

|| From the Mighty Pen of Sanjay ||
FESTIVAL OF SHIVA JAYANTI –
THE DAY TO VOW SPIRITUAL
REVOLUTION

Today, very few are aware of the fact that *Maha Shiva Ratri* is a memorial of the reincarnation of the Incorporeal God Father Shiva on the earth and of a great spiritual revolution. He empowered the mothers – the precursors of this revolution – and named them *Shiva Shaktis*. God Shiva performed this task at a time when the knowledge of the soul had vanished from this world. The human souls had become completely materialistic and their mind and conduct were greatly polluted. Every human being, despite having the urge for peace and happiness, was scandalizing and disquieting other human beings. Consequently, man had become distressed, sad, disquieted and blind.

He became arrogant and with the ambition of conquering the Nature, he was not only disposed to devastate the Nature, but was also devastating his own nature. The population had exploded so much that the earth did not have sufficient grains and water to cater to the needs of the people. Seeing her children thirsty and hungry, the mother earth was worried; but despite this, her progeny – the human creatures – indulged in all types of vices and were degrading their health and character.

The quality of population was also increasing day by day and so also were the problems of the people. Being engrossed in the vices of anger, greed and attachment, man was inventing such arms through which the possibility of extinction of the entire human community began to be manifested. Despite being abound with all material possessions, people yearned for peace, but they remained very far from it. Cheerfulness disappeared; everywhere there was the atmosphere of fear, susceptibility and enmity. All were repeatedly calling for mercy. This earth had become like a hot griddle and the human beings dwelling on it had become like the burnt corpses. At such a time, the most benevolent God Shiva, through the physical medium of Prajapita Brahma, cooled this world, which was on fire. He gave the nectar of knowledge to the human beings, who were lost in the darkness of ignorance. He bestowed the knowledge of the soul to the human beings, who were considering themselves to be mere bodies. Whoever learnt that lesson,

(Contd. on page no. 33)

CONTENTS

- ▶ Festival of Shiva Jayanti – The Day to Vow Spiritual Revolution (From the Mighty Pen of Sanjay) 3
- ▶ Maha Shiva Ratri: The Festival of Reincarnation of God Shiva and Invoking of His Blessings (Editorial) 4
- ▶ Just remain introverted to fly and be Happy always 7
- ▶ O God! forgive me when I whine . 9
- ▶ My Personal Experiences of Successful Recovery from Cancer 10
- ▶ God Father Shiva & The Grand Festival of Shiva Jayanti 11
- ▶ Power of Wisdom 15
- ▶ Morning Musings & Night Notions 17
- ▶ Divine Life Girls' Hostel 18
- ▶ Revelations about God Shiva, Krishna and *The Gita* 20
- ▶ Suicide-Physical and Spiritual . 24
- ▶ Being Happy Always 27
- ▶ The Journey Continues 30
- ▶ The Whole mankind is in prison: Only God has the Keys to open the Prison Doors 31

Rates of Subscription for

“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

For Detail Information:

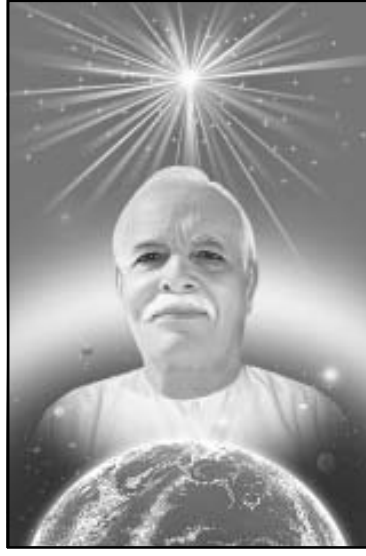
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MAHA SHIVA RATRI:

THE FESTIVAL OF REINCARNATION OF GOD SHIVA AND INVOKING OF HIS BLESSINGS

We are very fortunate to have been born in Bharat, the land of *Dharma* (Righteousness). Day in and day out, there are festivals following one after the other throughout the year. Each of the festivals brings newness to our outlook and consciousness. The *Prayagraj Kumbh Mela*, which started on 15th January, concluded on 4th March, 2019, the most auspicious day of *Maha Shiva Ratri*. As we learn, around 22 crore (220 million) devotees benefited from this two-month long religious festival. What a coincidence it is that when the festival of Reincarnation of God Shiva and invoking and receiving of His blessings arrives! It brings the fruit or attainment of the long period of Devotion

(*Bhakti*). It proves beyond doubt that before the advent of Shiva, there are the darkness of ignorance and all the evils of the Iron Age



(*Kaliyuga*), the reason being that people are neither truthful nor faithful to their belief systems, and have lost their inner beauty of purity after many, many births of travelling through the darkness of *Kaliyuga*.

The worldwide Brahma Kumaris spiritual institution honoured *Maha Shiva Ratri* by invoking the

blessings of our Supreme Father, Incorporeal God Shiva, who is reverentially known as “*Satyam, Shivam, Sundaram*” (Truth, Benevolent and Beautiful). We are celebrating the 83rd year of Incorporeal God Shiva’s reincarnation to spread the message of truth, which is pure Godly or Spiritual Knowledge. It is, indeed, the real divine wisdom that acts as the eye-opener and life-changer for everyone, who are, otherwise, groping around in the darkness of ignorance. Truth can be revealed only by the Incorporeal Supreme Father God Shiva Himself, who remains untouched by the influences of negativities.

Shiva is remembered or worshipped in the form of the *Jyotirlinga*. In reality, Shiva and the human souls have the eternal forms of the conscient point of light. On the one side, Shiva is All-Knowledgeful about Himself and His Creation of the three worlds, which includes the cycle of 84 births of human souls or Time Cycle (*Kaal-*

Chakra), where the human beings in the form of deities play their respective heroic and elevated roles in the Golden Age (*Satyuga*). Shiva bestows on us the understanding of the three aspects of the World Drama Cycle, which is the absolute truth as He remains aware of the happenings throughout the Cycle of 5000 years as an Observer. Though different scholars, prophets, saints and seers have spoken in the past of a range of stories about Lord Shiva's role, these stories are not in unison with each other. And, yet, each one has experienced different aspects of Shiva's power, light and enlightenment. However, there comes a time when complete self-realization and God-realization are absolutely vital for complete transformation from the roots of the *Kalpa* Tree.

On the basis of God's revelations, the human souls, who are directly awakened, educated and reformed, are the ones, who had first been separated from Shiva's company,

which they had experienced in the Supreme Abode (*Shiva Puri* or *Paramdham*). It may be considered that God Shiva showers the fruits of 63 lives of devotion, rituals and prayers as blessings on the human beings, in the form of His reincarnation on earth as Supreme Father of all souls; as Supreme Teacher He bestows the highest knowledge of Creator and His Creation; and, thirdly, He imparts teachings on the most valuable and highest form of Rajyoga meditation for purification of human souls as the Supreme Preceptor (*Satguru*).

Though, in His praise, the devotees could establish any relationship of their choice with Him; but, in reality, at the time of His reincarnation, His role as the most benevolent Father is the most prominent and powerful in uplifting the human souls, and thereby helps them realise the relationship of eternal Supreme Father with the eternal spiritual children.

Considering it His prime

duty, He also as the Supreme Teacher educates the human souls about the depths of spiritual lifestyle, spiritual wisdom, Law of *Karma*, and easy (*Sahaj*) Rajyoga meditation practice, so that the forgotten self-sovereignty can be re-attained by them.

The aim and objective of His teachings as the Purifier (*Patit-Pavan*), are to transform and to elevate the impure and peaceless souls of *Kaliyuga* into pure and divine souls of *Satyuga*. His teachings are neither limited to nor to cater to only one particular religion or society; these are universal and are available for the true seekers of spiritual wisdom irrespective of their background based on creed, culture, colour, gender or age or geographical boundaries. This is why *Maha Shiva Ratri* is considered to be a festival for the whole world, with temples and shrines in all corners of the world found honouring Him by the worship of *Linga* of God Shiva. The result of

accepting the principles of the Fatherhood of God and Brotherhood of human beings, leads us to peace, happiness, health and wealth. The human beings get transformed into divine beings through natural spiritual consciousness and by receiving God's blessings as their divine inheritance.

There are a variety of rituals on the path of *Bhakti*, especially performed in the Night of Shiva (*Shiva Ratri*), which provide temporary benefits in the form of boons and blessings. But, God Shiva's real reincarnation transforms the human beings from body-consciousness into soul-consciousness, thereby enabling them to achieve the elevated stage of 21 lives of godhood (deityism) and world sovereignty.

There are many *Puranic* stories of yore, in which the philosophers have mixed up the roles of Shiva, Brahma and Shankar. They have also written overlapping stories of God and Shree Krishna, the first prince of the Golden Age. If this confusion hadn't taken place, the words of God's wisdom

enshrined in *The Shrimad Bhagwad Gita* would have been lovingly and heartily accepted by people across the entire world. We, now, have the great fortune of being able to listen to God's words of wisdom directly at the auspicious Confluence Age (*Purushottam Sangam Yuga*), and learn the art of highest form of Rajyoga meditation. It brings one face to face with the Supreme Being and the enchanting influence of God's love and power; these deep experiences divinise the human souls and re-awaken in them the original *sanskars* of inner peace, pure divine love and the beauty of self-sovereignty.

At present, the most beautiful part of our benevolent association with Shiva, the Supreme Father and Incorporeal Being, is that we experience ourselves as beings of light and can contribute towards empowering the entire universe with our purest, positive and divine vibrations. This can and will counteract

the influence of impure or negative vibrations being spread by ignorant, misguided and egoistic human souls. *Maha Shiva Ratri* is the most opportune time to take a firm decision in one's life to awaken one spiritually, live out in the practical and loving relationship with the Supreme Father, and also receive blessings and good wishes for generations to come. Multimillion fold joyous greetings to all on this most glorious occasion of *Maha Shiva Ratri!*

Shiva Ratri, in this year, presented a wonderful opportunity for the Shantivan Brahma Kumaris family at Abu Road, to serve the citizens of Abu and neighbouring villages by hosting 4-5 Campaigns and then a large "**Health, Wealth & Happiness Carnival**" in the Shantivan campus. These activities in Abu and other parts of Bharat have definitely revealed the Supreme Father's divine tasks of self-transformation and world-transformation to the common person in every town and village, and will also continue to do so.

Om Shanti

—*B.K. Nirwair*

JUST REMAIN INTROVERTED TO FLY AND BE HAPPY ALWAYS



– Rajyogini Dadi Janki,
Chief of Brahma Kumaris, Shantivan



Someone asked Dadi Janki the question: *At the present time, it seems as if the final moments are close; so what kind of efforts do we need to make to constantly remain flying and enable others to fly?*

Dadi Janki answered: “This is everyone’s desire to keep flying. *Avyakt BapDada* has given so much spiritual sustenance and there may be a few BKs, who have taken such sustenance from Brahma Baba too. I have taken this. It is my hearty desire that just as I have drawn Baba’s sustenance (I never asked for sustenance from Baba), others can too. Now, according to Drama, *Avyakt Bapdada* calls me to the stage and whispers in my ears. Baba is on the right and on my left is fortune. What else is left? The heart, mind, intellect and resolves. Each one should ask: ‘Is The Comforter of Hearts my companion?’ As a detached observer, we see how good and easy the knowledge we receive is. There is no need to read or write too much. One should just remain introverted to fly and be

happy always. Fly on the flying carpet and don’t come down.”

