded *the sweetest fragrance of lotus (Padma)* as their different physical organs were quite obvious to have had the lotus charms and qualities, in consequence of which they, who will transform into goddesses, had got many symbolic descriptions such as

having 'lotus eyes' (*Padma Nayan*), 'lotus hands' (*Kara Kamal*), 'lotus feet' (*Pada Padma*), etc. The *Padmini* category of women symbolize the goddess-hood and the divine qualities, powers, values and virtues which they obtain as their birthrights and inheritances from God Father through their perfect yogic communion and reunion with Him and the spiritual services they render during their lifetime in the transitional *Sangam Yuga*, the nectarine period of *The Gita* episode, which is taught by none other than the knowledgeable God Himself through the lotus mouth of Prajapita Brahma, for transforming the human beings into the deities.

Rajyoga Meditation – The Integral Part Brahma Kumaris' Life

Rajyoga meditation practice is the most integral part Brahma Kumaris' daily life. They practise this meditation daily, punctually and regularly in early in the morning, day, evening and night; and also do so in the beginning of every hour in the form of *traffic control* in which they control the traffic of all sorts of their thoughts in order to link their souls with Incorporeal God Father, the Supreme Soul Shiva.

Rajyoga meditation is the life's elixir and panacea for all problems and psychosomatic sicknesses and diseases, and Brahma Kumaris are conquering over their ailments with a true *Karmayogic* spirit. Rajyoga liberates one from the sins and vices of the past and



present life and offers liberation, redemption and fruition in life, which they are achieving

well deservedly as its perfect practitioners. Rajyoga also heals, promotes and offers health, wealth, peace and happiness for 21 births in the forthcoming future life births in the *Maya*-proof spiritual journey to the Kingdom of Heaven or Paradise (*Shivalaya*) established by Incorporeal God Father Shiva. With all their qualities and attributes, they are serving well, changing the lives of many people and leaving their indelible impact and imprint on the hearts and minds of uncountable souls, who are still singing, in chorus with full throat voice, the divine, melodious hymns in their praise – *Jaya, Jaya Vidyadayini Maa, Jaya, Jaya Papharini Maa.*

(To be Contd.)

THOUGHTS ARE THE KIND OF FIRE THAT CAN BURN AS WELL AS ILLUMINE



–**B.K. Sujoy**, Durgapur W.B.

“The one with an easy nature constantly think of solutions instead of problems. So, such individuals are free from the burden of problems. They are constantly contributing to make things easy for themselves and for others, too.” – Divine God Father Shiva

All great sages, saints and spiritual people have identified thought as the most potent strength of a human being. Just as fire heats up the environs, so too thoughts have the power to transform the personality of the person, who comes into contact with the people having good positive, wise, noble and enlightening thoughts. It was the thought, which inspired Arjun to face life's challenges and transformed the robber Ratnakar into sage Valmiki.

Thoughts can, like a needle and thread, bring diverse people together by harnessing them as flowers in a garland. Thoughts can divide too. Even though man does not possess sharp claws or canine teeth, yet he is considered to be the most dangerous and violent being on the planet because of his capacity to think both good and bad/evil, positive and negative thoughts.

Fire burns the inanimate

things or objects. But, evil or negative thought burns the animate beings. A single negative thought can burn or ruin our lives whereas a single positive thought can illumine or enlighten us and create a life of peace, love and happiness. Creating positive thoughts not only brings tremendous value addition to our own life, but it also creates congenial atmosphere.

If we don't think positive, we can't feel positive and communicate positive feeling. Our each and every thought should be impregnated with good intentions; and we should think or create noble thoughts of sharing and giving to others. The paradox of giving reminds us that we cannot know what is within us until we give it away. We also cannot be fulfilled until we empty our self. We also fail to recognize an absolute truth that states that our spiritual growth and mental strength are directly linked to the thought of giving.

