

From the Mighty Pen of Sanjay



THE REAL BRAHMINS



Today, the country is being pulled apart in opposite directions by various forces on various grounds, and the caste factor is now the leading big divide of the Indian Polity. Despite rapid urbanization and change, the caste system remains highly relevant in modern India. The controversy about it has not ended; it has taken only different forms.

Whenever one talks of casteism, the name of Mahatma Gandhi comes up. Whereas some say that Mahatma's heart bled for the plight of Dalits, others quoting from Gandhi's writings suggest that the Mahatma had not advocated the abolition of the unjust, painful and ugly caste system but only wanted the higher castes to be just and loving to the lower castes so as not to alienate the latter from the Hindus. Some emphasise that Gandhi's defense of the *Varna*, while making a subtle distinction between *Varna* and Caste system, in fact, implied that he was not against retaining the device of caste system. Others assert that Gandhi has clearly stated that removal of untouchability was "a most powerful factor in the process of attainment of *Swarajya*."

In fact, Gandhi's stance had infuriated Ambedkar so much so that Ambedkar thought that Hinduism itself had to be rejected to get rid of the exploitation and the iron grip of the *Varna* system. It is a fact of history that, ultimately, he led his followers to leave Hinduism and adopt Buddhism even though, earlier, when Gandhi went on fast-unto-death, he had yielded to Gandhi's demand for rescinding the Communal Award that recommended separate electorate for "the untouchables".

We can see that neither Ambedkar's nor Gandhi's ideas and method had brought any final and satisfactory solution to this problem that has had its roots in hatred and pride, based on one's birth. Much before Mahatma Gandhi came on the scene, saints and social reformers like Kabir, Nanak and Dayanand had also tried to rid the society of this discrimination by giving different interpretations of the system but the evil did not and has not ended.

In fact, there have been different strata of society in all

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■ Editorial ■

 **GOOD COMPANY
IS LIKE
SUNSHINE** 

In early November, a very inspiring, loving and divine atmosphere prevailed while celebrating the Happy Birthday of one of our senior divine sisters, and another aspiring young professional Brahma Kumaris. As is customary, a delicious cake was cut and distributed as if the deities of Golden Age had emerged to feed each other. Very sweet sentiments were expressed through the presenting of big bouquets of red roses and other flowers. Gifts were also showered by divine sisters and brothers from Shantivan, Madhuban and Global Hospital & Research Centre. There was much fun witnessed when the young ones smeared each other with colourful cake icing! This was followed by a beautiful get-together at the dining table, with everyone partaking of Brahma Bhojan around a small table. The birthday lunch was indeed very sumptuous, tasty and rich in a few calories! The celebrations were immersed in a very soothing and serene atmosphere throughout, and everyone felt fully rejuvenated spiritually and emotionally, as well as the feelings of instant happiness. While wishing 'Happy Birthday' to both sisters, everyone expressed their heart-felt sentiments by using jewels of appreciation for the respective roles they are playing in God's great work of re-establishment of Golden Age.

Prior to the birthday of these divine souls, the Rain Gods had been very kind in orchestrating a heavy down-pour on Abu Road for over two hours, washing away the dust on the leaves and trees and cleaning the roads for the special souls to walk on... With the weather becoming more friendly, our variety of birds have been singing their melodies while dancing about in the lush green surroundings of Mahadani Cottage, in Shantivan (Talheti). As we share these scenes with our respective Readers, we feel very proud to be on this Land of Tapasya, where each day is marked by small and big celebrations: sometimes it's the inaugural ceremony of a Conference or Workshop or CAD Training, and more recently it was the beginning of a Rajyoga Meditation Camp for around 7000 guests from Bharat and Nepal.

While interacting with the participants of the above programmes, it is very satisfying to learn from them how they have experienced a glimpse of the life of heaven here! I am sure our Readers would appreciate how the specially designed schedule for each day of the 4-day event brings maximum benefit to the participants, and works wonders on their spiritual and intellectual progress. With the combined effect of learning and experiencing different aspects of *Godly Knowledge* and *Sahej Rajyoga Meditation*, everyone is guided towards reflecting on, and enhancing one's real inner beauty and divinity. This may be compared to the igniting of spiritual lamps, the '**Diyas**' of pure consciousness and attitude in the centre of everyone's

foreheads. Spiritual wisdom transforms the seekers' way of observing life, and interacting with others with new, friendly and spiritual feelings of brotherhood. The vibrations of positivity, selflessness and divinity that prevail all over the campus through the day are sustained by the genuine

desire to learn the intricacies of applying spiritual values to one's life. Whether BK Students or Guests, those who enter such an atmosphere leave with the inspiration to evolve further, and attain the goal of becoming God's worthy child and Godly student.

SHARING VIBRATIONS OF YOGA POWER WITH DEPARTED LOVED ONES

While interacting with some guests and their families in private meetings, many questions are asked of Senior Rajyogis such as the fate of those souls who had not received Godly Message, but then left their physical chariots due to sudden incidents or ailments. We also hear of tragic news of some young adults who were very successful in their professional careers, as well as loving personalities who cared for their families and helped them progress in life and achieve their goals, but then suddenly took their own life without leaving a word of explanation or reasoning behind this extreme step. The mothers, wives and family members of such individuals are left shocked, and unable to accept this misfortune they have met with in the loss of their near and dear one; even years later we've seen the mother and wife become so melancholy while sharing the pain in their hearts after the sudden departure of their loved one, and subsequent changes in life... **The question is what we can do for such suffering family members as well as those**

departed victims of suicide? It's a very subtle spiritual query in the minds of affected family and friends. While listening to these stories, and expressing concern over their condition, we can attempt to give them spiritual counselling or advice, on the basis of our life-long learning of Rajyoga Meditation & Spiritual Knowledge of Soul, Supreme Being and Karma.

The parents and relatives can be gently advised to accept this scene in the drama of life with a new perspective: Firstly, if we grieve all the time by thinking about the departed soul and how abandoned we feel, our vibrations of sorrow would affect the soul wherever it may be. That soul is attempting to play a happier role in a new costume (body), and so true love for the soul requires that we only send loving vibrations to them. **The best way to overcome one's grief is by becoming the Bestower of Peace, Good Wishes and spread calm through our own soul-consciousness and inner connection with the Ocean of Peace and Power, our Supreme Father &**

Mother, Incorporeal God Shiva. While playing the role of Bestower, there is definite transformation in the outlook and behaviour of affected relatives and friends, who would not see it as a 'loss' any more but part of the journey of life, and would take comfort in the truth that the soul is eternal, and must be bringing great happiness to the new parents wherever they've taken birth. Detaching from the physical, temporary relationship of one lifetime, and ascending to higher consciousness would help everyone involved to emerge peace from within in a simple, natural way, and help the departed soul to enjoy its new role in the new birth, without being pulled by the strings of attachment to the previous life and family.

Hundreds of families have received benefit on the basis of this understanding, which has been shared with us by the Supreme Almighty Parent, as well as a range of Scholars and Saints through the ages. **From time to time, we learn from the Sakar and Avyakt Gyan Murlis that we need to keep our minds fixed on our original identity of being self-luminous stars of divine light, the imperishable creation of the Eternal Star of Divinity, God Shiva, and consider our physical costume as just a garment of five elements that enables us to play our respective roles in this huge World Drama of Birth and Rebirth.** The irony of fate is that even

though most of us are awakened to this reality on receiving Godly Knowledge, we tend to forget very easily *that* which should otherwise remain in our awareness continuously. This is because as our attitude and sanskars are deeply steeped in body-consciousness over thousands of years. **Perhaps that is the reason we need to be guided and reminded again and again by our Divine & Spiritual Parents, Shiv Baba and Brahma Baba, to practise soul-consciousness while performing our respective worldly duties, until it becomes a natural way of life;** this alone allows us to live with our spiritual virtues of peace, love, wisdom, power and bliss, rather than the negative traits of attachment, ego etc.

We should set aside a few hours every morning and evening for practising and receiving blessings from our Supreme Parents through silent meditation. This would lead us to become naturally enlightened human beings who would understand every aspect of Karma, its fruit/consequences, and develop a worry-free yet responsible lifestyle. Then will come a stage in life when our inner self and spiritual values become eternally illumined, and the experience of being full of light and might is automatic and accessible; the broad smile, and sparkle in the eyes would be a natural experience throughout the day, even during sleep, rather than something that has

to be laboured over. **Let us aim to become God's enlightened and beloved children to spread the light of God's love all around us, so that no one suffers on any level.**

While it can be very difficult to assess if any of our loved ones are in a vulnerable state and are contemplating taking their own life, it is important for us to share with others that this birth, no matter how challenging it may appear at times, is actually the most precious lifetime in the entire World Cycle of Time. Going beyond the chaos and depths of impurity we see today, we have to visualise it as a time of transition: the age of *Purushottam Sangam Yug* or the Confluence Age at the end of Kaliyuga, Iron Age, and beginning of Satyuga, Golden Age, when we can be fortunate to receive God's direct blessings, if we wish. Being the last of our many births, this diamond-like age is the only time when we are able to perceive God's presence and receive the highest spiritual wisdom possible from the Source or Ocean of All-Goodness and Power. Further, this is the only valuable period of the Cycle of Time when we can empower ourselves to conquer our No 1 Enemy, the five vices or *Ravan*, through the power of Sahej Rajyoga Meditation and Spiritual Wisdom. The subtle cleansing of the soul and performing of good and elevated actions ensures us rewards for

many births to come. Just imagine: small and regular spiritual efforts of this confluence-aged birth can bestow us with the highest reward of 21-lives in the ensuing golden-aged world as elevated human beings... So why should we not invest our time and energy in accomplishing this goal of creating a new future for ourselves and those around us?!

We have been worshipping Shri Krishna, Shri Radhe, Shri Rama, Shri Sita, Lakshmi Devi, Durga Devi and Saraswati Devi for two ages, but never imagined that we could someday become the progeny of these worship-worthy deities in our future lives! Higher than even those Satyugi and Tretayugi lives is the present life of Brahma Kumars and Brahma Kumaris who are receiving the greatest treasures of Godly Knowledge daily, and learning Rajyoga Meditation for self-transformation and upliftment of the world. The noblest attainment of course is to return to being the direct heir-apparent of the Supreme Being. Let us arise to this sweet call from our most beloved Supreme Father & Mother, God Shiva, and Angelic Pitashri Brahma Baba, and come together to establish that golden era where every day will be a celebration and honouring of divine living and relationships.