She added further, “I have taken so much benefit from introversion. When we don’t go into extroversion, we enjoy silence so much. I can see how everyone loves silence. The effort for success is the effort of the heart.”

It is important to remain unshakeable and immovable with no mischief or desires for anything. No comparison, dislike or jealousy. These things bring a great loss. We have to check our *drishti* in relationship to these vices. We must check our attitude and awareness closely. What do we keep in our awareness? Do we hold on to whatever Baba has taught us or do we remember anything else? The strength of time is such that we receive the fruit of all the actions we perform. We receive fruits through *karma* and powers through *yoga*.

The true effort-makers are those, who keep attention on themselves and receive the benefit from this. During the last three years, Brahma Baba didn’t

come out of Pandav Bhawan gates. He would be either in his hut or his room and where the Tower of Peace is. He would take us for a walk. I remember this very well. We would have such great chitchat with Him. The office was outside where Ishu Dadi would sit and Baba would sit in a chair too. Dada Vishwa Ratan would often sleep out there. He was such a good protector of the home at that time. I am sharing this because even a little carelessness or laziness doesn’t allow us to make good effort. One must never waste his/her time in being lazy or in going here and there. One must have heard what people say about me: I care, share and inspire.”

I share what Baba has said. Baba has inspired me so much that the heart desires to keep the hand of *Shreemat* over my head. This hand is not heavy. Why do we experience heaviness? We experience it when we think about what is old and what has happened in the past. It is important to free oneself from

this. We continue to study the teachings that God has given us. He has His hopes on us and we, His children, should use our time in a worthwhile way. The thoughts, words and actions of those, who have surrendered their mind, body and wealth, will be elevated and happy; and beautiful things will be reflected on the screen of their mind and sweet and soul-touching music will also echo in their ears.

I saw how Baba's stage remained unshakeable and immoveable despite having the responsibility of the *Yagya*. One day, I was sitting on Mamma's bed and it was cold; so, I had a shawl around me; and, then, Baba came in and asked me, "What are you doing, child?" I told him that I was sitting on Mamma's bed and feeling Mamma's stage in me.

The ones, who prepare food, are very fortunate. For the first five years in London, I prepared the food. When Baba first gave me directions to go abroad, I first said "No" and, then, Baba with a lot of love, took me to the class with Him. He, then, asked me in the class, "Have you ever experienced sorrow." I looked at Him and, with a lot of love, told Him, "No, I don't receive sorrow or give sorrow." Then, it doesn't matter what happens. As a detached observer, when we churn, reflect and think on things

deeply, we can use knowledge (*Gyan*) in our words, in the way we move, through our interactions and our behaviours with others. We need to receive and give respect. I saw Baba and Mamma doing this in a practical way. I paid attention to my actions and relationships to such an extent that others, especially those who I live with, should not feel heavy with me. Heaviness happens in our thoughts, words and actions; so, one should pay attention to all these three. Others should see that Baba is our Mother, Father, Friend, Teacher and *Satguru*. I have never said, "I am tired or fed-up and I have never asked to be left alone." It doesn't matter what my state of health is; I am always happy to meet people. I stayed in Pune for 16 years and, naturally, did *Yagya* service there. I had such a deep desire to do *yagya* service and, now, I see others doing this.

Baba once went to *Dilwara* Temple to see our memorial and, a few days later, he asked me to go and find 'my alcove'. I was very happy to hear it from Baba. Baba taught me such things that I can never forget. Wherever we do service, we should make sure that whoever makes food remembers Baba and offers *bhog*. One should never forget this.

Baba used to live an

extremely simple life within Pandav Bhavan. During the 'beggary part', we had no grains at all; so, the one in charge of the kitchen would wait until Dada Vishwa Ratan had been to the post office to see whether money had been sent in the mail, because as food was, then, cooked on the basis of this. Many left the *Yagya* during this time, and I felt pity for them. Many souls even, now, don't have the aim to harmonise their traits. Let our interaction be based on honesty and love so that others may say that we are wonderful souls. We are wonderful because we don't speak waste or listen to waste.

I can tell you about the wonderful efforts of the ancestor souls. I can give their introduction very well, as I knew them all. And I wonder why I am still in this body today and I ask Baba what is the point of keeping me in this body. Someone told me there is no visa at the moment for me to go to the advance party. This is how they joke with me. Baba is the One, who makes me move. How does He do this? It is so wonderful.

Let's smile in a natural way. Let the whole gathering smile. The *Yagya* is so huge, now, including the kitchen. Yet, in Pandav Bhawan, the kitchen is still as it was in Baba's days.

We should pay attention to be accurate with *karma* yoga as this is *yagya* service. Baba is happy and we are also happy. He is making us the knowers of the third eye, the knowers of the three aspects of time and the knowers of the three worlds.

This is the True (*Dilwara/Dilwala*) Temple

When we touch hearts, we remember sweet Baba. Sweet Baba loves us and we love Baba. Each and every soul is very good. Baba loves and remembers everyone. How much love He has for us is seen in the *Murlis*.

The more one has a soul-conscious stage, the more one has love for the One Father. Rajyoga is very easy yoga. Most of us have seen the *Dilwara/Dilwala* Temple. Practically, we are all sitting here in the *Dilwara/Dilwala* Temple. This is the true *Dilwara/Dilwala* Temple. It is wonderful. This *Dilwara/Dilwala* Temple is real and natural.

There are many wonderful things in the *Murlis*. Baba speaks of being worthy of worship and worshippers. We are becoming worthy of worship. We must ask ourselves the question: Are we becoming worthy of worship?

Doing Service through the Picture of *Kalpa* Tree

Baba has talked about doing service through the picture of *Kalpa* Tree. In the beginning, I was in Bombay and Baba asked Dada Vishwa Ratan to explain more about the *Kalpa* Tree. There were many good souls, who came and listened and became happy after listening to the details about *Normal Kalpa* Tree.

While reading the *Murli*, I experience extra happiness when Baba gives directions and they are being followed practically. Whatever Baba says is, now, happening practically. Therefore, everyone's heart says: "Baba, I will look at you always to mould my life." ❖

O GOD! FORGIVE ME WHEN I WHINE

—B.K. Manjula, Bengaluru

Today, in a bus, I saw a very beautiful woman and wished I were as beautiful.

When, suddenly, she rose to leave,
I saw her hobble down the aisle.
She had one leg and used a crutch.
But, as she passed, she passed a smile.
O God! Forgive me when I whine.
I have two legs; and the world is mine.

I stopped to buy some candy.
The lad who sold it had such charm.
I talked with him, he seemed so glad.
If I were late, it'd do no harm.
And as I left, he said to me,
"I thank you, you've been so kind.
It's nice to talk with folks like you.
You see, I'm blind."
O God! Forgive me when I whine.
I have two eyes; and the world is mine.

Later, while walking down the street,
I saw a child I knew.
He stood and watched the others play;
But, he did not know what to do.
I stopped a moment and, then, said,
"Why don't you join them, dear?"
He looked ahead without a word.
I understood, he couldn't hear.
O God! Forgive me when I whine.
I have two ears; and the world is mine.

The world is mine
With my feet to take me where I'd go;
With my eyes to see the sunset's glow;
With my ears to hear what I'd know;
O God! Forgive me when I whine.
I've been blessed, indeed; the world is mine.

MY PERSONAL EXPERIENCES OF SUCCESSFUL RECOVERY FROM CANCER

—B.K. Ratnamma, Begur, Bengaluru



B.K. Ratnamma

I have been in this spiritual knowledge of Brahma Kumaris Organization since 2000 as a regular student of daily *Murli* classes and love to do spiritual service for revealing Incorporeal God, the Supreme Soul, our Divine Father, to the world at large. But, I suffered a personal setback when in December, 2013, I was diagnosed with Grade II Squamous Cell Carcinoma Cervix, which is known as Cervical Cancer.

I was treated at HCG Hospital, Bengaluru, for six months under the care and keen observation of Dr. Bhattacharya. My treatment was followed by external dilation using IMRT Technique and concurrent Chemotherapy for 6 weeks. The hemoglobin and platelet count of my blood was also found low and I was, therefore, advised to take the treatment of cell transfusion.

Unfortunately and to my utter shock and sadness, my body responded adversely to the treatment and, as a result, I suffered from nausea, diarrhea, instant drop and rise in temperature, excess body shivering, pain in abdomen, low

platelet count, low WBC and RBC count, etc., which made me more prone to infections. I also tried some Ayurvedic treatment and did physical exercises and breathing exercises to bring my strength back. My youngest son B.K. Naveen and my worldly (*laukik*) family helped me all along to deal with the challenges that come with this sort of diagnosis and treatment.

Rajyoga Meditation taught by Brahma Kumaris was very helpful and instrumental in building my emotional strength and strengthening my will power to withstand the after-effects of the treatment and win over the malignant cells, grew without control inside the body. I practised Rajyoga Meditation daily and the loveful remembrance of my most Beloved Supreme Father, God Shiva, helped me greatly in my healing process. I visualized the cool and powerful healing rays of God, the Supreme Surgeon, healing my affected cells and realized myself in an astral body of light, thereby being, gradually and successfully, healed and getting back to normal. I like to convey my heartfelt gratitude

to the members of my B.K. divine family for sending me their positive vibrations during the period of my treatment and recovery. The local Brahma Kumaris Centre conducted special Rajyoga meditation programme for my speedy recovery and wellness.

My message for all cancer patients is: The only way to beat cancer is to accept the reality, embrace the pain and find the courage to move forward, one day at a time. If cancer can't break you, nothing can. If cancer can't kill you, nothing can. If you can have the courage to fight cancer, you will have the courage to fight anything.

Now, I am back to my daily chores, looking after my family, visiting B.K. Center regularly in the morning hours for *Murli* classes and practising of meditation followed by the physical work in my flour mill. Today, I feel fit, fine and fresh; this happens because of the help, good wishes, support and solace of my family and B.K. family, friends and doctors and the blessings of the most Benevolent Supreme Father, God Shiva. ❖

GOD FATHER SHIVA & THE GRAND FESTIVAL OF SHIVA RATRI/JAYANTI: THEIR UNIQUE SPIRITUAL SIGNIFICANCE AND UTMOST IMPORTANCE



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

India, whose ancient name is Bharat, is a unique and glorious land of numerous regional, national, religious, cultural, customary and traditional fairs, festivals, etc., which are celebrated with joy, pomp and festivities that add to its credit. Many of its states perform and celebrate their regional fairs and festivals, which have a lot of significance and importance quite specific to their local, regional culture, customs and traditions. The country also observes many national festivals like Independence Day, Republic Day, etc. India provides home and shelter to many religions; different major religions like Hindu, Muslim, Buddhist, Christian, Sikh, etc. in the country also observe their religious, cultural, customary and traditional fairs, festivals, etc. The grand festival of *Shiva Ratri/Jayanti* is a unique Hindu festival, which is celebrated by all Hindu population with great devotion, prayer, meditation, fasting and specific ritual performances.

Shiva Ratri – The Memorial of the Descent of Incorporeal God Shiva

The Bhagawat Gita states about the present phase of history where there is utmost degradation of values, morals and religions. But, it is, now, a matter of great fortune for mankind that the Merciful Supreme Soul, Incorporeal God Father Shiva Himself, has incarnated in India again through the corporeal medium of Prajapita Brahma and established the spiritual organization named Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya (PBKIVV) for the purification and spiritualization of the human race. “India will again be the pride of the world soon. It will again be the paradise on earth; so, the Father has come to bless her again” (*Sakar Murlī*: 1.7.2009).