It is well known that our

thoughts create our reality! The mind is a creative engine, which is always creating. What are we creating? If our lives aren't what we want them to be, we need to go back to the mind and look at what we are creating. Life can be a stairway to heaven of peace and happiness, or a slippery slope into hell of pain and disappointment, or anything in between. It's all a matter of choice, and choice starts in the mind. It has been proven that people under similar circumstances respond differently because of differences in their thinking; one may make himself miserable in a particular situation while the other may still remain joyous while dealing with the same situation. Indeed, all the ups and downs, joys and sorrows, in an individual's life, begin with his/her thoughts. From thoughts our feelings, attitudes, actions and habits develop. Whatever we think of and about, we, eventually, experience. We are what we think. When we accept sorrow from others and fall into a state of blaming or judging them, we become a passive victim of our own thoughts. On the other hand, actively creating peaceful, positive and loving thoughts not only makes us feel better, it also generates a peaceful, positive and loving atmosphere around us.

Our thoughts also play a major role in defining our relationships. We can create a

positive relationship as long as we want one. What it needs is a willingness to make a few changes for the better, adjusting our all important attitudes towards life and others. We can create a sweet relationship with others by thinking well of them, holding a good feeling about them inside so that when we meet them, that good feeling comes out in our positive interaction with them. In contrast, if we think bitter thoughts about them, we hurt the relationship. Trust fades. Communication suffers. We can love others reliably only to the extent that we have mental discipline. If we have fears and mistrust; then, it can damage any relationship. So, we need to think creatively, positively, nobly, and well wisely.

When we understand that we are always choosing our thoughts, then, we can take responsibility to choose creatively, positively, nobly, well and wisely. This is where practice of Rajyoga meditation helps. Rajyoga meditation is simply the “management of our thoughts”. It is the practice to take control of our thoughts. It involves finishing negative and waste thoughts of anger, jealousy, worry, regret, etc. that drain and mental energy, not by denying or suppressing them but, instead, by generating creative positive, noble and wise thoughts and directing them to the self, the Supreme and others as well. This effort develops concentration and brings an experience of inner peace and calm. At its deepest level, the understanding and practice of Rajyoga Meditation is a pathway to personal enlightenment and true freedom. The insights, knowledge and practice of Rajyoga Meditation are all integral to the process of spiritual awakening, illumination, enlightenment, transformation and empowerment. The practice of regular daily Rajyoga meditation is the foundation of strengthening our mind and sustaining our spiritual development. However, the foundation needs to be supported and strengthened by a value-based spiritual lifestyle that is conducive to our spiritual growth. The onus is on us to create beautiful vibrations around us and it begins with a conscious decision of creating good, positive, creative, noble, enlightening and wise thoughts that illumine and empower us. ❖

THE ART OF RESPECTING OUR BODY

Our body, which is our physical costume, often becomes a target of judgment, criticism or rejection by us or others. In the ways it serves us throughout our life, it deserves our gratitude. Focus should be on feeling happy and healthy, but not on merely appearing thinner, taller or fairer. Let’s become aware of thoughts and words about our body, especially when admiring someone else. Consciously change and send an energy of appreciation to the body we already have. It is easier to cultivate love and respect for our body once we stop judging others. Let’s not pay excessive attention to people’s appearance, dressing, dieting or lifestyle. We need to schedule enough time to ensure that our body is clean, dressed comfortably, nourished properly, exercised adequately and rested sufficiently.

Let’s notice whatever else sunlight, computer/phone light, spectacles/lens, earphones, soap, cosmetics, jewelry and so on – goes into and around our body. If it includes negative substances, let’s re-evaluate and consume only what is healthy.