Om Shanti,

-BK Nirwair

OUR CHOICES IN LIFE

– B.K. Surendran, Bengaluru

Life has taught us that people, who come in contact with us in various relationships, cannot be taken for granted for they have their own *sanskars*, emotions, perceptions, feelings, etc. This keeps on changing even without their knowledge. Therefore, people change as time passes by. Relationships are tricky because of the desires, wants and selfishness overtaking established values. Similarly, in a business or other vocations, situations cannot remain the same. Market conditions keep on changing. There may be loss or profit in business. There may be accident, natural calamities or loss of life and so on.

When we come to accept all these situations and also the variety of choices spread over before us, we can catch up with one of the choices. It is said that when one door closes there is the other door kept open by the Lord. In fact, there is not one door, there are innumerable doors kept open, which we have to find out. The problem is that we do not take chances. Instead of asking chances be given, we should take a forward positive step with courage, self-confidence and positive thoughts, searching the plus points and the silver lining in a very bad situation. We have a right to lead a happy and peaceful life. Our happiness is the most valuable property in life. We are not prepared to give up this invaluable property in life. Let us not upset our happiness-oriented mood. Normally, instead of taking a positive step in a given situation, we come under false prestige, false respect, name and fame, attitude, short living authority and

position. We develop the syndromes or attitudes of “I should be consulted”, “I am somebody around”, “I am an important person over here,” “I am in charge”, etc.; and thereby precipitate a situation and lose out in the game. Sometimes, there is a head-on collision that upsets the relationships and spoils the atmosphere. If we lie low for the time being and take the available opportunity and thrive on in the present, things would change in our favour. Learn new lessons from this experience. One observes that many well-settled and happy situations turn sour on some flimsy issues, things go out of hand and become irreparable. Always welcome adverse situations, difficult situations, critical people, opposing people and learn new lessons in life. Always keep a balance in any kind of relationships.

Our Choices

When life presents many choices, it is for us to accept our differences in choices. At times, we fallout in our choices because of our self-centeredness, partisan attitude, and creating hurdles in others' life, giving sorrows and difficulties to others etc. If we have these attitudes, it will not bring to us the required happiness and contentment in life. Therefore, our choice should be based on the strict code of conduct of 'making others happy, let the world be happy and peaceful'; let the people involved in upsetting us or posing problems to us be happy'. In choosing our choices, let us have a broader approach and an overall welfare-oriented attitude. Let our actions draw applause and appreciation as far as possible and satisfaction to ourselves.

Spiritual Effort-Making

As we are all in the spiritual path, we will severely suffer if we are not conscious of our choices. In many cases it so happens that a spiritual effort maker thinks that he is placed in a position where he commands respect, or he is

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always involved in a service programme or he is invited for a get-together always or he used to be a key speaker in programmes. But, when and if, all of a sudden, he is left out due to various reasons, knowingly or unknowingly, he may be upset and get confused in making choices. It is also possible that he is interested in a particular person to be included in a program or he is interested that the programme should be in a particular way. Such a proposition may not be possible in the given situation. The person concerned will get upset or become arrogant or sometime register a protest or sometime keep away from service programme. Wasteful and vicious thoughts will take a chance in such situations. In course of time, he will start climbing down from his exalted position of good speaker, orator, yogi, Godly servant and become an ordinary or even lower level person. He was not aware of the choices and chances before him. He was a prey to his desires, false prestige, inebriation of knowledge and capabilities.

Let us briefly examine the areas in which we go wrong in our choices and chances in life.

Tolerance and Accommodation

We precipitate things when something does not take place as we expect or suggest or think due to our inebriations by virtue of our being important in many ways. We come to head on collision and spoil opportunities and chances. The situation calls for accommodation of what is not otherwise favourable to us and swallow in good humour as if nothing has happened. Further, we explore the various options to our advantage, explore the choices and take chances which are available, keeping our peace and contentment. In the scheme of life our due is insured and nobody can take it away. Time will take care of everything. We should always count our blessings, plus points, keep the company and companionship of the Lord. We should keep

on going and doing the service in any way we can. We should think of self-improvement, sit in silence, going deeper into Godly versions and enjoy Godly life.

Introversion and Maturity

Matured thinking and actions are the by-products of the state of introversion. Normally, people do not look at themselves to find out as to what they are doing or they do not look inside and see what is going on inside of themselves. People always are extroverts and look at others and observe what they are doing. Introversion, therefore, properly guides us to take the right judgement, it helps us to discriminate things, situations, men and matters. When our attention is focused on the inner self, we can understand very clearly as to what we need to do in a given situation. Maturity comes on its own. It helps us to understand the most appropriate choices in a given situation.

Be Constructive

Our action should not destroy the peaceful vibrations and the cordial relationships. Our actions should take care of building better interpersonal relationships in the processes with humility. We have to be flexible and must have a moulding nature. We should look to it that the positive vibrations and positive thinking process never get upset. Have good wishes, good intentions, thoughts of others' wellbeing. Try to help others. Help those, who oppose us and criticise us. Do not look at the minus points and shortcomings of others. Speak soothing words, words of courage, self-confidence-building words. Create hope in those, who are in hopeless condition and diffident mood. Let us help those, who are in difficulties.

Self-Confidence and Courage

Normally, when one is deprived of something, relationships or opportunities, one loses courage and self-confidence; this will create a

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panic like situation and one goes out of himself and creates a situation by which he loses his self-control. In this state of mind, whatever one does will turn out against his interest. Courage and self-confidence are created when one is conscious of his greatness, self-esteem, achievements, capabilities, the support of people he is associated with, and becomes conscious of his wealth of knowledge and sound health, etc. There may arise in us zeal and enthusiasm, optimism and self-confidence, hopes for better situations, better opportunities to open up, better choices, etc. Courage becomes a by-product of zeal and enthusiasm at times and self-confidence becomes a by-product of courage. These two are interdependent when we have these two values in life.

Trusteeship

Ownership attitude brings a lot of burden on oneself. One takes law into his hands and spoils the entire show. There comes intoxication of what is his temporary position, name and fame or power or authority. At the same time, when one considers himself as a trustee there comes humility and service with detachment. "I am an instrument of the Lord and it is up to Him to entrust to me any kind of service as He deems fit on the basis of my qualifications, my capacities, etc." It does not matter who does what. The work goes on unhindered. We must be duly conscious of our responsibilities. Whatever works, duties and responsibilities are entrusted to us, we should discharge them with zeal and enthusiasm without any ownership attitude.

Dispassionate Attitude

When one settles down in a particular job or position of authority, the position of job overtakes him. He comes to like his position or job or whatever he preferred for doing. When we have high expectations and when the people

involved do not come up to our expectations, we should not be disheartened and disillusioned. Let us not expect anything from anybody and keep on doing what we are expected by others; and when anything is not happened as expected, we should not get upset. We should be silent spectators and actors and have a witness like attitude on life. We should be happy at all times with the positive mindset that whatever happens is for good. This world is a veritable drama stage and there are many actors and spectators. Spectators are also actors. We should mould ourselves as the situation demands and carry on.

By practising these disciplines in life, we will become expert choice makers to our best possible advantage in our life without any pitfalls. ❖

PLAYING WITH PEARLS OF VIRTUES

- BK Urvashi, Mount Abu

When I am disheartened, I may do one of the two: I either suffer quietly by admonishing my incapacities and fate or I externalise my problems by blaming God and those around me. Apart from the stress I create for myself and negative karma with other souls, I am not really solving the problem. **Each one of us faces disappointment at our own times, but the longer I allow these feelings to stay on the more attached they become.** I can only heal the situation and myself by '**wanting a change**', '**wanting relief**' and '**wanting something better as I deserve it.**' This positive attitude works as catalysis to transform circumstances, take me closer to God and create a new destiny.

14th November: The Children's Day

BECOMING A CHILD ONCE AGAIN!



– **B.K. Viral**, Borivali (West), Mumbai

Fourteenth November is celebrated as the Children's Day in India. Hence, wishing all souls, the spiritual children, of Incorporeal God Father, the Supreme Soul Shiva, a very Happy Children's Day!

Many of us grown-ups express the desire to become a child once again. The great news is that we can easily become so, since being a child is more about experiencing the qualities of a child rather than the experience of the physical age.

The children have the following numerous wonderful qualities:

- Most children are very pure, innocent and soul-conscious.
- They don't keep anger or hurt in their heart for a long time.
- It is said that a child smiles 300 times a day.
- They enjoy even little things in life.
- Even on having a fight with other children, they quickly forgive them and forget this.
- A child has complete trust in his or her father.
- A child is always open to learn new things.

When we consider ourselves a child, we remain protected from numerous problems and matters!

We, the souls, are the spiritual children of the Supreme Soul. Hence, let's remain in the awareness of this elevated self-respect: "I am God's child." This self-respect has the following numerous benefits:

- Being a child of God, the Ocean of Peace, Love and Happiness, we remember that we are also originally a very pure, divine,

peaceful, loving and a happy soul.

- Many times, as is the occupation of Parents', so is that of child. Hence, being the children of the World Benefactor, we are also inspired to become the world benefactor and are motivated for caring, sharing and inspiring other souls of the world.
- The child has a right over everything the parent; hence, all the values, qualities, powers and virtues of God naturally and automatically belong to us.
- Under the graceful and loving canopy of God, we remain free from all sorts of obstacles, anxieties and worries!
- A child naturally remembers his parents without efforts. Hence, this awareness of being God's child helps us remain always in sweet and loving remembrance of God Father.



- A child of a minister or a celebrity has a lot of pride and intoxication of belonging to the family of such an important and famous personality. Similarly, being children of the Highest of the High, we should definitely experience the noble and influential status of belonging to the divine family of God, the Supreme, and also enjoy the highest level of peace, purity, bliss and happiness!
- We remain free from the vice of ego, since we remember that all our specialties are bestowed upon us as divine gifts by our God Father.