The unlimited Father further says to the people of Bharat, “The praise of Bharat is unlimited. I come here and change hell into heaven and grant everyone the boon of

peace” (*Sakar Murlī*: 19.10.2000).

On the occasion of 83rd *Shiva Ratri/Jayanti* Festival, which we celebrate as the memorial of the descent of Incorporeal God Father Shiva in the body-chariot of Prajapita Brahma for complete world-transformation including the transformation of human souls and Nature, the author has the privilege to describe the unique spiritual significance and utmost importance of God Father Shiva and the grand festival of *Shiva Ratri/Jayanti*.



Legends Related to Maha Shiva Ratri

There are various interesting legends related to the festival of *Maha Shiva Ratri*. According to one of the most popular legends, *Shiva Ratri* marks the wedding day of Lord Shiva and Parvati. Some believe that it was on the auspicious night of *Shiva Ratri* that Lord Shiva performed the ‘*Tandava*’ dance, the dance of the primal creation, preservation

and destruction. Another popular *Shiva Ratri* legend in *Linga Purana* states that it was on *Shiva Ratri* that Lord Shiva manifested Himself in the form of a *Linga*. Hence, the day is considered to be extremely auspicious by the devotees of Shiva and they celebrate it as the Grand Night of Shiva (*Maha Shiva Ratri*).

Shiva Ratri/Jayanti – The Birth Night of God Shiva

Every other human and deity's and being's birth celebration is observed as 'birthday', but the birth celebration of God Shiva is observed as *Shiva Ratri/Jayanti*, called the birth-night of God Shiva with great devotion and religious fervor in honor of Him. It has great and unique esoteric spiritual significance, implications and importance for all human souls of the world.

Shiva Ratri/Jayanti falls on the moonless 14th night of the New Moon (*Amavasya*) day in the Hindu month of Phalgun, which corresponds to the month of March in English Calendar; its night is intensely deep and dark representing symbolically the deep darkness of ignorance of human beings. Due to their body-consciousness, which results from the lack of their real spiritual identity, they have quite fallen prey to the close grips of major seven deadly sins/vices like sex-lust, anger, greed,

attachment, ego, indolence and jealousy and many other evil, nasty, negative, anarchistic, iconoclastic tendencies, attitudes, notions, ideas, ideals, rituals and ideologies, etc. All human beings including men, women and children lead a hellish life due to their indulgence in all these sins/vices that are accumulated during many lives they lived birth after birth according to repetitive cycle of birth, death and rebirth.

With the descent of God Shiva, all these sins/vices start dispersing from the human beings when they receive the light of spiritual knowledge from



Incorporeal God, the Supreme Light or Ocean of Knowledge and connect/unite with Him through *Rajyoga* meditation, and become enlightened, liberated, redeemed and elevated by getting back all their lost divine values, virtues, qualities and powers from Him in the meditative process.

Diwali or *Deepawali* is also celebrated in India by enkindling *diyas*, which symbolically represent the enlightenment of the ignorant and impure souls. The allegorical underlying meaning of *Diwali* or *Deepawali* is that Supreme Soul, the Sun or Ocean of Knowledge and Dispeller of darkness of

ignorance, enlightens every soul with the knowledge of their real, spiritual identity, which they had forgotten during the course of time as they play their roles in the eternal world drama of life in their ongoing birth-death-rebirth cycle. Therefore, *Shiva Ratri/Jayanti* is the real *Diwali* or *Deepawali* in true sense of the term as human souls get enlightened with the light of spiritual knowledge. "*Shiva Jayanti* is the real, true *Diwali* or *Deepawali* for you because Shiva Baba enkindles/enlightens your *diya*-like souls." (*Sakar Murlis*: 23.2.2019).

Beliefs and Symbolic Spiritual Meaning of Rituals

The devotees of God Shiva strongly believe that sincere worship of Lord Shiva on the auspicious day of *Shiva Ratri* absolves a person from sins and liberates him/her from the cycle of birth, death and rebirth. *Shiva Ratri* is also considered especially auspicious for women. Married women pray for the wellbeing of their husbands whereas unmarried women pray for a husband like Lord Shiva, who is regarded as the ideal husband. Celebrating the festival of *Shiva Ratri*, the devotees observe day and night fast and perform ritual worship of *Shiva Linga* to appease Lord Shiva. They perform many rituals in

Shiva Ratri/Jayanti associated with His worship, which have deeper symbolic spiritual meaning and significance that need to be understood and realized in order to transform, liberate and elevate them in true sense of the term.

At their turn for worship, the devotees circumambulate around the *Shiva Linga* and, then, pour water or milk over it. Sounds of bell and shouts of “Hail to Shiva” reverberate in the temple premises. As per the rituals, the *Shiva Linga* is given a special



bath with milk, yoghurt, honey, ghee, sugar and rose

water. Then, vermilion dot or paste and sandalwood paste are applied. Worship, meditation and chanting of ‘*Om Namah Shivaya*’ accompany the ritual bath. Following the bath, the vermilion dot or paste is applied on the *Linga*. Traditionally, leaves of a forest tree, called *Aegle marmelos* L. (commonly known as bael (*bilwa*, *maredu*), Bengal quince, golden apple, Japanese bitter orange, stone apple or wood apple) are used for worship of Shiva and *Linga*. Thereafter, bael leaves, which are a tri-foliage (stalk with three leaves), are kept on top of the

Shiva Linga. Some also offer betel leaves. Many devotees also decorate the *Linga* with flowers and garlands; they also light lamps, burn incense sticks and offer fruits.

Bathing of *Shiva Linga* with water, milk, honey, ghee, sugar, and rose water, symbolizes/represents purification of the human soul. The tri-foliage bael leaves symbolized the tri-fold qualities of Incorporeal God Shiva: He is the Creator of Hindu Trinity – Brahma, Vishnu and Shankar; He is the Lord of three worlds (*Trilokinath*) – Soul World, Subtle World and the earthly Material World; and the Seer of three phases of Time (*Trilokinath*) – past, present and future. The devotees offer bael leaves in praise, honour and appeasement of Him. The vermilion dot or paste applied on the *Linga* after the ritual bath symbolizes/represents that He is the Incorporeal/Bodiless Being. The sandalwood paste symbolizes calmness and coolness of temper. Offering of flowers and fruits symbolizes respect, reverence, longevity, vigour and vivacity. Burning or lighting of incense sticks symbolizes the fragrance of divine values, virtues, powers and spirituality. The lighting of the lamp symbolizes attainment of knowledge and enlightenment of the human souls. Offering of betel

leaves marks or symbolizes greenery, wealth, pleasure and prosperity.

God Shiva Establishes the Heaven of Zero Entropy

The Heaven or Paradise, in its original state, is an ideal place of complete order, purity and divinity with the unique characteristic of zero entropy. With His descent or



reincarnation upon the earth, the transformation of impure human beings and elements of Nature begins as their nature changes from the current state of entropy (disorder, impurity, asymmetry) to zero entropy (order, purity, symmetry), thereby leading to establishment of Heaven or Paradise by Him.

‘Entropy’ is a measure of disorder in the sense that all systems tend to, on their own, become less ordered. Therefore, entropy is a measure of the amount of disorder in a system. **More entropy is equal to (=) less order.** The second Law of Thermodynamics states that **the entropy of an isolated system, which is not in equilibrium, will tend to**

increase over time. This will happen because when energy is used, work needs to be done, which means that some **energy will be lost** to the environment. **So energy is equal to (=) useful energy plus (+) wasted energy.**

A tidy room has order: it has low entropy. However, for this room to be clean, you need to make an input of energy. An untidy room has disorder: it has a high entropy. A more realistic example is the energy flow on food chains: energy from the sun flows through trophic levels by its intake. We use some of this energy for our vital processes, while some other is *lost* to the environment as heat energy, thereby increasing the entropy of the Universe. In the tidy room example, if it had always been tidy; then, that could be considered to be its original state; so, entropy would be zero.

To understand this better, take, for example, a glass in its original (unbroken) state. In the original state of the glass (system), the entropy is zero. If the glass breaks into a thousand small pieces; then, the possibility for this glass to return to its original state is very low. Furthermore, in order to break the glass, an energy input is needed. All this means that entropy has increased in the system. Therefore, **zero entropy = zero disorder = original state.**

In the present decadent state

of the Iron Age (*Kaliyuga*), all elements of Nature including its various parts and parcels and all human souls in the world have lost their original and essential qualities, virtues and powers due to the process of entropy. With the descent of God Shiva, the Almighty and most Benevolent Being, at the auspicious time of *Shiva Ratri* during the Transitional/Confluence Age of *Sangam Yuga*, the process of bringing about zero-entropy starts again in the universe in a renewal process of renaissance with imparting of His spiritual knowledge of the World Cycle and training of Rajyoga meditation, which the human souls learn from Him and practise in their practical life, thereby recharging and surcharging the discharged elements of Nature and human souls with spiritual and meditative energy flow from Him to the human souls and Nature. With their meditative powers received through regular practice of Rajyoga meditation, the human souls purify and transform themselves and also affect and change the elements of Nature because Man, Nature and God Shiva, who are the prime agencies of the Creation, are inextricably interrelated and interlinked with each other and one another.

With zero-entropy in Nature and human souls being transformed into divine deities like Shree Lakshmi and Shree

Narayan, a New Golden-Aged World of Heaven/Paradise characterized by complete order, peace, purity, prosperity, health, wealth and happiness is established upon the earth, and the beginning of a new *Kalpa* starts from 01.01.01 with the commencement of *Adi Sanatan* Deity Religion and the reign of Shree Lakshmi and Shree Narayan, the first Empress and Emperor of the world respectively.

Leading from Darkness of Ignorance to Light of Knowledge

The holistic transformation of human souls commences with the commencement of *Shiva Ratri* because He leads the ignorant human souls from darkness of ignorance to light of knowledge (*Tamasoma Jyotirgamaya*). At present, all human souls are completely in darkness of ignorance as they wrongly identify themselves with their outer body being quite oblivious of the knowledge and realization of soul, which is their real, original, essential and fundamental spiritual identity. God Father Shiva not only imparts them the knowledge of soul, Supreme Soul and World Cycle but also enables them to experience self-realization and God-realization through training of Rajyoga mediation.



(To be Contd...)



POWER OF WISDOM



—B.K. Surendran, Bengaluru

We live in a world overloaded with information but lacking wisdom. Today, we live in an over-communicated environment. There are so many unwanted messages bombarding us, so that the messages or information we need to understand often get lost in the noise. But, what are we doing with this information? Is all this information really doing any good to us? Are we living happier lives? Are we experiencing fewer problems? Are our decisions better? Are we any wiser? We think we're the smartest people to ever live and that we've evolved into the upper echelon of humanity. But, in reality, we're deprived of any real relationship with another human being. We drink depressants to make us happy. We just have different plagues and struggles. We may have reached out to the outer space; but, we are not able to reach out to those in our neighbourhood. Are we, then, really knowledgeable?

T.S. Eliot, the English poet, posed the question: "Where is

the wisdom we have lost in knowledge? Where is the knowledge we have lost in information?" In today's age, we are clearly in need of better thinking. We, really, need wisdom.