We often believe that our happiness depends on how our body looks. Casual statements like *I am not happy about how I look* send a very powerful negative message to the mind and the body. The truth, in fact, is: how you look does not make you happy, but your happiness definitely makes you look good. People around you may have opinions about how your body looks but take care that you do not criticize or reject your body. *I am too fat... I am dark ... I am weak ...*; by saying these words you are rejecting your body. Take care of your body, keep it fit, but do these with energy of love and appreciation. Pause a few times, today, to appreciate and thank your body. ❖



IMPORTANCE OF AWARENESS



– B.K. Surendran, Bengaluru

The world is, now, flooded with negative and wasteful thought vibrations. This kind of thought vibrations are closely associated with body consciousness. Body consciousness is the root cause of arrogance, ego, fear, hatred, rough and tough behaviour. In this consciousness one is a slave to the bodily organs, the sense organs. One is not a free person. The 'smriti' or awareness of body gives rise to male and female distinction and that kind of distinction generates many other negative consciousness and attitude. Again body-consciousness gives rise to 'I and mine, mine and your' consciousness. People will move in parallel lines, never be able to move together and meet. People can be bodily relations, the people in the society, in the professional life or public life. In an intoxicated state one cannot enjoy the comforts and conveniences, the pleasures and pleasantries of life. One gets into the complexities of complexions and confusions of various kinds. Experience has shown that body consciousness drives people to a point of

eccentricity, abnormality and instability. One is driven to the quagmire of vices and where one is forced to assure oneself that vices are a part of life.

Awareness Shift

It is our experience that what we had thought of a thing or an event, in our childhood or adolescence or even youth will differ over the years. Our views on a particular event at our adolescence or even youth will differ. An aged person thinks of a particular event in one angle, a youth in another angle, a middle aged person looks at it yet another angle. But truth can be one. In body consciousness this difference is commonly noticed. People have abnormal views, standpoints, eccentric and childish views or views based on their vices ridden experiences, their bolts and jolts in life, the fear psychosis griping them or the wealth or the peoples' support bases or on the strength of their authority and so on. People have long been consciously unconscious of the soul- embodiment state-of existence, and its associated exalted and elevating *smritis*. *Smriti* leads to *sthiti*, *drishti* and

kriti. The universal free stage of existence of an individual is his soul embodiment stage, where he looks at and deals with the other individual from soul-embodiment state and that is the reality of existence. When a person is naturally receptive to peace, purity, love and happiness, his soul-embodiment- stage becomes a combination of all these virtues. Every person in this world is basically virtuous. Unfortunately, a microscopic minorities are conscious of their own nature and majority are not conscious of this nature. When one finds that feelings, emotions, likes, dislikes, love, hate, discrimination, judgement etc. are not attributes of any other matter including brain which is a mass of flesh and blood and that of a sentient being, it is imperative for any right thinking person to accept that one survives physical death and is immortal. One likes peace, truth and love which are attributes of a sentient being, and that being is that what 'I am'. "I am a soul". This consciousness triggers in oneself positive development. Positive development is the development of natural traits such as purity, love, peace and so on. As these traits develop in oneself, each one of these traits will manifest in terms of, for example purity manifests in terms of truth, honesty, sincerity,

reality, openness, transparency and so on; love in terms of cooperation, selflessness, respect and regards, sacrifice, dedication and service; peace in terms of concentration, stability, calmness, sweetness, cheerfulness, patience, tolerance, humility, introversion and so on. Positive self-development in its advanced stage unfolds the stage of contentment, maturity, majestic desirelessness and attachment in detachment, etc.

When we understand that we are souls, a micro star of consciousness, a conscient energy, and the body is an apparel, a temple, a house, a car, an outer cover, an instrument, a mass of flesh, blood and bones, an organic outfit, it is prudent for us to be conscious of our own embodiment nature. If we do not care of the truth and reality, we are subjecting ourselves to a lot of imposed and self-made stress and strain, superfluous behaviour, unreal, dishonest and materialistic behaviour, resulting in agonies and ironies and all kinds of bondages and become a slave at all times. We will wish to be free people, with a lot of freedom. But freedom comes from the awareness of our own natural virtues, our own powers, our own greatness, what is known as human possibilities.