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- A good child is always sincere and obedient; hence, if we follow God's Elevated Directions (Shreemat) with sincerity and obedience, it pleases God, impels Him to shower boons and blessings upon us and also makes our life most divine and elevated.
- If we remember that all souls are the spiritual children of One and the Same God; then, it makes our words, dealings and behaviours with others very good, sweet and royal.
- Even our family members and relatives are the spiritual children of God. Hence, rather than getting heavy with the burden of taking their care and responsibilities, we just need to act like a trustee in the utmost faith that He is the

One, who takes care and responsibilities of all.

Becoming a Child once again!

Hence, by remaining in the awareness of being God's child, let us remain connected to our Supreme Parent and experience the rightful inheritance of peace, love and purity. Let us make our state of mind and character so elevated that our Supreme Father's name and fame are revealed to others in the world. Let us remind everyone of God through our actions and features, which remind of the very important saying: *Jiski rachna itni sundar, vo kitna sundar hoga* (If the creation is so beautiful, how beautiful will the Creator be!). ❖

GOD'S ORDER IS TALL

—Sister Lila Carol, Australia

It's time to leave those friends, foes and shores
Those dreams, hopes and wishes for one thing more.

Such the subtle voice of the conch call
Wielded by the one who can most enthrall.
Provocative of another abode,
His majestic face belies his scant robe
Of fearsome stuff that rendered him fearless
Immune to evil so rendered foeless.

With the stature of a glorious king
The soul resides in Incorporeal Soul World
ever-waiting
For its third eye to open, part begin,
To let go, clean up and die again.

From the mountain top God's order is tall:
To come, you face only one choice: rise or fall.
It's not the time to hold onto peanuts
Compared to what lies ahead in banquets.
Lift yourself beyond this duality
Find the you that lives for eternity.

Disguised within testers and temptresses
And wants provoked by enviable dresses,
Demons are often whispering sweet nothings
To extricate and mirror wrong thinking
For you to eradicate by yourself
The harm you have caused to your every cell.”

From the micro to macro I, the soul, observe
The ripples of enchantment that I serve
To bring out the good, work, dance, love and play
To find the kindness to make someone's day.
Thus, the old falls away as light reveals
The power of happiness that simply heals.

This Drama has been my teacher throughout
Bringing lessons from whatever's about.
To whom and where do I turn to thank for
this sound
Emanating from whatever's around?
To none but Lord Shiva, the Sun of
Knowledge, the Divine Being,
Who is creating the magic of alchemy from
starting and ending!



NATURE'S SOLILOQUY



–B.K. Indal, Texas

I feel the blessings constantly from souls
divine
And the gentle caress of words and love
therein.

I also continue to serve and sustain life for all—
Human beings, animals, birds and trees;
I lull the rivers, seas and oceans and the
winds,
I feel the love from within and share this with
all.

However, in time, man has evolved with purity
And innocence that once prevailed as normal.
As deity man was once my revered master!
Oh! there was harmony and love between
Man and Nature;
Nature I was and still I am so as before
And have evolved too with man and changed
for the better.

But, now, I have been abused and dumped
upon constantly;
Man's love has long been diluted, and his
greed rose;
Selfish desires and impurities ravaged the
mind of man,
Who was once my friend and master of yore.
I suffered with time as science replaced
concern,
And felt the pain of negative sacrifice and
abandonment;
I too have become ill with neglect, abuse and
pain

I was once happy and peaceful, there were no
turbulence;
The rains were pure and the rivers flowed
gently;
The trees and plants sustained and gave to all;
The earth was quite rich and productive for all
lives;
The air was pure and the symphony of
harmony prevailed.

Now, my pains erupt everywhere in air, water
and land;
The diseases of my own have exploded with
impurities
So caused and injected in me by my former
friends;
The fire within me explodes and spews high
above;
I hurt those I love and still do, as vengeance I
have none;
My love still prevails to sustain those that hurt
me.

With God's descent upon the earth in the
Confluence Age
Man has undergone a drastic change for the
better.
I now sense and feel man's repentance and
expiation
For the hurt and abuse he caused me for so
long;
I too feel the divine remembrance and pure
wishes
Of the Brahmins, my long-lost masters and
friends of yore
And those souls that share my pain and
discomfort;
And I sense my return journey to a pristine
time of what once was.

MEDITATION CAN COMBAT STRESS BY CHANGING DNA: SCIENTIFIC STUDIES



– Dr. Veena Mani, Principal Scientist,
ICAR-National Dairy Research
Institute, Karnal.

It is a known fact that the genetic information from our parents is passed on to us through the genes contained in the cells, and million of cells make up the body. Each gene act like instruction manual telling our cells to make protein, which is a constituent of cells. Genes are made up of a chemical, called DNA, which is the hereditary material and that is person specific. Though, all the genes have genetic code embedded in them which can be expressed in various traits, but some of them stay dormant, i.e., may not be expressed. There are a number of factors that can slow down or speed up the expression of gene. Thus, gene expression is a non-ceasing process, which is occurring in every cell of the body, through which DNA sequence is transcribed and translated to protein. Many factors including stress determine when and which gene can turn on or off like a light switch.

Though, fundamentally, stress is a human defense mechanism, everyone experiences it though the degree varies. But, if exposed for a longer period, uncontrolled stress can be harmful to one's wellbeing and health; symptoms can be of a physical, emotional, psychological or behavioural nature. Needless to say that nowadays stress is getting inevitably higher in daily life; so, one finds difficulty in coping up, and this imbalance results in number of psycho-somatic diseases. It is well known that in order to counter the chronic stress, secretion of hormones, i.e., adrenaline and non adrenaline (secreted by our sympathetic and parasympatic system respectively) in the body gets elevated

beyond the normal levels.

Growing literature on scientific studies prove that increased synthesis of steroid hormones, called glucocorticoids, in turn, affect invariably all the biological systems especially under chronic conditions. These effects are mediated by the Hypothalamic-Pituitary-Adrenal(HPA) axis, a network involving the hypothalamus and pituitary gland in the brain and the adrenal glands near the kidneys. A number of studies proves that glucocorticoids affect genes central to the HPA axis through epigenetic modification (changes to DNA by influencing gene expression without alteration in their sequences).

Recent studies indicate that apart from bringing changes in hormones and brain functioning, stress can also cause genetical changes. Evidences are there that chronic stress can lead to disease by affecting gene expression. This genetic change is termed as **Conserved Transcriptional Response to Adversity** (CTRA), which is just a way to describe the inability to cope up stress. The production of transcription factors related to increased expression of pro-inflammatory DNA manifest inflammation in the body.

Scientists are keen in understanding the processes of how mindfulness or meditation can reverse the negative effects of stress by making alteration at the molecular level. **Dr. Perla Kaliman** and coworkers (researchers at the Institute of Biomedical Research of Barcelona (Spain) published the results of their studies stating: "Our findings set the foundation for future studies to further assess meditation strategies for the treatment of chronic inflammatory conditions."

Another researcher **Dr. Davidson, Richard J.** (Professor in Psychology and founder of the centre of investigating healthy minds at University of Wisconsin, Madison), who was a coworker in the latter study, concluded that the

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product of genes, e.g., the proteins that they manufacture, will vary with the extent to which the gene is turned on or off. “*The genes that we found to be down-regulated with mindfulness meditation practice are those implicated in inflammation.*” Dr. Davidson quoted that this new research is the first of its kind to show changes in gene expression within mindfulness meditators.

The results of another study by **Carlson and his coworkers (2014)** were published in the Journal “*Cancer*”. They compared the effect of genetic changes occurring in breast cancer patients, who practised mindfulness meditation with non-meditators (control group). They reported that mindfulness-based cancer recovery and supportive-expressive therapy maintain telomere length relative to controls. These patients had longer telomeres. Eventually, when the telomeres shorten to a critical length, the chromosomes become unstable and the cells die. Telomere erosion can also occur as a result of diseases, especially those associated with oxidative stress and inflammation, thus proving that telomeres act as protective caps that prevent the chromosome from deterioration during cell division and maintaining the stability of genes; otherwise genome would progressively lose information during each cell division. It proves that meditation brings about physical change in your DNA.

A review article was published in a journal (*Frontiers of Immunology*:16 June 2017), which is among world's 10 top journals in the field of immunology. The authors looked at changes in gene expression induced by meditation and related practices. They selected eighteen relevant studies and did meta-analysis of the data pertaining to expression of number of genes which were related to immunity and

stress to find the key link between meditation practices and changes in gene expression. They reported that findings were consistent and persisting as 81% of the studies found that **Mind Body Interventions (MBIs)** can reduce the levels of **Nuclear Factor kappa B (NF-kB)**, thereby reversing the effects of gene expression of inflammation caused by chronic stress. Overall, the studies indicate that mind body intervention practices (i.e., mindfulness, yoga, tai chi, qigong, relaxation response, and breath regulation) are associated with a down regulation of **NF-kB** pathway; this is the opposite of the effects of chronic stress on gene expression and suggests that MBI practices may lead to a reduced risk of inflammation-related diseases.

These are some hints from neuroscientists and psychologists, which can motivate us for practising meditation for healthy body and mind. In Godly knowledge revealed by Incorporeal God Father Shiva, the Supreme Soul Shiva deals with these issues in an understandable way. Really, He is the Supreme neuroscientist and psychologist and teaching us Rajyoga meditation, which can not be ever taught by any living being. He has given knowledge about our true self (*Atman*) and about Himself (*Paramatma*) and the connection between the two fills the meditator with His virtues of purity of mind and body, peace, power and love, thereby raising the state of meditator to a calm and blissful stage, and obviously reducing stress of any kind. The knowledge of Rajyoga meditation makes one care-free (*befikar badshah*) not only in this life time but also in future twenty one births. He has also assured that the memories stored during the present birth will be further carried by soul in future births, too, thus, benefiting it with sound mind and body, health, wealth and happiness, peace and bliss in future

MAYA - THE TEMPTRESS

—Mahendra, Goa

Maya is not simply wealth or an existing unseen figure or a being. It is a figurative, metaphorical illustration synonymous to our own inner negativity, self-accumulated impressions (*sanskars*) to Memory Bank, based upon our experiences through our actions (recorded *Karmic* accounts created and recorded from time to time) and their impact or repercussion on us and our life during lifetimes.