Our education is found to be merely serving the academic interest of individuals. Those studying in elementary or higher institutions have simply the aim of a passing out the examination or accumulating degrees. Soon after the examination, neither the pupils nor the teachers are worried about what is properly understood and what is not understood. For example, we know some persons, who are incredibly smart; they may have got straight A's in school, or maybe they have several degrees, and yet their life is a complete mess. Sometimes, we also know some people, who are sufficiently educated and yet they can't hold a job, can't get on with others and seem to be constantly faced with a host of problems. They don't seem to lack the necessary information to be a success in life. Yet, for

them, life is one struggle or upset after another. Sadly, this shows that they lack wisdom to implement in life. It is something like the American definition, "Education is that mysterious process whereby information passes from the lecture notes of the professor onto the note book of the student through his pen without entering the minds of either."

Bhartrihari, the philosopher, king and poet of India, compared such an education to "an ass, which carries a load of sandalwood on its back but knows only its weight and not its value." Swami Vivekananda had said, "We have intellectual giants and moustached babies." There is a lot of information stored in the minds of the people but no wisdom. If the food we eat is not digested properly, it turns into toxins and does not convert into blood. Unless and until the food we take is digested, we will not become healthy and gain strength. In the same way, it appears that the so-called educated people of the world are afflicted with an 'undigested knowledge syndrome'.

There is no wisdom to nourish the real self. We study the sciences but remain innocent of the scientific spirit and temper of love, of truth; we study law but behave lawlessly and create

law and order problems; we study sociology but easily become prone to antisocial activities; we study grammar but speak ungrammatically; we study logic but think illogically. We have no control over ourselves. In our search for knowledge and in our acquisitive desires, we are losing love, blunting the feeling for beauty, degrading the sensitivity to cruelty; we are becoming more and more specialised but less and less integrated. Wisdom cannot be replaced by knowledge. Knowledge is necessary, science has its place; but if the mind and heart are suffocated by knowledge, and if the cause of suffering is explained away, life becomes vain and meaningless.

Knowledge as Light

Now, in majority of the educated people, knowledge is only a collection of information and facts. There is no illumination either inside or outside. The so called educated people do not know what is their relationship with their own selves, their family, the society in which they live, and their relationship with God, the Creator.

In *The Chandaogya Upanishad*, there is the story of Narada, who is going to a great philosopher Sanat Kumar for

getting the knowledge of Truth. Sanat Kumar asked Narada to tell him what he already knew; then, he would teach him further. Narada replied that he knew *The Vedas*, the Sciences, Arts, Music and so on and and so forth, and added that he was still unhappy and had no peace of mind. To this earnest question of a great seeker, who had much knowledge but little peace and who was in search of the higher knowledge which puts an end to all doubts and sorrow, Sanat Kumar, the great teacher, replied, "You have learnt all the *Vedas*, the Sciences and Arts, but they are merely strings of names, words, the mere transformation of the sounds. This is where the real knowledge (*Vidya*) – the knowledge of the self (*Vidya Yaamrutha-masnutaya*) comes into play. The real knowledge (*Vidya*) is the nectar, which cools down the senses; this is called self-control (*Indriyasamyama*). The higher self takes control of the lower self. The lower self is the organic outfit, the body. The higher self is the soul, the micro-star of consciousness, with its three faculties such as the mind, intellect and latencies.

Soul-consciousness or the consciousness of the real self releases the natural traits of peace, love and happiness. These are the natural virtues of

the self. When the knowledge of the self is realised, it radiates as powerful rays to the surroundings in the form of peace, love and happiness. The spirit or principle of universal brotherhood of man is understood and experienced, when we understand and experience the fact that we are the spiritual children of One God Father, the Supreme Soul. As a result, the virtues of peace, love, compassion, dignity, contentment and maturity begin to manifest in inter-human relationships.

When we stay in self-awareness and form a relationship with Incorporeal God Father Shiva, the Supreme Source of values and virtues, the practice and inculcation of values and virtues become a natural way of life. Values are applied wisdom. Peace is a virtue, but when applied in day-to-day life situation it becomes a value. When there are virtues and values in life, better wisdom prevails. Human concern, compassion and imaginative sympathy come into play. Virtues and values help one to exercise the power of discrimination and judgement. This is wisdom. In any situation, one is able to use properly the knowledge gained from the field of natural sciences for the

betterment of oneself and others. Here, one grows from 'moustached giants and intellectual babies to intellectual giants and moustached men'.

So, let's begin by understanding the true knowledge of the self given by God, the Supreme Soul; and, then, implement it in our lives by translating it into practical behaviour and action. Simply, apply it. We would, then, begin to live intelligently; to live with understanding; to live with meaning; and to live with wisdom. ❖

INTROVERSION

The ability to enjoy one's own company is one of the greatest gifts life has to offer to anyone. Learning to turn my thoughts away from all my responsibilities at the day's end and take my mind into a state of peace and benevolence enables me to carry greater and greater loads without feeling the burden. When my inner landscape is full of beautiful thoughts, everything I do is a pleasure. Gently, I can calm down the chaotic situations and offer solace to me and the troubled minds.

Morning Musings & Night Notions



- “Do anything, but let it produce joy.” - *Walt Whitman*
 “Let the measure of time be spiritual, not mechanical.”
 - *R W Emerson*
 “Be guided by spirit and not driven by ego.” - *Anonymous*
 “It is in pardoning that we are pardoned.”
 - *St. Francis of Assisi*
 “Everything in the world was my *Guru*.” .
 - *Ramana Maharshi*
 “Quiet the mind and the soul will speak.”
 - *Jaya Sati Bhagavati*
 “Spiritual progress is like a detoxification.”
 - *Marianne Williamson*
 “Reach for a thought that feels better.”
 - *Abraham Hicks*
 “Your thoughts become things. Your thoughts are the primary cause of everything.”
 - *Rhonda Byrne*
 “Be here, now!”
 - *Ram Dass*
 “When you make a choice, you change the future.”
 - *Deepak Chopra*
 “Arise, awake, stop not till the goal is reached.”
 - *Swami Vivekananda*
 “Sweet children! There are two forces – force of remembrance and force of punishment – to make you pure. But, you have to get higher position by making you pure with the force of remembrance.”
 - *God Father Shiva*



A UNIQUE LIVING MUSEUM OF HEAVENLY ANGELS

—B.K. Raj Narayan, Kairavat, Varanasi (UP)

We often go to various places and different museums where many archeological and modern lifeless objects are exhibited. Here, I would like to pen about such a museum, which does not exhibit any lifeless things; rather it is a unique show or collection of 'celestial divine angels'. It is, in fact, a unique living museum of heavenly angels on the surface of the earth. It is a unique centre of Godly knowledge, where girls (Kumaris) are nourished and nurtured with the nectar of spiritual knowledge, practice of Rajyoga meditation and inculcation of divine powers, values and virtuous, good manners and behaviours, and sweet, noble and positive

thoughts, words and actions. This temple of learning is an unmatched heavenly place.

This is the **Shakti Niketan**, i.e., the **Divine Life Girls' Hostel**, stands magnimously amidst the divine campus, Om Shanti Bhawan, New Palasia, Indore (M.P.). Indore is presently the cleanest city of the country, which has its recognition by the Queen Ahilya of the rich and prosperous land of Malwa, who herself was an ardent worshipper of 'God Shiva'.

The hostel has more than 150 girls residing here, who have come not only from almost every nook and corner of the Indian territories, but also from various regions of Nepal and Bangladesh as well.

It is very difficult to describe the Godly routine they follow here. My pen does not have the power to word them; hence, I would prefer that every inquisitive human soul should come here and feel the same joy, happiness, peace, serenity and bliss, which I have experienced here.

I also take the privilege to request all the parents, who have daughters studying from 6th standard onwards, to quickly avail the hostel facilities for their lucky wards. It is, really, true that this place would work wonders for their daughters and make their future bright. Parents would have their heads high with pride.

This centre of divine knowledge has groomed and nurtured my three daughters in such a way that I feel to be a proud father to have all three daughters as the crown of my head. I wish every parent avail the opportunity and build the



INDORE HOSTEL KUMARIS MEETING WITH DADI JANKIJI

character and destiny of their daughter with grandeur.

I would call upon those parents of the present world to just think upon what they are giving to their beloved daughters. The false and alluring stardom of this vicious world is spoiling the entire life of the children by entangling them in the bondage of the artificial fashions, glammers, earthly wealth and riches.

O dear friends! where are you heading? Wait! There is no reachable destination on the way you are heading.

I have already admitted that the divinity of this hostel life cannot be described in words, but a few remarkable features of this hostel have been clearly stated as follows:

The resident girls of the hostel study in various schools/college (Hindi/English medium). The hostel holds a record of 100% results every year. Every school/college reserves seats for these hostellers, as they prove an asset to every educational institution. The hostel holds a good reputation in the city.

Along with their academic studies, the hostellers/girls acquire spiritual knowledge to the utmost level, which brightens up their lives. I solemnly put forth that those, who are nurtured here, are distinctly identifiable amongst lacs and lacs of people too.

Here, a small incident is described to prove my words.

The hostellers/girls, generally, travel in groups and are accompanied by two or three parents. Once, some of these hostellers/girls were returning from Delhi region after spending their annual summer holidays. When the group reached at Delhi bus stand, one of the girls lost her way and found to be missing. One of the parents, who accompanied them, stated that he would go and find her and bring her back. The other parent insisted him to stay there with other girls and that he himself would go to find that girl. He was asked, "Do you know the girl? How will you identify her?"

He very gently answered, "I, really, do not know the girl but I am very sure to identify her and bring her back." In a few minutes, he, really, did so. When he brought the girl back, he was again asked, "How did you identify her." He said, "Those girls/inmates of Shaktiniketan could be identified even amongst lacs and lacs of crowd". Obviously, the celestial brightness and the holy aura of the faces of the girls and their systematic grooming are the main reasons of their easy identification. They are

remarkable and can be easily identified and distinguished as a dazzling diamond shines amongst the stones. The purity of their food habits, cleanliness and modest behaviour completely impart them the celestial features and decorate them with the godliness that makes them worthy of worship.

The age old philosophy of India '*Atithi Devo Bhavha*', which states that the guests are next to God, is practised dilligently and practically by the sweet damsels of the hostel. They all have mastered the art of hospitality.

I, therefore, request from the bottom of my heart to all the parents to let their daughters have a chance to reform their lives and let them inculcate all the heavenly qualities, virtues and character for them, which are the real priceless wealth.

It is my personal experience that my three daughters, who were the residents of this hostel, are, at present, giving the spiritual services at various Brahma Kumaris Centres, thereby proving the oft-quoted slogan - 'Son shows father' – in true sense of the terms. ❖

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REVELATIONS ABOUT GOD

SHIVA, KRISHNA AND *THE*

GITA

—Yogi Khem Jokhoo, Trinidad

On the path of devotion, it is, generally, believed that the sermonizer of *The Gita* is Lord Krishna, an incarnation of God. An essenceful summary of *The Gita* is that Arjuna received 18 chapters containing some 700 verses (*slokas*) of divine elevated directions from Shree Krishna advising him how to live a life of a householder in the “family path” and yet live a life of purity. The first six chapters of *The Gita* teaches the benefits of *Karma Yoga*, the second six chapters discusses the rudiments of *Bhakti Yoga* and the final six chapters explains the essence of *Gyan Yoga*. Finally, after explaining all the many types of yoga to Arjuna, Shree Krishna advised Arjuna in *The Gita* (c18v6) that in his considered opinion, he should follow the path of *Karma Yoga*.