There is no limitation to our possibilities. Everything is possible, every good thing, every great deed is a step towards total human development and universal welfare. Great deeds, great achievements, in which human welfare involved is possible by free people. Free people are those who are free from the pulls and pressures of the body and its associated consciousness. We become a master, a king of kings, king of the prakriti/nature, the five elements, and the five sense organs and then the vices do not touch us. When we are free, we come to exercise our rights. It is our unique achievement and it remains with us. It is the need of the hour. Body consciousness can take away our rights and freedom.

When we are conscious that we are a spiritual beings - as souls, our outlook, our spiritual eyesight automatically reveal before us the spiritual form of the person we deal with, we look at. We have to practise looking at people at their forehead and be aware that we are looking at a soul. In our *laukik* household, even though bodily we are related in reality, we have an independent existence and are eternally related as brothers. Hence while talking to them and dealing with them be aware of this reality of existence. This

world is a variety drama stage. As in a movie there will be tragedies, maladies, comedies, sorrowful moments, dance, love and so on, so also this world drama has a variety of scenes. We must practise to be a silent spectator and a witness and enjoy the same without any question marks or exclamations. When we look at the behaviour, likes, dislikes, feelings beliefs, presentations, let us not raise any eyebrows. Everybody has a role in this world, a particular part. Everybody has freedom and rights. No question is asked. Let us enjoy everybody's part. There is no reason for us to become angry, upset, or mood off. It is possible that some of our close bodily relations leave the body. This is a passing phase. Look at the reality of existence as the immortal self. We have no fear of death of the physical body. Let us look at the person in depth as soul and his survival after physical death. Let us not waste our thoughts, words, deeds and time in elaborate beautification and decoration of the body. Aesthetic sense, cleanliness and neatness are required, while extra bodily decorations will lead us into body consciousness. It was said that a person in the childhood was brought up in the midst of sheep and he thought he was a sheep. Even after he

was grown up into a man he still had the consciousness that he was a sheep. This was a wrong information and wrong consciousness nurtured over a period of time. Similarly, body consciousness is an acquired consciousness over a period of time and it has come to stay. Therefore our efforts should be to free ourselves from body consciousness and restore our original soul consciousness. When one is conscious of his ownself, his great self-esteem emerges and one becomes very powerful within with a lot of optimism and courage. In that real - original - natural consciousness, the various greatness embodied awareness will further enhance the self assertiveness to be in one's real self.

The Super Consciousness Point – God:

(i) People, in general, believe and proclaim that they are the children of God. But how many of them are able to be in the consciousness of the truth that they are the children of God. Those who have the Godly knowledge will link up themselves mentally with the Lord and experience the Fatherhood of God. They experience the Fatherhood of God and proclaim with self confidence that they are the children of God. This

proclamation from the inner self and outside of oneself creates 'Master Almighty' state of existence and from this state of existence one draws a lot of inner strength and power to accomplish any task.

(ii) There is inherent greatness in every soul. One is a unique person in the world. The Immortal existence itself makes one a great individual. What is required is. that one has to accept this fact and convince oneself that he is great in many respects why because he is the child of supreme. He is not inferior to anybody else in the world. By being great in oneself and looking at others in that greatness by appreciating the greatness in others, the thought of greatness of the self will bring in royalty and greatness. The greatness and worship worthiness is blessed by Lord.