Maya is the Lawyer of Vices/ Devil/ Satan/ *Shaitaan/Ravan* with 10 heads; and, hence, is termed as the Temptress that arouses or initiates provocation in a subtle and a disguised manner. In Arabic, it is called '*Vasvas*'- a feeling of sensation that runs within the veins. Its modus operandi is compared to a mouse (*choohaa*) - a small rodent that typically has a pointed snout, relatively large ears and eyes, and a long tail. A mouse is a symbolic illustration for *Maya*, who eats through the flesh of sleeping individual by applying primarily her saliva containing an anesthetic agent, which enables the individual not to feel the pain, and thereby tenderly nibbling on the tissues. Especially, it targets the tissues of heel or the inner side of thicker skin or sometimes cornified skin of big toes. The pain of trauma is felt when the anesthetic effect is reduced or upon awakening. And by this time the *Maya* - the mouse – is not present.

The process of working on to win over *Maya* may entail a few or more of the following steps:

1. Knowing is 5%,
2. Realizing is another 5%

3. Accepting it still another 5%
4. Replace the negative thoughts by positive thoughts consistent with the new self-image
5. Working on the aim to maintain and sustain the new self image in an organized manner, is yet another 25%, and
6. 50% depends upon the zeal and enthusiasm of becoming a conqueror over *Maya* through and to Completion.

The ways of achieving the valid and attainable aim are the following:

1. Set the aim of seeing the self as a soul.
2. Invoke your inner powers and qualities of Peace, Love, Purity, Bliss, Contentment, etc.
3. Raise Courage to keep putting efforts to succeed.
4. Be a Trustee and upon achieving the victory, pass on the credit to the True Guide (*Sat Gugu*), True Teacher (*Sat Shikshak*), and The True Father (*Sat Baap*), who guides the human souls, His spiritual children, all along.

Every Scripture reminds the man: "There is a Devil and an Angel, both within your being, it depends upon what you choose. Be in Paradise or in Hell created by the self." For a while, let us forget about the afterlife and the reward of utopian Paradise or a dreadful Hell. The eligibility criteria could be the current status of life we are living, the one achieved upon transforming the self image. Body-consciousness is the weakness, which emerges *Maya*. When we look or think ourselves as a body, vices are emerged. Because all five vices are connected with this body-consciousness only. When there is no sense of body, no lust, no anger or greed or attachment; then, there is complete knowledge of the self. ❖

WHY IS THIS WORLD CALLED *DUNIYA*?



—B.K. Rose Mary

Darkness glorifies the light. During the darkness of night, we crave for light and day and vice versa. This is true of all pairs of opposites in small scale and in large scale. People swing between these two opposites!

Thus, we have all varieties of pairs of opposites; and it is inevitable. It is like you try to draw a painting or picture of a flower on any surface. After the completion of the painting, the painted flower looks *soft* as its inherent feature is; yet while touching, it is as rough as the medium on which it is sustained. Your work is limited by the limitations of the medium you are using! Similarly, when spirit or soul (*Atma*) comes in association with matter, it comes into a pair of opposites, which lays the ground for the appearance of a variety of pairs of opposites. Matter provides the spirit (*Atma*) pleasure, which becomes pain in the end. Thus, we have the situation where things come in pairs of opposites (such as pleasure-pain; happiness-sorrow; victory-defeat; day-night; life-death, etc.). One state follows the other.

History also comes in pairs of opposites, as an eternal cycle of two halves: the first half is earthly heaven and second half is earthly hell. This can be known from the very name, *Duniya*, by which this world is now called in many languages (such as Arabic, Arumanian, Assamese, Azerbaijani; Bengali, Dari, Hausa, Hindi, Indonesian, Japanese, Kurdish, Malay, Nepali, North-Caucasian languages, Pashto, Persian, Punjabi, Swahili, Sylheti, Turkish, Urdu, Uzbek, etc.)

Duniya is an interesting name. If you describe second half of a movie as boring, you obviously mean its first half was interesting. Similarly, if the second half of history is named as *duniya* [negative prefix *du* + *niya*], it obviously means first half of history was perfect, characterized by *niya*. To act with *niya*, in Arabic, means 'to act with loyalty and good faith, being led in righteousness' so naturally as though water flows downward. (*Criminal Justice: Nomos XXVII*, edited by Ronald Pennock, John W. Chapman. page 58). Its equivalent *nyaya*, in Indian Languages, means ways in which something is properly done, bringing a situation in which everyone upholds *dharma* (honouring the fabric of life). In living with *niya*, one manifests *expanded* mind (literally, *brah* + *ma*) that views others as brothers/sisters and there is pure motive in dealing with others. When it is *contracted* into a small world of "me" and "my", the world will be called *duniya* in which self-interest rules over the lives of most people and there is often impure motive in dealing with others.

Interestingly, in some languages the word that describes the early part of history is *paradise* (literally, "enclosed park" or "walled enclosure"), which has phonetic resemblance to *paradesa* in Indian languages. The term *Para* can mean "previous, former, different from, exceeding in quality, etc.," and the term *desa* means land/country. This reminds us of the famous expression "Paradise Lost", which divides history into two: Pre-Fall (when history was *paradise*) and Post-Fall (when *paradise* began to lose its qualities). In other words, when people were divine in qualities, and, thus when earthly situations were heavenly, it was called *paradise*. And that *paradise* was lost when people began ego-trip, and the world began to be called *duniya*. People belonging to *duniya* would naturally view *paradise* as of "exceeding in

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quality” and would not want to go there. This is shown in the story of Narada Maharishi. He was asked to inform about one vacancy in heaven to those in hell, but everyone refused to accept the invitation by putting lame excuses. Jesus too made a similar story in which the invitees to heaven made lame excuses such as 'we are attached to property, family, etc.' (Luke 14:15-24). This means, entry to *paradise* is barred to the egoistic by themselves, by their own attachments to things and persons of *duniya*. They delightfully refuse to see the truth, as symbolized by Gandhari, the famous character in *The Mahabharat* Epic, even though truth is available.

There is nothing common between these two types of people as one is of *expanded* mind and the other is of *contracted* mind; and both are like those travelling in opposite directions viewing each one as alienated from the other; thus, the first half would naturally be closed for the egoistic ones, who are delighted in their egoistic life-style. In such egoistic second half of the history, aptly called *Duniya*, mostly irrationality and illogicality would rule over the lives of people, as being witnessed today. The way people act now is not only against rationality but is also against the spirit of even the Evolution Theory. The Evolution Theory states that organisms/people adapt according to the changes in environment; yet people *pleasurably* choose to endanger their own lives and their own earthly home. For example, people choose certain life-style only to become panic in the end by seeing the consequence in the form of life-style diseases, which threaten their very lives. This is true in large scale also: instead of protecting the environment, people pollute it, destroy forests and build concrete jungles, etc., which is so illogical as though cutting the very branch one sits on. And even in the face of

depleting resources and increasing unemployment, overpopulating the earth continues. No wonder that the far-sighted ones say: “The chances are about 49 percent that the world as we know it will collapse by about 2050” mainly because of overpopulation and depleting resources.” Ill-effects are often precipitous in nature with slower speed becoming faster as time passes just like butter melts in a frying pan.

Interestingly, the famous Scriptures had predicted that the state of decadence would reach its peak in the last days. (*The Bible*, 2 *Timothy* 3:1-5; *The Gita* 4:7). Similar things and even more are predicted in the last canto of the *Bhagavata Purana* for our period, called *Kaliyuga*. Interestingly, its 15th prediction goes like this: “Cities will be dominated by thieves, *The Vedas* will be contaminated by speculative interpretations of atheists, political leaders will virtually consume the citizens, and the so-called priests and intellectuals will be devotees of their bellies and genitals.” (*Shrimad Bhagavata*: 12.3.32) These are fulfilled, now, before our eyes. So, it is the humans, who created *Kaliyuga* and they themselves bring it into its climax without knowing it has already been foretold long back.

It is at this time that the humans are given a choice: attachment with God or attachment with wealth of this world. This is symbolically presented in *The Mahabharat* Epic through Arjun (symbol of those who prefer God) and Duryodhan (symbol of those who prefer things of God). Interestingly, both the categories of people are happy in their respective choices. This is the charm of Drama. Hence, Drama is also compared to *Kalpa* Tree, which is the name of coconut tree in Indian language because every part and every aspect of coconut tree is useful in one way or the other. Similarly, every part and every aspect of Drama is useful. When

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duniya reaches its climax, things will be “renewed” by God Shiva, and Paradise or New World will be established again. Interestingly, this balancing act is also taught in the great Scriptures (*Mathew: 19:28; The Gita: 4:7*), and cycle repeats eternally. “The world is never really destroyed, only the ages change: Golden Age, Silver Age, Copper Age, Iron Age. It is the same world that continues; from new it becomes old.” (*Murli: 28.08.2019*). No wonder, God Shiva is praised as a God “older than the oldest and newer than the newest (*Tiruvasaki*, a book of *Shaiva* hymns, by the saintly poet *Manikkavasagar*).

In India, the Supreme Being is called Shiva, the World Benefactor, and He is also called *Rudra*. *The Rigveda* defines *Rudra* as “*Rukh draavayathi, iti Rudraha*,” which describes Him as the Remover of Suffering. He does this by teaching the willing children to replace vices with virtues and, thus, to lead a golden-aged life in the concluding phase of each *Kalpa* before He actually ushers in the Golden Age. “Those, who have performed the most devotion” in the second half of each *Kalpa* know that they created the Iron Age in ignorance; hence, they can also create the golden-aged life with spiritual knowledge imparted by Baba. (*Murli: 26.07.2019*). When each time new *Kalpa* or Drama begins, early inhabitants feel that “we are now (*abhi*) starting new (*naya*) drama. No wonder, the word for acting in drama (and later in movies) became *abhinaya* in Indian languages.