Krishna, the Child Prince of Devaki

How can one reveal to a “worshipper of Krishna” and a “lover of *The Gita*” that the so called Krishna of *The Gita*, who is the child prince born to Devaki and Vasudev and fostered by Yashoda is only the symbolic name for Incorporeal God Shiva? The lovers and worshippers of Krishna are, therefore,

encouraged not simply to read or listen to *The Gita*, but are prepared to study and churn its knowledge in deep meditation so that they can experience the knowledge as well as God as recommended in *The Gita*.

God’s Promise to the World

The commentary will examine when, where and why this knowledge was given and by whom. By then, one ought to have the realization and would come to know that *The Shreemat Bhagavad Gita* was spoken directly by Incorporeal God Shiva through the lotus lips of Prajapita Brahma, the real Arjuna, in the auspicious Confluence Age at the end of *Kaliyuga*. *The Gita* refers to the Confluence Age as “*Purushottam Sangamyuga*”. *The Gita* is the only scripture of *Adi Sanatan Dharma* written in the “first person” and prefixed with “*Shrimat Bhagavad*” that means the “direct elevated versions of God”. This, then, assumes that *The Shrimat Bhagavad Gita* to be the “mother of all scriptures”. This revelation can be found in *The Gita* (C4) in which verses 7 and 8 specifically quote God’s promise that He will descend and “embody Himself” when there is unrighteousness and irreligiousness in the world.

He states very clearly that His descent is for the sole purpose of protecting the virtuous, destroying the evil and re-establishing *Dharma*. This understanding will, then, enable the “devotees of Krishna” to understand the picture of Krishna and Arjuna seated in the chariot drawn by five horses with Krishna holding the reins, as the Pandavs and Kauravs got ready for the great Mahabharata War. The devotees of Krishna and *The Gita* would, then, come to know that this “one and only” descent of Incorporeal God Father Shiva in a *Kalpa* is the real “*Maha Shiva Ratri*” in which the term “*Ratri*” refers to the dark ages of irreligiousness and unrighteousness. This descent is also called *Shiva Jayanti*, the divine birth of God Shiva on Earth.

God is not Subject to Birth, Death and Rebirth

The devotees and lovers of *The Gita* must be immovable in their belief that God is not subject to the cycle of birth, death and rebirth. God is “*Abhogta*” meaning that He is above the bondage of *Karma*, Nature and Matter. Therefore, if God is “*Abhogta*” and not subject to cycle of birth, death and rebirth, He surely does not have a mother or father nor does He ever take birth from the womb of a woman. In *The Gita* (c9v11), God tells Arjuna, “Fools, not knowing my supreme nature, think low of Me, the Lord of Creation, who has put on the human body. That

is, they take Me, who has appeared in human garb through my Yogamaya for the deliverance of the world, to be an ordinary mortal.” God continues to advise in *The Gita* (c10 v3), “One who knows Me in reality as without birth and without beginning, and as the Supreme Lord of the universe, he/she being undeluded among the men, is purged of all sins.” See also *The Gita* (c7v24-25) and (c8v9). Therefore, all the epithets in the *The Gita* that refer to Krishna are but the divine attributes of God Shiva, who is the only One, who can liberate mankind when it is trapped in the chains of five vices symbolized by Ravana. In summary, the name Krishna and the many other names in reference to Krishna in *The Gita* are the epithets of God. A similar analogy can be taken, which states that Lord Rama of the epic *Ramayana* is another name for God; and this Lord Rama should not be interpreted as the King Ramachandra of *Tretayuga* or *Chandravanshi* Rama. Saint Kabir explains it nicely when he says, “*Ek Rama jo sab se nyara, Ek Rama bhi sakal pasara*”, thereby referring to One Incorporeal God Shiva (Rama), who is bodiless, distinct and without any physical form.

The terms *Shyam* and *Sundar* refer to the stages of Purity, History and Biography of Krishna

Krishna, the son of Devaki and

Vasudev, is called *Shyam Sundar*. The terms *Shyam* and *Sundar* refer to the up (rise) and down (fall) of the stage of purity, history and biography of Krishna’s 84 births in a *Kalpa*. The understanding of the name *Shyam Sundar* is possibly the key to understand the difference between the Incorporeal God Shiva, the Sermonizer of *The Gita* and Shri Krishna, the son of Devaki. The term *Shyam Sundar* refers to the rise and fall of the world in terms of purity and entire history and geography of the World Cycle. It indicates the stage of purity, attitude and the conduct of the world at any time in the cycle. In the Golden and Silver Ages, Krishna is the most beautiful, has ultimate authority of the world and wears the double crown of purity and authority. There, he is called “*Sundar*”, the beautiful one, who enjoys perfect peace, purity and prosperity. In the dark periods of the Copper Age and Iron Age, his birth is reflective of impure the stages of the ages and, therefore, in this period, he is called “*Shyam*”. In particular, when he is Arjuna, which is the 84th birth of Krishna in the form and feature of Prajapita Brahma, he is definitely *Shyam*; and in this 84th birth runs the episode of real Arjuna, who listens to God Shiva in the body-chariot of Brahma, and absorbs the knowledge of *The Gita* to transform himself from *Shyam* to *Sundar*, to be the first prince of the *Vaikunth*,

called the Golden Age. The icons and images (*murtis*) are the only remaining evidence of *Shyam Sundar* history. In regal and royal form and with a fair complexion, Krishna is *Sundar*. In dark blue form, Krishna is *Shyam* in reference to his births in the Copper and Iron Ages.

The Chariot with Krishna and Arjuna

The very first picture in *The Gita* shows Krishna and Arjuna in a chariot drawn by five horses with Krishna holding the reins. If Arjuna was going to war, why was Krishna holding the reins? The chariot represents the body of Arjuna (Brahma) and the five horses are symbolic of the five senses. The deep spiritual significance of this is in direct reference to *The Gita* (c4v7), which says, “God descends on earth when unrighteousness prevails and He does “embody Himself” to protect the virtuous, destroy the vices and to re-establish *Dharma*”. To “embody Himself” means that He uses the body of Arjuna (Brahma) to teach the knowledge of *The Gita*, because the scripture *The Gita* says, “God is above the bondage of birth and rebirth, Nature and *Karma* (*Abhogta*). The pictures of Krishna and Arjuna in the chariot, therefore, are only symbolic. It simply demonstrates that when God, the Supreme Soul, who does not have a body of his own, descends on earth, He incarnates into the body of

Arjuna (Brahma). It means that when God is speaking through the mouth of Arjuna (Brahma), two souls are present in the body of Arjuna with God playing the dominant role as the Sermonizer of *The Gita* and the soul of Arjuna (Brahma) is the listener. In *Bhakti Marga*, Krishna is represented as God holding the reins, which means that he is sermonizing while Arjuna is listening and inculcating the knowledge. Holding the reins refers to controlling of the five horses but it means to assist spiritual seekers to have control of the mind over the five senses. *The Gita* (c11v3) clarifies that the chariot is symbolic when Arjuna asks Krishna, "Lord, you are precisely what you declare Yourself to be. But, I long to see Your divine form." God replies in *The Gita* (c11v8), "But, surely, you cannot see Me with these gross eyes of yours; therefore, I vouchsafe to your divine eyes. With this you can behold My divine power of Yoga." This is a very deep subtle point and must be understood with immense clarity. To understand this, one must study and experience the knowledge of *The Gita*, not just read it, but inculcate and experience it as Arjuna did.

The Birth of *The Shrimat Bhagavad Gita*

When was this knowledge given? This knowledge was given at the fag-end of the Iron Age and before the beginning of the Golden Age in a period that

spans about 100 years, which is called the "auspicious Confluence Age or *Purushottam Sangam Yuga*". This is at the end of the Iron Age (*Kaliyuga*) when irreligiousness and unrighteousness prevail. Incorporeal God Shiva's descent and incarnation on earth is known as *Shiva Ratri* and it is also the birth of *The Gita*. In the path of devotion, it is, generally, believed that God Shiva descends in the night. In the path of knowledge, the term "*Ratri*" refers to the dark periods of the Copper and Iron Ages when immorality and lawlessness are prevalent. It is said that Draupadi, who could not control her tongue, angered the Kauravs by saying that they were all blind since they were following their blind father Dhritarashtra. In retaliation, a family war, called Mahabharat, ensued to settle the distribution of wealth and property between Kauravs and Pandavs. This war, however, is only symbolic and it refers to the war between the vices or evil forces and the virtuous or good forces, represented by the Kauravs and the Pandavs respectively. This was not a physical war. It is the subtle war between the mind and intellect as well as the body and soul. In *The Gita* (c3v42), it is said the senses are more important than the body, but the mind is superior to the senses, whereas the intellect is superior to the body, senses and the mind, but the soul is the master

of all. Arjuna's hesitation to fight means that people were body-conscious and not soul-conscious or God-conscious. Body-consciousness means identifying one with gross, outer body and forgetting one as a soul. This happens when the vices of anger, greed, ego, lust and attachment have conquered the mind and intellect, thereby leaving the soul helpless and in the deep sleep of ignorance. This is why Krishna is called *Shyam* in the dark ages.

Shiva's Cosmic Dance, *Natraja*

Why was this knowledge given? This war between the vices and the virtues is really symbolic of the great Mahabharat War. This war is partly subtle and partly physical. The subtle part is the war between the mind and intellect as well as between the body and soul. The physical part of the war is referred to when all the elements of Nature begin to cooperate in the war, and through catastrophic events purify themselves. This physical part of the Mahabharat War is referred to as Shiva's Cosmic Dance, *Natraja*. The knowledge of *The Gita* as taught by Incorporeal God Shiva through the mouth of Arjuna (Brahma) is called "Shiva's Dance of Knowledge". This is but the true Dance, "*Natraja*".

The Sermonizer of *The Gita* is Incorporeal God Shiva

The knowledge of *The Gita* was

spoken by Incorporeal God Father Shiva through the mouth of Brahma to create the Brahmin clan, who assisted Him to defeat the vices or evil forces of the world. The Brahmin clan is the mouth-born progenies of Brahma, who were called the real *Pandavs* and *Shiv Shaktis*. Those, who followed the vicious path, were called the *Kauravs*, the evil forces. This divine knowledge is the only weapon to destroy the vices. In *The Ramayana*, this weapon is referred to as the "*Brahma Astra*". This is because all other weapons only made Ravan unconscious. It was only the "*Brahma Astra*" that had the power to destroy the Ravan. In fact, the *Brahma Astra* is not a physical bow and arrow, it is the combination of spiritual knowledge (*Gyan*) and meditation (*Yoga*). Ravan is the symbol of five vices of lust, anger, greed, attachment and ego. These are the five evils spirits, called *Maya*. When one follows the path of the vices, the veil of *Maya* closes the divine intellect or the third eye. Therefore, the aim and objective of Shiva's descent is to protect the virtuous, destroy the vices of *Maya*, re-introduce righteousness and re-establish the deity religion and the Golden Age. *The Gita* is the only scripture that is written in the first person and it is the direct versions of God Shiva. It is the only scripture that deals with

spiritual knowledge and *Rajyoga*. It is the only scripture that has "*Shreema*" as part of its title. At the end of every chapter, it closes with the appropriate type of yoga practice based on the spiritual knowledge spoken.