(iii) One becomes a knowledgeable person. One is fully aware of his unique part in this world drama stage. One becomes an adept driver of life and handler of life situations. He knows the reality of each and everybody's part in the world drama, everything happens on its own as pre ordained. He will be able to handle each and every adverse situations with tactics, diplomacy, courage and confidence. He can see the past, the present so also the future and

accordingly he moulds himself and is flexible always. Here also one has to accept from his inner core the fact that he is a 'wielder of the discus' the all powerful discus, which can destroy the *Maya*- illusions, imaginations and hallucinations. The knowledge of discus is bestowed on us by the Supreme Soul, who is a self-effulgent light. Let us connect ourselves mentally with Him to raise ourselves to the level of deities. ❖

THE POWER OF CO-OPERATION

No matter how capable, talented, efficient or extraordinary an individual may be, without co-operation from others, no single person can develop their personal skills. Neither can we implement a task without the assistance of a parent, a teacher, or mentor. For example, an actor or singer needs musicians, producers and directors and especially an audience in order to express themselves successfully, despite their innate capacity for creativity and entertaining others. Being able to appreciate the contribution of others and being open to that influence always facilitates the fulfilment of task or a talent.

A NEW ELEVATED LIFE IN THE NEW GOLDEN ERA



—B.K. Subramanian, Avadi

The whole universe is the pre-ordained play of the three prime agencies of this vast Creation – Man, Nature and God. God is always benevolent whereas Man and Nature change their qualities, behaviours and nature; sometimes, they are benevolent and, at other times, they turn to be malevolent.

A year ago, it was the State of Kerala that had faced a major havoc due to Nature's heavy torrential cyclonic rains, which caused uncontrollable floods deteriorating the normal living conditions of the inhabitants of that region. Before the state could be retrieved from the damages caused at least to a smaller extent, of late the adjoining nearby State of Tamil Nadu has been severely hit and pressurized to undergo destructive damages due to heavy rains caused by the cyclone. Many coastal districts on the eastern belt of Tamilnadu such as Tanjore, Nagapattinam, Thiruvarur and Pudukottai have been left with irreparable loss by way of rendering hundreds and thousands of people as homeless. A lot of crops,

vegetables and flower plants cultivated in many acres and hectares of land sunk in water and decayed completely. Trees in thousands especially coconut trees fell down, uprooted and made unbearable loss to the cultivators. A large number of moveable properties such as cattle, birds like cock and hen lost their lives. There is no soothing word, comfort, consolation or remedy to make good the loss suffered by the affected people. Of course, in this grave and patiable situation, with a view to creating an atmosphere of peace, solace and alleviation, we B.Ks create and spread, as quickly positive vibrations, perform yoga with BapDada for their relief from sorrows, miseries and pains being faced by them.

This is high time for us to recollect and remember the Godly versions in the *Murli* delivered out half a century ago that the land of Bharat too would face annihilation and destruction through natural calamities like cyclone, earthquake, floods, etc including civil war. It is presumably believed that selfishness, accumulation of

enormous wealth through unrighteous means, racism, unemployment problem, hike in prices, demoralization, maladministration, mismanagement of finance, game of revenge and avenge in the political arena, diversified and egoistic views and faith about God and Godly acts, may ignite the spark of fire to accelerate the outbreak of civil war in India and make it topsy-turvy.

'Unity in diversity' is the slogan and *Mahamantra* of India. To sustain and achieve that goal, it is to be understood that self-realization and God-realization alone will make a man or woman to adapt and adjust with each situation faced by him/her during the course of actions performed in the day-to-day life. Certainly, the world drama is predestined; and no event, occurrence or phenomenon could be changed according to the will and wish of the human beings. This does not mean that preventive action, post-remedial action or probing into any unwanted incident have to be stopped. The human life in *Kaliyuga* has been designed with *limits and limitations*; whereas life in *Satyuga* has been always genuine and free from blame and no flaw is noticeable amongst the elevated humans at any point of time from birth to death. It is the viceless character that provides them a beautiful and loveable life with sixteen celestial

degrees enjoyable throughout the life in the Golden Age without any bondages. The human life span in *Satyuga* is hundred and fifty years while the same is fixed at hundred and twenty five years in *Tretayuga*. All will complete their life span in full and there is no premature or untimely death of any kind. Diseases and ailments have no place in the Golden Age and Silver Age. Nature by itself provides everything bounteously to satiate the human needs and nothing lacks in this New World of *Satyuga and Tretayuga*.