The above knowledge helps us in our daily life also. People, who are directly taught Rajyoga by God Shiva, are aware that they are now deep into the second half of the history; hence, they are not disturbed by anything that happens in this phase because they know irrationality often rules over the lives of most people living now; hence, it is not a matter to be worried of. They are also very well convinced that the next cycle is

about to start in the very near future. If predictions for the Iron Age (*Kaliyuga*) is having an overwhelming fulfillment in front of their eyes, they also know that predictions for the Golden Age (*Satyuga*) too will have their overwhelming fulfillment in the very near future. ❖

A Tribute to Departed B.K. Khem Jokhoo

Born on 5th November, 1945, Brother B.K. Khem Jokhoo as he was affectionately known around the world left his mortal coil



on 5th October, 2019, one month before his 74th birthday. He had touched hearts and minds of all with whom he came in contact.

A caring husband, loving father, compassionate brother, dedicated worker, a devoted Godly student and responsible soul, he made every moment of his life memorable.

His contributions to *The World Renewal*, *Purity* and *Gyanamrit* magazines were well received. He also wrote books, articles in the local newspapers and magazines.

He intensified his spiritual growth by being detached from the material things so that he can leave totally unattached even with his family members being in his company.

The presence of many people at his funeral on Tuesday, 8th October, 2019 in Toronto was a testimony of who Khem was, and showed how he was loved by many.

To such an illustrious soul we, the B.K. Family members, offer a tribute and wish that he, in his next life, will continue serving the humanity as an instrument of spiritual service.

ARE YOU LEADING LIFE BY LYING IN JACUZZI OF MATERIAL COMFORT?

—B.K. David Paignton, England

You can learn to taste God's Truth. God is a billion and trillion times sweeter than you can imagine whilst man is suffering now from his falsehood, and his life is born from untrue thoughts and actions, which make him grow ever false; and he is giving up the chance to sit at God's Table and take a slice of His holy sweet cake and taste His truth

Life once upon a time and now

Once upon a time we could enjoy life and enjoy it to the full. Trying to enjoy life, now, is like trying to eat an ice cream on a backward moving roller coaster as it plunges; it is difficult and will make you sick. But, once upon a time we would walk and not get tired and enjoyed life by eating as much ice cream as we liked.

All those distant memories filled with elevated living is quite the opposite of today as we feel sick and tired even before we get out of bed. Which do you prefer? Life's unending roller coaster ride trying to get a thrill or trying to walk with happiness?

The roller coaster life is a mean and unforgiving ride that is soon to come off its rails. Commit one mistake in life and you'll pay for it, normally five times over. It may not work like instant payment does on your debit card but you will end up paying for any wrongdoings on your credit card, which shall have to be settled up later at some point of time.

A payment plan spread over your lifetime of suffering. There are two payment methods, which are far from being optional: the number one is you

feel sorrowful, sick and confused and number two is you get thrown off the ride completely (death).

You're in charge of your *Karma* and Life

You're in charge of your *Karma* and life until the final time comes. But, people forget that *Karma* is the ultimate chief that either bolts down your ride as it feels you are worthy of a good time or it can ignore the loose bolts that hold down the rail, causing you to first have a bumpy ride and, then, fly off into oblivion. Yet, you should not forget this important fact: you are in charge of your *Karma*, and with that you take the ride in life.

Always work towards present wealth and health as tomorrow never comes, and for most people it never will. We must learn to slow down to a walking pace if we are ever to enjoy life again. Life is too precious to squander by always rushing here and there, which only causes us to miss out on its simple wondrous ways and secrets. We miss the shimmering gold and life's true wealth that lies behind it when we get busy looking in the wrong direction for answers or happiness and where we are far more concerned with our mobile connection than we are with our spiritual connection to God and Truth.

Remain open to God and His Truth

If your shop shutters are down and rarely open, God cannot enter your shop and give you His Godly advice that can change you from being unhappy to being happy. Most people live and plunder today and seem unaware or simply do not care where they are walking and if it's going to be a beneficial path and direction that they take each day and are incapable of looking inside and asking themselves the important question whether in the long run, their path will make them happy at its end and produce for them an elevated and worthwhile conclusion.

The common folk often run frantically into their warehouses and to their past as they feel compelled to keep going over all of their

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mistakes, blurred possibilities, ignored or missed opportunities they had in life, which they either did not take or messed up somehow.

For most people, the future is also no less a pull than what their past is. You can dash off into the future with all its dreams of glory and fulfillment and attainments but they also come with many ifs and buts. But, the lures of the mysteries and possibilities of future are too much for most people to resist. Yet, by entering the future it is likely that you'll end up missing the ultimate sweetness and precious gifts in life that can only ever be found and tasted in the present.

Everyone is unwise and spends today's wealth today and does not save it. Yesterday's wealth has been lost or probably spent on some rubbish.

Tomorrow's Bank is always closed and has never opened as only God has its golden Key. Many queue up all night and for many years waiting for such a bank to open and for them, it never will. They squander their wealth (energy) of today on materialism and in so doing have made themselves unworthy of stepping into such an elevated, ordered and spiritual bank that offers a heavenly reward to its worthy and loyal customers.

Only the Present is Precious

Only the present moment is precious and it holds all treasures. It even holds the treasures and keys to your past and future, which people blindly dash against after trying to gain some answers or find some hope. I may add that most are about as successful in their searching for answer and hope as what the blind man is who has been down a mine for 70 years looking for

diamonds. Keep looking if you wish and do let me know if you find anything valuable.

It wouldn't be so bad if he was down a diamond mine, but the past and future are only ever coal mines of the past called *best left alone* and where he will only get lost. This dark mine of the past holds much danger and should be best avoided if you want *true* wealth and health. Some folk have taken the lift down this mine and have never come back up or been seen since.

Are you going to carry on sitting next to the world's people, who are growing colder as they sit in a Jacuzzi that has no water?

Today, almost without exception, everyone is content to work towards lying in a Jacuzzi of material comfort. This Jacuzzi lies right next to God's Spiritual Swimming Pool of spiritual effort. Soon, only the latter of these two will remain full whilst the former one will have three cups of water in it and, even then, many will still go on lying in it out of habit and hope. ❖

GOOD AND BEAUTIFUL MANNERS

A person of wisdom and spirituality has very good and beautiful manners that have grown from genuine respect and love for the whole of humanity. Manners in this sense have nothing to do with culture or education: it is simply a question of humility. When we are at the receiving end of such manners, we feel that some deeper part of us has been honoured. In fact, none of us deserves anything less.

SELF-DISCIPLINE IS THE KEY TO SPIRITUAL PROGRESS AND SUCCESS



–Satya, B.Saraswat (Sr. Scientist),
Dehradun

Self-discipline is not a matter of intelligence. It is a matter of will and emotion as stated by Dr S. Radhakrishnan, a great Indian philosopher and late President of India. Discipline is an essential part of our life. In fact, without discipline in life, we cannot work smoothly. Parents, elders of the family and the teachers are the first persons to introduce the sense of discipline to the children. Discipline must be learnt from the early stages of life. It ensures the smooth flow of life without putting hindrance to the individual's liberty. It teaches us to be systematic towards achieving our goal of life. It helps us to achieve our ambitions.

Learning self-discipline in the little things of life prepares the way for big successes. On the other hand, those, who are undisciplined in small matters, will likely be undisciplined in more important issues. When it comes to the matter of maintaining a person's integrity and credibility, there are no small issues.

Self-discipline is also necessary for spiritual progress. Unruly thoughts, attractions of the

senses, lustful desires, anger, covetousness and avarice constantly arise in the mind of the person, who has no mental discipline; and these impel him to do evil deeds. If a person cannot direct his thoughts, desires and actions according to his own will, how can he possibly direct his self to God and keep his life on the path of truth? Unless the higher mind is strengthened and the strong will power is maintained to master the impulses of the flesh in mind, there will be little room for God to dwell in that mind. Thus, central to the spiritual life is self-discipline. In *The Shrimad Bhagwat Gita*, Lord Krishna emphasised on self-discipline, thus: A man of disciplined mind, who moves among the objects of senses, with senses under control and free from attachment and aversion, attains purity of spirit (Chapt-2: 64).

Managing your mind is the first step to becoming the ruler of your life. One can learn to manage the mind by learning Rajyoga. Rajyoga helps people to manage their inner resources effectively and access the strength required to deal with different distractions. It makes one mentally and physically strong and disciplined, as they can let go of fears or situations that have been holding his/her back from what he/she wants to achieve. Life cannot be truly understood and enjoyed through constant indulgence and distraction. They need to be dusted away through spirituality and practice of Rajyoga Meditation in order to reveal the beautiful, pristine and pure self. ❖

THE LAW OF KARMA

Spirituality teaches me to see my responsibility and the causes I am setting in motion by my thoughts, words and actions. I just have to fulfill my responsibilities and the rights will automatically follow, because they are the effect. This may not happen immediately, but it is inevitable.

HUMILITY IS A COMPLETE AND UNQUESTIONING FAITH IN GOD, THE SUPREME SOUL

—B.K. Sujoy, Durgapur (W.B.)

Confucius has rightly said: “Humility is the solid foundation of all virtues.” Humility is performing one's duty and achieving the goal without any attitude of ownership and appreciation. This quality is the natural manifestation of a person, who is selfless and completely free from the vices of anger, greed, ego, attachment and lust. The quality of humility is a source of natural expression of the virtues of soul. A humble soul remains easy and simple in all the situations and attains the best possible results of all his/her actions. A person with humility does not have any element of anger and aggressiveness. Rather, he/she has obedience, honesty and truthfulness, which help him/her to eradicate all sorts of selfishness. But, humility should not be taken as weakness; instead, it is the power of divine strength. Humility enhances one's honesty and judiciousness; hence, a person, who attains self-respect, tolerance and co-operation as his/her qualities of life; humility grows naturally in him/her; and he/she is, generally, loved and respected by all he/she comes in contact with.

Where there is humility, there is willingness to learn. The feeling of ego comes when humility is lacking. This, then, doesn't let us learn from any situations or the people around us. The power of humility enables us to learn and constantly move forward.