The Confluence Age and Festivals

All the major Hindu religious festivals have their origin in the Confluence Age and their roots lie the embodiment of spirituality. The first one, the festival of *Shiva Ratri*, is symbolic of the descent or incarnation of the Incorporeal Supreme Soul Shiva into the body-chariot of Prajapita Brahma. Here, Shiva is the name of God and "*Ratri*" means night referring to the darkness of ignorance. This teaching of Shiva is, in fact, the knowledge as written in *The Gita*. *The Gita* was really spoken by Shiva through the lotus mouth of Prajapita Brahma in the Confluence Age, but it was written in the beginning of the Copper Age some 2500 years later by Vyas. It is for this reason that the next festival is celebrated as the *Gita Jayanti*. For this, *Saraswati Jayanti* is quietly celebrated next and preceding *Holi*. In fact, *Holi* is the celebration of purity and *Holika* represents the burning of the vices of human beings (souls) of this old Iron-Aged (*Kaliyugi*) world. The next festival is *Nau Ratum* and this signifies the power of *Shakti* to destroy ten-headed Ravan (*Dusshera*). *Hanuman Jayanti* is the

memorial of all those, who were able to conquer the five vices and decorate themselves with love and humility. Then, *Raksha Bandhan* is to take a vow of purity with Incorporeal God Shiva, which refers to demonstrating complete purity in mind, words and actions. At this stage, these festivals of the Confluence Age represent the purification of all souls as well as the elements. Here, the stage is set for the re-creation and establishment of the New World of the Golden Age, which is, then, ready for the birth of Shree Krishna, the first Prince of *Satyuga*, and this is celebrated as *Krishna Janamastami*. Radha is born a few years later as the first Princess of *Satyuga*.

Diwali is, then, celebrated as the coronation of Shree Lakshmi and Shree Narayan as the first Empress and Emperor of *Satyuga* respectively, and this event marks the official beginning of the Golden Age from 01-01-01, which is the first day of the first month of the first year of the Golden Age. This is the reason *Diwali* is celebrated as the beginning of a New Year. It is to be noted that the childhood days of Shree Lakshmi and Shree Narayan are really those of Radha and Krishna. In reality, *Saraswati* and Brahma, Radha and Krishna are but the same souls, the former duo playing their role in *Sangam*

(Contd. on page no. 26)

SUICIDE - PHYSICAL AND SPIRITUAL

—B.K. Rose Mary

Many exclaim, 'How wonderful life would be if I have good education, prestigious job, good family, good friends and relatives, enough wealth, fame, etc.!' Yet, with all these things and even more, there are people, who commit suicide. The great and wealthy people, who committed suicide, are Roman Emperor, business toppers, celebrities, etc.; and the latest in the series is CNN's Anthony Bourdain, who was "a larger-than-life figure – a gifted chef and storyteller, who used his books and shows to explore culture, cuisine and the human condition." He was "a giant talent," says Christiane Amanpour, CNN's chief international correspondent." (<https://edition.cnn.com/2018/06/08/us/anthony-bourdain-obit/index.html>).

Such great ones committed their physical suicide (destroying life with death of body) because they felt their pain exceeded their resources for coping with pain. Such feeling has its roots in their limited perception about life. They, obviously, thought that they are this mere outer material or

physical body, and, thus, were handling or operating the affairs of their life from the outer periphery. Thinking that 'I am this body' is like saying 'I am my cloth', which is only half-truth. In such limitedness, a person would feel "insecure and try to compensate with material things, status, profession, relationship, etc. which, while appearing to give comfort and safety, becomes, in fact, the further sources of worry and depression." (*New Beginnings*, Brahmakumaris Publication, p. 28). And some of such persons may find it difficult to cope with pain and may choose to commit suicide. The problem with body-consciousness is that the body-conscious "soul sees a problem as a huge mountain, but, in soul-consciousness, the soul sees the same problem as a tiny mound." (*New Beginnings*, p. 29). That means those persons, who are operating from the center, the core of their very being, would never feel the need to commit such suicide.

In big picture, even the bulk of population is on the path to commit suicide - both in physical/mundane and spiritual sense. Though science has

given us many gadgets and equipments, factories that produce them and vehicles that transport them, they had been polluting the air we breathe, water we drink and food we eat, which, in effect, have placed the whole population on the path to mass suicide. Soon, we will read headlines like this about other cities too: "Bangkok pollution is so bad people are 'sneezing blood.'" (<https://www.independent.co.uk/news/world/asia/bangkok-pollution-sneezing-blood-health-thailand-environment-a8762611.html>)"

The pollution-related global warming is already poised to raise the sea-level in feet (not in centimeters as predicted earlier), which can affect "80 percent of the entire human population." (<https://www.rt.com/news/450334-manhattan-underground-hole-antarctica/>)

Advertisements make people believe that certain wants are to be fulfilled for them to be happy; yet, in their accomplishments, they experience a miscarriage of contentment, thereby making them realize that they were, actually, pursuing miswants (rather than wants). People also follow the age-old beliefs of other people without examining whether they are beneficial or not, thus, they are just misliving (rather than really living); and it is, in a sense, spiritual suicide as they never reach the real joy

and contentment of spiritual life because they are living on the basis of borrowed beliefs. Though the term “religion” (derived from Latin *Religare*,) means to “reconnect” with God, religions often don’t do it, as rightly observed by the famous Psychologist Carl Jung, who said: “One of the main functions of organized religion is to protect people against a direct experience of God.”

However, Incorporeal Supreme Soul (*Paramatma*) God Shiva, is, now, reversing the situation, as promised in *The Gita* (4:7). In the concluding phase of each *Kalpa* (a cycle of 5000 years), He undertakes a teaching and training programme in which He imparts ultimate spiritual knowledge “after knowing which nothing more here remains to be known” (*The Gita*: 7:2), which includes knowledge of how to keep themselves empowered having “a direct link with and experience of God” through practice of *Rajyoga* meditation, which is much more valuable, pleasurable and beneficial than anything the material world of five senses can offer. *Rajyoga* also teaches us how to lead an easy and balanced life, which comes from the knowledge of eternal cycles of history. In essence, *Rajyoga* is all about dualism, which tells us that we are a combination of two opposites: the physical (body) and spiritual or non-physical (soul). The physical is the inferior nature

(*prakruti*) and the non-physical is something “by which what is spiritual is upheld.” (*The Gita*: 7:5). As a result, the willing children are reawakened to the forgotten truth about themselves: The term ‘*Om*’ means “I am a soul” at first and, then, there is this body. The soul is imperishable and this body is perishable. We adopt these bodies and play our parts. This is called being soul-conscious.” (*Murli*: 06.02.2019)

Such vital concept would remain protected somehow as each *Kalpa* repeats itself. For example, in the Hebrew language (in which the first part of *The Bible* is written), the word for life is ‘*chayim*’ written in plural because people live two separate lives - an outer life of seeking worldly accomplishments and an inner life of seeking meaning elsewhere. Interestingly, *chayim* is formed from the word *chai* (alive) and *im* (if), thereby suggesting that being really alive or having a joyful and meaningful life, is conditional on our *yoga* (union) with God, the Truth and all His qualities, as though anchored in Him, which serves as a shock-absorber against all the unpleasant happenings in life, as seen in the case of *Rajyogis* in our time. The writer of *The Bhagavata Maha Purana*, too, had the same clarity with regard to the needs of body and soul (*Atma*): “Humans should function in the material realm only for maintaining existence, not for

seeking enjoyment. For they will find real happiness only in spiritual realization.” Spiritual realization means embracing the truth about humans, God and the drama of life.

In this realization, there is balance, as B.K. Dadi Janki beautifully puts it: “Balance is the law of nature. Balance brings harmony and happiness.” In balance, there is always prioritization, as the motto of *All India Institute of Medical Sciences* says: “The Body is the Means of Fulfillment of *Dharma*.” This verse, too, which originally belongs to great poet Kalidasa, is all about balancing both the needs of body and soul (*Atma*) because one cannot act without the other. In body-consciousness, one acts in limited knowledge. It is like a cave in which darkness ruled for many years. Then, one day a person enters into the cave with a torchlight (knowledge of the self and Supreme Self) and, then, the darkness gives way, and the light rules the cave now or the knowledge of the self rules over his physical body and all his worldly affairs and actions now.

This realization is, actually, an awareness of division within us. It is such a sense of division that helps an actor to be successful in a drama/movie. An actor knows that he is different from the role he plays; hence, he does not really feel the joy and pain of the role he plays! Similarly, a

person of soul-consciousness would not be affected by what is happening in the physical body or in the physical world outside. He remains stable in all circumstances being fully focused on manifesting the qualities of soul (*Atma*) (knowledge, peace, love, joy, purity, power and bliss) in a natural way. In other words, he knows that he is a soul (*Atma*), and adorns himself with soul's (*Atma*'s) seven qualities and eight powers, which he uses as ingredients in doing (cooking) his action and responses depending on the specialty of each situation. In the life of such a person, the thought of committing suicide never comes even as a distant possibility. The immaterial soul (*Atma*) is the ruler over the bodily kingdom. After saying the soul (*Atma*) builds the body during each birth, *The Gita* sheds light on its implication: "The sword (symbol of solid state of matter) cannot pierce it; the water (symbol of liquid state of matter) cannot wet it; the air (symbolic of all forms of gases) cannot dry it; and the fire (symbol of heat energy) cannot burn it." (*The Gita*: 2:22, 23). This is a pictorial way of saying that various forms (such as solid, liquid, gas, etc) of matter or various forms of energy or the body-conscious people of the world can have no influence over the soul (*Atma*) because the soul (*Atma*) is immaterial, and what is immaterial is more

powerful and far superior to what is physical; hence, the soul (*Atma*) can be in control of any situation, no matter how worse the situation may be. It, simply, would do the right thing regardless of the results. Those, who are ignorant of this fact, go through the motions of the physical world by feeling overly elated over the pleasant and overly grieving over the unpleasant. Such people of body-consciousness can become excessively sensitive to such contrasting experiences and even some of them may end their life by committing physical suicide.

In contrast, those who are taught *Rajyoga*, realize that they are soul (*Atma*); hence, they become stronger in adversities as they know that obstacles sharpen their intellect, and they go to the extent of thinking "obstacle is the way" (as Roman Emperor Marcus Aurelius felt amidst many adversities), because the immaterial soul (*Atma*) can adapt and convert obstacles to its own purposes and advantages. Further, in soul-consciousness, one accepts with much ease even the challenges such as conquering all forms of attack by *Maya*, and feels the exhilaration of victory, which will further inspire him/her to take up more challenges to any extent. And daily, early in the morning, such ones (as *Rajyogis*) sharpen their

remembrance that they are soul (*Atma*) through the *Rajyoga* meditation, and thereby go on imbibing divine qualities from the Supreme Soul (*Paramatma*), and also handling with ease all the contrasting experiences they get from the outside world. This gives them the reason to increase their share in *Rajyoga*, which they can practise at any place and at any time. ❖

(.....Contd. from page no. 23)

| *Yuga* and the latter duo |
 | playing their role in *Satyuga* in |
 | successive births. After |
 | marriage, Radha and Krishna |
 | become Shree Lakshmi and |
 | Shree Narayan. Looking at it |
 | in terms of births, Radha and |
 | Krishna have their first births |
 | in *Satyuga*, and, in their eighty- |
 | fourth birth in *Sangam Yuga*, |
 | they are known as Saraswati |
 | and Brahma. Vishnu and |
 | Mahalakshmi each represent |
 | the combined/dual form of |
 | Shree Lakshmi and Shree |
 | Narayan. The month of Kartik |
 | is the most auspicious |
 | because it represents |
 | transformation, newness, re- |
 | creation and change from the |
 | old to the new. The term |
 | 'Kartik' refers to washing away |
 | the vices by bathing or |
 | washing the soul in the pure |
 | water of knowledge of *The Gita* |
 | for purification and it is only |
 | symbolic of devotees bathing |
 | in the elemental water of the |
 | Ganges. ❖

BEING HAPPY ALWAYS



—B.K. Viral, Mumbai

The day, 20th March, is observed as the International Day of Happiness! It reminds us of our true innate qualities of happiness, contentment and joy, which we seem to forget in our lives today.