Out of their constant endeavours and efforts, the B.Ks are attempting to instill the new spiritual knowledge imparted by the Incorporeal God Father into the human minds that makes a worthwhile life in the present birth and new elevated life in the future births for 2500 years in the New Golden Era ahead of us.

Rajyoga meditation taught by the Brahma Kumaris Organization highlights the technique of how to settle our *karmic* accounts of several births put together by retaining the *sanskars* of good and charitable actions without any expectations and eliminating the *sanskars* of bad or vicious actions such as lust, anger, greed, ego and attachment caused by body-consciousness during the journey of our life across the Silver Age (*Dwaparyuga*) and Iron Age (*Kaliyuga*). God, the Supreme Auditor of *Karmic* accounts of the human beings, suggests and dictates the easy ways and means through His *Murli* to liberate ourselves from the varied nature of bondages accrued in life, and only then and thereby the human soul could free itself from the *karmic* effects, depart from the biological body and travel up above the cosmic world and meet the Supreme Justice (*Dharmaraj*) in the metaphysical Soul World, who has His fixed placement in that *Muktidham* or *Shantidham*. The top scorers in all the four subjects of spiritual study, i.e., Knowledge (*Gyan*), Meditation (*Yoga*), inculcation (*Dharana*) and service (*Seva*) will adorn the first row/division along with Shree Krishna (*Satyanarayan*) and Shree Radha (*Mahalakshmi*) in *Satyuga*. When the fact is so, why not we, BK souls, vigorously try for our seats in the first row and become a king or queen in the Paradise? May God Father Shiva (*BapDada*) bless every soul for achieving this noble aim of their elevated spiritual life. ❖

SPIRITUAL PROGRESS

There is benefit for you in every situation. If, that is, you know how to look for it. The idea behind steady spiritual progress is to see every circumstance and situation (particularly those that challenge you) as a tailor-made lesson in your personal plan for self-development. For example, in a situation where hurtful or angry words were exchanged, why not see it as the chance either to perceive things about your own character, which needs changing or to rehearse some virtue or quality that you need to put into practice more often? Actually, we should be grateful for the opportunity to evaluate ourselves. In this way, you can transform anything into a constructive lesson. Never think that you've learned enough and, now, you should stop learning. You should love it when people try to correct you or give you advice. It keeps you alert and gives you plenty of opportunity to put your truth into practice. It's a sign of great danger to be unable to accept criticism and, instead, use your understanding to criticise others. Realise deeply the significance of every moment; and, then, your spiritual progress will be assured. ❖

EXPERIENCING INCORPOREAL GOD AS THE SUPREME FATHER

—B.K. Viral, Mumbai

We celebrate the 3rd Sunday of June, as Happy Father's Day in India. Hence, today, let's experience God as the Supreme Father!

God, our Supreme Father!

We remember God in different relationships but the relation of child and father is the most accurate relationship between the Soul and Supreme Soul! This is one wonderful Father, with whom we can have all relations! i.e., Mother, Teacher, Friend, Brother, Beloved, and even make Him our Child!

The gifts from our Supreme Father!

The father has a lot of love for the child. Similarly, God being the Ocean of Love, He can't create even a single negative thought for us!

The father earns money for the child. Similarly, God gives us knowledge, which is the source of spiritual income!

The father gives inheritance to the child. Hence, God being the Ocean of Peace and Love, gives us the inheritance of peace, love and joy, which we can experience by connecting with Him. And this experience and inculcation of virtues, then, leads to the divine inheritance of *Satyuga*!

The father always has the most elevated wishes for the child/ Similarly, God gives so many blessings *Vardans* daily!

The father is a strong source of support for the child, whenever needed. Similarly, God's virtues and powers are always with us, acting as the backbone for our continued progress.