Humility helps us to adjust and behave in a positive manner and help all those people, who come in our contact. It also helps a person to face all the situations confidently and easily. Such a person is tension-free with regard to

different aspects of life, i.e., thoughts, words, actions like dressing, intake of food and behaviour, etc. At the same time, such a person remains alert in all the matters. People like Dada Lekhraj (Brahma Baba), Mahatma Gandhi, Swami Vivekananda and Buddha were great practitioners and teachers of humility. They were wise and mature; therefore, they did not have any ego or pride. Such people are always ready to work for themselves and also to serve other people in need. They would not keep them bound to their own social group or to some particular caste or creed, since their life is like an open book, which has lessons for all, who would like to read it.

Humility easily makes us egoless. The seed of humility automatically enables us to attain the fruit of greatness. Humility is the easy method of claiming blessings from the heart of everyone. A soul with humility is easily given a place of love in everyone's heart. Humility automatically makes us worthy of praises. The special sign of becoming egoless is humility. There needs to be humility in our thoughts, attitudes, perceptions, words, actions and also in our connections and relationships in our family, places of learning and workplaces.

The sign of mercy is humility. We should be merciful towards the ignorant, distressed souls in our family and outside as well. There should be mercy from the heart. For achieving a fast speed in the spiritual efforts for self-progress and in the affairs of the Brahmin family, there is also a need for being merciful. When we become merciful, there is self-progress because a merciful soul constantly and naturally has the attitude of unlimited disinterest. We should always be aware that we are essentially and originally the souls, the spiritual entities, who belong to the Highest-on-high Supreme Spiritual Father, and have the aim of becoming equal to the Father.

If we have the firm faith that we are souls, the

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self-luminous points of divine light, and become true Rajyogi by contemplating on God's knowledge; then, we shall automatically learn to be humble. We should practise humility enough to kill all sorts of egotism. The monster of ego has no business to come near us because we are God's humble instruments of spiritual service to all souls of the world and Nature. When we have complete and unquestioning faith in God, the Supreme Soul, and surrender ourselves to Him and think that whatever we have has come to us

only as God's gift to be enjoyed, humility is inculcated in us; and there is nothing left to make us feel ego and become proud. Only those, who have superficial knowledge or who have fallen from the state of soul-consciousness, are subject to inroads of egotism. When the divine knowledge is properly assimilated and Rajyoga is rightly practised, these automatically free man from the vice of ego or pride and makes him naturally humble. ❖

I AM A SOUL

—**B.K. Sonal**, Damanjodi, Odisha

I'm a soul; have you rightly recognized me?
I'm a soul, and this is my story, true to me:
I used to rest in peace in Soul World
With my Divine God Father Shiva, the
Supreme Soul;
There was neither sorrow, nor joy, but only
sweet silence;
I didn't play any role there;
Eventually, the Eternal World Drama dragged me
To take an incarnation on earth.

It was the Golden Age, when Nature and I
were in absolute perfection;
Extreme Happiness to extreme Misery is the
Law of Nature;
Its laws even God cannot violate as that is its
whole adventure.
Time, perpetually in motion, is witnessing the
Darkest Iron Age now;
Birth after birth, I felt so tired, I felt as if I
was in a cage;
Please liberate me, O Loving Father, was my
final
And desperate call as I had no power to rise
or fall.

Then, one bright day, I found my adorable
God Father;
My miseries are all gone, and, now, least do I
bother;

Now, in daily meditation, I heartily talk to Him:
This is the boundless Ocean of Your Love,
In which I gladly swim.

I recalled my infinite powers as I joined His
sacred college,
I experienced my seven great original
qualities:
Peace, joy, love, bliss, purity, power and
knowledge;
I realized I own these great virtues, these are
mine;
I live and act here in this earthly stage;
And this body is a holy shrine.

Today, I'm a silent observer, witnessing how
time spins
And how the power of Rajyoga burns all our sins.
As I have transformed myself from the core,
I feel the world is on the verge of
transformation;
Enough of Demonisation in this Iron Age;
Let's take a vow to wipe out every single
demoniac attribute within;

The New Era would, then, definitely arrive;
The Golden Age of complete peace, purity,
prosperity,
Health, wealth and happiness would revive,
I'm a soul, and this was my story, true to me;
I'm a soul, have you rightly recognized me?

RAJYOGA MEDITATION
CENTRE:
AN OASIS IN THE DESERT
OF HUMAN LIFE

–B.K. Subramanian, Avadi

Many thinkers and scientists think today that the world is at a stage where destruction can happen at any time especially through the natural calamities. Nevertheless, constant and intensive efforts are being done through modern science and technology to face the challenge and threat caused by global warming and its impact on all living beings on the earth. From time to time, we get to know from the media reports that all the five elements of Nature, i.e., Land, Air, Water, Fire and Ether have raised their level of activity from normalcy to aggravation in varied degrees causing irreparable and severe damages including loss of human lives and properties particularly in coastal regions and in many islands around the world.

We are already aware of the damages and annihilations caused by earthquakes, cyclones and floods, but destructions in large scale through the natural element of Fire and Sky/Ether are also happening.

Destructions Caused by Fire

We are really amazed and shocked to learn about the wild fire in Amazon Forest spread over hundreds and thousands of acres/hectares covering wider range of territory in the country of 'Brazil' besides having territorial areas within the jurisdictions of nine other countries situated in the continent of South America.

Apart from the bounteous natural yield through forest vegetation and trees of all kinds, it is really amazing and surprising to learn that twenty five percent of the rainfall across the

world and twenty percent of the Oxygen in the air atmosphere of the globe are generated only by the Amazon Forest in the natural way. If deforestation takes place through wildfire/holocaust by whatever means, the overall deficiency rate of Oxygen and water so created cannot be compensated or meted out by any other means or source. If the same trend continues to exist either unnoticed or neglected by the concerned countries or universally by the UNO, the death rate on the above account will deeply and stealthily increase thereby making the plight of human beings worse than ever before.

Bapdada also cautioned the souls through His *Murli* that the Earth will face massive annihilation/destruction by the furious force of all the five natural elements together apart from Civil War and Atomic War.

Here, I would like to recall and remind all the readers the following proverb that speaks the truth: "Coming events cast their shadow before."

In Tamil also there is an old saying like this, which reads as follows: "The bell sound will reach faster apprising the advent of elephant coming far behind."

Destructive Meteors from the Sky/Ether

The element of Nature. Ether/Sky, could also be harmful and destructive. Here, I would again like to recollect and narrate what Bapdada had said in one of the *Murlis* decades ago: "Travelling to moon and making attempts to immigrate the human beings to moon are nothing but revelation of intellectual arrogance on the part of human beings since there has been no part or place in the universe fit for human life other than the earth."

There have been few events here and there also in Tamilnadu that some sort of stone like materials with flames fell down from the Sky and on reaching the land the flames automatically extinguished. Such stones were identified as

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meteors and removed to the Lab for analysis and test by the scientists. Moreover, we come to know from media reports that the scientists from NASA (USA) and Space Research Experts from certain other countries have expressed the same view with identical presage that catastrophe in large scale through meteors of different sizes and shapes (i) mega and giant size weighing hundreds and thousands of metric tonnes with several kilometres of length and breadth (2) medium and (3) small sizes with variant dimensions, is anticipated; and such broken pieces or disintegrated portion from the stars or planets or from other natural bodies/satellites on the Sky will fall down and forcibly hit and smash the surface of the earth at different locations across the world creating very big hollows or cavities with different capacities and circumferences besides causing destructive damages including loss of life of innumerable human beings and other living beings, and at present no scientific or technological process is available to avert such occurrences.

What is the way out for protection/safety to human beings at the time of final destruction? Is there any organization for SOS (Save Our Souls)? The answer is Yes.

The philosophy or education of Rajyoga Meditation taught by the Brahma Kumaris Organization (BKO) is not a man-made philosophy; it is purely based on the spiritual knowledge and dictates revealed by God Father Shiva, the Supreme Almighty Authority, through the Lotus mouth of Pitashri Prajapita Brahma. God's elevated task is to destroy the world of vices with Knowledge of self-realization, of Creation and the Creator. To the extent one inculcates this divine knowledge and practices Rajyoga Meditation, one becomes vice-less and

pure from within. So, this meditation can be compared to an oasis in the desert of human life.

An oasis is the travelers' natural resort in the midst of desert. The people who undertake journey on camels to cross over big desert like 'Sahara' have to spend number of days together to reach the landmark/house sites. Such travelers have to necessarily take rest, relax and repose so that they could undertake further journey and reach their point of destination. Likewise, the human beings originally known as deities have crossed the cycle of eighty-four births, have become tired and wearied and they find it difficult to liberate themselves from the bondages so created during the passage of time from *Dwaparyuga* onwards. The Rajyoga Meditation Centres of Brahma Kumaris Organization are almost like oases in which pure vibrations of positive energies like peace, love, bliss and joy can be experienced under the canopy of divine protection of God.

The time is fleeting. Please hurry up to the Rajyoga Centres to learn and practise Rajyoga meditation where the courses on this are offered free of cost to all human souls of the world. ❖

LOVE HAS MANY FACES

Love can never be exclusive. The sun does not choose to shine on some flowers in the garden but not on others. Love is inclusive and has many faces such as caring, listening, sharing from the heart, just accepting someone for what they are right now. These are all faces or acts of love, as long as you seek nothing in return.

FROM DARKNESS TO LIGHT

The devotees sing the song: “We, the human beings, are in darkness (*Hum Inshan andhere mein Hain.*)” (What sort of darkness? People in the world, today, think they are very much in the light. How much light? They can go to the moon and travel to the stars. What can man not do today! In all these aspects, they think that they have come into the light. However, the entire world is actually in darkness of spiritual ignorance.



In which aspect, they are in darkness of ignorance. That is the ignorance of the spiritual knowledge of soul, Supreme Soul and the World Cycle? What are they actually searching for? What impels them to go to the moon and stars? Man is not able to find that which he has lost in life. What is it that he wants, and for which he is labouring so hard? It is actually the search for real spiritual identity and real happiness and peace.