Why is true happiness missing in today's world? Because we feel that external addictions like wealth, power and fame will fill our inner void, and forget that all these are very and merely temporary. True happiness comes from within. We forget that inner power and qualities are not outside of us but within us. True happiness comes by knowing and understanding the inner self; then, by knowing who God is and, then, experiencing His true love. So, by staying in the loving remembrance of God, who is the Ocean of Happiness, through practice of Rajyoga meditation we can fill ourselves with His qualities of happiness, contentment and joy.

True happiness comes from recognizing our inner treasures and donating these selflessly to all those we meet. Whatever we have within us, we automatically share with all! 'When I share happiness with others, I am the first to experience it.' And the

more happiness we keep sharing, the more it keeps increasing within us. Happiness is one wealth, which increases more as we donate it more to others!

Our life's purpose is to be able to remain always happy and peaceful, smiling and cheerful. So, let us understand our life's purpose and maintain our happy state of mind, irrespective of external situations. Because, it's either the situation influences us or we influence the situation. By remaining happy irrespective of challenges outside, we can transform any situation. So, in essence, let's be true to ourselves, connect with God, the Supreme Soul, to receive His qualities and powers, and share our virtues with all, and, thus, transform the world.

Spiritual Inspirations from Birds to Remain Happy

The day, 20th March, is also observed as World Sparrow Day. The day provides us with an excellent opportunity to take some interesting spiritual inspirations from birds, who remain ever cheerful, happy and joyful.

Just as a bird needs wings to fly; similarly, the soul needs the wings of Knowledge and Yoga, qualities and wisdom, to navigate

the daily journey of life. The bird is able to fly because it's very light. So, let's remain very light from within, by following the principles mentioned below:

- ▶ Staying in the awareness of being a peaceful soul
- ▶ Working in a very relaxed and stress-free manner
- ▶ Accepting the different *sanskars* of others, and letting the small matters go
- ▶ Staying combined with God

A bird has complete freedom to fly higher up the unlimited sky; but, if it keeps holding on to the branch, it'll never be able to take off. We also need to leave our old beliefs like 'Anger is needed to get work done', 'I'm like this since my childhood', 'I am sensitive', 'I don't have time for myself', etc., which unnecessarily pull us down. If we are light inside; then, we can simply fly over the most grueling situations by maintaining a positive and elevated state of mind; and, as a result, the situation will start looking smaller and smaller!

An eagle's vision is very sharp, as it is able to see even a long distance of kilometres far away. Likewise, let us keep a far-sighted vision in life, focusing on our spiritual progress by daily studying spiritual knowledge and practising Rajyoga meditation.

It's scientifically proven that when birds fly together in a group,

each individual bird has to make much less efforts as compared to flying in isolation. Similarly, let's remain in the company of pure elevated souls, who're working on themselves for their steady and speedy spiritual progress, because this will make our transformation very easy and natural too! And there is nothing better to have the constant company of God, the Incorporeal Supreme Father Shiva, and thereby experiencing the canopy of His Protection over our heads.

We can study different birds to know and understand various symbolisms related to them to make progress in our spiritual life. So, we must not behave like crows, who do *ka-ka* [i.e., keep asking waste questions like *kya, kyun, kab, kaise, kahan* (what, why, when, how where, respectively)], Rather, we should be like holy swans, who accept only the pearls and leave the rest. Likewise, we should inculcate pearls of wisdom only and leave the ordinary. A cuckoo (*Koyal*) is renowned for its voice and we need to inculcate its qualities by speaking sweet words to everyone and win their hearts.

We should neither be parrots, who simply repeat the heard knowledge nor we should be like cocks, who wakes up others and, then, go to sleep again.

Rather, we should be like those, who inculcate the knowledge first and, then, share the same with others. This can be ensured when our words are filled with the power of conviction and we act out of experience, thereby touching people's hearts and inspiring them for their easy transformation too!

We should be like the partridge bird (*chakor*), which dances on seeing the moon, or like the peacock, which dances in rain. In this way, we, the souls, should dance with super-sensuous joy in deep and sweet remembrance of Incorporeal God Shiva, who is the Ocean of Bliss!

The Phoenix is a legendary long-living bird in Greek legends, which seems to be full of all colours, and in whose presence, it is believed, everyone's wishes get fulfilled. Similarly, when we emerge our divine powers, spiritual glow and colorful features, it will make us more beautiful and powerful, and thereby enable us to serve as the bestowers of powers and blessings upon others, and thus, fulfil their wish of receiving liberation (*Mukti*) and liberation-in-life (*Jeevanmukti*).

Let us not behave like owls (called *ullu* in Hindi, also fool in English), who sleep during the day and remain awake at night. We need to obey God's Supreme Directions (*Shreemat*),

which teach us to wake up early at nectarine time (*Amritvela*) and to make the best use of this auspicious time but not to become a fool to waste the fortune of 21 births in the forthcoming Golden Age of Heaven.

An interesting story relating to a sparrow teaches a valuable lesson: Once, a wildfire struck in a forest, and there was one tiny sparrow, who soared to a nearby river, where it filled its beak with water. The bird carried these meagre drops of water to the place where the fire was lit and dropped them there before going back for collecting more drops of water. The water it fetched was, of course, not enough to extinguish or douse the raging flames. Someone asked her, "How can you hope to douse the fire with such little water. Surely, you realise that there is nothing you can do?" The bird calmly replied: "When I meet with God, He will not ask me whether I was able to douse or put out the fire. He will only inquire whether I did my part to see that it was extinguished."

Gradually, seeing the relentless efforts and determination of the sparrow, all the birds and animals of the forest joined in, working with full co-operation, and, as a result, the wildfire finished in no time! Similarly, we need to make our

efforts in the journey of our self-transformation because God says, "It's this self-transformation, which will, finally, lead to world-transformation!"

Holi – The Festival of Colours, Joy and Happiness

We'll be celebrating the sacred festival of *Holi*, the festival of colours, joy and happiness on March 21, 2019. *Holi* gives us the golden chance to experience happiness and deepen our bond with our near and dear ones during this auspicious time. Let's play a new *Holi* this time by understanding the spiritual significance of this divine festival!

The word *Holi* has three meanings mentioned as follows:

- ▶ *Ho-Li* (or *Ho gaya*), which means whatever happened in the past has passed now; let's put a full stop to it.
- ▶ *Ho-Li* ("have become"), which means we have become God's; now, we belong to Him!
- ▶ The word *Holi* matches with the English word *Holy* (Pure), which means becoming pure in our every thought, word and action.

The first day of *Holi* involves lighting the *Holi* fire, which denotes burning of all our sins, vices, negativities, evil *sanskars* and weaknesses in the fire of Rajyoga meditation and determination!

The fire transforms whatever is put inside it, i.e., vegetables get cooked, the bricks made of soil

become strong and solid, gold gets purified, etc. Hence, let's also transform our old *sanskars*, which gives ourselves and others pain and sorrow. The fire burns and finishes bad and evil all that are waste and unnecessary. Similarly, let's finish all patterns of negative and waste thinking in order to make our every task easy, efficient and enjoyable.

The second day of *Holi* involves playing with colors, which denotes that when we finish our weaknesses completely, our original virtues of peace, purity, love, happiness, power and joy get re-emerged. When our virtues blossom, each moment of life becomes a celebration, and we live our life the way it is meant to be!

We can associate all seven colours of the rainbow (expressed in the acronym VIBGYOR) with the seven original virtues of the soul. Further, the experience of each of these original virtues has a healing effect on a specific part of the body, which has been proved by numerous researches, and this is mentioned as follows:

- ▶ **Violet** - > Bliss - > Endocrine System (i.e., thyroid gland, pituitary gland, etc.)
- ▶ **Indigo** -> Knowledge -> Brain & Nervous System
- ▶ **Blue** - > Peace - > Lungs & Respiratory System
- ▶ **Green** - > Love - > Heart & Circulatory System
- ▶ **Yellow** - > Happiness - > Digestive System i.e., Stomach

▶ **Orange** - > Purity - > 5 sense organs (eyes, ears, nose, tongue and touch) & Immune System

▶ **Red** - > Power - > Muscular-Skeletal System (Muscles & Bones)

It's rightly said, "As the company you keep, so the colour you have (*Jaisa sang vaisa rang*). Hence, let's remain in the most elevated company of God, because His divine company always keeps us colored in divine experiences. Further, when we keep God's divine company and are colored by His qualities and powers, we also, automatically, share them with everyone around us, i.e., we direct the spray (*pichkari*) of our divine qualities symbolized as (colors) on others around us; and thereby express our feelings of love and good wishes to them.

Indeed, this festive occasion of *Holi* provides us the best opportunity to forgive and forget, i.e., to get over things of the past. Sometimes, we harbour bitter feelings for others due to events of situations/incidents, which happened in the past. This festival reminds us to not dwell in the negative experiences of the past. Rather, we should have an attitude that whatever has happened in the past has already happened and gone; now, let us make our future better and bright. When this thinking comes in us, we inculcate positive feelings of hope, faith, love, forgiveness, tolerance, etc. This, in turn,

colors our face with positive feelings. Such colors remain with us for lifetime.

Let's play *Holi* this year by having close and constant company with God, by remaining

in remembrance of Him and thereby burn our vices in the fire of Rajayoga. The finishing of weaknesses and emergence of divine virtues will, finally, transform us from humans into deities, and

thereby herald the advent of the Golden Age and the most beautiful land of Paradise or *Satyuga* once again upon the earth, our beloved Planet! ❖

THE JOURNEY CONTINUES

—B.K. Indal, Texas, USA

The path now leads ahead, obscured and strange;
A journey, long and uncertain, unfolds gently;
Souls leave the World of Peace, Love and Purity,
Ever gently glide into another page of the World Drama
And energized by fading shadows of light move on.

From deep within with ebbing of Purity and Peace
The future light shades with spiritual ignorance;
The powers of purity, light and joy seem distant
And, as time evolves, darkness expands with subtlety;
And they survived with the remnants of original qualities.

The visions and memories of past royalties dissipate
And new invented and varied directions surfaced;
Some elevated souls struggled and glimpsed the past royalties;
And new stories were born and the thirst grew less:
The thirst for spiritual sustenance seemed touched.

Such the stories grew and excited the souls;
However, for some, the search intensified for truth and spirituality;
This search turned into penance and suffering for Divine boons;
Varied options and branches of religions were introduced gradually
And the journey intensifies for hope and divine survival.

The world expanded and grew as religious directions multiplied;
Spiritual ignorance gave birth to turbulence and unrest;
Many religious branches emerged and without substance;
Many souls relinquished the quest and journey elsewhere;
Further sects, separations and goals expanded with discontentment.