The father provides protection to the child. Similarly, God gives us such elevated spiritual knowledge and directions, which prove to be our canopy of protection - from both past sanskars, as well as the influence of external challenges!

The father is always available for the child, even if otherwise he may be very busy. Similarly,

God says: "I'm free for you 24x7. Hence, give all your burdens to me and become light."

The father always wants to see his child successful like himself, God too. So, let's always follow Father and become equal to Him!

Many children look up to emulate their father. Similarly, let's also take up God's task of transforming *Kaliyuga* into *Satyuga* by serving and benefitting everyone around us with a lot of love!

The child fulfils the dreams and aspirations of the Father. Let's also fulfil God's wish of wanting to see us as 100% pure and divine deities!

Meditation Commentary

Go through the commentary slowly and gradually. Try to experience each word:

Taking a few deep breaths, I relax my body... And come to the awareness 'I'm a Peaceful Soul'... Peace is my original nature... I'm full of peace...

On Father's Day today, I remember my Supreme Father God... He's always with me... With all His virtues & powers... & loving canopy of protection... Making me absolutely light and relaxed... Everything will be good, because God is with me... I'm free from all worries... Success is my birthright... Victory is certain... I'm a 100% powerful and peaceful soul... Om Shanti! ❖



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

the soul, and of God.'

Furthermore, Patanjali, in his system of Yoga, which is also known as 'Ashtang Yoga' (Yoga comprising of Eight limbs) has also mentioned 'Asanas' (physical posture) and Pranayama (breath-control) as two limbs of Rajyoga even though his treatise does not lay emphasis on any particular asana and, instead, considers any posture in which a person can sit relaxed, as an asana. Compared to this, in the Rajyoga, we learn here, the emphasis is on forgetting the body and the worldly things while practicing yoga and sitting in any easy posture without being conscious of one's breath, for the whole attention has to be directed to the self-luminous form of God rather than to the body or any other extraneous and material thing.

Another serious point is that people consider Rajyoga as a form of discipline which is different from Gyan Yoga (Yoga of Knowledge), Karma Yoga (Yoga of Action), Buddhi Yoga (Yoga of the Intellect) Bhakti Yoga (Yoga of Devotion), etc., So, from the very moment we tell someone that we practise Rajyoga, he begins to think that our system of yoga excludes all these kinds of yoga from its scope and that our emphasis

mainly is on concentration. This, therefore, causes a misconception in the very beginning. They wrongly think that we, perhaps, give no place to love for God in our way of Rajyoga.

Moreover, when people hear that we Brahma Kumaris practise Rajyoga, they form the view that we practise Patanjali system of Yoga or something akin to it if not identical to it. But they get their first shock when they learn further that our system does not have much but only few important things in common with Patanjali and that we neither refer to Patanjali nor we cite anyone of his aphorism nor are many of us well-versed in Sanskrit. No doubt they soon recover from this shock when they find that what we teach and practise has not only the essential elements of most kinds of yogas but it has also great stress on love for and the faith in God and an observance of moral and spiritual values at their highest and easy discipline whereby mind becomes Satvic. One feels exhilarated to know that the yoga is taught here by sisters who are highly experienced and elevated and that this yoga has the potentialities of solving all the social, economic and other problems of our day besides liberating us from negativity and delusion.

How about calling this Yoga as 'Sampooran (perfect) Yoga'?

If, in the light of the above experience, we can also call our yoga 'Sampooran Yoga' as this name (Perfect Yoga, or Yoga for perfection) stirs up good thoughts in our mind. The reason for calling it is: (i) this yoga enables the practitioner to have (*Sampooran avastha*) and that (ii) this yoga is taught by God, who is the Ever-Perfect-Being; (iii) it also implies that whereas other yogas touch only one aspect or develop one side of the human personality, this yoga develops multi-faceted personality of him who practises it! Also, it develops one's moral and spiritual potentialities to its full sixteen degrees.