In their search, people have gone higher; but, their life has not gone higher at all. That is, people have not gone higher in terms of the higher knowledge of the spirit and spirituality, peace and happiness in their life. Instead of going towards achieving real peace and happiness, their life is motivated to progressing towards material pleasure based on body-consciousness, which leads to peacelessness and unhappiness. This proves that man is moving farther away from what he wants; which

means he is in utter spiritual darkness.

Look, today, people can sit at home and listen to the radio, speak on the phone and watch television; but they don't have peace and happiness in life, do they? Therefore, they continue to search. This is why it is said that human beings are in darkness today. They are in the dark as to how to attain the constant light of spiritual knowledge, peace and happiness in life.

People Invoke God to Dispel Darkness

Medical scientists have invented so many medicines to cure diseases today! Yet, many new diseases continue to appear, don't they. Our sorrow and peacelessness continue to increase as well. It is evident that we are not able to get what we wanted. So, we, the people, invoke God: “Give us the light, and dispel our darkness.” People call God but not a human being, for this; the human beings cannot give light to human beings. This is why it is said the all human beings are in darkness. All human beings mean everyone: saints, scholars, great souls, the wealthy, the poor, the small, the big. All we, the human beings, are in darkness. So, we are not able to get peace and happiness in practical life.

They sing out in praise of God: “You are the stick for the blind.” In what sense are we blind? Though we have these eyes and can see all physical things, we don't have the third eye, the eye of wisdom. In English it is known as “the discerning third eye”. We don't have the third eye of wisdom for attaining peace and happiness in life, which means we don't have the real spiritual knowledge. That eye of wisdom will not appear on the forehead, as the artists and painters show in their pictures. Many think that there were people with three eyes once. There can never be a person with three eyes. What they show in the pictures is just an ornament or decoration; but, we should also understand its real inner

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spiritual meaning.

It is the human being, who becomes either a deity or becomes a devil. These are human qualifications. It isn't that a human being would have four arms or three eyes, etc. when he is a deity, or that when he is a devil or a demon there would be some horns upon his head! No. When a human being is without divinity he becomes 'disqualified', so that he is devilish in nature. Those, who become qualified – with complete divinity, all virtues, sixteen celestial degrees, completely viceless – are called deities. Otherwise, there is no difference in physical appearance. There is definitely a difference in qualifications. This is why we speak of pure and impure, or elevated and corrupted. All this is concerned with human conduct or behaviour. All these aspects must be understood clearly.

Understand the Meaning of the Symbols

Let us understand the meaning of four arms of the deities. Two arms are of the woman, and two of man. There was such a kingdom, where both men and women were pure and there was peace, happiness and purity. When both men and women become pure, such a kingdom will come again.



Ravan is depicted with 10 heads, and that also has meaning. It doesn't mean there was a person with 10 heads. It can be considered a symbol of the vices. It is the

symbol of the impure household, with the 10 heads representing five vices both in male and female together: five vices of the female, and five of the male. When both men and women are impure, the world is unhappy; and when they are pure, the world is happy. The symbol of purity is represented by the four-armed *Vishnu* and the symbol of impurity is represented by *Ravan*. All these are things to be understood. These decorations are just signs. They have deeper and inner spiritual meaning, but there will be no difference in physical human appearance. Yes, if a person is pure there is natural health and beauty. But, it isn't that there will be 10 heads, 10 noses, 20 ears, etc.

Maya Means Five Vices

The Father says that children call out: "O Father! Come and give us the eye of wisdom." Eye of wisdom means understanding the real knowledge. Give us constant peace and happiness by giving us the real spiritual knowledge. The human beings are tired of searching. The more they search for peace through new inventions, the more unhappy and peaceless they become. Day by day, the facilities given by science are increasing, but unhappiness continues to increase as well.

This very science will give happiness in the Golden Age. If science is used with a good and pure intellect, we can obtain happiness through it. However, the intellect is now such impure that it has become the cause of unhappiness. This is why it is said that at the time of destruction, a divorced intellect is led to destruction. Such activities continue to emerge through which the world will be destroyed.

From whom is the intellect divorced at the time of destruction? From God. It means, there is no love for God. If there is no love for God, what happens? There will be love for *Maya*. *Maya* means the five vices: lust, anger, greed,

attachment and ego.

Many people don't understand the meaning of *Maya*. The poor ones think that the body is *Maya*. Some say that wealth or property are *Maya*. Some also say that this world is *Maya*. Even the deities had wealth and property; they had the body and also lived in the world. So, were all these *Maya*'s? No. The five vices are known as *Maya*. The vices are *Maya*, but not the body. Even the deities had a body. They never had *Maya*! It is *Maya*, who gives sorrow. Wealth and property are the means of happiness, aren't they?

However, who made the body as well as wealth impure? *Maya* - the five vices. Because of *Maya*, the five vices, everything has become the instrument, which causes sorrow. Sorrow comes from money, sorrow comes even from the body; everything in the world is giving sorrow. This is because *Maya* has entered everything: everything has been affected by the five vices.

So the Father says: "Remove this *Maya* from your self." Once *Maya* is removed, we will get happiness from wealth, property, the body and world, as the deities got it from all these. The deities were also in the world. They were ever-healthy, ever-wealthy and ever-happy. They enjoyed this happiness when they never had *Maya/Ravan* in them; when there was no evil spirit of the vices. We, now, have to have this spiritual intoxication. The Father sits and explains all these things to us. ❖

Morning Musings & Night Notions



"True prayer is neither a mere mental exercise nor a vocal performance. It is far deeper than that – it is spiritual transaction with the Creator of Heaven and Earth."
– Charles Spurgeon

"Religion is meant to teach us true spiritual human character. It is meant for self-transformation, to awaken the pure soul in man and his love for the Source, which is God."
– Radhanath Swami

"Being mindful is as good a way to be spiritual as anything else."
– Deirdre O'Kane

"The fact that I can plant a seed and it becomes a flower, share a bit of knowledge and it becomes another's, smile at someone and receive a smile in return, are to me continual spiritual exercises."

– Leo Buscaglia

"There is no limit to the potential of brethren working together in complete brotherhood and selflessness toward spiritual goals."

– Joseph B. Wirthlin

"My state of cheerfulness is a reliable gauge of my level of spiritual enlightenment at that moment. The more cheerful, the more aware I am of my deep connection to Spirit."

– Wayne Dyer

"It is through gratitude for the present moment that the spiritual dimension of life opens up."

– Eckhart Tolle

"One of the greatest indicators of our own spiritual maturity is revealed in how we respond to the weaknesses, the in experiences and the potentially offensive actions of others."

– David A. Bednar

"I am the only Incorporeal One. You can keep and feel all relationships with Me."

– God Father Shiva



THE SOLE AIM OF SPIRITUAL STUDY: REALIZATION OF DIVINE KINSHIP AND KINGSHIP

- Dr. Brahma Kumar Yudhisthir,
Associate Editor, Shantivan

The human life is a long and arduous journey in the eternal world drama (EWD) of ever unending process of the ever flowing stream of life. In the whole of God's creation, the human being is the only creature, who is "the paragon of excellence" among all other creatures of the vast Nature and Universe. Only the human being alone is concerned with the study of any kind among all disciplines or courses of studies available in the world. The individual man in microcosmic sphere represents mankind in macrocosmic sphere. Thus, it is rightly said, "The proper study of mankind is man." Every study has its own specific aims and objectives, and accordingly people choose to take up any particular kind of study for their own benefits. The spiritual study is quite unique and stands out supreme among all other studies. This thematic article concerns with the *summum bonum* of the spiritual study.

Four Subjects of the Spiritual study

Just as any other study, the spiritual study has four specific subjects such as Knowledge (*Jnana*), Meditation (Rajyoga), Incultation (*Dharma*) of Divine Virtues and Spiritual Service (*Seva*).

Knowledge (Jnana): The term 'Knowledge' here refers not to the worldly knowledge that students are imparted about the mundane matters by the teachers, educators, professors of the schools, colleges and universities but especially to the spiritual knowledge of the World Cycle of the whole *Kalpa* of a period of 5,000 years imparted by none other than God

Himself, the Supreme Teacher.

Meditation (Rajyoga): The term 'Meditation' refers not to the any sort of physical yoga like *Hathayoga* or any such physical yogic processes but especially to Rajyoga, which is a psychic, mental, intellectual and spiritual link of the human soul with God, the Incorporeal Supreme Soul.

Inculcation (Dharma) of Divine Virtues: The term 'Inculcation' refers to acquisition of divine virtues, values, qualities and powers practically and demonstrating them in one's ways, manners, behaviours while coming in interaction with people in day-to-day life.

Spiritual Service (Seva): The term 'Spiritual Service' refers to reaching to the ignorant and impure, harassed and depressed, poor and downtrodden people, who are body-conscious and are oblivious of their own spiritual identity in a world, which is going through a grave identity crisis, and to rendering them the Spiritual Service (*Seva*) of the nectar of spiritual knowledge and Rajyoga education.

Interrelation of Four Subjects

These four subjects are quite interrelated and interdependent in an extricable manner, thereby complementing and supplementing one another with a synergistic effect. The knowledge of soul/spirit, Supreme Soul and the World Cycle broadens man's horizon of knowledge far beyond that of elemental, physical world and transports him to the metaphysical, spiritual world. This esoteric divine knowledge gives man a broad, spiritual worldview by changing his earlier narrow, selfish, parochial and mechanistic worldview.

Earlier, man was viewing him and others as outer physical bodies, i.e., lumps of five physical elements, and also treating and behaving him and others with outward body-conscious and sensual looks. His yoga was only with the various organs of the outer mortal body bereft of

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any connection with the inner immortal soul. But, the knowledge of his and others' spiritual identity opened his 'third eye' of spiritual knowledge and made him take "quantum leap of consciousness" from body-consciousness to soul-consciousness. This leap of consciousness to the state of soul-consciousness gives him an unprecedented chance to move from outward world to the inner world with an inward spiritual look to his and others' inner soul/spirit, enables him to connect with it and also to lift himself upward to connect, unite and commune with God, the Supreme Soul, in the metaphysical world of souls. This spiritual inward and upward link of the human soul with the Divine Supreme Soul is called Rajyoga meditation; and this justifies the interrelation and interdependence of Knowledge and Meditation.