The devoted souls echoed their love for God but knew Him not;
They remember the innermost quality of Peace, Love and Happiness
And cried for mercy and forgiveness being aware of their sins;
The spiritually blind ones tried and did lead the blind seekers in vain
And, amidst blind idol worship, ennui and unrest prevailed.

The World Drama turned another significant leaf of cyclic events;
God Father, the Supreme Soul, heard the children's cry;
He came down upon the earth and radiated the Light of Spiritual Knowledge;
Some selected souls came out from the gloom and listened to the knowledge and believed:
God, the Liberator and Guide, has come once more to reveal the path to ultimate Liberation and Heaven.

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



–B.K. David, Paington,U.K

Man might think he's a clever boxer but no one, especially falsehood, can beat truth. Only those that wear the gloves of truth and come out fighting from the corner of truth can become the champion of the world and victorious.

Man has lost his boxing gloves of truth. Truth always has strength and alertness that makes sure he's always fighting fit. There's a world of difference in being punch-drunk with love and that of being punch-drunk and intoxicated from your bad habits and body-consciousness.

God makes His children aware of their Gift of Truth (GoT) and inspires them not to ever lose His Golden Gloves of Truth (GGoT) that are eternal and, in the end, will give man's life of falsehood a final blow that will send him crashing to the floor and to be counted out.

Man's Shoes and Godly Shoes

Silent are the shoes of truth as they're always busy walking to heaven. The only thing left in man's shoes is the tongue that he uses non stop to eat and talk.

Godly shoes always fit perfectly. Godly shoes alone can walk you all the way to heaven and are slip-ons that have no tongue as their actions and direction speak far louder than what all of mankind's shoes put together ever can. You can place all the shoes (people) of the world together as if in a cloakroom of a Mosque and their joint screaming and shouting will only ever add to their plight and ignorance.

When as a child, I had shoes that had a compass built inside the sole. As man has trod the wrong path for so long, he has worn out totally his shoes of truth and, now, has to wear plastic shoes of falsehood. These artificial shoes that are both left feet and take you round in circles and are incredibly uncomfortable, make you sweat and have a huge tongue. Godly shoes have strength as they walk in the right direction and God has given all His shoes a divine tread that makes for comfort and a non-slip journey.

The Supermarket of Life

The supermarket of life has its own in built intelligence that can

record whatever a person takes from a shelf, which is automatically recorded in its huge computer bank that God calls *Karma*. So, shop well and shop wisely as what dress you buy and food you eat, you'll not only have to wear and eat tomorrow and the day after; but, these also will determine to a large degree your state of health. You should always ask yourself: "Am I happy whilst paying for my shopping?"

How many people can pay for their daily shopping with a contented smile that says that their stomach and heart are overflowing? You will always pay for your grocery (life) with a smile or in pain each day when at the Checkout in the Supermarket of *Karma* (SoK). If you walked or ran round this supermarket causing distress to other shoppers, you'll pay a high price for that eventually. For those that walk round in peace and help those searching or are in difficulty and think of others wellbeing and place that above their own happiness and shop for gifts to give others, often feel they're not just shopping (going about just living) but they are at some incredible party where everything seems to be free.

Pay attention to your shopping list and, then only, you can ever buy the best. Once you've gone into God's Godly Supermarket and taken something from the

top shelf, be very careful you don't drop it or let it fall from your trolley (mind) or be careless enough to let someone bump into your trolley and damage its contents.

Beware pickpockets that can rob you of your time and energy. Life's busy supermarket can easily rob you of all your peace and energy if you do not pay attention. Life's highway easily distracts you and will make you careless if you are not in control of your trolley and push it with good thoughts and intentions down the right aisles.

Carelessness and Falsehood

Carelessness, if you just stop for a minute to observe, is omnipresent down every aisle. Carelessness is, now, very much an accepted weakness and can be interpreted at certain times as even cool. Yet, carelessness will always lead to unhappiness; so, how cool is being unhappy?

It's better to live in an orphanage behind its walls of truth than live in a comfortable house of falsehood. Carelessness and falsehood have become the widespread parents of humanity to which all feel their company and hold their hands. These parents have given birth to such a chaotic world that has, now, become deformed. Carelessness and

falsehood control the world and, perhaps, you are also under your parents' spell and you walk hand-in-hand with them under their umbrella more often than you know.

We live surrounded by an angry swarm of invisible bees whose Queen is Body-Consciousness. Carelessness stings you like an angry bee. This bee is invisible and mostly incognito as it flies and stings every person everyday wherever they are and often without them realising it.

Instead of people making themselves attractive to such bees of vices and bad habits and correcting their faults and addressing their weaknesses, today, it's far more common, easy and fashionable for them to end the day on the sofa after a hard day at work with a bottle of wine, nibbles or a take away watching the TV. Do you address your weaknesses and carelessness or do you prefer sitting on your sofa relaxing with the TV on?

The Heaven

The church of heaven will be found in every home in heaven with incense of peace burning that shrouds you in love just like the fragrance in a temple shrouds you when you enter it.

The heaven is a world without arrows, gunpowder, bullets, Sundays and fridges. The things

not to be found in heaven are castles, betting shops, swimming pools, airports, elevators, stairs, shoe horns, handshakes, salutes, thanks, tanks, diplomats and prayer mats.

A few of the words not invented and used in heaven are: chimney, butchers, meat, sore feet, queues, glues, clues, handkerchief, chief, deaf, mountain, falling, appalling, accident and flood.

There are few books in heaven but many paintings and songs of beauty. There are no doorbells or 'Welcome' doormats in heaven. In heaven, you will not find any church, mosque, temple or spiritual gathering that would contemplate a God and discuss the meaning of life and whether there is life after death.

(Concluded)



CREATE SILENCE



Learn to create silence in your mind and, then, peace will flourish in your soul. You will see life with other eyes. You will discover God's language. To be internally silent, do not think too much. Trust yourself. Trust others. Trust life. You will find it is easier than it seems.



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

shaped their lives accordingly, and also made an effort to transform the world of sorrow into a world of happiness, i.e., Heaven. The people, who were ignorant and didn't pay attention to the Godly teachings, kept on performing misdeeds. They prepared arms through which they paved the way for the destruction of the human clan. But, this destruction was a blessing in disguise because most of the vicious human beings died and the atmosphere on the earth got rid of its impurity and negativity. And the next generation that was born was full of very elevated and virtuous human beings having pure vibrations; the earth, then, looked like Paradise/Heaven. The human souls (people), who used to behave like devils because of their demonic propensities, got transformed into divine beings by emerging their divine traits and qualities and were called deities. Thus, through the reincarnation of God Shiva, the Supreme Soul, the entire world underwent a big metamorphosis. To commemorate the incarnation of such a benevolent God Shiva on the earth, *Shiva Ratri/Jayanti* festival is celebrated. But, this celebration can be meaningful only when we follow the path shown by the Supreme Father, the Supreme Soul, God Shiva.

The Time of Incarnation of God Shiva

It is significant that the Supreme Soul, God Father Shiva, who is a luminescent point of light, incarnates once in a *Kalpa* a time cycle of 5,000 years at the Confluence Age, i.e., the end of *Kaliyuga* and the beginning of *Satyuga*; and, once again, He becomes instrumental to transform the demonic society and establishes the divine society. Even more important thing than this for humanity is that, at present, this is the most auspicious time while the most benevolent God Shiva is yet again performing the act, which He performs in every Time Cycle (*Kalpa*). Today, the situation of the world is absolutely deteriorated and God's intervention is very much needed. Today, human history has yet again reached a significant point where, on the one hand, there are infinite possibilities for the humanity to become elevated/divine; and while, on the other hand, preparations are on for complete destruction of the whole world. The progress in the field of Science and Technology has become a toy at the hands of Man with polluted mind. By engaging himself in destroying the Nature for the sake of getting quick benefits, man has stopped listening to the voice of his

conscience. He has lost contact with his basic qualities – peace, love, bliss and knowledge of the self. Despite having all the physical resources, his stress is increasing and, in order to sleep, he needs sleeping pills. Due to suicides and heart-beat resistance, the death rate is increasing day by day. Man is, of course, bothered by air pollution, water pollution and noise pollution; but, he is not able to prevent them because mental pollution is the basis of all these pollutions, which he is not able to remove. At the international level, tension among the nations has heightened; and, at the same time, within every nation, the relationship between the rulers and the ruled is also deteriorating. That is why we daily hear the news of assassinations of political leaders. Outraging the modesty of women has become rampant. Not only this, women themselves are also selling their bodies as if the body is a commercial commodity. Discipline is found wanting in every field. Stress has become a common thing in everyone's life. Therefore, this is the appropriate time for the Supreme Soul, the Supreme Father, God Shiva to incarnate on the earth to uplift the human beings.

The good news is that He has already come down upon the

earth and has been performing His task of teaching Rajyoga and also uplifting the people since 1936.

The Divine Message of God Shiva

The divine message that the Supreme Soul, God Father Shiva, is conveying to all the souls is that self-oblivion is the core of all the problems of all human individuals or beings and the society. Transforming the human beings from being self-oblivious to having knowledge of the self is the very aim and objective of the Spiritual Revolution proclaimed by God Shiva. The solution to all the human problems lies mainly in this. Besides informing us of our original form, that is, we are a luminous point of light, He is also telling us that the soul is basically an embodiment of peace, love, purity, knowledge and bliss. Remaining in soul-conscious state, one has to use those qualities in one's action and conduct. Since the human being has remained in body-consciousness for so long, his nature has become vicious. Now, in order to become viceless and virtuous, he has to practise Rajyoga. Rajyoga is such a practice in which a practitioner has to realize

himself as a soul constantly and keep performing his *karma* in soul-consciousness. Awareness of the 'real' self/soul and the knowledge of God's real name, form, qualities, duties and abode is the first step towards attaining the stage of soul-consciousness. By realizing all souls as the progenies of the one and same Supreme Soul, God Father Shiva, one gets the solid basis of strengthening the feeling of universal brotherhood and this vision helps to ignore other shortcomings. When all of us from different religions, castes and countries understand God's original form, the religious intolerance and discords can disappear automatically. The Supreme Soul is the Father of not only Hindus, but He is Supreme Father of the people of all the religions. All the religions may have their respective *gurus*, but the Father of all those *gurus* is one Incorporeal God, whom many identify as a Luminous Point of Light, while others call Him 'Noor', but the description of God by all religions indicates towards the Incorporeal Supreme Soul Shiva only.

Our Vow on Shiva Ratri

Hence, the festival of *Shiva*

Ratri should be celebrated by the people of all religions as a consolidated festival. By knowing what He is, His attributes and by remaining in His remembrance, we can recognize our own form of being a soul and re-connect with the virtues lying dormant within the soul. This is the very message of this great festival for the whole human society, and accepting this message in the context of the current circumstances and imbibing the same in our conduct are meant for our own benefit. Therefore, on this *Shiva Ratri* festival, let's all take a vow that we'll shed the body-consciousness and will remain in soul-consciousness, and thereby emerge our divine qualities. In order to enable others to reach this stage, we'll dedicate ourselves to this divine service for the humanity and, thus, take part in this Spiritual Revolution created by the Supreme Father, God Shiva, for the world benefit. ❖

DON'T LOSE TODAY

If yesterday was lost in grief, don't lose today and tomorrow by keeping it in your memory.

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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