This explanation of the term "*Sampooran Yoga*" automatically implies that the soul has lost its lustre and its qualities to a considerable degree and that this yoga helps to raise a practitioner to the highest degree of purity. It also includes the implication that when the soul attains its perfection, it will require a world where there is perfect purity, where things are *Satopradhan*, where the kings and the queens all are perfect in their qualities and where peace and prosperity is a reality.

With this approach, what is suggested here is that, we may

use the term 'Sampooran Yoga' often in our discourses and talks and while explaining Rajyoga, we

should point out that this particular yoga is 'Sampooran Yoga', for, it develops the

cognitive, emotive, and active aspects of our personality and leads us to perfection. ❖

THE ONE SOURCE

The One, who makes the world sparkle like a diamond, the One, who makes His children sparkle like precious diamonds, the Parent who transforms the old world into a new age, is calling all ancestor souls to return to the One Source.

Let's begin this journey by forgetting everything of the old world. Let's forget our old stories of who did what or said what to us. Let's forget our bodies, the relationships, and the dramas going on around us. Also, most importantly, let's go beyond just thinking of our mundane tasks. Let's enter into the Source-space. Source-space is Baba's world of knowledge, treasures, inheritance, divine virtues, and powers. Leave the shore of the old world and allow yourself to enter into this eternal world of God. When we forget the world of form, we souls will be transported into this eternal, beautiful Source-space. Returning to the Source is a journey back to this luminous space.

On this return journey, we need the support of the Ocean of Knowledge, the Embodiment of Bliss. It is so important right

now to take all our support from One Baba because all temporary supports will soon finish. As the ancestors of the whole world, what we do affects the entire world. Moreover, there is only one method to experience super-sensuous joy-reflecting and immersing ourselves in the eternal concepts of soul, God, and Drama. Many of us have developed spiritual amnesia; we seem to be trapped in name, form, fame, and facilities. Allow yourself to take support from God alone. Step into the light and promise yourself that you will not live in the darkness anymore.

The Supreme Soul is the Seed of the *Kalpa* tree, the Truth, and the Conscious Being. As ancestor souls, we are the roots of the Tree. See yourself seated at the base of the Tree. Allow yourself right now to absorb light, power, and sweet love from God, the Living Seed. Baba says, "Sweet long lost and now found children, I am the Source of all knowledge, the Ever-Pure One. Just as my duty is the highest of all, similarly you too must take strength from Me and spread it to the whole tree." "Child, you, the soul, and I, the Supreme Soul, are both eternal. We possess the same spiritual DNA. Your

original and intrinsic nature is of love, peace, and purity."

With an open mind and loving heart, you embrace what Baba, the eternal parent, is telling you. You experience Baba's unending love and wisdom pouring all over you, the soul. You begin to feel that the Supreme Soul knows you completely and appreciates you. He understands your shadow and how to move you away from it and into His light. *Khuda Dost* (God the Friend) is guiding you on this journey back to the Source-space. He gives you the magic mantra of "Manmanabhav." As you learn to use this sacred mantra, you begin to transform and enter into His world. Allow yourself to be in the heart of the most beautiful Being in the universe and be filled with lightness and joy. Rest in this space for a few moments. Allow yourself to be absorbed in the pure, powerful energy of this space.

You feel a deep connection with God and with all of humanity. In the Source-space, you feel radiant and powerful. In this space, your innocence and wisdom awaken. In the light of this space, you can see your beauty. You feel refreshed, joyful, and radiant. ❖

Edited and published by B.K. Atam Prakash for Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Mount Abu and printed at: **Om Shanti Printing Press, New Gyanamrit Bhawan, Om Shanti Nagar, Bhujela, PO: Bharja - 307032, Dist.: Sirohi (Rajasthan).** Chief Editor: B.K. Nirwair, Pandav Bhawan, Mount Abu.

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