Regular and sincere practice of Rajyoga meditation greatly helps in inculcation of the points of spiritual knowledge, divine qualities, values and virtues in practical life and behaviour, thereby demonstrating them in mutual interaction with fellow beings for leading a values-based life of peaceful co-existence in a diverse society and world. It is this inculcation of spiritual knowledge, values and virtues makes the difference between the worship-worthy divine deities and the worshipping human beings.

Those, who become the embodiment of spiritual knowledge, divine qualities, values and virtues and show the spirit of renunciation (*Tyaga*), meditation (*Tapasya*) and service (*Seva*), only can do *spiritual service* of the ignorant souls, who are depressed, disgusted, disorganized, dispirited, and also shout at their house tops for saving their souls from the onslaught of the Satan – the symbol of seven deadly sins – such as sex-lust, anger, greed, attachment, ego, jealousy and indolence due to

their deep involvement in these sins and vices.

In this way, the four subjects of spiritual study are quite interrelated and interdependent as one subject provides sap and sustenance to others in a multidisciplinary framework of holistic study and development of all round remarkable personality of nobility, divinity, integrity for bringing a crowning success to Godly service, which aims at self-transformation of souls, thereby leading to world-transformation and ushering in the forthcoming Golden-aged World of Paradise.

The Sole Aim of the Spiritual Study

The sole aim of the spiritual study is *realization of Divine Kinship and Divine Kingship*. The human souls were bereaved for as long as 5,000 years from their Incorporeal God Father and the highest ever metaphysical Soul World, called *Paramdhaam* - the sweet supreme abode or home of all souls. A very long separation and estrangement of souls from their Supreme Spiritual Father has depleted the souls of the essential, original seven qualities of knowledge, peace, love, happiness, purity, power and bliss, which gradually dwindled from once a highest peak stage into the lowest stage of complete deprivation and depletion, and turned them into the sorry state of the biblical wretched *prodigal sons*. The crestfallen human souls of this Iron Age are just like these prodigal sons, who seek here and there their Supreme Benevolent Father and desire for their eventual return to the spiritual abode and for regaining of their lost paradise, revival of their lost kinship or relationship with God, and restoration of their lost knowledge, divine qualities, powers, values and virtues as their heavenly birthright.

Realization of Divine Kinship

Human soul's realization of divine kinship with God, the Merciful Benevolent Supreme Father, has a referential link with the Biblical story of *The*

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Parable of the Prodigal Son, which is stated as follows:

“There was a man who had two sons. And the younger of them said to his father, “Father, give me the share of property that is coming to me.” And he divided his property between them. Not many days later, the younger son gathered all he had and took a journey into a far country, and there he squandered his property in reckless living. And when he had spent everything, a severe famine arose in that country, and he began to be in need. So, he went and hired himself out to one of the citizens of that country, who sent him into his fields to feed pigs. And he was longing to be fed with the pods that the pigs ate, and no one gave him anything.

But, when he came to himself, he wondered, 'How many of my father's hired servants have more than enough bread, but I perish here with hunger! I will arise and go to my father, and I will say to him, “Father, I have sinned against heaven and before you. I am no longer worthy to be called your son. Treat me as one of your hired servants.” And he arose and came to his father. But, while he was still a long way off, his father saw him and felt compassion, ran and embraced him and kissed him. And the son said to him, “Father, I have sinned against heaven and before you. I am no longer worthy to be called your son.” But, the father said to his servants, “Bring quickly the best robe, and put it on him, and put a ring on his hand, and shoes on his feet. And bring the fattened calf and kill it, and let us eat and celebrate. For this my son was dead, and is alive again; he was lost, and is found.” And they began to celebrate.

Now, his older son was in the field, and as he came and drew near to the house, he heard music and dancing. He called one of the servants and asked what these things meant. The servant said to him, “Your brother has come, and your

father has killed the fattened calf, because he has received him back safe and sound.” The older son became angry and didn't go in. His father came out and entreated his older son, who answered to his father, “Look, these many years I have served you, and I never disobeyed your command, yet you never gave me a young goat, that I might celebrate with my friends. But, when this son of yours came, who has devoured your property with prostitutes; you killed the fattened calf for him!” The Father said to him, “Son, you are always with me, and all that is mine is yours. It was fitting to celebrate and be glad, for this your brother was dead, and is alive; he was lost, and is found.”

Jesus Christ told *The Parable of the Prodigal Son* [Luke 15:11-32 (NIV)] to his disciples, the Pharisees and others that the prodigal son lost everything and came to his senses after realizing the sharp consequences of his sin and threw himself on his father's mercy, because Jesus wanted to emphasize upon how ready the Heavenly Father is to receive repentant sinners, who have realized what they have done. If you're a child of grace, the Heavenly Father will pursue you and if necessary He will bring you to nothing, in order to bring you back to Himself. He will never turn away a sinner, who has repented of his sins and wishes to come back to his earlier kinship; rather He will welcome him back to home.

Realization of Divine Kingship

Every human soul is, in fact, divine in his/her original and essential spiritual nature, attributes and characteristic features of divinity as the true representative of God upon the earth as he/she is “made in His own image”. By coming in contact with God Father, the souls, who had lost their heavenly paradise due to their blind indulgence in sins and vices, realized their follies and foibles and began to realize their original and essential

state of divinity just as a piece of iron gets magnetized by coming in contact with a piece of magnet. The Merciful Benevolent Supreme Father becomes quite glad and happy to receive the lost and new found children with a grand festivity in honour of the occasion of "the return of the native" and to enable them to regain their lost paradise.

By renewing and rejuvenating the human soul, He also offers them the Divine Kingship with the regality of royal love and honour, the double crowns of purity and prosperity, the royal throne of soul-consciousness, the garlands of self-realization and God-realization. He adorns them with the immortal and unchallengeable divine authority of reigning over the new Golden-aged World of *Satyuga* and *Treta Yuga - Shivalaya* - for a long span of 2500 years without any interruption or interference of any outside evil or statanic forces. The new world and the resident deities there are characterized by the embodiment of all divine values, virtues, qualities and powers with Nature's plenty and bounty. Nature serves them with complete reverence at their beck and call by providing them with all their necessities, comforts and luxuries within the span of an instantaneous second. Both the King and Queen live their life there with peace and happiness, safety and security with a perfect balance of love and law, peaceful co-existence of tiger and goat with zero tolerance of violence of the former upon the latter.

The whole humanity there in the Divine Kingdom of God remains under the safe canopy of God's Grace because the three prime Agencies of Creation such as Man, Nature and God work in close collaboration and perfect unison for projecting the divine thought of perfect Craftsmanship of God in full demonstration of Divinity everywhere in the heavenly world.

Rajyoga Meditation – The Link between Divine Kinship & Divine Kingship

Change of a prodigal son or a repentant sinner involves change of one's thought process. Theoretical physicist David Bohm has explained rightly our current system of human thought through an analogy of a stream that underlies the prevailing current crises of threatening degradation of humanity and its socio-economic and ecological problems and imbalances. Acknowledging aggrievedly the grave ecological and socio-economic situations of the world, he stated, "People have been dealing with this piecemeal - looking at the symptoms and saying that we've got to solve this problem or that problem. But, there is something deeper, which people haven't been considering, that is constantly generating these problems. We can use the analogy of a stream, where people are pouring pollution upstream and at the same time they are trying to remove it downstream but as they remove it, they may be adding more pollution of different kind. What is the source of all these troubles? The source is basically the thought (Bohm, p.2)."

Clarifying the reason why the world is not changing at all in spite of all efforts of world governments and other organizations, Leo Tolstoy has rightly said, "Everyone thinks of changing the world but none thinks of changing himself or herself." So, *the change of individual human thought of today will, undoubtedly, bring about the much-needed global change and universal wellness tomorrow, thereby changing the present hell to heaven. Rajyoga meditation practically effects such a change in human thought process and enables the transformation of the prodigal human being through their mental and spiritual link with God, the Benevolent Father.* ❖

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

countries, all religions and all societies on one ground or the other for more than two millennia. These differences and discriminations were always based on body, its colour, birth, etc. There is only one way of eradicating the caste evil and that way is easy and effective also. It rests on our right understanding of the distinction between one person and another. If we understand that the term "*Brahmin*" does not speak of one's birth nor does it refer to one's erudition in certain scriptures but it refers to one's purity, vicelessness, high character and righteous behaviour and that the term "*Shudra*" applies to those persons, who are morally fallen, utterly corrupt, violent and unrighteous, then only will the caste system have some real meaning. Similarly, other terms can also be defined in terms of character and divine or devilish qualities and not in terms of birth. No human being is "untouchable" because he or she is born in a particular family. Anyone, who has hatred for fellow beings is, in reality, a *Shudra*, i.e., a bad person. A person born to a so-called low family also would be a Brahmin if he or she is a person of high character. This means that anyone can become a Brahmin by attaining spiritual knowledge, practising Rajyoga and following the path of being pure and virtuous.

So, let us all try to inculcate spiritual knowledge, be persons of high degree of purity and, thus, be the 'real' *Brahmins*. Otherwise, everyone, who has sex-lust, anger, greed, attachment, pride, jealousy, hatred, etc., is a *Shudra*. ❖

GUILT IS THE SELF-INFLICTED ANGER

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

Since childhood we were taught that if we have done something wrong, we should be guilty about it; and if we were not, people around us made us feel guilty. We started believing that guilt was natural and necessary to transform. Guilt is the anger, which is inflicted on the self. When we get angry with others once in a while, and the other person feels our anger is unnecessary and thereby does not accept it. Even then anger is damaging emotionally and physically to both – the one, who gets angry, and the one on whom it is inflicted. What about when we get angry with ourselves? It results in guilt feeling. It is not once in a while, we have to live with the angry person 24X7, for days, sometimes years. When someone else gets angry with us, we defend ourselves, but when we get angry with ourselves we accept it because we feel it is justified. Doctors tell us that anger, if not vented out, creates more damage. Guilt is an internal anger, we cannot vent it out. We are the ones creating the internal anger and we are the ones on whom it is being inflicted and we are accepting it. If anger is damaging, guilt is toxic.

